

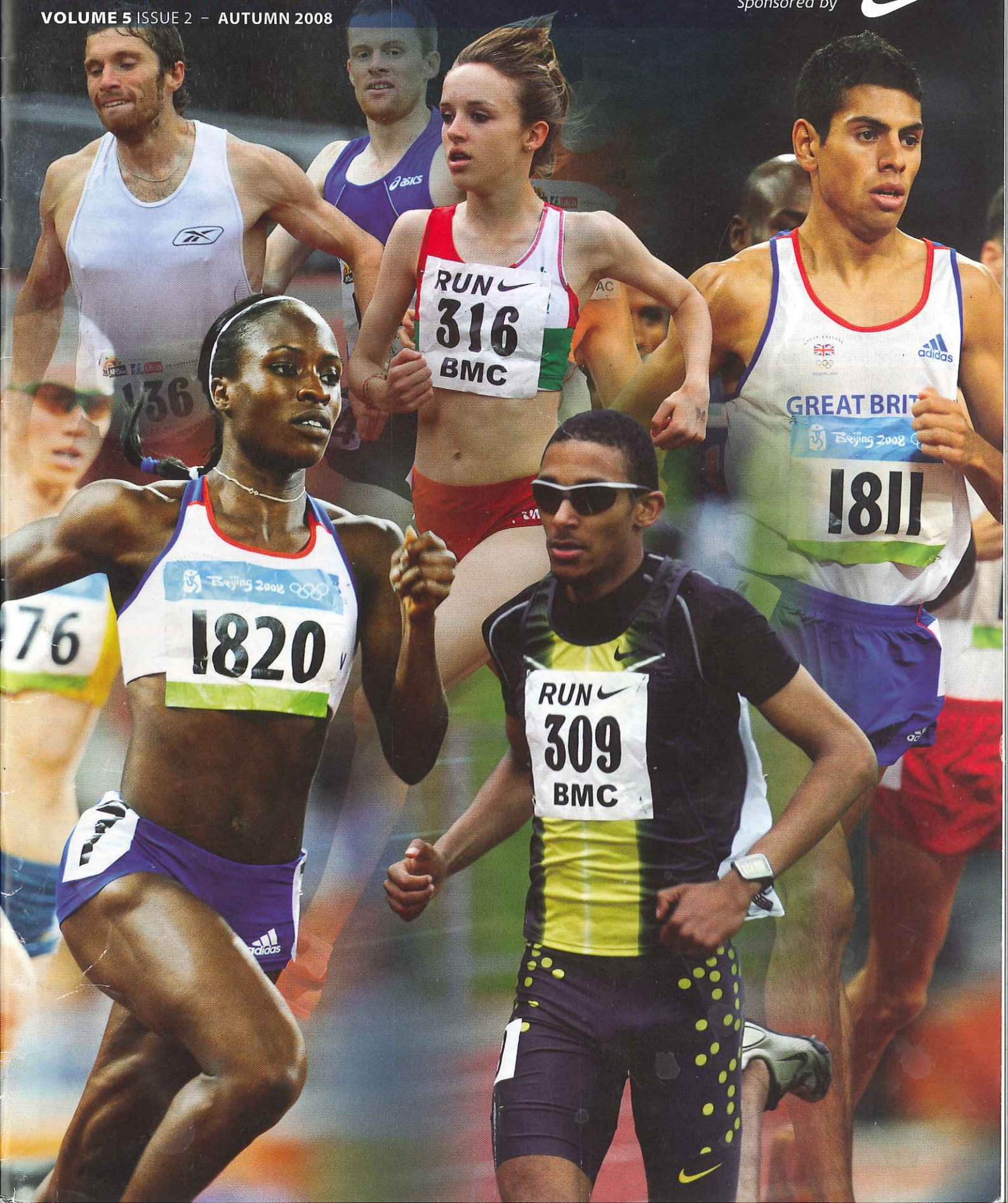
BRITISH MILERS' CLUB
BMC

BMC News

OFFICIAL JOURNAL OF THE BRITISH MILERS' CLUB

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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 are 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.

Welcome to this edition of the BMC News. The big focus for the season gone was the Olympics and nearly all of those who ran in the endurance events are BMC members. Congratulations to all of you who qualified for the team and to your coaches. Elsewhere in the BMC news we look at how these athletes used the BMC in their progress to this level. Many have come through the clubs academy, regional and Grand Prix structure taking them from young athlete to international. It shows that we have in place the competitive structure to enable people to develop to their full potential. From past records you can see that those who qualify for major games were not necessarily that highly ranked four years before the championships. In other words the qualifiers for London 2012 could come from a wide group of those of you competing in this years BMC races. No doubt this will be the dream occupying many minds during training runs over the next four years and the motivation for many to keep competing. The BMC believe that those who achieve A standards should have the chance to fulfil those dreams and that selection should not be restricted for reasons of age.

BMC race programme

Our race programme in 2008 had some notable successes. We had four BMC records; - an 800m record of 2:00.49 from Vicky Griffiths and three 1500m records: - Lisa Dobriskey with a senior record of 4:00.64 in a mixed race, Stephanie Twell with a U20 record of 4:09.29, and David Forrester with an U20 record of 3:41.6. Whilst these runs made the headlines, half of all performances in BMC races were personal bests. This is an incredible statistic when you reflect that the weather through most of the season could hardly have been worse.

We are though always looking to improve what we are providing, and will be making some important changes in the Grand Prix competitions. We have the funds in place to try and push up the standards of the fastest races particularly by bringing in more overseas competitors at a level as good as or better than the best domestic competitors. We will be drawing up the details of our plans for this over the next few months but certainly it will mean supporting the hard working volunteers who organise the Grand Prix series with a paid organiser who can dedicate significant time. Our meetings are already well known internationally and we will be aiming to make them even more special.

Coaching

The BMC Coaching strategy is another area where we are putting new initiatives in place. In this magazine we publish a strategy paper produced by David Reader. The strategy is aimed at supporting coaches and helping their development. The BMC is of course already active with conferences, seminars and publications but the time seems right to initiate some new ideas.

The first task the paper documents seems like an obvious one; it is to identify who are the active coaches? Where are they coaching? And what are their qualifications? Speaking to a number of experienced coaches recently who all have great records of success they all spoke about a lack of new athletes coming through to their groups. We will aim through the BMC website to identify the experienced coaching talent that is out there so that the athletes can find their way to them.

Our coach development should also

support those coaches who have been successful in bringing young athletes through the age groups. Some coaches will choose to specialise in the coaching of youngsters but others will have ambitions to take their athletes through to senior success. There seem to be many examples today where an athlete reaches university age and is directed away from their home coach to another. Too frequently this seems not to be to the athletes benefit.

Help Needed!

Behind the continued success of the BMC there are a talented group of people who work very hard. We would welcome new joiners with new ideas to that team and indeed some of the things we would like to be doing are constrained by how busy we all are. Particular areas we need to strengthen are in publicity and marketing. If anyone does have an interest in being more involved I would be interested in hearing from you.



Cover Photographs

By Mark Shearman

Front (clockwise, from top left):

- James Thie & Stephen Davies – Eton, 9.8.08
- Emelia Gorecka – Solihull, 26.6.08
- Tom Lancashire - Beijing, 15.8.08
- Mike Rimmer- Watford, 17.5.08
- Marilyn Okoro - Beijing, 16.8.06

Back:

- Beijing closing ceremony - 28.8.08

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The Big Five

Endurance athletes seeking to maximise their potential are faced with five crucial tasks. The ratio of effort to achieve these targets may not be equal; nevertheless, they all have to be perfected. To use a well-known platitude – a chain is as strong as its weakest link. One may possess amazing endurance, but if one cannot mount a reasonable fast finish success will be limited.

History is full of runners who were tagged as being 'one-pace athletes'. They can get away with it for a while, eventually their weakness is tumbled.

We are also in the age of long, fast finishers. In the 1984 Olympic 5k final the victor ran the last mile in 4:02. Since then we have seen the final mile in both the 5k and 10k covered in sub 4-minutes! The athletes who achieved these astonishing changes of pace did not drop from the sky as natural freaks. They perfected their skills after years of attention to detail. These details are the Big Five, as follows:-

1. Maximise the VO2 max
2. Maximise the lactate threshold
3. Maximise racing speed and faster
4. Maximise specific strength
5. Maximise positive thinking

The VO2 max has come in for a hammering over the past decade. As a measure of performance it is said by physiologists to be unreliable. In fact, one Midland coach of note stated "Its old fashioned. The new thing is the lactate threshold." Well, of course, the LT is a percentage of the VO2 max.

It can be measured in a laboratory accurately. A problem is that it is expensive and can test only one athlete at a time. A typical test is where the athlete is asked to run at 11.3k/hour on a treadmill which is progressively elevated 2 degrees every minute for the first 5 minutes and 1 degree every minute thereafter. Elite runners can maintain the set speed for more than 14 minutes with a maximum incline of 17 degrees. Class females run for about 2 minutes less. Expired air from the athlete is collected in a Douglas bag and is expressed in mls.kg.min. and elite males have figures of 80mls, females 72mls.

Much has been made of the fact that some elite marathoners have figures as low as 70mls. They are, of course, running much slower than a sub 13mins/5k runner and probably use a higher percentage of their VO2 max. Where debate occurs is

that the VO2 max does not always reflect increased fitness and will not budge further. Suffice it to say that elite MD runners nearly all have reading around 80mls. Improving ones VO2 max should not be confined to one method alone and should include several well researched routines over a period of 14 days. Which include:-

1. Starting with 35mins steady running daily and increasing it by 5mins/daily per week to 70mins with one run double the daily quota per week. A max, long run of 140mins 8 weeks hence.
2. Devoting one of the steady runs stated per week to running up and down a long hill. Ref. Urogenstein and Viru.
3. Striding 200s about 6-seconds slower than one's best for 200m with a pulse recovery of 120bpm within 90secs. This could amount to 32 x 200 before the pulse fails to drop to 120bpm. The session stops when this occurs. Ref. Gerschler and Reindall.
4. A one off 6mins max speed run. On future occasions run the distance on the test-run at different percentages of time, for example 6mins test run/200m. Run 2000m x 5 10 per cent slower with 60secs rest. 10 per cent slower will be 6mins.36secs. On another day run 5 per cent slower – 6mins 18 secs x 5 with 90secs rest. Ref. Olaf Astrand

Once hailed as a revolutionary breakthrough in distance training lactate threshold outings have come in for sine stick during the past decade. It is the speed of running reached where lactic acid begins to build up rapidly. If this occurs with runner 'A' at 12mph and runner 'B' at 10mph, the former will have considerable advantage. By running in training close to this threshold we are informed that the lactic invasion can be delayed.

The speed of these runs we are told can be ascertained by blood testing athletes running on a treadmill at ever increasing speeds lasting 4 minutes.

Two studies, one in Canada and one in Scotland, have questioned the accuracy of such testing and also the different methods used. Non laboratory assessments have been made about the required running speeds and the most accurate which coincides with laboratory testing involves using one's personal best 3k time, and working out the average mile time. Given a 3k time of 8:30, the average mile time will

be 4:34 approx. We now add 30 seconds to that giving a mile time of 5:04 which is the LT speed for 4 miles. For 3k times under 8mins the addition to the average mile time is 20secs and for times slower than 9mins the addition is 35secs. Thus a 9:30 3k runner has an average mile time of 5:06 plus 35secs would attempt 4 miles at 5:41 per mile. Ref. Jack Daniels

However, a Belgian physiologist claims that spectacular improvements in the lactate threshold will occur with this procedure: Do a one off 6mins max speed run. On future occasions run half the distance achieved in the test-run in 3mins x 6 with 90secs jog rest. When easily achieved do a further max speed run. Thus, if 1600m is run in 6mins, run 6 x 800 in 3mins with 90secs rest. Note that a 6mins max speed run equates to being slightly faster than 3k speed and therefore excursions at 3k pace are indicated, for instance 4 x 1500 at faster than 3k pace with 400 jog/3mins.

When all is said and done, LT runs are modest workouts and African runners according to Saltin, a famous physiologist who has worked with them for 40 years, favour sessions where lactic acid repeatedly floods their blood. He observed some schoolboys jogging out to a point 5k away and then running back flat out every day of the school week for twelve weeks!

Maximising racing speed in the main has been one dimensional in most countries. The order if the day is to start slow and get faster. Bannister personified this by doing 10 x 440 yards in 66secs in October with 440yds jog recovery in 2mins and attempting to increased speed by a second a month. In April, seven month later many of his 440s were done in 56secs. However, what would the outcome have been if he had decided to run 110yds in 15secs with 110yds jog in 30secs x 40? And when achieved 220yds in 30secs with 110yds jog x 20 and thence to 330yds in 45secs with 110yds jog and finally to 10 x 440yds in 60secs with 110yds jog. One thing we can say for sure is that he would have rehearsed his goal pace far more frequently than he did.

However, Bannister was a logical trainer and used the short and long approach to his event. While the 440s were getting faster, he realised that he didn't get a 440 jog after every lap in a mile race so he extended his distances to 880yds and three-quarters of a mile and even to one and a half miles.

This short and long approach is a must for success in all events. Here is a specimen

EVENT	SHORT SESSION	LONG SESSION
10K	25 x 400 20secs rest	3 x 2 miles 200 jog/90secs
5k	10 x 600 30secs rest	4 x 1600 200 jog/90secs
3k	8 x 500 45secs rest	6 x 1k 2mins rest
1500	10 x 300 45secs rest	2 x 1200 5mins rest
800	6 x 267m 2mins rest	3 x 600 5mins rest

table:-

Note that 267m is a third of 800m and 33m past the 1500m start line.

I once met a girl who told me her event was 3k. When I asked what her 1500 metres time was, she replied she had never raced one. There are numerous formulae that forecast longer races from times achieved in shorter ones. Some of the more common are:-

- Best 400m time plus 4-8secs x 2 will reveal 800 potential
- Best 800m time x 2 plus 6-9secs 1500 potential
- Best 1500m time x 2 plus 30secs 3k potential
- Best 3k plus 5.5mins-6mins 5k potential
- Best 5k time x 2 plus 60-70secs 10k potential
- Best 10k time x 5 minus 10mins marathon potential

If lesser distance results affect longer events it is foolhardy not to race and train at shorter distances, even training and racing at 800 metres should find a place with 5k and 10k athletes.

There are some middle distances runners who are born naturally strong; Peter Snell was one such, never lifting a weight in his life. If we were to line up fifty teenage boys and asked them to sprint 100 metres across a football field it would be a safe bet to assume that the first ten boys home would have stronger legs than the rest. Strange to say, some research in the Soviet Union revealed that the top ten 400 metre females had much the same stride frequency but not the same stride length. On further investigation the longer striders had greater leg strength.

A survey of 3,000 BMC athletes subjected to tests on week-end courses revealed that the best hoppers over 25 metres were also the fastest 800 metre runners. The test also revealed that many athletes had one leg much weaker than the

other.

A number of fads have occurred over the years with regard to the acquisition of strength training for distance runners which include pliometrics and core stability. Non menstruating females should be particularly wary of pliometrics. A promising GB runner recently suffered a hairline fracture of the spine in her first outing with this regime.

The late Harry Wilson took exception when asked about weight training for endurance runners. He altered the question to, "Do I believe in strength training for runners? I do." Certainly Seb Coe was a keen weight-trainer and it didn't do him any harm. However, he was instructed by experts and studied his needs very carefully.

There has been a suggestion that circuit training is old hat and does not increase power, only muscular endurance. Anyone who has been subject to the Oregon Circuit as outlined in Dave Sunderlands book 'High Performance Middle-Distance Running' will know that this is a false premise.

A common injury in runners is strained hamstrings which must be two-thirds as strong as the quadriceps. If, on a quadriceps machine one leg can lift up 50 pounds, then the same leg needs to curl 32 pounds, and greater strength is obtained using one-legged exercises which is why hopping high and long uphill is an excellent leg strengthener as is running up and down a long hill. A quick and simple way of building up strength is to do one exercise a day to maximum three times followed by a minutes rest after each max. For press-ups it might work out like this: 1st max - 60, 2nd max - 50, 3rd max - 20. Next day abdominals can be done in the same way, this way seven exercises a week can be rattled off all using different muscle groups. There is nothing wrong with being strong.

A noted psychologist once suggested that half of our thoughts are negative. This suggests that the practice is a conditional reflex. Brendan Hackett, the well known sports psychologist, suggests we must

recognise negative thinking and nip it in the bud by whacking the thigh with our own hand to jolt us back to reality. Negative thoughts gain impetus if unchecked. Kelly Holmes' coach in a lecture to athletes said "Don't say I will try, say I WILL." However, it is better to say "I will try" instead of "I can't."

Negative thinkers are usually miserable individuals. They would do well to make a declaration of intent on first awakening, "I AM GOING TO ENJOY THIS DAY." This sets a positive tone and many of life's irritations will seem petty. Another declaration of intent on stepping out of the front door could be, "Whom can I help today?" Helping others in a small way is a positive act cancelling out a negative thought.

An example of positive thinking was when I wished Rachel Townend of Winchester AC good luck in the trials for the World Cross-Country. Although not coached by me her coach had agreed to her training with my squad on a Saturday morning for 2 hours for the past 4 years. She replied, "No other group in the country trains as hard as we do on Saturdays, I will remember that when I line up." She finished third and made the GB team. ■



Rachel Townend - Nottingham

In the light of many European countries – as shown by the European and World cross country Championships – turning their backs on cross-country running the following article looks at the advantages of a cross-country season.

Cross-country running and racing is part of our athletic heritage and long may it remain a part of it. However, there are two ways of looking at cross-country running and racing. On the one hand it is an end in itself, in that the athlete looks upon themselves as purely a cross-country runner. Or it is a means to an end so the athlete will be using cross-country in the bigger picture of the sport so that it provides a base or springboard for the forthcoming track season or half marathon.

What I intend to do is look at the strengths and weaknesses of each approach, and why cross-country running is not an integral part of our athletic development any more. If the athlete looks upon cross-country running as an end in its self the following problems could easily arise. Because most of the training will be endurance based the athlete will tend to be one paced in the race situation. If this is the case too many of the basic ingredients required during the athlete's winter development are either missed out completely or are neglected. These include Technique, Mobility, Speed, Speed-Endurance, Conditioning etc., all of which are key ingredients if the athlete strives to be a complete runner. There is also a lack of tactical awareness; therefore a valuable learning experience is being missed. If you stopped a cross-country race after eight hundred to a thousand metres you would find that few positions change by the finish. If an athlete is purely cross-country orientated there is no real summer season, therefore no speed work, and when the new cross-country season arrives there is no improvement in speed to be taken into the winter. One also has to ask the question is real cross-country running in many cases, not manufactured track like courses, and compatible with track running.

If there are too many of the basic ingredients of the complete runner mentioned above missed it leads to the dilemma that the athlete finishes the cross-country season fit, strong and with a good endurance base to take into the track season. Weather permitting good early marks and personal bests arrive in April



and May, but decline thereafter. This is because the athlete is missing too many of the requisite ingredients such as Technique, Mobility, Speed and Speed-Endurance to ensure that their season progresses correctly. There is also the danger of athletes being typecast at too early an age and not trying the other endurance events available. One of the strengths of cross-country running is that it is also a team sport therefore catering for many within the race. But athletics on the track is about individuals and there is little emphasis on the team ethos compared to cross-country running. What the athlete must appreciate is that even if they view themselves as primarily a cross-country runner if they introduce correctly all the missing ingredients into their training programme they will be a far more successful cross-country runner as well as a track runner too.

Coaches too have a responsibility, particularly with the young developing athlete. They must ensure that the athlete does not do too much in the way of mileage or kilometres, too much of the same work with no variety to it, too much at the same pace and too much on the same type of surface. They must also ensure that the athlete does not do too many sessions per week, too many races per week and or season, or too much intense work too often

and too soon in their athletic development. The Coaches must ensure that they train all the energy systems and do not just rely on Long Steady Running for success. The coach should be interested in all their athletes and plan individual training programmes accordingly. They must also be aware of the fact that young athletes develop at different rates, particularly girls, and that biological development sometimes bears no correlation to chronological development. A coach should also be aware of what specific, systematic and progressive training to employ, when it is needed and when to use it.

The advantages of cross-country running are many, particularly if being used as a means to an end, such as track running. It produces an excellent endurance base which when built up over many season makes it an excellent springboard upon which to build for track success. If used properly it can offer an excellent variety in training, not only in the constant change of environment but also in the energy systems it can train. It can be great fun and exhilarating. It also provides natural resistance work, through hills, plough, wind, mud and snow. This helps the athlete build up their strength and above all their strength-endurance. The constant change of terrain and rhythm means the

athlete has to be completely focussed and concentrate totally. It is also an excellent introduction into the demands required for the Steeplechase. It is an early indicator of an athlete's endurance potential without using any scientific testing. If progressed correctly and gradually later specialisation becomes the key. All the above are excellent reasons for doing cross-country as a base for the forthcoming track season. This is as long as the other key ingredients such as Technique through sprint drills, Mobility through daily stretching, Speed through shuttle runs, Conditioning through circuits for example are also part of the winter training programme. There is also no reason why the athlete should not treat the cross-country season seriously and be competitive as this is all part of the athlete's learning process which help them when their track season commences. It not only makes them stronger physically but also mentally too. It is also a good indicator of how the winter's training programme is progressing.

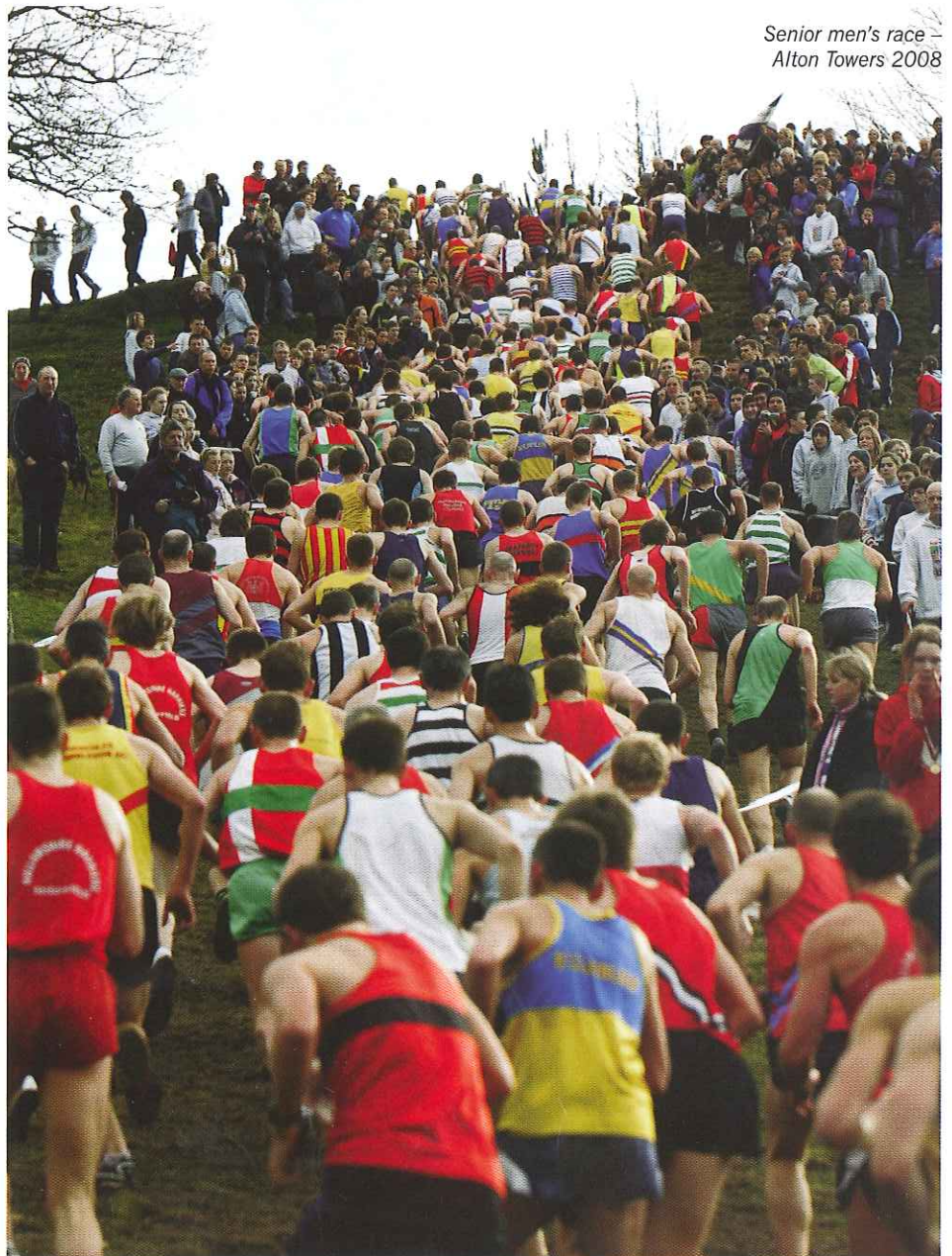
One of the problems with cross-country running is that it is not taught in many Schools, and is certainly not part of their syllabus. If it is part of the School timetable as opposed to the curriculum it is not taught at all, is seen as an alternative when the pitches are unfit or is used as a punishment. None of these are conducive in helping the pupils embrace this wonderful sport. Therefore a great deal of endurance talent is not picked up or ever given the opportunity to appreciate the joys of our sport. Even in the few Schools which enjoy a competitive structure the racing becomes far more important in many cases than the progressive development of the young athletes training programme. This is usually because there is no real structured training programme within the Schools. This problem of how to ensure that cross-country running goes on in all Schools and to educate them properly in its use is an even greater problem than the question of how best to utilise cross-country for the good of the athlete. Perhaps the approach to Schools with regard to the introduction of cross-country running into the curriculum should be about healthy living and lifestyles. This could also have the advantage of helping get the number of participants back into an area of our sport where numbers have declined dramatically over the last number of years,

Whichever way we look at Cross-country running the advantages far outweigh the disadvantages. We as Coaches must be sure

of our philosophy and how cross-country running fits into this philosophy. We must also ensure that our athlete's are aware of our view of cross-country running and where it fits into the athletes overall development. We must educate the athlete so they know what is expected and required of them. We as Coaches must ensure that the key elements are not neglected throughout the winter months for the sake of extra one paced mileage. We should try and get into Schools and encourage youngsters to try cross-country running so that we have a reservoir of talent in the sport not just a trickle. Coaches should adopt a sensible approach with the youngsters ensuring they do not run too far, too often, too intensely, race too often and don't always run at the same pace. Then they will

come back for more. Progression should always be gradual and systematic not only throughout the season but also throughout an athlete's career. This wonderful aspect of our sport, cross-country running, is also about enjoyment, it should be varied, each new course a challenge, the training should be interesting, it should be rewarding but above all it should be fun.

Cross-country running still has an invaluable role to play in the endurance world of athletics whichever approach you wish to take with this aspect of our sport. Whether that be as an end in it self or a means to an end is down to the individual athlete and coaches choice. But I would suggest however "Wisdom denotes the pursuing of the best ends, by the best means." ■



Senior men's race –
Alton Towers 2008

Peter Coe Engineering Greatness

In 1980 I was queuing at Gatwick Airport to book in for the Aeroflot flight to Moscow for the Olympics. Behind me I suddenly heard a voice that I thought I knew. I turned round and instantly recognised Peter Coe, who was flying out to coach and support his son Seb in his memorable races, the 800 and 1500 metres, at the Games. We knew each other by reputation (his far greater than mine as we shall see) and so teamed up for the flight to the Soviet capital.

Peter and Seb formed one of the great all-time coach-athlete partnerships and in Moscow they would face another team, Harry Wilson and Steve Ovett. The recent death of Peter, aged 88, begins to close a chapter on a great era when British coaching, especially endurance coaching, was the envy of the world.

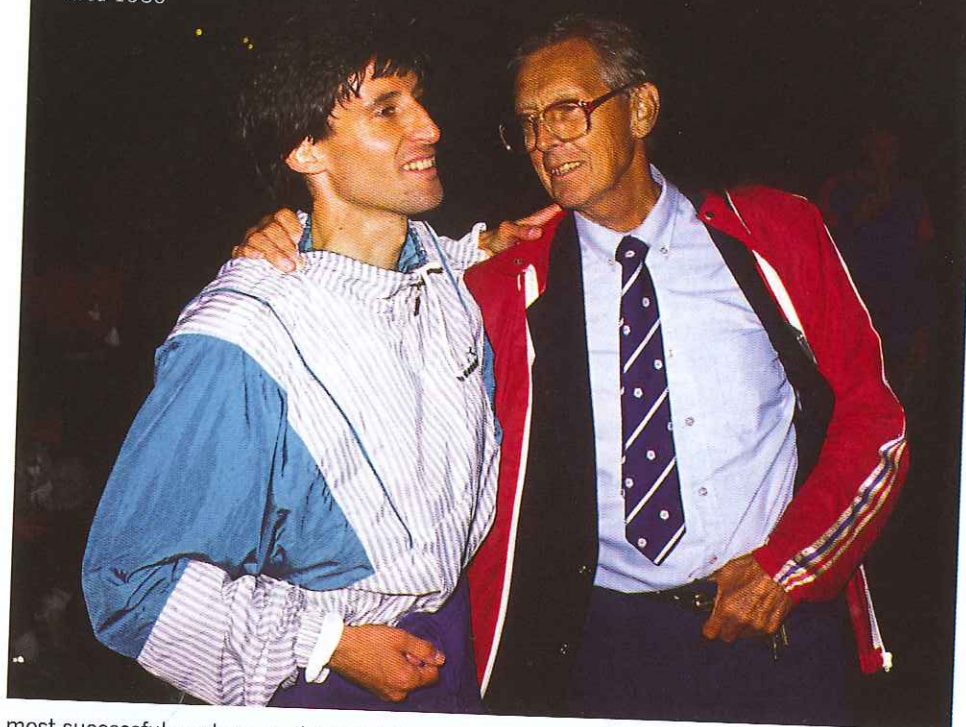
We sat and talked athletics and coaching on the long flight sipping glass after glass of orange juice which appeared to be the only beverage available. Peter, naturally, was on a confident high and entertained me well into Russian air space. The plane came into land and we got ready to disembark at what turned out to be, not Moscow, but Leningrad (now St Petersburg) airport. No one satisfactorily explained this sudden switch of destination. We disembarked and went through the rigmarole of immigration and customs, communist style, had further (non alcoholic) drinks and got ready to embark again.

I had noticed a flurry of interest when Peter presented his passport (by this time Seb had broken four world records, one at 1000 metres as recently as July) and when it came to re-boarding the flight the rest of us (including the venerable Baron Noel Baker, iconic Olympian, one-time government minister and recipient of the Nobel Peace Prize) were held back so that Peter could majestically (and embarrassedly) board the plane on his own.

When we landed at Moscow the media circus surrounding the clash of these two titans of the middle-distance running world was building to a frenzied climax. Independent Television (ITV) was covering top international athletics in those days and they tried to bring Gay Ovett, Steve's mother (also on that extraordinary flight from Gatwick) and Peter together in what seemed to be a vain attempt to re-enact the family feuding of TV series *The Beverley Hillbillies*.

We were transported to one of those colossal, 1000 bedroom hotels, so beloved by the Soviet Union, where the

Seb Coe with Peter Coe
– circa 1986



most successful workers on the latest 5 Year Plan were rewarded by a stay in the capital. Peter and I elected to share. We also decided to get some fresh air with a brief walk. We handed in our two sets of keys. On our return we asked for our keys and three sets were handed to us. No, no we said, only two sets. Consternation and widespread whispered discussion took place with a growing group of individuals, including a porter, obviously a war hero, with a wooden leg. "Would you mind," said the concierge sweetly, "if we went to your room?" Peter and I agreeably concurred. The whole party, including the war hero with one leg, crammed into a lift which took us to our lofty perch, where we were joined by a formidable crone in charge of the floor. We flung open the door and Peter triumphantly demonstrated that there were just two beds. Further urgent, whispered consultation was followed by the concierge again sweetly asking: "Would you mind if you changed rooms?" Flexibility was never a Soviet bureaucratic strong point.

I decided to try and bring Peter down from his high. Frequently on the phone he would refer to himself as "Seb Coe's coach."

"What do you mean," I challenged him, "Seb Coe's coach? You're his father for God's sake."

Peter contemplated this remark. "Well," he finally said grinning broadly, "it took me much longer to make the athlete than the son."

He left for a more central hotel a couple of days later. The days that followed were dramatic and, for both Peter and Seb, traumatic. As world record holder, Seb was confidently expected to cruise the 800 metres but the man who actually did that was Ovett, with Coe coming second. But Seb struck back to win gold in the 1500 metres, after, it was rumoured, team management's attempts to keep Seb and Peter apart after Peter's forthright statements about the 800m tactics employed by his son. With Ovett finishing third in the 1500m, honours between the two great runners had ended up even.

When Peter realised that his young son could be a world beater he set about the task of becoming a coach with the precision of an engineer which was his profession. He read and consulted widely and surrounded himself with those whose knowledge he respected. He and Seb used the British Milers Club for both coaching knowledge and, early on, fast races. As Seb became a world class athlete so Peter's reputation as a coach grew.

He always emphasized that the training methods that he advocated were only "what seems to be correct for Sebastian Coe."

In January, 1983 I was at the 12th Congress of the European Athletics Coaches Association held at Aldeia Das Açotteias in Portugal. The main speakers were John Anderson (coach to world 5000m record holder David Moorcroft), Harry Wilson

(Steve Overt) and Peter. He said this:

"Coaching is an art. Although it is science based it is still an art. Whereas in science one can fall back on formulae and repeatable experiments, art relies on sensitivity of feelings. The athlete is a unique individual and cannot be seen in the same way as a piece of matter where the predictability of the whole embraces the behaviour of the individual molecule."

Peter also said this: "...the programme must be tailored to the individual; what improves one athlete can destroy another. It is self evident that in modern middle distance running speed is essential for an athlete, but there is more than one kind of speed. There are not any "secrets" in athletic training: as in any activity the most important thing is to identify the goal. If a coach is looking for speed, he must define what kind of speed is required."

Almost twenty years later, Abdelkader Kada, the coach to the great Hicham El Guerrouj, was invited to explain the 'secrets' of El Guerrouj's success at a British Milers Club gathering. He chuckled. "It is ironic that the British invite me here," he told the assembled coaches, "because I learned my training techniques from the great British coaches and runners of the Eighties."

Seb took 800 metre running in particular into a new era. His 1:41.73 lasted as a world record for 16 years and was testimony to Peter's emphasis on speed, the particular speed-endurance of a 400 metre runner. Seb, remember, represented UK in 4 x 400 metre relays. After 27 years he remains second on the world all-time list, behind Wilson Kipketer. Only Steve Cram and Peter Elliott really followed him into the new era and are the only other Brits in the world all-time top fifty. The emphasis on speed seems to have gone. Currently British two-lap runners are running four seconds or so slower than Seb at his peak.

Some felt that Peter was a maverick but this was incorrect. He was an individualist, unique in British coaching, a man who did not suffer fools gladly, which often put him at odds with the athletics establishment of the time. In fact all three of the men who spoke that early spring afternoon in Portugal were individualists, men whose ideas were carved from reading, learning and their experience with runners.

He has lived to see his son achieve further greatness in his winning of the 2012 Olympic Games for London. He must have passed away an extremely proud man. ■

Peter Coe

Peter will always be remembered for coaching his son to become Britain's greatest middle-distance runner, who amassed twelve world records indoors and out, plus two Olympic golds and two silvers.

The remarkable thing about his coaching success was that he had never been a competitive runner and he had never sat a coaching exam. His sport was cycle road racing.

I first made contact with Peter in 1973 when I received a letter from him asking me to elaborate on the 5-pace system of training. Seven years later, after the 1980 Olympics, he gave a lecture to an international coaches conference in which he stated that Sebs success was achieved by the 5-pace system which he renamed multi-tier training. He described it as "all embracing."

In 1980 he was voted BMC Coach of the year and became BMC Chairman from 1983 to 1985 and was subsequently made a BMC Vice President.

Throughout his coaching career he gave numerous lectures on BMC courses for young athletes and coaches. He was noted for one-liners, one such being, "If

speed is the name of the game, never get far away from it."

He had listened to much advice on how his son should be nurtured in his formative years and came to the conclusion that much of the information was "traditional" and not "logical." When Seb was 15 years of age he sat down with him and planned his targets towards the 2980 Olympics. Peter wrote several outstanding books on running, Training Distance Runners and Winning Running were read world wide.

During the Second World War his was a chief engineer in the Merchant Navy. His ship was torpedoed off Spain and he managed to get ashore where the pro-Fascist government interned him. He escaped and made his way back to British territory.

Peter often challenged contemporary middle-distance thought and was opposed to voluminous mileage for MD runners believing that in the winter athletes would do better running 3 x 2k at 5k pace once a week plus fast uphill running.

We spoke by phone once a week for the last 28 years. His wisdom was magical.

FH ■



Peter Coe with Frank Horwill

800m Coaching Strategy

An updated 800 metre coaching strategy for 2012

Conventional thinking about our chances in Athletics in the London Olympics is pessimistic. I show below an analysis of our chances in the men's 800 which suggests that we may do very well. Our political leaders desperately need winners in 2012 to justify the expense and political reputations and the Sport of Athletics will welcome the same results.

STANDARDS – 2012 AND 2008

Using data obtained from published results, I show in Tables 1 and 2 below details of men's 800 metres winners in Olympic Games from 1972 and of the highest ranked GB athletes since 2001. Additional data to demonstrate our present capability comes from the 2008 rankings. These selections are personal, arbitrary and open to criticism but they provide base data.

It is said that "There are lies, damned lies and statistics". However the above tables provide a starting point and it is significant that the average ages in Tables 1 and 2 are very close. From the above figures I am comfortable with predicting that the winner in 2012 will run 1m 44.0s and will be 23 years old, or 19 now (in 2008). It is reasonable to expect the Olympic champion to run 1m-42s-earlier in the Olympic year in a single race held in ideal conditions,

probably in one of the Grand prix evening races in Europe. With ages of the top ten UK seniors in 2008 averaging 22 years 8 months I predict that any of them or of the top five U20's in 2008 (1m 48.06 to 1m 50.69) could win in 2012 provided that specific training regimes are provided.

THE EVENT

In my view the 800 metres is the one running event which incorporates elements from every event from 100 metres to the marathon. The athlete needs the leg speed, leg strength and suppleness of the sprinter and the aerobic endurance of the marathoner. If the winner in 2012 runs 1m-44.0 in the final and if we assume 1m 47 now we are looking at three seconds improvement in 4 years, using averages throughout. This sort of improvement is possible in the younger age groups, (12 seconds over 3 years from 14 to 17 years has been achieved by at least two athletes) but not often at this level in older athletes. Athletes in their twenties are fully developed skeletally and such improvement can come only from repeated exposure to ever-improving performance training workloads. Improvement will come from session-regimes rather than through natural growth.

History suggests that 800 metre

runners are basically from two types, the 400/800 metre or 800/1500 metre ranges. Examples of the former are Tom McKean and Alberto Juantorena and of the latter Seb Coe and Steve Ovett. The heavy endurance in this analysis favours the 800/1500 metre athlete rather than the 400/800 type, but I don't mind being proven wrong. The longer pairing suggests that if an athlete is capable of running 800 metres in 1m 42s in 2012 he will also be capable of running an equivalent high calibre 1500 metres.

THE ATHLETE'S LIFE

Accepting that the winning athlete will now be aged 19 (23 in 2012) the next four years will find him in training ferociously at his event while at the same time going through the process of earning a living, studying, industrial training or in a full time job. He must learn to separate elements of his life into compartments, in each one being able to focus totally on the needs of that compartment. It is assumed that lottery funding will assist some of these athletes but it is probable that some will be able to work or study to finance their life styles, academic, employment, pleasure-seeking and sporting. Those on lottery funding will need to conform to the necessary restraints and regular auditing from the bureaucratic

TABLE 1 – MALE 800 METRE OLYMPIC CHAMPIONS 1972 to 2004

YEAR	1972	1976	1980	1984	1988	1992	1996	2000	2004	2008
VENUE	Munich Germany	Montreal Canada	Moscow Russia	L.A. USA	Seoul, Korea	Barcelona Spain	Atlanta, USA	Sydney, Australia	Athens, Greece	Beijing China
NAME	Dave Wottle, USA	Alberto Juantorena, Cuba	Steve Ovett, GB	Joaquim Cruz, Brazil	Paul Ereng. Kenya	William Tanui, Kenya	Vebjorn Rodal, Norway	Nils Schuman, Germany	Yuriy Borzakovskiy, Russia	Wilfred Bungai, Kenya
AGE	22	25	24	21	21	28	23	22	23	28
TIME*	1-45.86	1-43.50	1-45.40	1-43.00	1-43.45	1-43.66	1-42.58	1-44.22	1-44.45	1-44.65

Average age is 23. Average time is 1m 44.08s

TABLE 2 – GB TOP RANKED 800 METRE MEN 2001 to 2007

YEAR	2001	2002	2003	2004	2005	2006	2007	2008
VENUE	Tartu, Estonia	Rovereto, Italy	Zurich, Switzerland	Athens, Greece	Rieti, Italy	Watford, England	Stockholm, Sweden	Monaco
NAME	Neil Speight	James McIlroy	James McIlroy	Ricky Soos	James McIlroy	Richard Hill	Michael Rimmer	Michael Rimmer
AGE	22	25	26	21	28	20	21	22
TIME	1-47.16	1-45.52	1-45.30	1-45.70	1-44.65	1-45.10	1-45.17	1-44.68

Average age is 23. Average time is 1m 45.41s. Note that only one of these times was set in this country. The top ten 800- metre runners in 2008 achieved times from 1m 44.68 to 1m 48.06s, averaging 1m 47.16s and their average age was 23 years.

Men's 'A' 800m – Solihull



and account-driven lottery funding system operated by Athletics UK. This will almost certainly be performance-driven. Those lucky people who can combine an industrial or other paid employment with an athletics career will be able to reduce this interference in their lives and will have larger degrees of freedom. However they must rigorously search their days to find time to train to the necessary intensity. It will not be easy but has been done by many athletes in the past.

THE TRAINING

Most training for an endurance athlete consists of going out for a run, to improve and maintain cardio-vascular efficiency, or Stamina, specific sessions being used to improve the other elements of the Five S's. These must be incorporated along with the steady state running to a plan, either alone or under the supervision of his coach. The athlete must perform regularly intense sessions which do not depend on body growth. They must be of increasing intensity, each one being specific to each athlete and in each session the athlete must apply very high levels of focus and commitment. It is the coach's job to define the session. If the athlete has no coach and is able to find his own way through the myriad of training possibilities he has the good fortune to owe nothing to anybody for his development, but this situation is not expected to arise. I repeat that the 800 metre covers the whole spread of the running spectrum and it follows that the training programme must also contain the same elements and how this might be practically achieved is now addressed.

It is significant that if 10 athletes of

similar capability do the same session which is specific to an event (say 4 x 400 metres with 10 minute recovery) for 800 metre athletes it is probable that the session will benefit only one or two. The remainder will receive varying degrees of benefit. The others will require a specific session more appropriate to their fitness and physical and emotional state at the time of the session. With 10 athletes at a training venue I have sometimes conducted four different sessions. Athletes benefit from the presence of other athletes at the venue, even if different groups are doing different sessions. It goes without saying that all the sessions are demanding in the extreme and that if the sessions were performed to maximum effect few of them could stand up at the end, although would roll over and stand up recovered within a minute or so.

Endurance is essential in this event because as running speed increases to the levels seen in 800 metre races, say 54/55 seconds at 400 metres it is difficult to accelerate from that pace. To do so successfully means the athlete must be capable of running much faster than that pace (see the two example sessions below – high speed, in bulk, short recoveries). For such a performer typical high performance sessions are:

1. 4 x 400m with five minutes recovery - average time -50 seconds or better
2. 10 x 200m with one minute recovery – average time sub 24 seconds

For over ten years from the early 90's to 2004 in the high quality Stretford Open meetings I watched many of the North's finest 800 metre runners in the final straight with their hands wringing, their heads rolling and tilting, their forward speed dropping with every stride. Many supposedly elite 800-metre runners were not able to maintain impeccable technique under conditions of extreme fatigue.

The training and racing programme must incorporate the ability to run the first lap in 50 seconds and then to run the second lap in 52 seconds. It should also include the capability to run the 800 differentially, i.e. with the second lap faster than the first. This would require the athlete to run the first lap in 52 seconds and then run the second lap in 50 seconds, an impossible task, many would say. It is very difficult to accelerate from pace but this must be done

for this option to be exercised. The major difficulty with any such dreams is that with the large amount of running just to obtain the necessary aerobic strength leg speed and stride length would almost certainly be prejudiced. If a four-year programme is initiated now the major problem will be in building up the endurance without the athlete losing any of his leg speed, but it can be done.

The endurance element can be incorporated in two ways, namely:

1. By increasing mileage, with separate sprint style technique-running drills.
2. By incorporating faster running in endurance sessions.

These will appeal to different athletes and they might be combined to suit a particular athlete(s). As previously stated, increased mileage is usually accompanied by reduced leg speed and stride length. This suggests that regular visits to technical aspects of running are essential. Mileage in itself is a training parameter and will probably range from 40 to 80/90 miles weekly over the next four years.

The specific sessions must be chosen with care. Caution must be exercised by the coach in ensuring that athletes are strong enough to handle them. A standard distance session I have used with adult athletes is 800 metres, track or road, with 90 seconds recovery. Anaerobic elements can be added to the 800's to form sets, e.g. 6 sets 800/200 metres, with 90 seconds recovery after the 800, then 800/200/100 with 90 seconds recovery throughout. This concept can be developed with the addition of more short distances after the 800 into something like 5 sets 800/100/50 metres, recoveries 30,30 and 90 seconds or longer recoveries between sets. Recoveries themselves can be varied to obtain specific effects. These sessions are demanding on the athlete and time is needed for him to understand how to handle them. The decision on session content and progression is critical. The benefits are retention of running technique under fatigue conditions, which enables faster running in the all-important finishing straight.

The final of the 800 metres in 2012 could contain up to three UK runners. However, without a structured approach, the chances of any UK athlete reaching the final are slim. ■

BMC Coaching Strategy

Part 1 - Outline

In order to establish a strategy for our approach to coaching, a consultation exercise was conducted in October, 2007. Responses were sought from members of the BMC, on how they thought the strategy should look. In drawing up this strategy, these responses were interpreted and the current coaching activities of the BMC were also incorporated, so that we could build upon the good work that is already underway. Using all this information the following strategy was put forward for discussion and adopted by committee in April 2008.

This strategy has been designed so that it can be managed and delivered by the BMC in full consideration of their limited resources. It is therefore concise and an easy point of reference. It should guide our activities in this area in the years to come.

Essentially, the coaching strategy has five themes. Our aim is to reflect these themes through our coach support activities.

The following themes should be reflected in all our coach activity work:

1. **Provision of an accurate record of coaching talent**
2. **Provision of educational opportunities for BMC coaches**
3. **Actively celebrate the success of BMC coaches**
4. **Support and disseminate research into middle-distance running where possible**
5. **Be flexible and responsive to the needs of BMC coaches**

Part 2 - Detail

1. Provision of an accurate record of coaching talent

- a. All BMC coaches should be identified, with an accurate assessment of their
 - i. Location
 - ii. Qualifications
 - iii. Experience
 - iv. Current group
 - v. Capacity to take more athletes
- b. This should be stored on the BMC

- c. Create a proforma CV that BMC coaches can complete.
- d. BMC to examine the possibility of accrediting coaches.

2. Provision of educational opportunities for BMC Coaches

- e. The BMC should offer educational opportunities for all member coaches. How this is delivered is not to be set, but decided by the BMC coaching sub group each year. It could be delivered by conference, seminar, written or web based media. This will be dependent on many factors that will vary.
- f. A coaching sub group should be established. They will be responsible for drafting the annual programme and setting the annual 'emphasis'.
- g. The annual 'emphasis' is a key message or messages that the BMC want to communicate to all coaches. The educational programme should reflect this emphasis. This would be set by the working group.

3. Actively celebrate the success of BMC coaches

- h. A purpose of the coaching strategy is to celebrate the success of coaches who are members of the BMC.
- i. This can be done in various ways and is decided upon by the coaching sub group.

4. Support and disseminate research into middle-distance running where possible

- j. When promoting or communicating themes, topics or theory, we should ensure that there is evidence to support it. We should avoid where possible promoting theory that is not supported by evidence.
- k. To this end we should establish a Horwill Research Scholarship. This is an annual award of £1000 to be given to the successful applicant who can demonstrate that with the funds they shall explore an area, which will give benefit to BMC members and middle-distance running. (Preference is given to BMC members, but applications should be accepted from outside the BMC). The aim is to commission and support original research into the areas



of endurance running and performance, and then disseminate this to members via the coaching strategy. Links with academic institutions and individuals should be encouraged.

5. Be flexible and responsive to the needs of BMC coaches

- l. This strategy is deliberately flexible, so it can respond to the needs of members and the nature of a volunteer organisation. This allows the cloth to be cut accordingly, while maintaining themes.
- m. The sub group meets at least once a year to plan the year ahead. They communicate throughout the year via email and they draw up an annual programme. The group is co-ordinated by the coaching committee member and the members are drawn from the membership. Anyone can put themselves forward to sit on the sub group and a spread of experiences is welcome. It is suggested that no more than six to eight people should sit on the sub group.
 - i. They should not be seen as an expert panel, but a group who are open to ideas, could plan a creative programme and have the ability to attract quality people to support and deliver the annual programme.

2. Educate BMC Coaches

- a. Educational opportunities provided annually
Ongoing
- b. Coaching sub group established
Mid 2008
- c. Annual 'emphasis' adopted
Start 2009

3. Celebrate the success of BMC coaches

- a. Coaches are publicly praised for success
End 2008

4. Support and disseminate research into middle-distance running where possible

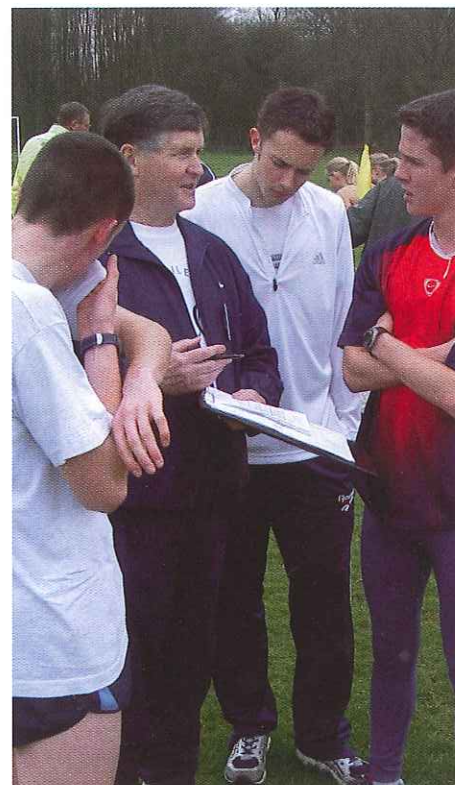
- a. Research theme considered by sub group
End 2008
- b. Horwill Scholarship established and promoted – first one awarded
Early 2009

5. Be flexible and responsive to the needs of BMC coaches.

- a. Sub group established and meets at least once a year
End 2008

So what will be new?

- A strategy has been established, agreed and shared to guide future activity.
- A coaching sub group formed
- A coaches database established
- Support for research with a new Horwill Scholarship



Conclusion

This strategy defines what the BMC should try and achieve over the coming years in relation to coaching activity. It has incorporated current activity, feedback from members and also looked at other coaching activity that is taking place.

Acknowledgements

Thank you to all those members who have contributed to this strategy. ■

Part 3 - Progress and summary

Measurement

Measurement is the boring element and one which does not lend to a volunteer organisation. At its simplest, if we win gold at 800m and 1500m for men and women at forthcoming Olympics, and they are fully involved BMC members then we could be satisfied that we are doing things successfully. If we don't achieve this, what could we do better and what is going well? If we can't answer this how can we plan for a better set of middle-distance runners? We can always 'do' things, but if these things are not actually achieving our objective, why do them?

Measurement is not easy, but it is suggested that the following markers are made.

1. Accurate record of coaching talent

- a. A database is established
End 2008
- b. and maintained
Ongoing



Norman Poole presents Jonathan Hay with a trophy for winning the 'Peter Coe' junior men's mile – Solihull 2008

If you suffer from a series of bad racing performances or your training is going badly then the reasons for it should be investigated. The symptoms could include lethargy, abnormal tiredness and exhaustion, a slow recovery from sessions or a race, muscular tightness and a lack of motivation. It could be that a lack of iron is the cause of the problem. Add to the above symptoms an increased blood lactate level and a bigger risk of injury then it could mean that you are anaemic (lack of iron in the blood). You do need to be careful here since some of the symptoms described can also be associated with depression and /or overtraining. Iron deficiency is often associated with a poor immune system. So if you also suffer from a lot of illnesses and colds then you have another clue.

Iron is a micro nutrient and the total amount in the body is only 1 ½ oz or 5 grams so why is it so important to the endurance athlete? Iron is needed to form the oxygen carrying compounds of haemoglobin and myoglobin. A lack of iron means a poor oxygen capacity of the blood and of course the use of oxygen is of vital importance to the endurance athlete. For an athlete suffering from anaemia it is like running up a gradient compare to one who is running on the flat. In short it is a no contest.

The only way to be sure is to have a sample of blood taken and have it analysed in a laboratory. You will need a sympathetic doctor; although I am informed that some testing centres will be able to do a simple haemoglobin test for as little as £5. There are dozens of tests that can be carried out on blood but the ones that matter here are the haemoglobin readings and the serum ferritin levels. The serum ferritin level is the most accurate and important measure of the iron levels. This indicates the amount of iron stored in the body. Iron is also stored in the liver, spleen and bone marrow. Two factors need to be checked as well; they are the MCV (mean corpuscular volume), which is the average volume of individual cells and the size of the erythrocytes.

(This is dealt with in great detail in *Better Training for Distance Runners*.)

The normal range of haemoglobin for men is 13.5 – 17.5 g/dl and 12 – 16 g/dl for women. The normal range of ferritin levels are 24-300 ng/l for men and 15-300ng/l for women.

Serious cases of anaemia can be dealt with by supplementation of ferrous sulphate

and even by injections. The experts say that iron supplementation can bring fairly quick results. However, the best policy is to avoid low iron status in the first place and to keep an eye on what food is eaten. Good sources of iron are meat and dark poultry, liver, egg yolk, dark green leafy vegetables, legumes, dried fruit and whole grain or enriched cereals and bread. Perhaps there is merit in the often quoted statement "eat you greens". Strict vegetarians can be more at risk since the haeme obtained from vegetarian sources is not so readily taken up by the body. It is also stated that only about 15% of dietary iron is actually absorbed. Female athletes with a low calorie consumption (less than 1500cal per day) probably don't eat enough food to get sufficient iron.

A cautionary note here, do not take in too much iron for two reasons. The first is that too much iron is toxic, the second is that too much iron can affect the absorption of other very important minerals such as calcium, zinc and magnesium.

The experts seem to agree on the following advice for maintaining iron levels;

1. eat three ounces of lean red meat or dark poultry twice a week
2. do not drink coffee or tea with meals because tannin reduces iron absorption
3. eat or drink vitamin C rich foods with meals to increase absorption of iron
4. use cast iron cookware where possible

5. avoid carbonated drinks with meals
6. avoid anti inflammatory medicines such as ibuprofen at meal times.
7. train as often as possible on dirt paths or grass. (see below) – softer surface
8. eliminate unnecessary amounts of low intensity running that add nothing to aerobic fitness but increases foot strike
9. train during the cooler parts of the day – reduce sweat loss

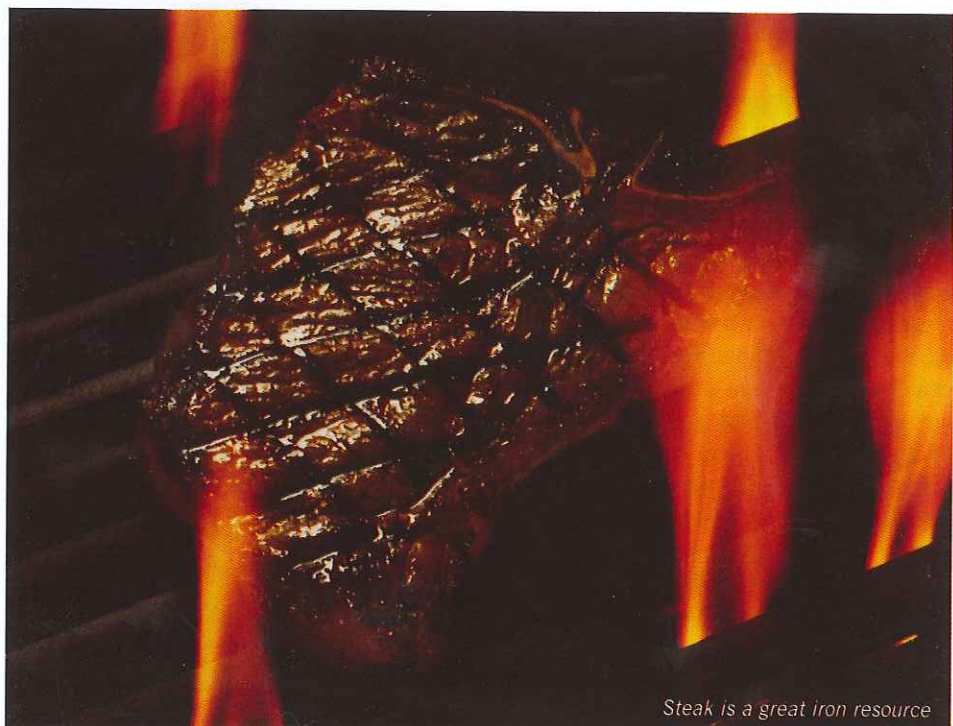
So how is iron lost from the body? Some iron is lost in sweat and some is lost from GI (gastro intestinal irritation). Some is lost in foot strike haemolysis. Put simply running on hard surfaces can damage red blood cells. Women also lose iron in menstruation.

From the points made so far it would seem that vegetarian, women marathon runners training in hot conditions are the most at risk!

There is no doubt that high standard performances in endurance running require considerable amounts of oxygen. Haemoglobin and myoglobin play a big part in getting that oxygen to the tissues that need it. Iron is an important component of haemoglobin. ■

References:

- *Better training for Distance Runners* by D. Martin and P Coe
- *Advanced Sports Nutrition* by D Bernadot
- *The Complete Guide to Sports Nutrition*



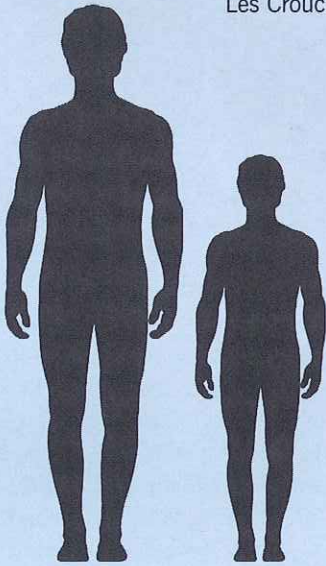
Steak is a great iron resource

Extract from the Times

Body heat is mostly lost through sweat but this depends on the area of skin. The taller man has only 1.5 (comparing a 6ft 5 man with a 5ft man) times the surface area of the other through which to lose 1.9 times the quantity of heat. This results in a greater degree of heat stress for the taller man as his body core temperature rises.

So we need a team of gnomes for championships in hot climates.

Les Crouch ■



H. Buschracher, former US rowing coach, "the Chinese rowers have trained three times per day, seven days per week, for the last several years preparing for 2008"

Granted they were full time (=on funding?) is there a lesson to be learned? ■

4 Minute Milers Surname Initial Letter

Your chances to achieve sub four may be bettered if...

To the end of 2007 102 men whose surname began with M had achieved this level, followed by S with 97, K with 80, H with 71, C with 71, L with 54, D and W with 52, G with 51, R with 49... Q with 2. ■

In previous issues of BMC News I wrote about the coaches Lydiard, Stampfl and Cerutti and the athletes that they coached. So it was with interest that in Peak Performance 259 and I believe Athletics Weekly too, the highly regarded coach Tom McNab wrote about some of the myths of coaching that have persisted over the years. These "myths" included 100 miles a week of running, sand hill running and interval training. These methods are associated with Lydiard, Cerutti and Stampfl respectively.

Arthur Lydiard is the New Zealand coach associated with running 100 miles a week. His system was sometimes misunderstood. The 100 miles was followed by a block of hill running and then a period of sharpening or what we would call now specific race preparation. Lydiard coached Peter Snell and Murray Halberg among others to Olympic titles and world records. One of the criticisms of Lydiard was that his system resulted in lots of injuries. Not so, said Lydiard. With the correct type of shoes injuries could be kept to a minimum. It is an interesting point out and not well known that Lydiard did design running shoes for his athletes. It was around this time that the American coach Bill Bowerman visited New Zealand. After he returned to the USA he developed shoes too; Bowerman's development led to the start of the Nike company!

Another successful coach was Percy Cerutti in Australia. He was crucially one of the first coaches to introduce weight training for runners. He was also associated with sand hill running. But this only formed part of his programme. The reality is that his runners did lots of other sorts of running too, but little of this was done on a 400m track. His most famous athlete was Herb Elliott who won the Olympic 1500m and set world records too.

The colourful Austrian coach Franz Stampfl used interval training as part of his coaching. Sessions included 10 x 400m in 62 secs with 90 seconds recovery. The speed of the 400m runs would be reduced over a period of months. The system was based on the scientific research of Reindell and then Gerschler in Germany. As



mentioned in an earlier article Stampfl coached Roger Banister to the first sub four minute mile in 1954. He also coached Ralph Doubell to the Olympic 800m title in 1968. In fact to this day Doubell's time of 1m 44.3 secs is still the Australian record.

It is clear from this account that 100 miles a week, sand hill running and interval training did have some merit.

There is no doubt that Lydiard, Cerutti and Stampfl were coaches of great middle distance runners. They have some things in common. They all coached at a similar time and all coached Olympic champions and world record holders. Perhaps confusingly and remarkably they all used different methods to get their athletes to run peak performances. How could this be?

Perhaps quotes from their most successful athletes will give us an insight. Doubell speaking about Stampfl said "He had the ability to inspire me, to motivate me to do the extra 20% of training" and "After an earful of Stampfl I believed I could beat anyone in the world". When Elliott spoke about Cerutti recently he said "He had the magnificent ability, which few people have, to transform you with words and lift you twenty feet in the air- he had a wonderful inspiring eloquence" Murray Halberg in his seventies still referred to Lydiard as "coach" and Peter Snell became inspired by him to become a physiologist.

What are the lessons to be learned from all this? If you have a talented athlete who trains hard then you have the basis for success. When you add a coach who is a great motivator then you have the basis for great performances. Much of the coaching in this century is based on scientific principles but it must not be forgotten that coaching an athlete to their best performances is also an art. ■

References

- BMC news Spring 2007, Autumn 2007 and Spring 2008-08-27
- Run to the Top by Garth Gilmour
- Athletics How To be a Champion by Percy Cerutti
- Running by Franz Stampfl
- Peak Performance 259

Olympic Games track report

In stark terms looking at the figures below Beijing was one UKA's least successful Olympics. There were some encouraging performances and with the correct approach, structure and coaching the future is perhaps not as bleak as some people would have us believe. If France, USA and New Zealand can medal why not us? However, it is imperative that our athletes do far more speed work so that they are capable of dealing with the fast finishes, both short and long, plus the ability to cope with the negative splits we witnessed at these games. Whatever the distance pace is the key.

- Number of Endurance places Available: **45**
- Number who UK athletes who competed: **20**
- Percentage of places filled: **44%**
- Number of those 20 Athletes Coached by the 5 Full Time Professional Endurance Coaches: **6** (30% of the Endurance Athletes who competed)
- Number of the 20 Endurance Athletes Coached by Former Event Coordinators: **0**
- Number of the 20 Athletes Coached by non-UKA Full-Time Coaches: **14** (70% of the athletes who competed)
- Number of Finalists (Top 8): **2** (10% of the Athletes who competed)
- Number of Finalists of the 5 Professional Endurance Coaches: **0** (These Coaches have the top lottery funded Athletes)
- Number of Women's Finalists (Top 8): **2** (Lisa Dobriskey and Mara Yamamuchi)
- Number of Men's Finalists (Top 8): **0** - First time in Olympic History we have not had an endurance men's finalist.
- Medalists: **0**

MENS EVENTS

800m

UK's sole representative Michael Rimmer looked well in control in winning his heat in 1:47.61 (55.90/82.07), early casualties were Quesada (Spain), Chehibi (Morocco) and Lathouwers (Holland).

The semi-finals the following day saw Michael – suffering the effects of food poisoning – fail to qualify (1:46.07). But he was in good company with reigning champion Borzakovskiy (Russia), silver medalist Muaudzi (SA), and World Junior Champion Kaki (Sudan) all exiting in tactical rather than quick races.

The final was to prove redemption day in a major championships for Wilfred Bungei

(Kenya) who controlled the race throughout leading through 400m (53.5), 600 (79.17) and finishing with a final 200m of 25.48 (1:44.65). He just held off Ismail Ahmed Ismail (Sudan), (1:44.70) Kaki's training partner and world champion Alfred Yego (Kenya) (1:44.82) who just edged out the Canada's champion Gary Reed (1:44.94).

1500m

The heats were notable for some really quick times with Ramzi (3:32.89), Baala (3:35.87) and Van Deventer (3:36.32) being the quickest heat winners. Tom Lancashire never seemed comfortable and failed to qualify (3:43.40) in the slowest heat. I am sure that he will learn from the experience. UK's other representative Andy Baddeley (3:36.47) looked in complete control in qualifying by right in 3rd position in his heat.

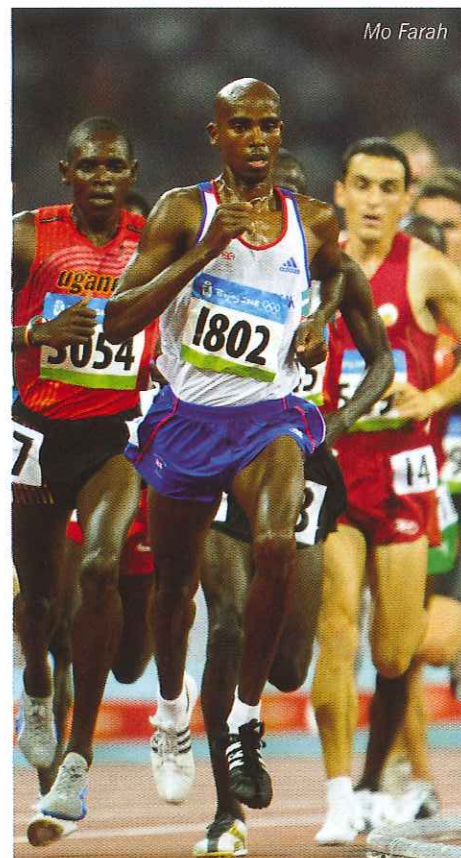
The semi-finals were tactical affairs and not particularly quick emphasizing at this level you have to be in the correct place at the correct time. Again Andy Baddeley (3:37.47) looked smooth and in control qualifying by right again in 3rd place. There were no major casualties in this round.

The final was led out by Kiprop (Kenya) in a brisk 56.48, his compatriot Choge then took over passing 800m in 1:56.06 as the pace slowed a little. Although he had increased it somewhat as the 1200m was reached in 2:53.67. Down the back straight Rashid Ramzi (Bahrain) struck running his last lap in 53.15 and his last 100m in 12.15 seconds!!! He came home a convincing winner, to add to his double world titles of 2005. He was followed home by Asbel Kiprop (3:33.11) and Nick Willis (NZ) the Commonwealth Champion (3:34.16). Andy Baddeley – unlike Osaka – had put himself in a good position to attack at the bell, but unfortunately he did not have the legs of some of the other runners. He finished 9th in the good time of 3:35.50. Knowing Andy he will use this as motivation to come back an even better runner.

5K

The heats were disappointing in that the UK's only representative Mo Farah went out in the slowest heat, running 13:50.95 which, given his basic speed, was surprising. Other casualties included Craig Mottram (Australia) and Saidi-Sief (Algeria).

The Final opened with a sedate 68 secs. lap before Tariku Bekele (Ethiopia) went



through the first two kilometers in 2:45.49 and 5:22.29. Before elder brother Kenenisa took over to 3k (8:008.85). At this point he devastated the field with a 60 second circuit which saw World Champion Bernard Lagat (USA) drift down the field. He pressed on relentlessly going through 4K (10:32.52), still dictating the pace, as his pursuers dropped off the pace one by one. As he approached the bell only Eliud Kipchoge (Kenya) was in contention, but once Bekele struck for home it was all over. He cruised through the tape (12:57.82 OR) with a 53.23 last lap winning by just under 5 seconds from Kipchoge (13:02.80) whose compatriot Edwin Soi (13:06.22) clinching the bronze.

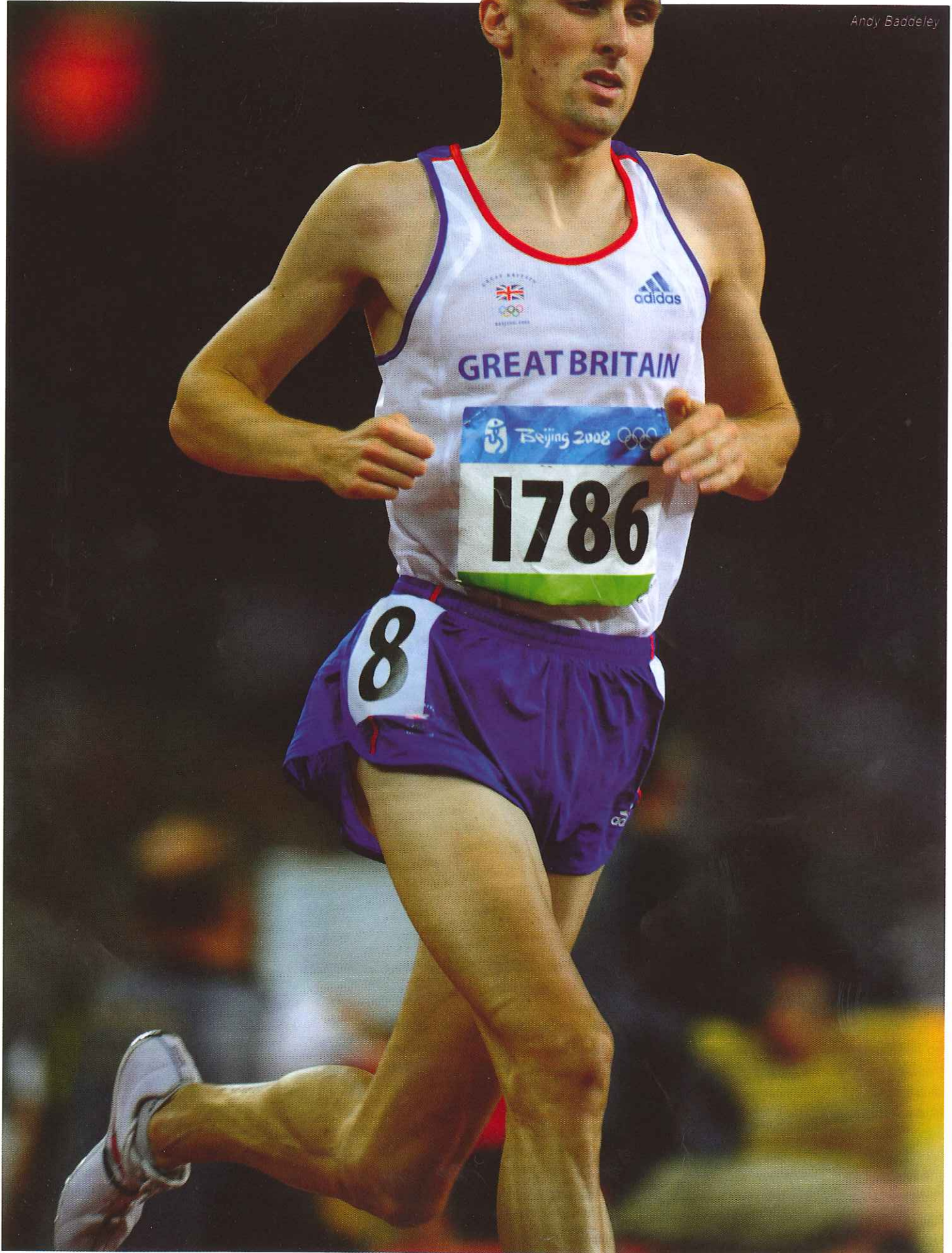
Although this was Bekele's first major 5k title his Olympic 5/10k double put him in illustrious company along side Kolehmainen, Zatopek, Kuts, Viren and his country man Yifter.

The question is how do you prepare to run at any pace and always have the ability to finish with a 53 second last lap?

10k

There was no UKA representative in this enthralling race. The early constant pace was taken mainly by the Tadese (Eritrea) brothers up to 7K where Zersenay Tadese then put in a 61 second lap to reduce the

Andy Baddeley



field to a mere half dozen. But as they approached the bell there was only one likely outcome. Kenenisa Bekele (Ethiopia) unleashed an astonishing 53.4 second last 400m (26.4 for the last 200m) to win comfortably in 27. 01.17 from the perennial runner-up, his compatriot Sileshi Shine (27.02.77) and Kenyan Micah Kogo (27.04.11). With the great Haile Gebrselassie (27:06.68) 6th . Bekele is a man apart at this moment in time he is able to follow or lead out at a hard pace or bide his time to unleash his amazing finish. He now joins other endurance track immortals – Gebrselassie, Viren and Nurmi – as double Olympic 10k Champion, and he is still only 26!!!

Steeplechase

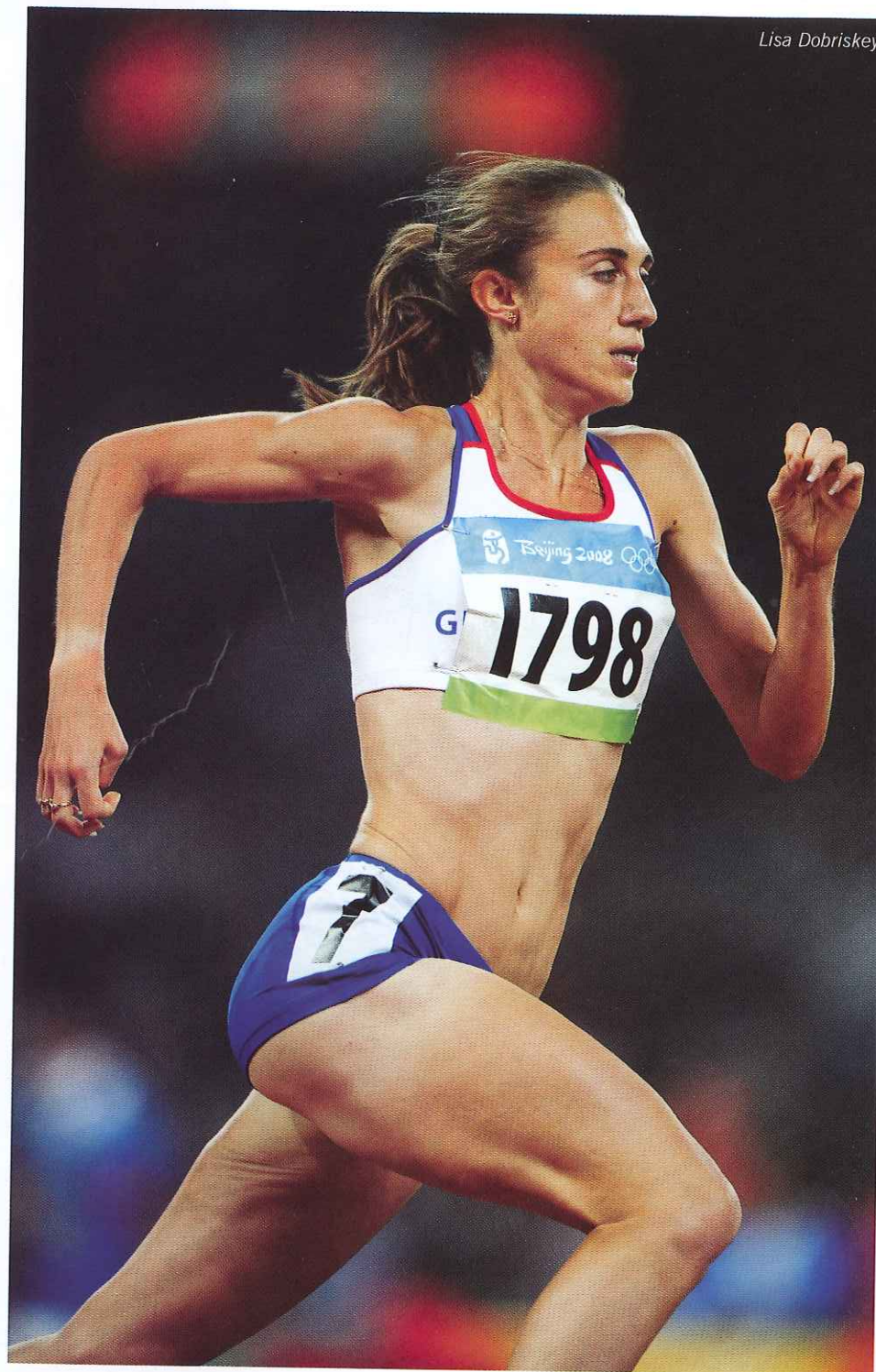
Britain's sole representative Andrew Lemoncello had a disappointing run finishing 10th in his heat in 8:36.06. The heats were of a good standard with 8:23.66 being the slowest qualifier. The final was memorable for a spirited run by Maheiedine Mekhissi-Benabbad (France) who was determined to stop a Kenyan clean sweep. Ramolefi (RSA) led through a solid first kilometer with 2:46.97, with then Famiglietti (USA) and Mohamed (Sweden) keeping the pace going through 2K in 5:33.84. At the bell defending champion Kemboi (Kenya), Matelong (Kenya), Benbbad, Tahri (France) and Kipruto (Kenya) looked the likely medalists. As Kemboi faded the eventual medalists were decided at last the water-jump and barrier with Benbbad (8:10.49) pushing the eventual winner Brimin Kipruto (8:10.34) all the way and his compatriot, Richard Matelong (8:11.01) into bronze. The final kilometer took 2;36.50. Benbadd has progressed steadily winning both European U23 championships and the Europa Cup in the last two seasons.

WOMENS EVENTS

800m

The 6 heats with the first 3 to qualify threw up five sub-2minute performers. Four of these were in Marilyn Okoro's heat, courtesy of a 57.93 first lap from Tamsyn Lewis (Australia). Marilyn qualified comfortably in second place with 1:59.01, behind Maria Mutola whose 1:58.91 was the fastest of the heats.

Jenny Meadows also ran well to qualify in third position in 2:00.33 behind Krevusun (Ukraine) 2:00.21 and Andrianova (Russia)



Lisa Dobriskey

2:00.31.

Jemma Simpson, however, never seemed to be in her race and failed to make one of the 6 fastest losers, finishing fourth in 2:02.16 and well down on her best.

The three semi-finals the following day moved up a gear with 17 sub 2 minute performers and it took 1:58.28 to make the final. In the first semi-final Okoro just did not have the finishing speed finishing 6th in 1:59.53. The race was won by Kyluka (Russia) who led through in 58.79, 88.49

to finish with 1:58.31 ahead of Mutola 1:58.61.

The second semi-final followed a similar pattern with Jelimo (Kenya) leading through 57.93, 87.39 to come home in 1:57.31 well ahead of Benhassi (Morocco). Jenny Meadows did not have either the speed or strength to go with the pace, finishing sixth in a well deserved pb with 1:59.43.

The third semi-final won by the world Champion Jepkosgei (1:57.28) from Krevusun (1:57.32) and also provided the

two fastest losers. It needed 1:58.28 to make the final two days later.

The final was a high quality race. The pace was swift from the start going through 200m in 26.4 and 400m in super quick 55.41. In the lead was the new teenage sensation Pamela Jelimo (Kenya) ahead of compatriot and World Champion Janeth Jepkosegei, both clear of the field. Jelimo continued her relentless pace through 600m in 84.03 (28.62) and holding her form magnificently came home in 1:54.87 (30.84 last 200m/59.46 last 400m), a World Junior Record. Jepkosegei held on for second (1:56.07) with the fast finishing Hasna Benhassi (Morocco) (1:56.73) taking bronze.

A year ago Jepkosegei looked in a class of her own but the novice 800m runner Jelimo – first 800m in April – has taken the event to new heights and could easily become the new world record holder in the immediate future.

1500m

UK had 3 representatives in this event. In heat 1 World Junior Champion Stephanie Twell found the step up to senior level a steep learning curve. Always in touch with the leaders she was just found wanting for pace as the race winner covered the last 300m in 46.34 to come home in 4:05.14 with Twell a creditable sixth in 4:06.68 close to her recent pb. In heat 2 which was far the slowest Susan Scott (4:14.66) missed automatic qualification by one place. The race was won by Lishchynska (Ukraine) in 4:13.60. Scott, as a former 800m runner, was surprisingly unable to meet the fast pace for the last 300m, which was covered in 43.19.

In heat 3 Lisa Dobriskey looked in sublime form effortlessly qualifying in a legal pb of 4:03.22 behind Lagat (4:03.02) (Kenya) and Tobias (4:03.19) (Ukraine)

Much has been written and said about the final. However, looking at the positives from the race, what a tremendous performance by Lisa to finish 4th in an Olympic final. Our best placed endurance athlete and so close to achieving a medal.

Alminova (Russia) took the field through laps of 65.90 and 2:13.70 (67.80), before Jamal took up the running with 500m to go passing through 1200m in 3:16.41 (62.71). This move was proved to be too early with Lagat taking over on the back straight of the last lap. Lagat held her form well in the home straight to finish in a pb

of 4:00.23 with Lishchynska (4:01.63), Tobias (4:01.78pb) taking the medals and Dobriskey (4:02.10 pb) finishing fast for 4th all ahead of the fading Jamal. For Lisa the race was full of what might have been. But at this level it is down to merest fractions and inches. What is obvious is that she has a great future ahead of her and could become a medalist at major games in the near future.

5k

UKA had no representatives in this race. It required 15.15.12 to ensure you made the final from the two heats from which there were no major casualties.

The final was a fascinating race pitting the two Ethiopians defending Champion Meseret Defar against the double Olympic 10k champion Tirunesh Dibaba. The new Olympic Champion and world record holder for the Steeplechase Gulnara Samitova led through a pedestrian first kilometer of 3:39.20. The pace was then taken up by the 10K silver medalist Elvan Abeylegesse but with little appreciative increase in pace going through the next kilometer splits in 3:06.21; 3:12.52 and 3:06.64. It was not until the last kilometer that the race came to life. Abeylegesse increased the pace significantly devastating the pack with Dibaba and Defar in close attendance. As the bell tolled Dibaba kicked for home and Defar (15:44.12) was unable to match her pace and eventually had to settle for bronze behind Abeylegesse (15:42.74). Dibaba was supreme closing with a last kilometer of 2:36.63!, a last lap of 59.4 to finish with 15:41.40 to win the Olympic 5 and 10k double a supreme champion. The surprise of the race was that Defar felt she could allow a slow pace to ensue on the assumption that she could outspurt Dibaba. Perhaps the better tactic with a hard 10K and 5k heat in Dibaba's legs would have been to make it a strong hard pace throughout.

10k

The race was run at 10.45pm in good conditions. The pace was taken by Lornah Kiplagat (Holland) who went through successive kilometers of 3:00.46; 2:59.69; 3:03.73; 3:02.77 and 3:03.38 to reach 5k in 15:09.98. By this stage at such a strong tempo the field was strung out with UKA's Jo Pavey in 14th position and Kate Reed near the rear. The pace continued until Abeylegesse (Turkey) took up the running at 7K to decimate the field further

and with 2k left it was down to her and Dibaba (Ethiopia). With 350m left Dibaba struck but Abeylegesse held on bravely only succumbing in the final straight as Dibaba covered the last kilometer in 2:48.64 and the last 400m in 60.46 to come home in the second fastest time ever of 29.54.66. Abeylegesse with 29.56.34 became only the third woman to break the magical 30 minute barrier with 29.56.34. Shalane Flanagan (30.22.22) was a surprise but pleasing bronze medal winner ahead of a World Junior Record (30.26.50) from Linet Masai (Kenya). The race threw up a whole host of area and national records and a phalanx of pb's including one from Jo Pavey (31.12.85) who despite running quicker than Osaka found herself in 12th position. Jo's time moved her to 4th on the UK all-time list behind Radcliffe, McColgan and Hunter. Kate Reed (32:26.69) was 23rd of 29 finishers. A truly remarkable race and a massive step forward for women's endurance running.

Steeplechase

As was to be expected with a new event, especially in its inaugural Olympics, there was a proliferation of personal bests, national records, area records culminating in a World record. In the 3 heats it took 8:28.52 to qualify. UK's two representatives failed to qualify but had different performances. Barbara Parker looked nowhere near her early season National record breaking form finishing a disappointing 12th in her heat with 9:51.93. Helen Clitheroe produced UK's first ever sub 8m 30 clocking finishing 6th in her heat with a National record of 8:29.14. However, pleasing as the performance and time were she is capable of at least ten seconds quicker if attention is given to her weak technique.

The final proved to be an awesome display of front running by Gulnar Galinka-Samitova (Russia) who front ran kilometers of 2:58.63; 3:02.57 (6:01.20) to run away from the field in the last kilometer (2:57.61) to become the first woman to crash through the 9 minute barrier with a world record of 8:58.81. A long way behind denying Russia a clean sweep was Eunice Kepkorir (Kenya) (9:07.41) just ahead of Yekaterina Volkova (9:07.64) the World Champion. The women are now coming to terms with the event with good flat runners, with a good strength and technique moving the event forever forward. ■

Places to Run in Great Britain

Many athletes go abroad for warm weather training and a change of scenery is a good way of boosting enthusiasm and alleviating the tediousness of routine training back home. However, although the weather can't be guaranteed here, there are many unbelievable places to train which can be as inspirational as anything overseas and much cheaper to visit. David Lowes suggests some places for athletes to use and also for those on vacation or even businessmen wishing to find a suitable local running location. This is the first in the series and concentrates on the North East of England.

The criteria I decided upon for these places were accessibility, quality of the running surface, variety of the terrain and whether it was inspirational or not. They have been given a star-rating: 5 stars = out of this world, 4 stars = excellent, 3 stars = very good, 2 stars = good, 1 star = worth a visit.

The chosen places to run are mostly for endurance running and the four categories chosen are explained here in more detail. Accessibility is generally accepted as a place that is easy to get to by private transport. The running surface is rated upon its underfoot suitability, whilst the terrain takes into account whether it is flat, hilly or generally undulating. Running routes that give inspiration may have incredible scenery or they may just be idyllic where the mind can focus on the task ahead without any distractions. Some of these runs may entice you to run further than planned by wondering what's around the corner or over the next hill and some may simply inspire you to run without thinking of tiredness!

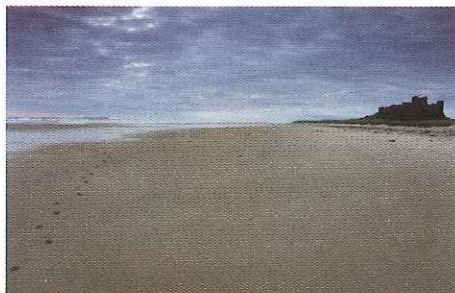
Most endurance runners would probably rate grass as their favourite surface, beautiful beaches may come a close second along with wooded trails and their main concern would be runs with little or no traffic to encounter along the way. For those looking for a nearby running track these will be included where applicable. Most of these places are personal choices and are not deemed to be the best in the country, but are simply great locations where any endurance runner can enjoy their run.

NORTH EAST ENGLAND

This region has many outstanding locations of which some may be classed as a runner's paradise. The coastal areas of Northumberland are arguably the best in

the country and virtually from Cresswell (25 miles north of Newcastle upon Tyne) right up into Scotland the training areas are very similar. Described here are runs on beach, roads and in woods.

BAMBURGH ★★★★★



The magnificent beach at Bamburgh.



The approach to the imposing Bamburgh Castle



The castle, dunes and beach, the perfect setting for runners.

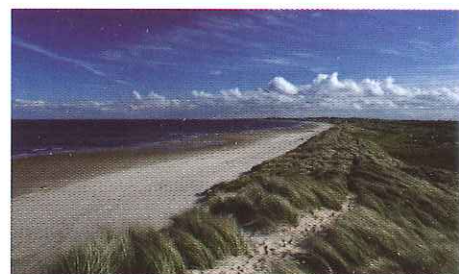
This is synonymous with beauty and inspiration. It is apt that this is the first location to be described and if there is a better place to run in the UK then I have yet to see it? The vista of the castle is world renowned and motivational in any weather and the beach is an incredible expanse of sand when the tide is out. It is incredibly flat and firm and spikes could be used if deemed necessary, the beach goes on and on for mile after mile and is ideal for a long run (around 10km in one direction). The dunes are a brilliant area for fartlek type running and some steep sand hills can also be found to do hill work. The dunes are made up of numerous trails of soft pure white sand. The beach area is never crowded, even though it is a popular place for families with their children in the

summer months.

The roads around Bamburgh and most Northumberland castle areas are almost traffic free and have a unique pinkish appearance. Following the castles coastal routes it offers some fantastic sights along fairly flat roads and some off road running can be done along the Route 1 National Cycle Network.

Bamburgh is situated off the A1 about 50 miles north of Newcastle and can be located via the coastal route or more directly by taking the B1341. If you decide to holiday in the area, you have everything at your disposal for an enjoyable training break and you will certainly be inspired by the panorama.

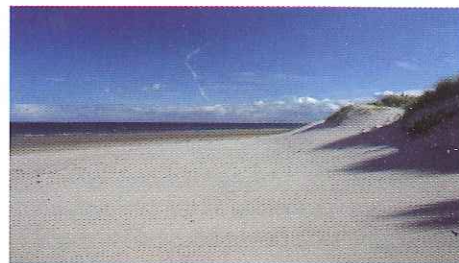
DRURIDGE BAY ★★★★★



The beach and sand dunes at Druridge Bay.



Of the beach and you're into the leg sapping soft sand dunes.



The incredible soft white sand at Druridge Bay.

This is one of my all-time favourite training venues and is practically deserted at any time of the year. Very similar to Bamburgh with unlimited routes through the dunes, hills and hard sand for as far as the eye can see (around 13km in one direction). The Route 1 National Cycle Network passes by this location, so again, it has everything the

endurance athlete desires.

It is accessed via the castles coastal route or by the A1 from Newcastle by taking the A1056 and then the A189 before changing on to the A1068 and then following the signs for Cresswell or Druridge.

As with most sand dune based locations they tend to have their own micro-climates because they are sheltered from the prevailing winds and even on inclement days it can feel much warmer than it actually is.

Walking from parking the car through the myriad of soft sand paths, the first view of the beach and sea is always inspirational; it is viewed from the top of a short steep drop of pure white sand down to the seashore. It is something that never fails to excite anyone and no matter how lethargic you may be feeling you invariably feel like running and probably much further than you intended!

If you get the chance to run at these two venues, don't hesitate because they are second to none in terms of inspirational sites for running and they are ones that will stay in the memory for life.

DURHAM CITY ★★☆☆

This is an ideal place for runner's and people to visit and has many great natural running routes both in the city and nearby. The route along the River Wear can commence in Newton Hall, just off the A167 and follows a public footpath through a nature reserve and into woods and then continues along the river through farmland before following the meandering River Wear through the city via the riverside pathways. The course then continues past the magnificent Durham Cathedral and Castle along the leafy walkway and because of the river's profile the cathedral is on your left side for one mile without apparently being left behind even though you think you are running in a straight line!

Five miles from starting the run you continue to Maiden Castle (ex World Cross Country and National Cross Country venue) where the vast smooth grassed area is excellent for steady runs, fartlek and speed related sessions. Depending upon how many circuits of the area you want to do you can up your miles significantly if so desired. Another mile or so further on and you will come into Houghall Woods which breaks up the run and from there you can take several routes or double back along the river to complete your run of 12 miles or

much more.

The advantage of this route is that it is traffic free and the scenery and underfoot conditions constantly change to keep the athlete's concentration and enthusiasm levels high and are also kind to the joints. It is also comparatively flat, so brisk running is quite easily accomplished if the athlete is feeling good!

The riverside walks are popular with tourists and can therefore be fairly busy, especially in the summer and autumn months. It is therefore advised to run either early morning or in the evening.



The riverside paths either side of the River Wear in Durham.



The magnificent Cathedral and the riverside paths.



Which way do you want to go? It's up to you!

AYKLEY HEADS ★★☆☆

This is located just on the outskirts of Durham City and as someone who lives just a stone's throw away, this is one of my preferred places to train on a regular basis. It is the site of the Durham Constabulary headquarters and is a large area of parkland which is generally not used by the general

public. It consists of grassland, cycle tracks, roads, woods and a mini golf course of flat and undulating terrain. The Great North International Cross Country has been held there and to me it is a great place to train with few interruptions from traffic or people. There are not many places that have everything in one place and this is one place that I never get tired of visiting to run. By changing direction and taking different pathways it is easy to run reasonable distances without ever repeating the same route. There are many steep hills in the area making it a perfect setting for the endurance athlete.

There are ample car parking places and the whole site is a gem for runners of any calibre. Although many such sites have similar terrain, this has the lot for multi-task sessions: tempo runs, fartlek, speedwork, medium distance runs and hillwork and with the added bonus of beautiful scenery to enlighten any under the weather feelings.



One of the grassed trails which can be used for hill runs.



Excellent circuits are to be found in the wooded areas.



Grass is in abundance and makes it ideal for running.

Places to Run in Great Britain

For those wanting a track for a session, Maiden Castle, home of Durham City AC has a four lane synthetic surface with a six lane sprint straight and Chester-le-Street's AC Riverside 6 lane track is only 8 miles north of Durham.

LOCAL DESIGNATED TRAILS ★★



Autumn scene on one of the many trails in County Durham.



The Derwent Walk is a great place to run!



A winter scene on the Chester-le-Street cycle way.

Within a short drive from Durham City you can pick up starting points on many disused railway lines which have been upgraded by the Sustrans as places to walk, run and cycle. These trails offer the opportunity to run long distances or simply out-and-back runs of a distance of your choice. The Lanchester Railway route off the A691 runs to Bishop Auckland in the South and on to the Waskerley Way in the North West, so distances of 20 miles and more are no problem. These are great places to run and

are generally sheltered by trees on either side and although deemed boring by some they are excellent for even paced runs, tempo runs or even speed work with firm but forgiving underfoot conditions.

Another railway route just 1 mile from Durham City at Gilesgate Moor heads east and finishes at Sunderland which is part of the C2C cycle route.

So basically the athlete is spoilt for choice in the Durham City area!

One of the best and most scenic railway routes is the Derwent Walk and is situated at Consett off the A694 which is around 12 miles from Durham City. It continues north to Swalwell 7½ miles distant and this is a run I've done countless times and is a great place to do medium to long runs as well as tempo runs.

Another great cycle trail starts 8 miles from Durham City at Chester-le-Street and this continues on to Consett and beyond. Distances of any distance can be covered on an out and back basis, but 20 miles and more can be done if desired. This is accessed at the Wheatsheaf Pub just outside of Chester-le-Street on the A167. All these trails are simple to follow, just keep going straight ahead until you want to turn back!

CHOPWELL WOODS ★★

This is a fantastic place to run at any time of the year and is generally frequented by walkers and mountain bikers. It is a large expanse of woodland and forest and it is so tranquil once into the heart of the area. The smell of the pine needles makes it a pleasant place to run and you could be miles from civilisation, such is the serene ambience.

It is accessed via the A694 taking the road to Chopwell or further down the road at Rowlands Gill. There are large car parks and routes marked on well defined forestry maps. As with many such places there are different coloured routes of varying distances and grades of difficulty. There are the main trails through and around the wood and the terrain varies from flat to undulating to hilly. Not surprising when the wood is on a massive hillside and there is a marked difference from bottom to top.

If you get adventurous and get off the main tracks and onto the smaller interesting trails through the wood it is quite possible to get lost! So be prepared to run further than anticipated. It is ideal for short, medium and longer runs as well as fartlek,



Tranquil setting of the woodland trails.



One of the narrow tracks off the main trail routes.



One of the designated trails through Chopwell Woods.

repetitions and hillwork. It is a beautiful place to run and is a great venue if the weather is inclement as it is very well sheltered with many of the huge trees, both deciduous and coniferous, over 100 years old. It is worth going there just for the eerie silence with just your breathing and footstrike for company!

Other very similar places in the North East are **Hamsterley Forest** which is in County Durham and is accessed off the A68 by taking the signs for Hamsterley. There is a payment to enter the Forestry Commission owned land but it is definitely worth a visit. **Kielder Forest** in Northumberland is also accessed via the A68 and taking the B6318 alongside Hadrian's Wall and then following the B6320 to Bellingham and then on to Kielder Northumberland National Park which is vast in size but again almost identical in terrain and character to Chopwell and Hamsterley. Kielder in

particular has the option of having log cabin holiday homes and is a great choice for runner's to keep active whilst enjoying their vacation.

WALDRIDGE FELL ★★



Waldridge Fell is undulating and has hills for sessions.



Waldridge Fell and one of the tarmac routes.



Off the main route and on to the peat trails.

This venue is situated just on the periphery of Chester-le-Street, 7 miles from Durham City. It is accessed via the A167 taking the signs for Waldridge and has four car parks from which to commence your run.

It is a moorland peat nature reserve with various routes for the athlete. It has an approximate 3-4 mile circumference with runs of up to 8 miles possible without covering the same ground due to many smaller pathways providing more options. Some of the pathways have been upgraded to tarmac for disabled users and the site is excellent for medium distance runs, fartlek, tempo runs and also hillwork.

Situated on a hill with great views from the area in all directions it will keep the athlete focussed and it is without doubt an excellent place to train with the grassy peat surface kind to the athlete's joints and good drainage when it rains. The terrain is undulating and it certainly gives the athlete a demanding workout. There are also wooded areas and the athlete could utilise the terrain to do a multi-task session of either fartlek or a mixture of speed, hills and steady state running.

The site is generally quiet and is a favourite haunt for dog owners to walk their pets but is still a fantastic place to run. It is also split into two halves with a country road dividing each. Being exposed, it can be quite windy, but it is worth the extra effort!

There is a running track 2 miles down the road at the Riverside with excellent facilities and grassed areas for those who want to do specific work.

NORTH YORK MOORS ★★

The North York Moors and in particular Gisborough Moor (note spelling!) and Gisborough Woods are situated in the south of the North East region about 10 miles from Middlesbrough off the A171. The Moors are a designated National Park and are a vast area of natural beauty.

Gisborough Woods lie on a north facing escarpment between the town of Gisborough and the edge of the North York Moors and provide almost unlimited opportunities for training and racing. Surfaces vary from good tarmac on some of the main forest trails to rough forest tracks. On inclement days many runners keep off the open moor and stay in the woods for shelter, where it is still possible to do a good long run without using the same path repeatedly. Located on the side of a hill, the woods are also an ideal place to do hill work with gradients varying from shallow to very steep. The trees in the wood are largely coniferous, but these are gradually being replaced by deciduous types which will greatly enhance its character in future years.

The adjoining Gisborough Moor provides an unlimited choice of routes and distances over open moorland with underfoot conditions varying from good paths to muddy tracks. This is an ideal place for tempo and longer steady runs.

The North York Moors Athletic Club utilise much of the area and host many off road races of varying distances throughout the year. Maps and descriptions of the race



North York Moors and the Cleveland Way.



One of the trails in Gisborough Woods.



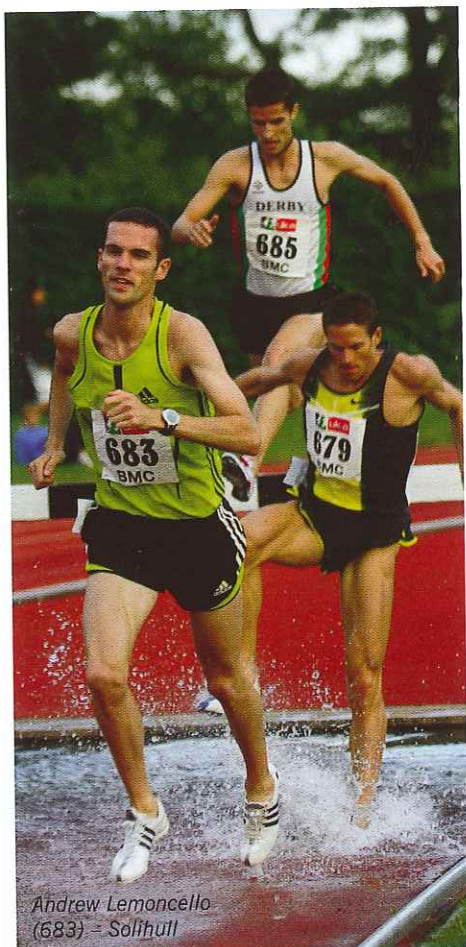
Roseberry Topping and the North York Moors.

routes are available on the clubs website (www.nym.ac) together with record times for the routes so it's possible to run around a course and compare yourself with the best.

Gisborough Woods and The North York Moors jointly provide endless opportunities for training and racing e.g. fartlek, speed, hills and steady state running. Gisborough town also has a 4 lane synthetic running track, home of New Marske Harriers, if you want to do more speed related work. So there you have it, the best of both world's and also a great base for a vacation. ■

For further information on any of these runs or if you have information on any such places that you would like included please contact: David Lowes at coachlowes@aol.com

World Qualifiers



Andrew Lemoncello
(683) - Solihull

Qualifying times for World Championships next year with names who have such marks:-

800	1:45.40	Rimmer
1500	3:36.20	Baddeley and Lancashire
5k	13:20.0	Farah
10k	27:47.0	Farah
3ks/c	8:23.0	Lemoncello
800	2:00.0	Meadows, Okoro and Simpson
1500	4:06.0	Dobriskey and Twell
5k	15:10.0	Pavey
10k	31:45.0	Pavey and Reed
3k s/c	9:40.0	Clitheroe, Parker and Dean

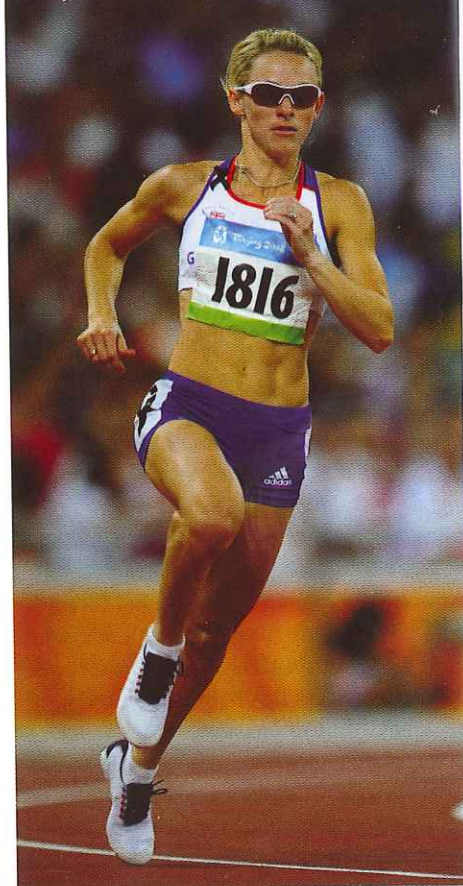
TARGETS - 2009

European Indoor	6-8 March
World Youth	8-12 July
Euro U/23	16-19 July
Euro Youth Olympics	20-26 July
Euro Junior	23-26 July
World Champs.	15-26 August

Helen Clitheroe



Jenny Meadows



The British Milers Club aims to give athletes the competition framework in which they can progress from good club level to world class. This is done through graded competition that brings together athletes of a comparable standard to chase fast times. A structure that starts with academy competitions for U20 age group athletes provides a ladder up to the BMC Grand Prix meetings which have a specific aim of helping athletes achieve international championship standards.

Below are listed a few short profiles of BMC members in the 2008 Olympic track squad. These demonstrate how the athletes have progressed within the BMC structure and developed from young athlete to Olympic Games representative.

Michael Rimmer

Michael ran at least one personal best in BMC races every year from the age of 14 to the age of 20 progressing from 2:00.11 in his first BMC race to 1:45.47.

His 1:45.47 performance at BMC Grand Prix at Watford in 2006 moved him up to international level being a nearly 3 second improvement on his previous best in a race which saw Michael finish 2nd as three British men went under 1:46.

Andy Baddeley

Andy first broke 4:00 for 1500m in a BMC race at the age of 15 and progressively improved his time till he made a massive improvement of over 5 seconds to record 3:40.11 finishing 2nd in a BMC Grand Prix race at Watford in 2004. Since then Andy has used the BMC to sharpen his speed running an 800m personal best each year for the previous three seasons to bring his time down by three seconds.

Lisa Dobriskey

Lisa's final preparation race for this year's Olympics was to run a BMC mixed sex race at Stretford. In it she took 5 seconds off her personal best time to record a world class 4:00.64.

Lisa first ran a BMC race at the age of 14 dipping just under 4:40 and has run BMC races regularly including setting BMC U20 records at 800m and 1500m in 2002.

Marilyn Okoro

Marilyn had not run many 800m races prior to 2004 but her 400m form and predictions of her coach meant that the BMC seeded her in an A race. She ran 2:04.37 to

improve her best by 3 seconds kick starting her 800m career and finishing behind Susan Scott and Rebecca Lyne. Marilyn first ran a BMC race in 2000 at Watford age 15

Stephanie Twell

Steph used BMC races this year to get back from injury and into shape to win a World Junior Gold medal. She improved from 4:14.79 to 4:09.29.

Steph first ran a BMC race at the age of 13 going well under 5 minutes with 4:45.98 in the BMC academy meeting at Millfield. She has run PBs in BMC meetings every year since then.

Jo Pavey

Jo's only pre Olympic 10000m was the UK 10000m trial held as part of the BMC meeting in Watford. Jo won the race for the second year in a row having set a 31:26.94 PB in 2007.

Jo first ran a BMC race as a 16 year old in 1990 where she set a BMC Junior record for the mile that still stands. When she was coming back from a lengthy injury period in 1997/98 it was BMC races that helped her get back to the promise she had shown in earlier years.

Tom Lancashire

Tom opened his season with two BMC races including his first sub 3:40 clocking for 3 seasons. It set him on the way for a major step forward and his Olympic selection. He first ran a BMC race at Stretford in 2003 age 17

Mo Farah

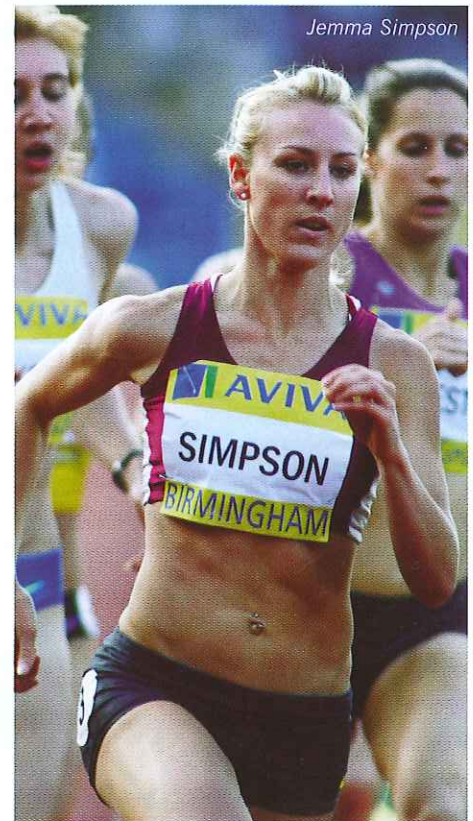
Mo has had many significant runs in BMC races since he first ran a 14:05 5000m as a seventeen year old in 2000. These runs include 2001 - 13:56.31 5000m (first time under 14 mins) 3:56.49 mile in 2005 (first sub 4min mile), 13:30.53 5000m in 2005 (PB by 8 seconds.)

Andrew Lemoncello

The steeplechase race organised by the BMC at Solihull this year proved to be highly significant in terms of selection for the Olympics. Andrew won this race ahead of his domestic rivals as three Brits went under the Olympic B standard.

Jenny Meadows

This season Jenny ran 2:00.71 for 800m at the BMC Grand Prix at Manchester Sport City. This was marginally slower than the



Jemma Simpson

BMC record she set in 2007 of 2:00.61.

Jenny made a major breakthrough in the 800m in 2001 at a BMC race in Loughborough taking nearly 5 seconds from her then PB for a 2:05.8 clocking.

Jemma Simpson

Jemma has progressed with numerous personal bests in BMC races since her first race as a 14 year old in 1994. Her current 1500m PB of 4:10.08 comes from the Grand Prix at Manchester last year. Other significant breakthroughs came with a 2:02.52 clocking in 2005 a second improvement on her previous best.

Helen Clitheroe

Helen has competed regularly in BMC meetings with an impressive range from 800m (2:03.2 PB in 2002), 1500m (4:05.1 in 2004) and Steeplechase (her 2nd ever try in 2007 - 9:50.23)

Barbara Parker

Barbara completed her Olympic preparation races with a 1500m victory in 4:17.26 at Watford.

Kate Reed

Kate first ran a BMC race as a 15 year old and has competed regularly her 1500m best 4:13.55 comes from a BMC race at Crystal Palace in 2007. ■



BRITISH MILERS' CLUB

So you think you're tough ... prove it!

RESIDENTIAL, EDUCATIONAL AND TRAINING COURSE
IRTHLINGBOROUGH, NORTHAMPTON
FRIDAY 7th - SUNDAY 9th NOVEMBER 2008

Open to all male and female athletes aged over 13 and under 20 plus coaches

BMC courses are the only ones held at beneficial times of the year

Weekend includes: Training, meals, lectures, advice, print-outs and top quality coaching.

Cost: £59 BMC Members. £39 BMC Coaches. £99 Non BMC Members.
£49 BMC athletes travelling more than 200 miles one way.

ONLY FIRST 60 APPLICATIONS ACCEPTED ... BOOK NOW OR BE DISAPPOINTED!

Cheques made payable to: **BRITISH MILERS' CLUB**. Applications **MUST** include a stamped addressed envelope stating age and current personal best times to: Rod Lock, 23 Atherley Court, Upper Shirley, Southampton SO15 7NG. Tel: 0238 078 9041.



THESE COURSES ARE MASSIVELY SUBSIDISED FOR BMC MEMBERS ... JOIN AND REAP THE BENEFITS!



REGISTRATION & BOOKING FORM *Irthlingborough 7-9 November 2008*

The British Milers' Club coaching courses are for the benefit of athletes and coaches and we try to ensure the following:

- That all young people are as safe as possible.
- Provide information on further opportunities available.
- Provide top-class coaching and advice where required.
- Ensure that all BMC activities are open to all communities (equal opportunities).

First Name: _____

Surname: _____

Address: _____

Post Code: _____

Date of Birth/Age: _____

Gender: _____

Telephone/Mobile Nos: _____

E-Mail: _____

Academy Member: Yes No

Membership Number: _____

Emergency contact details

Name of Parent/Guardian/Carer: _____

Emergency Contact No: _____

Who is authorised to take and collect your child to this activity?: _____

Does your child suffer from any of the following?

Asthma Skin Problems Diabetes Epilepsy

Fainting Heart Problems Migraines Allergies

Other: _____

Is your child currently on medication or have any injuries?

Yes No If yes, please specify: _____

Do you consider your child to have a disability?

Yes No If yes, please specify: _____

What is your child's Ethnic origin?

White Mixed Race Asian Black Chinese

Other

Do you object to photographs of your child being taken for publicity purposes? (NSPCC guidelines)

Yes No

Club: _____

Special Dietary requirements (please state): _____

Please state pb's (for squad allocation): 800m _____

1500m _____ 3000m _____

For Coaches Only:

What is your current UKA coaching level? _____
Please enclose photocopy of licence.

Do you have a UKA CRB certificate? Yes No
Please enclose photocopy of certificate. (If no, please contact Rod Lock on 0238 078 9041 immediately)

For Parents: BMC courses involve vigorous, but beneficial athletic training, to a high standard. Please confirm that your child is physically fit and capable of participation in this training over the duration of the course. A qualified masseur/sports therapist will be in attendance to deal with minor niggles, muscle soreness or athletic related problems. Please note that we will only treat a person under the age of 18 if a chaperone is present (friend or fellow athlete/personal coach). Do you give permission for your child to be treated?:

Yes No

I confirm that consent is given for my child to attend the BMC activity and I agree to the conditions laid out below*.

Signed _____

Date _____

*Information used in this form will be used to monitor and evaluate BMC activities. All information will remain confidential and no reference to individuals will be made in written or verbal reports. Your child's participation is voluntary and you may decline to participate. I have read and understood the above information and agree for my child or myself to participate further in this study, if so requested.

The battle for oxygen

Frank Horwill

When we breath air it goes into the lungs and thence into the air sacs, there it is passed into the blood where 'carriers' collectively known as haemoglobin or Hb convey it to all parts of the body. One gramme of Hb carries about 1.34mls of oxygen. So, the more Hb we possess as runners the better. Generally speaking a good count for females is 12.5g Hbg. per 100mls of blood and for males 13.5 Hbg. Hb is largely made up of the mineral iron which we get from food and we need a regular daily supply of it. Unfortunately, this mineral is very fickle and on its own is practically useless requiring considerable support from other minerals and vitamins if it is to be fully utilised. A further complication is that only 10 per cent of our entire intake in any 24 hours is absorbed. It is calculated by experts that runners require an intake of around 40mg daily of which, as stated; only 10 per cent will be utilised. The remaining 4 per cent is allocated as follows:

Bodily functions – 1.3mg, dealing with blood destruction
1mg
Sweat – 1.5mg

Now, getting an intake of 40mg daily appears to be a simple task, however, two studies have revealed that athletes' diets only contained 6mg of iron per 2,000 calories and on that basis it would be necessary to consume more that 5,000 calories daily, to get adequate iron, too much for a runner! So, an iron supplement of 25mg makes sense for most runners. Amounts more than this are associated with increased infection, therefore be warned.

A further problem is that iron in vegetables and fruit is not as easily absorbed as it is in meat, a dilemma for the vegetarian. Another hazard is that tea and coffee drunk within one hour before or after a meal renders half the iron in that meal unavailable.

The main ally of iron absorption is vitamin C, which is found in most fruits and many vegetables. Other nutrients which aid the assimilation include zinc, vitamin B6, vitamin B12, folic acid and vitamin E.

So far we have talked about blood content; however, there is another vital factor in the battle of oxygen, the red cell count called haematocrit, which has led to the illegal use of EPO to boost it. The red cells which carry oxygen make up about 45 per cent of blood. A haematocrit of 50 provides 25 per cent more red blood cells than a count of 40 with a subsequent increase in oxygen delivery to muscles. The

The following foods should be consumed as frequently as possible:

IRON	VITAMIN C	VITAMIN B6	FOLATES
All curried foods	Orange juice	Bananas	Green vegetables
Liver	Blackcurrants	Eggs	Eggs
Lentils	Brussel sprouts	Fish	Liver

VITAMIN B12 Liver, eggs, fish.

ZINC Most nuts, potatoes, lamb chops.

VITAMIN E Vegetable oils, nuts, lettuce.



vitamins that hike up the haematocrit are B12 and folic acid. Again, vegetarians are up against it, as B12 is not found in ANY vegetable or fruit. A supplement must be taken.

A three week exposure to altitude training 1500 metres above sea-level will boost Hb by about 2 grammes and the red cell count from 5 to 10 per cent and this will remain for about six weeks on returning to sea-level. Therefore regular visits to altitude will help the retention of these levels. Soviet coaches of old were quick to recognise this advantage, particularly with their female runners sending them to altitude for a month with two months at sea-level which was repeated throughout the year. In the All-Time Top 50 rankings for the 1500 metres Russian women occupy 13 places, GB have one (Holmes 41st).

Obviously, athletes born and bred at altitude have a good red blood cell advantage. This can be equalled by GB athletes with regular altitude excursions.

Paula Radcliffe, Tim Hutchins and Spencer Duval being British examples who have regularly used altitude training during their careers.

The symptoms of iron deficiency known as anaemia can be one or more of the following:

1. Declining training and racing performance
2. Breathlessness for simple tasks such as walking upstairs
3. Headaches
4. Insomnia
5. Pins and needles in the feet and hands
6. Extreme white pallor of the face
7. Continuous tiredness leading to depression

When these symptoms are evident it is time to consult your GP for a blood test. It is unwise to self-treat anaemia because the symptoms described may be due to more serious causes.

Bernard Lagat the 2007 World 1500m and 5000m Champion was the first runner to secure that same double victory in the American Championships in 2007. Amongst his many accolades one should include 3rd in the 1500m in the Sydney Olympics of 2000, 2nd in the World Championships 1500m of 2001 and 1st in the World Cup 1500m in 2003. Bernard Lagat is a really engaging personality who loves his running which came through with every point he made.

Bernard Lagat was born on the 12th of December 1974 at Kapsabet Kenya. Except for running around with the other kids at primary school in his PE class it was not until he was in Form 2 in Capel Secondary school, 2 to 3 miles from his home, that he started running in earnest. He was running around barefoot, as all the Kenyans did and, his older sister Mary Chepkemboi realised that he had an interest in running and gave him a pair of running shoes and that changed everything (Mary chep-kemboi competed in the Commonwealth Games and World Cross country and had been an African 3000m Champion. In 1982 she was 2nd in the All African 1500m and 3rd in the 800m).

'My sister said Hey! you could be a good runner! I did not need anybody to tell me anything after that' He added ' I would run barefoot in the countryside with other boys and I found it was good fun. My realisation that I could get something out of this was when I went to Jomo Kenyatta University, College of Technology in the Northern part of Nairobi. The coach there said ' Man you are so natural' I felt it was easier for me to run than most of the kids that were in college. From then my life took a different turn and I got a scholarship to Washington State. I then continued all the way.'

I pointed out that it seemed he was running well early on but it was not the case, as you will see from what he said about that. 'It was not early – Kids for example from Kenya who run at the age of 18 internationally--that was not for me. I wanted to finish my university course first. I wanted to get into the academics before running. (He got a degree in Business Management) That was something my sister and coach supported me with as that was what I wanted for myself.

'I decided when I had finished my university I would turn pro afterwards. I saw people who turned pro right after high school and they immediately became

professional runners but I did not want to take that road but take a different route.

I went to America, not because I wanted to settle in America but the only thing was to get my F1 visa, get that scholarship and go to study in America to be able to come back to Kenya but, after that my life took a different direction.

He explained that in 1996 he and four friends tried for a Diversity Visa that had lottery funding attached to it. He was the only one who obtained it. He got his green card in 1998 and then became a resident of America living in Washington and later in Arizona.

Quite frankly with the prolific and successful racing career of Bernard Lagat it was difficult to pinpoint a race that he had excelled or particularly satisfied with but he was quick to put that right

'One of my most interesting races was in 2001 when it was nearing the end of the season. It was the VD Memorial meeting in Brussels. I said to the guys in the hotel I am going to run as though it was my last race, before the final Grand Prix. I am going so hard no question about it. Although I could not be confident of beating Hicham El Guerrouj I am going to spook him and follow him to the wire and I did that but had no idea I had run so fast.

(Hicham El Guerrouj 3:26.12; Bernard Lagat 3:26.34, William Chirchir 3:29.29.

That race was on the 24th of August 2001 and at the time of writing it made Bernard Lagat the second fastest 1500m runner in history and the third fastest time ever run. The fastest being El Guerrouj 3:26.00 in 1998. In 2003 Bernard ran 1:46.00 for 800m which was a PB for the distance).

I remarked that he had a very good 5000m in him too, if you looked at his record. 1997 (13:50.33), 1998 (13:42.73), 1999 (13:36.2), 2000 (13:23.46), 2002 (13:19.4); 2005 (12:59.29), AND 2006 (12:59.22).

'That was almost my natural event in the first place. When I started running in High school it was not the 1500. We did 3000/5000m at cross-country not 10,000. The only thing I did not do was the steeplechase or the 10,000 as they did not appeal to me.'

'I never knew I could run 1500m till 1996 at the Kenyan Olympic trials, when I surprised myself by making the final, which was the first time for a long time a University boy made the final for that.'

It was always a memory for me that Bernard Lagat finished six times in second place to El Guerrouj in 2001 and I felt it must be hard since then without him and, he would have to learn new tactics in races?

'When El Guerrouj was running we used to have to run extremely fast from the gun right through to the finish but now El



Wanted

Guerrouj has gone with many races now the pace is slower so you have to learn to run slow and fast. We don't have those particular races as we did when El Guerrouj was in the field.'

Bernard Lagat has won the American Championship 5000m three times, 1500m two times and been third once. He has also won the World Indoor 3000m as well as coming second in the World Championships outdoors in Edmonton in 2001.

Will he then stick with the 5000m?

'I think I would love to do that. I use my speed towards the end, my strength which is built into my training as a 5000m runner, rather than as a 1500m runner – I do tempo runs and long runs.

The difference between the two events are that the 1500m runners don't do too many miles and tend to go to the track three times a week. For me it is the other way round. I like to do longer stuff. I can even do faster things not on the track. I can go to the track two times a week but mostly once a week. I do most of my training off the track. I leave the work on the track for competition only. I use races as training in the Summer. What I like about the races that I do in the early season like the indoor races. They make me prepare for the most important things, for example like the Olympic Games or the World Championships. (World Championship wins last year 1500-3:34.77 and 5000m 13:45.87).

He indicated that time trials by himself over 1500m help but he did not think he would run them as fast as 3:45 when at the time he could run 3:40 in competition.

The one thing one feels about Bernard Lagat is that he loves all his running and that is born out by what he says:-

'I love it. That is something that I realised a long time ago. All my siblings 'All 10 of us' love to run. My Dad & Mum they love seeing me run but do encourage our education first. For my brother and two sisters and now another brother, 4 of us have gone through the university system and still run. That is beautiful. I love doing it (Evelyne Jerotich Lagat has run 71:35 for a half marathon. William Cheseret has a marathon of 2:10:09 in 2004 and Robert Cheseret won the NCAA 5000m in 2004 and the 10000 in 2005. He has pb's of 13:13.23/28:20.11.)

I love running still at 68 so did Bernard think at 68 he would still go for a run?

"I will still be doing it. It has got to be fun." ■

TWELVE ATHLETES TO TAKE PART IN RUNNING RESEARCH

START – FIRST SUNDAY IN NOVEMBER

REQUIREMENTS – Undergo 15mins run for maximum distance covered in that time to predict current VO₂ max level. Test run on first Sunday in November

SCHEDULE

Six athletes to train six days a week as follows:

November	35mins per day steady running for 5 days and 70mins one day
December	40mins per day steady running for 5 days and 80mins one day
January	45mins steady running for 5 days and 90mins one day
February	50mins per day steady running for 5 days and 100mins one day
March	55mins per day and one run of 110mins on 6 th day

Take 15mins test run on final Sunday in March

Six athletes to train six days a week as follows:

November -	One track session at current 5k speed or estimated 5k speed consisting of 3 x 1600 with 200 jog recovery in 90secs. Four days of 35mins steady running and one run of 70mins
December -	Two track sessions a week, one at 5k speed, one at 3k speed. 5k speed – 3 x 2k with 300 jog rest in 2mins 3k speed – 16 x 400 with 100 jog/45secs Three runs of 35mins steady and one of 70mins steady
January -	Two track sessions a week, one at 5k speed, one at 3k speed 5k speed – 6 x 1k with 100 walk/60secs rest 3 speed – 8 x 800 with 200 jog/90secs rest Three runs of 35mins steady and one run of 70mins steady
February -	Two track sessions a week, one at 5k speed, one at 3k speed 5k speed – 5 x 1200 with 100 walk/75secs 3k speed – 12 x 500 with 200 walk/60secs Three runs of 35mins steady and one of 70mins steady
March -	Three track sessions a week at 5k, 3k and 1500m speed 5k sessions – Run 5k full out with others 3k session – 4 x 1500 with 400 jog/35mins recovery 1500 session – 16 x 200 with 10 jog/45secs Two steady runs of 45mins. One run of 90mins steady

If you are interested in taking part in this research, write to BMC Running Research, 333 Jubilee Crescent, London E14 3DF for an application form stating your times for 5k, 3k and 1500, together with your age which should be over 18years

The research is aimed at discovering VO₂ max improvement with increased volume of steady running as against fixed volume with quality running at greater speeds

BMC/Nike Grand Prix and Race

Number of finishers in 800m and 1500m

	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Men	438	517	610	546	563	672	716	562	655	658	675	744
Women	146	212	255	229	233	284	345	328	379	367	382	434
Total	584	729	865	775	796	956	1061	890	1034	1025	1057	1178
E.I.	-	-	-	-	-	-	-	-	-	-	-	-
					235	233	210	201	276	252	280	364

Personal Bests

The PB percentage rate for the 6 meetings showed an increase over the proceeding year – from 28% to 35%. This was despite the weather conditions at Eton and blustery conditions at Solihull.

	Venue	Races	Finishers	PB's	%
GP1	Watford	18	195	92	47%
GP2	Sports City	25	309	133	43%
Elite	Watford	18	190	72	38%
GP3	Solihull	31	354	109	31%
GP4	Trafford	25	222	77	35%
Final	Eton	26	265	60	23%
TOTAL		143	1,535	543	35%

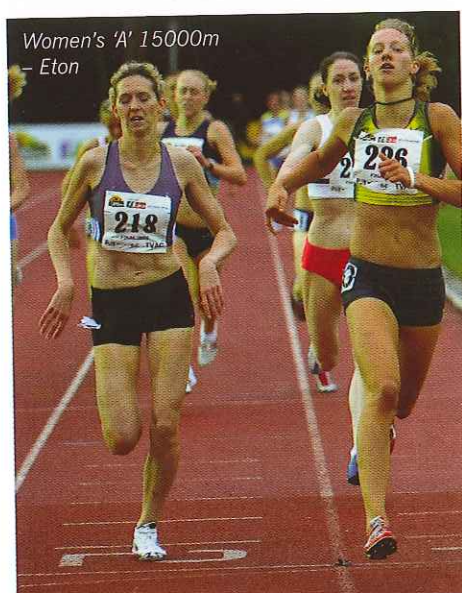
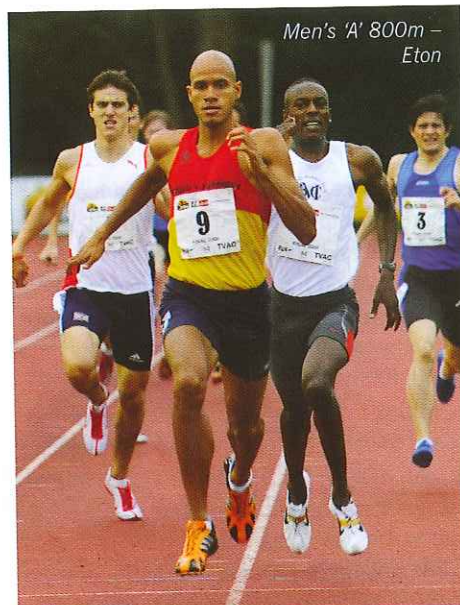
Outside of the grand Prix series we are doing very well in producing athletes PB's. As shown on the front of the BMC website, we have had to date:

Meetings: 56	Races: 492	Finishers: 4,631	PBs : 2,223 (48%)
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This is broken down as

	Meetings	Races	Finishers	PBs	Percent
GP + Elite	6	143	1,535	543	35%
Gold Standard	13	63	619	210	34%
Regional	33	202	1,743	927	54%
PB Classics	4	84	734	543	74%
TOTAL	56	492	4,631	2,223	48%

As expected, as the standard of the meetings increases the PB percentage declines. Overall, these figures are still impressive.



The 2008 Racing Program

The Grand Prix final was co-hosted with the UKA Challenge final at Eton., a good venue, with lots of grassland around the arena for warm-ups and warm-downs. It was a shame that the weather was not compliant as cold, wet weather slowed some of the A races.

The series produced 7 Olympic B standards (Andrew Lemonchello, Stuart Stokes, Adam Bowden, Luke Gunn – 3000m SC, Jo Pavey – 10000m, Vicky Griffiths, Jenny Meadows – 800m). There were also three BMC records:

Vicky Griffiths lowered Jenny Meadows 800m record to 2:00.49 when beating Jenny at Sports City. Steph Twell lowered the Junior Womens 1500m record when winning at Solihull. David Forrester ran a Junior Mens 1500m at Watford Elite when finishing 5th in the A-race.

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	2008
Men	58	50	72	64	49	51	70	58	69	54	103	77
Women	34	43	45	50	50	49	63	70	103	79	111	105
Total	92	93	117	114	99	100	133	128	172	133	214	182

Programme 2008 Report

Steve Mosley
& Tim Brennan
& Andrew Osment

First and tenth fastest British 800m times (1997 - 2008) 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 - 05	1:51.04 - 08	2:03.4 - 07	2:05.21 - 09	2:13.58 - 12
1998	1:47.13 - 07	1:48.29 - 08	1:50.85 - 05	2:01.93 - 05	2:04.85 - 07	2:12.11 - 07
1999	1:48.00 - 12	1:48.27 - 07	1:50.21 - 02	2:04.57 - 10	2:05.94 - 11	2:12.74 - 09
2000	1:46.97 - 05	1:47.97 - 03	1:50.91 - 07	2:05.10 - 12	2:06.16 - 12	2:12.74 - 09
2001	1:47.67 - 11	1:48.99 - 12	1:51.64 - 10	2:04.94 - 11	2:05.80 - 10	2:12.77 - 11
2002	1:47.18 - 09	1:48.21 - 06	1:51.94 - 11	2:03.70 - 08	2:04.83 - 06	2:12.15 - 08
2003	1:46.68 - 03	1:47.72 - 01	1:50.90 - 06	2:04.55 - 09	2:05.14 - 08	2:10.20 - 04
2004	1:47.37 - 10	1:48.60 - 10	1:51.96 - 12	2:00.77 - 04	2:03.13 - 03	2:11.47 - 06
2005	1:47.09 - 06	1:48.73 - 11	1:50.66 - 03	2:01.98 - 06	2:03.05 - 02	2:08.14 - 01
2006	1:45.10 - 01	1:48.49 - 09	1:51.13 - 09	2:00.99 - 03	2:03.94 - 05	2:10.83 - 05
2007	1:46.32 - 02	1:47.72 - 01	1:49.84 - 01	2:00.61 - 02	2:01.76 - 01	2:08.76 - 02
2008	1:47.16 - 08	1:48.12 - 04	1:50.74 - 04	2:00.49 - 01	2:03.90 - 04	2:09.57 - 03



Women's 'A' 1500m - Trafford

Following on from 2007 the 800m races were a slight anti-climax. The fastest British run of the year came from Olympic semi-finalist Michael Rimmer, with 1:47.16. The other meeting produced solid 1:47 winning times with the leading Brits running 1:47 / 1:48 apart from at Eton when the fastest times all came from the B race.

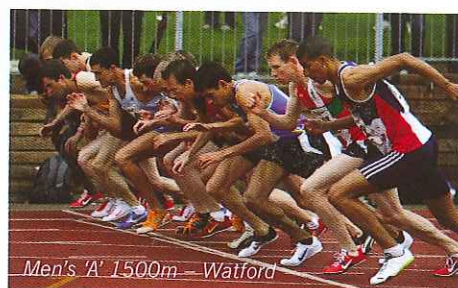
In the Women's 800m saw a superb breakthrough for Vicky Griffiths with 2:00.49 at Sports City, which was a BMC record. Watford Elite and Solihull produced 2:02 winning times.

First and tenth fastest British 1500m times (1997 - 2008) 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 - 11	4:18.18 - 12	4:42.2 - 12
1998	3:39.5 - 05	3:42.14 - 06	3:47.01 - 05	4:14.85 - 10	4:17.80 - 09	4:28.63 - 08
1999	3:41.83 - 12	3:42.85 - 07	3:45.51 - 03	4:10.84 - 06	4:17.02 - 07	4:27.82 - 04
2000	3:39.79 - 08	3:41.89 - 04	3:49.02 - 10	4:15.28 - 12	4:17.74 - 08	4:33.02 - 11
2001	3:39.27 - 04	3:43.19 - 10	3:47.62 - 07	4:13.02 - 08	4:16.23 - 04	4:32.03 - 10
2002	3:41.06 - 11	3:43.16 - 09	3:47.90 - 08	4:11.24 - 07	4:17.93 - 11	4:28.60 - 07
2003	3:39.72 - 06	3:41.62 - 03	3:48.85 - 09	4:14.82 - 09	4:16.81 - 05	4:25.95 - 03
2004	3:40.11 - 10	3:43.59 - 12	3:50.46 - 12	4:10.56 - 05	4:15.49 - 03	4:31.72 - 09
2005	3:38.49* - 02	3:41.92 - 05	3:46.91 - 04	4:09.08 - 03	4:16.82 - 06	4:28.44 - 06
2006	3:38.51 - 03	3:43.27 - 11	3:49.93 - 11	4:05.91 - 01	4:17.85 - 10	4:28.13 - 05
2007	3:39.85* - 09	3:40.28 - 01	3:44.81 - 01	4:08.83 - 02	4:11.67 - 01	4:19.09 - 01
2008	3:39.73 - 07	3:43.01 - 08	3:47.15 - 06	4:09.29 - 04	4:14.20 - 02	4:24.03 - 02

The Mens 1500m was a great disappointment. The average first Britain and 10th place were 3 seconds down on last year and only Tom Lancashire broke 3:40. The athletes are capable of running the times, but seem reluctant to do so. This is one event that we need to spend some time on, to try and come up with something for 2009.

In the womens event the first Britain and 10th place were also 3 seconds down on last year - but as 2007 saw a 6 second improvement in the average first Britain and a nine second improvement on 10th place, it meant that 2008 was the second best year we have had. Stephanie Twell ran sub 4:10 at Solihull. ■



Men's 'A' 1500m - Watford

Carlos Higuero Training and progression

The following is an edited extract from a long presentation by endurance coach Antonio Serrano at the Spanish Federation National Coaching Seminar in November 2005. It includes updated performances till 2008'

It describes in detail the professional (Federation funded) squad Serrano coaches in the Madrid CAR (High Performance Centre) and in particular the training and lifestyle regime followed by Juan Carlos de la Ossa (10,000m) and Juan Carlos Higuero (1500m).

Serrano was himself a top level performer on track, road (world ½ Marathon 4th placer and first ever Spaniard sub 2.10 at marathon) and X-Country and – having studied the relevant sports modules while an elite athlete – was fast tracked to professional coaching as his performance career wound down in the late 1990s/early 2000s. He says he was lucky to be approached by 18 year old Higuero when the latter moved to Madrid from near Burgos (North Spain). At the time

he had a 5000m focus having been 3rd in the European Junior Championships in 1997, but the move down came when after blasting through the final 400m in an interval session in 51 seconds, athlete and coach agreed that the 1500 should be explored more fully. He describes Higuero as a rare talent who has enabled him to prove himself and subsequently attract a large number of other elites based on his success with Higuero.

Higuero Profile

Born August 1978

1,80m (5 ft 11)

60kg/ 9st 6lb

Progress includes:

Age	Time
18	3.50.9
19	3.41.2
21	3.39.5
22	3.36.6
24	3.32.3
26	3.31.6
27	3.32.9
28	3.31.6

29 3.32.5

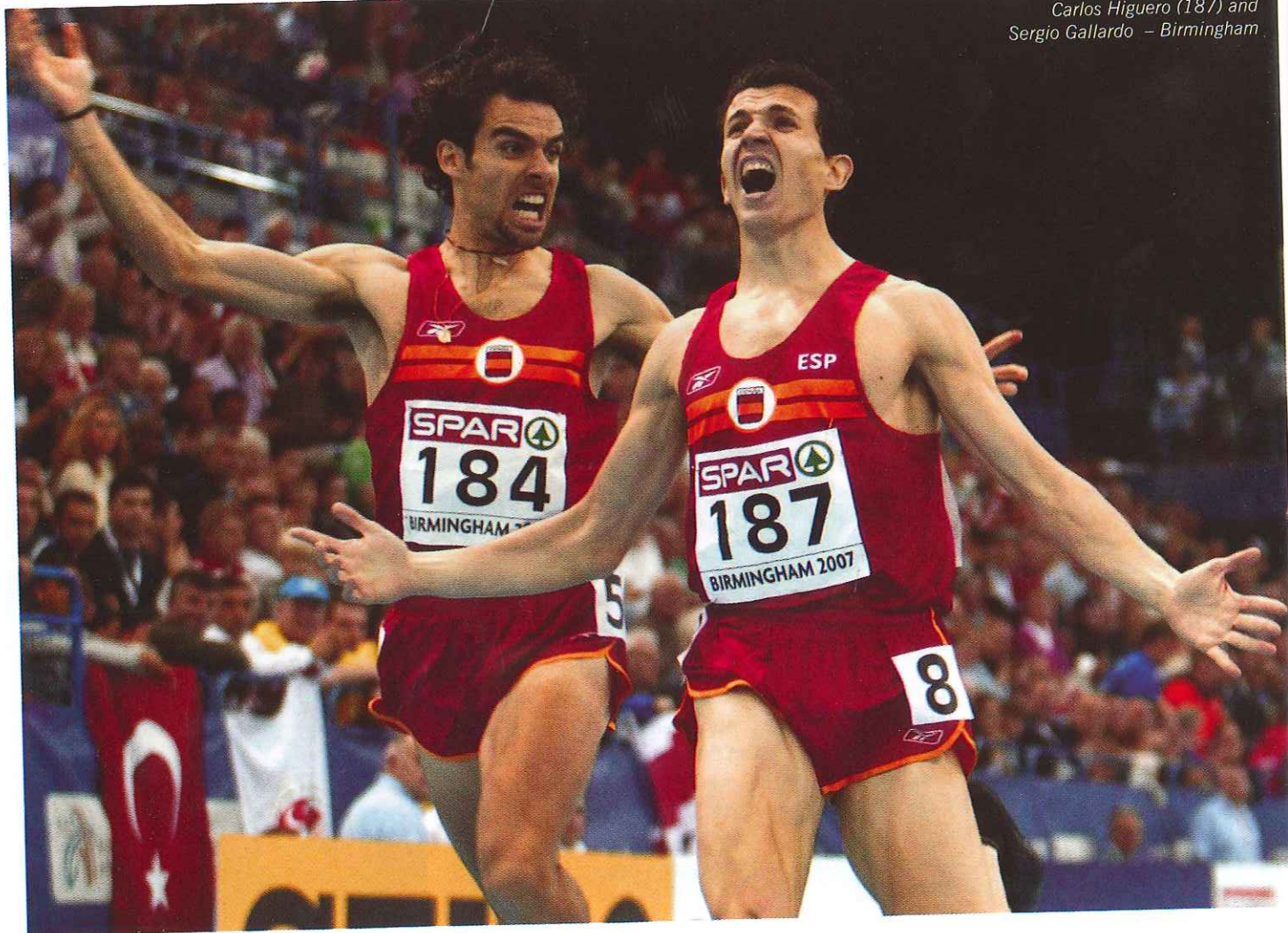
Other PBs include

800m:	1.45.8	2007
3000m:	7.43.9	2008
5000m:	13.22.6	2008

Successes include:

- Sydney Olympics 2000 – 8th
- European Indoors 2002 and 2005 – 2nd
- Munich Europeans 2002 – 5th
- Paris 2003 World Outdoors – 11th
- Athens Olympics 2004 – 8th semi-final
- Helsinki World Outdoors 2005 – 6th
- Gothenberg Europeans 2006 – 3rd in 1500 and 3rd in 5000
- European Indoors 2007 – 1st
- Osaka 2007 World Outdoors – 13th
- World Indoors Valencia 2008 – 3rd
- Beijing 2008 Olympics – 5th

There is a detailed description and discussion from the floor of the whole support system - what Serrano describes both as invisible training and the 4-20 principle, whereby 4 hours per day are spent doing the running and



Carlos Higuero (187) and Sergio Gallardo – Birmingham

complementary training activities while everything needs to be right in the remaining 20 for the athlete to fulfill their potential. He says that only professional athletes are really able to maximize what needs to be done in the 20 hours of 'invisible training' – others are in some ways compromising the ideal. Higuero has in effect been a professional athlete through his senior career – living off a combination of Federation funding (broadly structured along UKA Lottery programme lines); commercial sponsorship – with 1500m maybe the blue riband in Spanish athletics where there is no pedigree of real elite sprinting; and prize/appearance money from the races he competes in.

In terms of actual 1500 times, Serrano is quite precise as to what Higuero can achieve. He sees sub 3.30 as an incredibly rare feat for any athlete (the Spanish have only one mark ever sub 3.30, the British have two – Cram and Coe) but he says that once Higuero is coming into form from early June he can always be relied upon to run 3.34 to set his season up and at least achieve the Qualifying Standard for the major championship of the summer.

He believes Higuero tends to slightly succumb to the national media and public pressure to achieve a medal in global championships – with 1500m a blue riband event in the sport and Fermin Cacho (Barcelona 1992) still being Spain's only ever Olympic champion in athletics.

Note: In addition to the training below Higuero also did 4 x 10km easy runs per week as a second session in each of the weeks below. Virtually all the steady running and long repetitions are done off road using the large park and woodland area of the Casa de Campo in Central Madrid, near the High Performance Centre.

For flexibility, Higuero taps into the coach of elite 110m hurdler Philippe Vivancos – a cross-discipline trend started by the leading steeplechasers using sprint hurdles techniques.

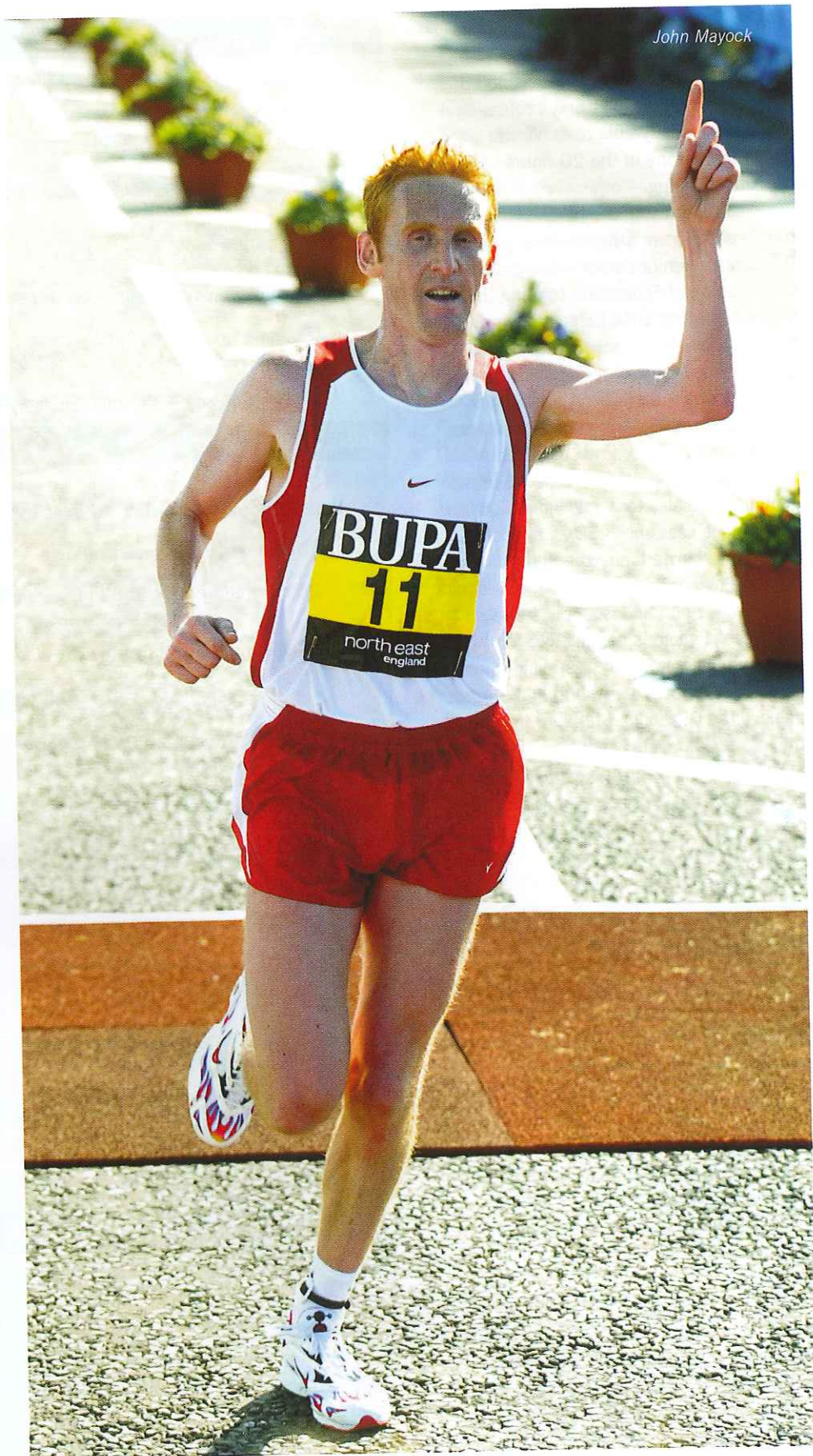
Since 2005 Higuero has described how his training has followed extremely similar lines with a slight increase in focus on endurance – this has contributed to his achievement of a bronze medal over 5000 at the 2006 European Championships, an improvement in his 3k PB to 7.43, and the likelihood that he will shortly move up to really test his limits over 5000 – the Spanish record of 13.02 (set by a confirmed drug user) very much a realistic target. ■

MAY 2005	
M	55 mins steady + technical drills + multijumps + strides
T	20 mins w/up -7 x 400m in c 56 secs with 90-120 sec recovery – 15 mins w/down + stretching
W	50 mins steady + weights session + strides + stretching
T	20 mins w/up – 6 x 300 in 44 secs (60 secs) + 4 x 600 in 85 to 87 secs (2.5 mins recovery) – 10 mins w/down
F	50 mins steady + resistance strides with weighted jacket
S	20 mins w/up – woodland reps of 2 x 2000 in 5.30 + 1 x 1000 in 2.38 (3 mins recovery) – 10 mins w/down
S	60 mins steady + flexibility drills
JUNE 2005	
M	20 mins w/up – 10 x 300; 1 st 6 reps at 44/45 with 90 secs recovery; last 4 reps 38/39 with 2.5 mins recovery – 10 mins w/down
T	45 mins steady + technical drills + multijumps + strides
W	20 mins w/up – 2 x 600 in 89/2 x 500 in 67/ 2 x 200 in 25 (2-2 mins recovery) – 10 mins w/down
T	50 mins steady + strides
F	50 mins steady + weights session + flexibility drills
S	20 mins w/up – 8 x 200 between 23.9 and 24.2 (2 mins recovery) – 10 mins w/down
S	60 mins steady + flexibility drills
EARLY JULY 2005	
M	45 mins steady + weights session + strides + stretching
T	20 mins w/up – 2 x 1000 in 2.24 and 2.21 (5 mins recovery) – 10 mins w/down
W	40 mins steady + technical running drills with weighted jacket + strides + 10 mins w/down
T	20 mins w/up – 5 x 1000 with de la Ossa, first 4 reps 2.32/2.33, last rep 2.27 (2.5 min recovery) – 10 mins w/down
F	50 mins steady + flexibility drills
S	20 mins w/up – 3 x 500 in 65/66 with 5 mins recovery – 10 mins w/down
S	55 mins steady + flexibility drills
LATE JULY 2005	
M	Return travel to Madrid – rest
T	45 mins start steady finish hard – stretching
W	20 mins w/up – 200 in 26/300 in 40/ 3x 400 in 56-55-52 (2-3 mins recovery) – 10 mins w/down
T	50 mins steady + running drills + strides + stretching
F	50 mins steady + flexibility drills
S	20 mins w/up – 1000m in 2.24/ 800m in 1.53/ 500 in 70 (4 mins recovery) – 10 mins w/down
S	55 mins steady + flexibility drills

UK World Ranked Athletes

The following 5k and 10k world ranked (Top 500) both illustrate the lack of present participants on the list and how these events have progressed in the last two decades.

5K Men	
Moorcroft	65
Farah	122
Hamer	148
Buckner	156
Denmark	157
Hutchings	180
Staines	239
Foster	245
Goater	264
Nuttall	287
Bedford	294
Cullen	295
Martin	318
Muir	322
Gillespie	321
Jones	350
Rose	354
Brown	360
Mayock	381
Haughian	383
McCafferty	391
Ovett	406
Passey	407
Keska	415
Lewis	436
Smith	438
Simmons	439
Davies-Hale	452
Turnbull	458
Rowland	458
Smith	480
Solly	488
Clarke	499



John Mayock

100=13:05
 200=13:12
 300=13:17
 500=13:22

Again many names not likely to be known by young members but they would ALL have been much higher up when they set these performances. Note only ONE still active!

10k Men

Brown	77
Martin	98
Foster	131
Bedford	135
Rose	143
Goater	164
Black	178
Jones	206
McLeod	212
Nerukar	215
Stewart	247
Simmons	259
Ford	264
Smith	265
Keska	275
Farah	279
Royle	311
Evans	320
Staines	337
Cullen	358
Solly	377
Binns	429
Clarke	433
Hamer	473

100=27:25
200=27:40
300=27:45
400=27:53
500=27:58

Again subject to any late notifications this year. Note only one current UK athlete in these lists. As with 5k the leading UK performances rated in the forefront of world marks when they were achieved.

Jo Pavey



Notes: All the female names are their names at the time of their performances.

5k Women

Radcliffe	7
Pavey	31
Murray	99
McColgan	113
Wyeth	119
Butler	149
Boltz	201
Tooby	230
Harvey	239
Fudge	241
Yelling H	272
Berry	323
Sly	344
Kenney	445
Yamauchi	485
Wallace	486
McGeorge	494
Reed	495

As before almost all have retired and as time goes on so will they slip further down the all-time list.

10k Women

Radcliffe	4
McColgan	41
Hunter	58
Pavey	69
Reed	154
Butler	159
Yamauchi	221
Yelling H	225
Sly	248
Tooby	259
Murray	282
Yelling L	291
Harvey	399
Wightman	472
Wallace	481
Crehan	500

500=32:24

As before most have retired and of those "active" this is their second event. Note also three names are likely to drop out of the top 500, and may have done so when all the 2008 stats are in. ■

BMC Awards 2008

The committee have made the following awards for 2008

COACH OF THE YEAR GEORGE GANDY

Also nominated Norman Poole and Mick Woods.



ATHLETE OF THE YEAR LISA DOBRISKEY

Also nominated Andy Baddeley and Steph Twell

YOUNG ATHLETE OF THE YEAR STEPH TWELL (Third Year running)

Also nominated Alison Leonard

FRANK HORWILL AWARD FOR OUTSTANDING SERVICE TO BMC MIKE HARRIS

BMC ACADEMY VIRTUAL CLUB OF THE YEAR YATE & DISTRICT

Congratulations to all winners.



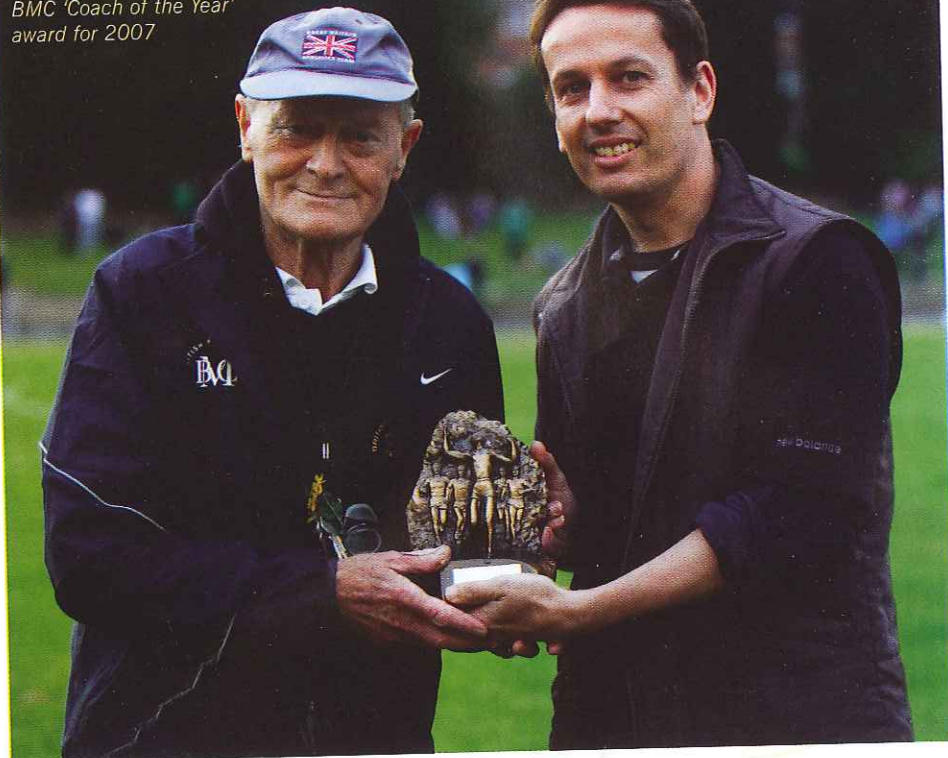
Stephanie Twell

CROSS COUNTRY DATES

- **BMC Short Course Cross Country Championships**
For Seniors, U17 and U15 Men and Women, Bristol Sunday 23 November.
- **BMC ANN HILL MEMORIAL Cross Country Race**
For Women, Cardiff Sunday January 18, 2009.

More details from Steve Mosley
Email steve.mosley1@ntlworld.com

Frank Horwill presents Andy Hobdall with the BMC 'Coach of the Year' award for 2007



ACADEMY YOUNG ATHLETES COURSE

Residential Weekend. 3 to 5 April 2009 Spinkhill just South of Sheffield.
More details from Rod Lock email coachlock@fsmail.net

BMC MEMBERSHIP ENTRY STANDARDS

The committee are proposing some changes to Membership standards commencing 1 Jan 2009. Among the changes proposed are introducing standards for the steeplechase and 10000 metres, improving standards for most other event categories, due to the increase in numbers achieving our standards in recent years. For more details after the AGM visit our website www.britishmilersclub.com

BMC NATIONAL ENDURANCE SYMPOSIUM (Our celebration of British Endurance)

Supported by UK Athletics

At Stratford upon Avon High School, Stratford upon Avon,
Warwickshire

Sunday 23 November 10am to 4pm

Keynote Speaker **JAMA ADEN** coach to Abubaker Kaki (World indoor 800m Champion 2008, World Junior 800m Champion 2008, Fastest 800m in the world 2008) and Ismail Ahmed Ismail (Olympic 800m Silver medallist 2008)

Interview with Leading British Athlete (to be confirmed)

Coaching Clinics with leading UK coaches including Norman Poole, Dave Sunderland, Lindsey Dunn, Phil Banning and Andi Drak

Cost which includes lunch and refreshments £25, BMC members £15.

Details from Pat Fitzgerald email patfitzgerald@britishmilersclub.com

BRITISH MILERS CLUB

Secretary: David Reader,
Tel 07929 860389, Email: davidreader@britishmilersclub.com

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

SUNDAY, 16 NOVEMBER 2008 at 2pm

AGENDA

1. Apologies for absence
2. Consideration of Minutes of the Annual General Meeting held 25 Nov 2007
3. Matters arising from them.
4. Chairmans Report
5. Financial Report
6. Membership Report
7. Grand Prix Report
8. Regional Reports
9. Election of Officers
10. Proposal to alter and extend Membership entry standards. Details can be supplied on request from the secretary or on the clubs website.
11. Any other business

Dated 22 September 2008
David Reader
By order of the Committee

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

Would appreciate advise of attendance to ensure accommodation of numbers

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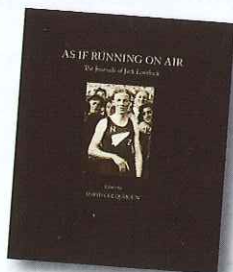
ANNUAL SUBSCRIPTIONS for 2009 are due on the 1 January. Please pay promptly to ensure you receive your membership card for you to benefit from special low members rates for races and courses. Still £20. Send to: British Milers Club, Pat Fitzgerald, 47 Station Road, Cowley, Uxbridge, Middlesex, UB8 3AB.

Book review

'AS IF RUNNING ON AIR' - The Journal of Jack Lovelock

Edited by David Colquhoun – Craig Potton Publishing.

This book is a fascinating invite into the athletic career of Jack Lovelock from New Zealand, the Olympic and Commonwealth champion and world mile and 1500 metre record holder.



There is so much more with an overview of Lovelock's life and the myth and legend surrounding him. There are biographical sketches, superb illustrations, cartoons and photographs from

Throughout his running career, from 1931-36, Lovelock kept a series of journals and diaries which until now have remained unpublished. David Colquhoun brings them to life documenting his races, training and clashes with other greats of this period such as Sydney Wooderson, Glen Cunningham, Bill Bonthron, Luigi Beccali and Jerry Cornes.

Lovelock's own albums.

This fascinating book is an insight and step back in time at the great races and athletes of yester year.

David Colquhoun is to be congratulated on this elegant 282 page book which is a must for all athletic endurance aficionados. Even at over twenty pound it is well worth the price.

How long can UK records last?

M800	set in 1981, no likely threat in sight	2021
M1500	set in 1885 and again no candidates apparent	2018
M5k	set in 1982, only ONE possible man in view	2012
M10k	set in 1998, as above	2012
MS/C	set in 1988, no takers	2030
W800	set in 1995	2012
W1500	set in 2004	2010
W5k	set in 2002	2012
W10k	set in 2004	2015
WS/C	set in 2008	2009

In many cases there seems only one immediate threat to these records, without them the recent performance level, sadly, suggests some of these marks will be on the books for some time.



BRITISH MILERS' CLUB



The Frank Horwill BMC Research Scholarship

- Are you interested in research?
- Do you know of someone who is involved in exercise research?
- Can you help progress middle-distance running?

BACKGROUND

The BMC is looking for individuals to help us progress middle-distance running by conducting a creative and innovative piece of research. We believe that one way in which we can support this aim is to offer a scholarship of up to £1000 to help at least one individual pursue a selected topic. For this inaugural scholarship the topic area is open, with the only key concern being the advancement of middle-distance running. Coaches, research students, or lecturers may be interested and are welcome to apply. The Scholarship is open to all BMC members, but we are also opening the application process up to non-

members so that we can cast the net far and wide.

We are hoping to offer a scholarship every year.

The application process is a simple two stage exercise. The first step is to complete an application form which is available from the BMC website. This is to be submitted to the BMC by the closing date. The second stage will involve short listing the best applications and then holding short interviews. After this we will inform the successful candidate of our decision and support them to conduct the research in the months and years ahead. The findings will be widely distributed to all BMC members and if appropriate, beyond.

WHY THE FRANK HORWILL SCHOLARSHIP?

Frank Horwill was the founding member of the BMC in 1963. Since then Frank has been working tirelessly

to promote and develop the Club. One area that Frank has become extremely well known for is his work on research and collating research from around the world on middle-distance and endurance running. In order to safeguard his tradition, this scholarship has been established.

HOW DO I APPLY?

Application forms and more information can be downloaded from the BMC website. If you have any questions please do not hesitate to contact David Reader at davidreader@britishmilersclub.com

The closing date for completed applications is 30th January, 2009.

We look forward to receiving applications and passing on findings to all our members.

THE BEST OF BRITISH FROM THE BMC
www.britishmilersclub.com



The bag of nerves girl: Emily Pidgeon.
Middle distance runner. Age 19.

JUST DO IT.

If Emily's not nervous on a starting line she's nervous she's not nervous.
Then bang. Fear turns into rocket fuel.
She feels invincible. So thank you nerves.
Hang around for another 4 years.

I'll be ready.

