

BRITISH MILERS' CLUB  
**BMC**

# BMC News

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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.



# Chairman's Report

Tim Brennan

## Autumn 2009

### Global success

It was great to do see success at the world championships. Congratulations to Jenny Meadows, Lisa Dobriskey and their coaches Trevor Painter and George Gandy. Jenny ran a great tactical race and has made a transition from a 400m runner to global 800m medallist. Lisa had a disrupted season but off a short preparation time performed brilliantly.

The men did not have the same success, though Mo Farah gave it a good go in the 5000m. With the top two in the 800m and 1500m having disrupted seasons hopefully these events will be stronger next season and results will come in the European championships.

Middle distance medals also came at age group level in the European Championships with six medallists at U20 level and three at U23 level.

The difference between triumph and disaster in the international championships is very small. I think the evidence is that we have some strong athletes with good coaches. In order to get the championship results we all want to see the answer may be to keep those partnerships in place and support them with the best possible medical, dietary and other specialist help. With a coach who knows their athlete in overall control this sort of support can make a tremendous difference. This may not be as eye catching an approach compared to ideas of new training regimes or locating all the top athletes together, but making the right decisions for athletes at a micro level may be what makes the difference.

### BMC Race Programme

You have to be good at multi-tasking if you want to be a BMC race organiser and each Grand Prix meeting throws up something new. This year I had emergency trips to the shops at Watford (Water bottles from our sponsors had not turned up, 400 bottles purchased from Sainsburys) and Solihull (Sport centre had forgotten the catering for the officials – entire stock of Morrison's sandwiches purchased). Perhaps though the strangest job was as 'bucket man' at Trafford. For those of you who were not present the skies opened half way through the meeting and the track was under an inch of water with the drainage failing to cope. It was hard to see the meeting continuing but inspired by the example of Sam Ellis, spectators, competitors and officials set about clearing the track using waste paper bins to bail out the water. It was a marvellous example of BMC spirit which enabled the match to finish. Of course it meant the meeting ran late but slightly surreally the last races benefited (?) from backing music provided live by Take That from their concert at nearby Old Trafford.

The season consisted of 495 races at 55 different meetings and overall 47% of performances resulted in personal bests. Congratulations to the substantial number of members who ran PBs in our races this year. The BMC will continue to concentrate on providing paced and graded races, though we have frequently debated also providing some non-paced races and may yet do so. In these debates we have generally concluded that there are many

opportunities for non-paced races in the championships and leagues and that most people will balance their aims for the season between setting fast times in BMC races and preparing and performing at their targeted championship races.

Our Grand Prix series this year was notable for its consistency with no weak meeting or events. Taken overall we rated it as the second best season ever behind 2007. However we were disappointed that we did not manage to produce the standard of race we were aiming at in the international races. This was a new initiative for 2009 intended to push selected races in each meeting to a level higher than our regular A races. Unfortunately due to a combination of factors it did not quite come off, but much has been learnt and we will have a fresh approach in 2010.

I wish you all the best for you winter training and competition.

### Cover Photograph

Jenny Meadows, Berlin 2009.  
By Mark Shearman

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Charlotte Purdue (353) leads in the women's 5000m from Susie Hignett (357), Linda Byrne (355) and Hollie Avil (352)



# Steve Cram Interview

Steve Cram was interviewed recently by Athletics Weekly Coaching Editor and BMC Academy Chairman, David Lowes at one of his Residential Weekend courses at Spinkhill, near Sheffield where 120 athletes and coaches listened intently to one of this country's all-time greats

## Fact File

### World Championships

1983 - 1500 metres - Gold

### Olympic Games

1984 - 1500 metres - Silver

### Commonwealth Games

1982 & 1986 - 1500 metres - Gold

1986 - 800 metres - Gold

### European Championships

1982 & 1986 - 1500 metres - Gold and 800 metres - Bronze.

### Personal Bests

800m	1:42.88	1985
1000m	2:12.88	1985
1500m	3:29.67	1985
1 Mile	3:46.32	1985
2000m	4:51.39	1985
3000m	7:43.1	1983
2 Miles	8:14.93	1983
5000m	13:28.58	1989

In 1985, within the space of 19 days, he broke world records in the mile, 1,500 metres, and 2,000 metres, with times of 3:46.32, 3:29.67, and 4:51.39 respectively. He was the first man to run under 3:30 for 1500m.

## ■ How did you get involved in athletics?

I got involved at school and I remember the first race I ran was a 400m. My school used to compete in an inter-schools competition against five or six other schools in South Tyneside and there were about six fixtures that we entered in April and May. I was a big football fan and my uncle used to be a professional player with West Bromwich Albion and my ambitions definitely lay in that direction. Funnily enough, there was a lad racing in those competitions from another school that I knew from another football team, he wasn't a very good footballer and I was trying to finish in front of him. What I didn't know was that he was in the local running club, Jarrow and Hebburn, which at the time I didn't know existed. I eventually beat him in the third race and I only did so because I didn't want another footballer beating me! Jimmy Hedley, who was to become my coach, attended some of those races and asked if I would like to come along to the club? I went down the next week and really enjoyed it.

## ■ Did you start athletics because you were particularly good or because you enjoyed it?

Jarrow and Hebburn was a unique club in those days as it had its own cinder track and also a grass track along with a club house. It was kind of like a youth club with boys and girls turning up and I knew quite a few from other schools and I also took my brother and friends along as well. Although I liked the running bit, it was a fun place to go a couple of times a week. About two

months after that I ran my first race for the club at the Gypsies Green Stadium at South Shields and at that meeting Brendan Foster and Dave Bedford were competing in a paarlauf. I ran in a colts 1 mile race and finished second and won an ornamental cannon and a pair of cuff links for the team race. The canon was on my mother's mantelpiece for 25 years before she lost it! I had been playing football for years and had only won one medal and I thought that winning these two prizes was great and I also had my name in the local newspaper and on the Monday morning I received praise at my school assembly. Because of that, I was hooked on athletics.

## ■ Can you remember your first session at the club?

No, but I can recall some of my early runs at the club. There were some poor influences within the club and although I was a 400m runner then and Jimmy (Hedley) was a sprinter we just went out and did a run. We did this run and after about two or three miles I was at the back and this lad showed me a short-cut down which we named Pig Sty Avenue, which was a set of allotments and ended up getting back before everyone else. We did this for the next two years or so and also one of the lads told me to bring some bus fare money for a Sunday run as he used to stop half way round and get the bus back! I wasn't the best trainer to begin with though.

## ■ Did you have any heroes in those days which inspired you?

I remember watching the 1968 Olympics in Mexico and thought that was fantastic. However, the first person I went to watch was local hero, Jimmy Alder, who won the 1966 Commonwealth Games marathon in Kingston, Jamaica. There was a local annual road race at Jarrow and I went along to watch as I knew he was running and would be passing by close to my home. Lasse Viren was a great inspiration with his two gold medals in the 1972 Olympics and of course the North East pied piper, Brendan Foster was becoming famous and he only lived two to three minutes from where I lived and he was someone that I saw on the television regularly at that time.

## ■ Was it a matter of doing everything your coach told you?

Yes it was and Jimmy Hedley was a great character and he was someone



Stuttgart 1986: Seb Coe (326), Steve Cram (328) and Tom McKean (351)



who everyone looked up to and got you excited about doing things, he made things enjoyable and he was a great character. In the club house there was table tennis and we all got changed around it and we liked to have a kick around outside with a football and the whole experience was one of pure enjoyment. I really looked forward to the racing and realised that it was the training stuff that we did that made you better. It took a few years before I got into the training though.

**■ When you joined Jarrow & Hebburn Athletics Club were you lead in the direction of one event or did you try everything?**

Even though I joined the club as a 400m runner, I soon realised that the further I ran the better I seemed to be. In my first year racing cross country as a first year colt, I was doing reasonably well and in my first

school, Jimmy came and watched me play a football match in which I didn't have a particularly good game and I remember after the match he came up to me and said: "Give it up bonny lad!" That was a bit heart wrenching at that age and basketball took over from then as team sports are very important in schools at that age. I was actually still playing basketball when I went to the Olympic Games a few years later because it was something that was enjoyable. I still played until my second or third year at University and my team were twice county champions and two of my colleagues became professional players. I wasn't as good as them, but the one good thing about the game is that it wasn't physical like football and I didn't get hurt.

**■ Can you remember what frequency you were training at through your teenage years and what sort of mileage you averaged and**

***"My main session was always 12x400m. I just got faster as I grew older"***

road race I finished in sixth place. My dad offered me 10p for every position inside the top 20, so I was a professional from the start! That doesn't sound like a lot of money now, but when he gave me £1.40 that seemed a lot to me. He didn't do that again after that as he had misjudged how much he would be giving me. I wasn't winning, but I was being competitive and wanted to get better no matter what.

**■ At that time did you have any preference for track or cross country?**

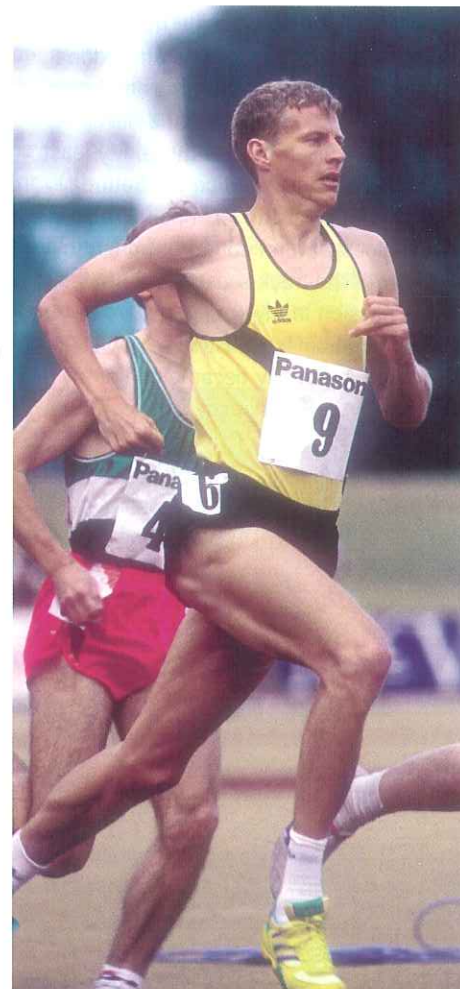
Not really, but I enjoyed cross country as I didn't think I was good enough for the track and I wasn't that fast anyway. My first English Schools championship was in Durham, so I didn't get to travel down the country. I was quite competitive, but not good enough to win and I finished in fourth place and even after that I still felt that cross country would be my better surface.

**■ What about other sports and were you generally active and fit at school?**

I was generally quite fit at school and basketball was a major sport for me along with football. I would sometimes play a school match on a Saturday morning and then do a cross country or road race on the afternoon. When I was in year 9 at

**also what sort of sessions you did?**

This is where it gets hard as I've never kept training diaries! I have to be careful here as the mind plays tricks, but I'm pretty sure that I went to the club on a Sunday morning and Tuesday and Thursday evenings. By the time I was 14 or 15 years old there were a couple of older lads at the club to train with and I asked Jimmy, who had the keys for the stadium, if I could also train there on the Monday and Wednesday evenings as well? By the time I was 15 or 16 years I was certainly training five times a week plus a race at the weekend. In those days if you won the English Schools track championship you were invited to do a week's training at Lillleshall in Shropshire, or least the top two or so in the intermediate races. I had never trained twice on one day before and after three days I had to go out with the girls because I was just so tired and sore! I can remember that Ian Stewart, the new UK Endurance Director, came along and he was appalled at myself and a lad called Julian Spooner because we had gone for a run with the girls because we were a little bit tired! He gave us a stern talking to and I can't repeat what he said. I didn't run twice a day again until I was 18 years old. My training formed the basis for later years and it followed quality rather than



quantity and the foundations helped me a lot later on. I always trained at quite a fast pace, even in those days and there was a relatively good group at the club who did a lot of short, sharp runs and the last mile was usually as hard as you could back to the club house. There was no "how many miles have we done tonight or this week?" There was no specific target of 30 or 40 miles in a week, but the faster sessions involved fartlek and track sessions.

**■ What was your favourite session and least favourite session?**

My favourite session has always been 10x400m with a 60 second recovery and that never changed. When I was older it may have evolved into 12x400m with the same recovery and the only thing that did change was that the times got faster. I started doing that when I was 14 years old and was still doing it at my best. I think my best average was just under 57 seconds and every repetition would be almost the same with no faster rep at the end to make the average better. I've heard El Guerrouj has done this session in 54 seconds, but that's irrelevant to me as I used that as



# Steve Cram Interview

a benchmark to my fitness. The session I used to hate was 300m reps and I don't know why as I liked 400m reps and even 200m rep sessions, but I could never quite get my head around these. My least favourite session had to be the Saturday morning fartlek at the local park which we did religiously from February through to the start of the track season and I hated it with a passion in my younger years because it was incredibly hard. However, I valued it because it actually became one of my favourites when I was older.

■ **As a teenager you broke many world age bests and I remember you doing 3:42 in the County Durham Schools championships. Your quality work must have been high even at that age?**

Well there's actually a story behind that one! Bear in mind that the year before I had broken the British 16 year old age best record and coming into this race I was the fastest in the history of the event in this country. But sometimes when you are competing for your school, it doesn't matter if you are the best if you don't fill in the right forms and tick all the boxes. I was 17 and had been invited to national squads and I told my PE teacher that I had to keep a date free because there was some junior trip coming up in May and that I might be going to Poland with the GB squad. Anyway, he thought I said that I was going to Poland (I didn't get picked in the end) and he didn't enter me for the County school championships. I turned up on the day at Gateshead expecting to run, only to be told that I couldn't because I hadn't been entered. I was obviously going to win the English Schools, so the officials had a meeting and eventually allowed me to run under the condition that if any of the competitors complained I would be disqualified! To put it mildly, I was extremely annoyed and I said to Jimmy that I was going to run so fast that they would have no option but pick me. In the race I ran from the front and ran 3:42.7 which was the equivalent of a 4 minute mile and made the headlines in the newspapers the next day and I received a telegram inviting me to run at Crystal Palace 10 days later in the prestigious Emsley Carr Mile in which I ran 3:57.43 which took 1.6 seconds off Jim Ryun's world age 17 best and from that race I was selected for the Commonwealth Games. So I rang up my teachers and said thank you very much and to be honest if

they hadn't made that mistake I would have run those County championships at my normal pace and wouldn't have been chosen for the Commonwealth Games. It just shows though that sometimes when you get animated or incensed it can be a catalyst to greater things and all I was doing was trying to prove a point. The sessions based around that performance were as I've said my 10 or 12x400m and I believe that if you take a 1 minute recovery and average your times of that session, you should know what sort of shape you are in. I was running them in 60 seconds at the time and I genuinely believe if you run everyone of them in that time then that will be the pace you will be capable of over four laps. Mind you, it is no good running the last repetition in 53 seconds to improve your average as that doesn't work. Although my 800m times weren't that good then, I was coming from an endurance background as I had won the English Schools 3000m the year before and went on to win the European Juniors at the same event. So looking back I was coming off a very strong winter background and I had actually won a senior road race as well which wasn't easy in those days in the north east and I also went on to win the Brompton to Carlisle road race the next year in around 48 minutes. So in a nutshell, it wasn't all the track sessions that gave me that success, but the endurance that made me strong during the winter months.

■ **Did you think at that time that you could reach the highest levels in the sport?**

I can tell you another little story about that. I had a mum and dad who were like any other who would keep going on about things like: "You go to bed too late" or "You don't eat the right things" or even "You don't train hard enough". All of this was despite the success I was having and I do admit I wasn't taking it as serious as some others. However, despite being blessed with some ability and talent I still worked very hard and sometimes there are times when it starts to get a bit too easy for you. There were others who were working much harder than me without any success to show for it and in the back of my mind I thought perhaps I wasn't good enough to be going to the Commonwealth Games. My aim for that season was the English Schools title and here I was going to my first major championship running against people who I had seen on television. Eventually, when I got my letter saying I had been selected

I also received loads of new kit, which I hadn't had before and that made me feel a bit special. Thankfully, when I travelled down to London from Newcastle train station for the Games to stay in a hotel overnight before flying off to Edmonton in Canada I saw Mike McLeod who was also competing and I thought he would be good company for the journey. As the train pulled out of the station, Mike opened his bag and produced a six pack of beer! Now I didn't drink beer at the time and it wasn't until I was 30 that I did try some and he offered me one and being a 17 year old lad I didn't want to turn him down! That bottle of Heineken last me 3½ hours and when we got to the hotel there were people like Nick Rose and Tony Stainings and I then realised these people who I had seen on television were just like me, they had a head, two arms and legs and were just normal human beings. I finished last in my heat, but in the three or four weeks I was there I learned a lot of things and the experience definitely set me up for the future and I thought to myself that although I wasn't doing the training of others, I felt I wasn't that far away from the big time.

■ **Your 'golden' years were around the same time as Coe, Ovett and Elliott. Would you have ran as fast without these athletes pushing you?**

I initially thought it was bad luck being born around the same time as those guys and in my junior days there was Graham Williamson and these people did push you on to bigger and better things. Indeed, you had to or you would get left behind. I always used to aim at people and not times and in my very early days I targeted a couple of older lads in my club in the cross country races and then after that aimed at other people who I hadn't beaten before and then winning races in the north east of England before looking at other athletes from further afield. Coe and Ovett were breaking world records when I was 17 and for me there were enough athletes in between them to keep me improving such as John Robson and other juniors. I never at that age thought that I wasn't going to beat them at some stage and I wasn't daunted by the fact. I must admit when I was 19 and went to the Moscow Olympics and made the final, which was my main objective and they were winning medals, I thought four years later I would be definitely be moving up distances and be running the 5000m.



■ If you had to pick one race that gave more satisfaction than any other, which would it be?

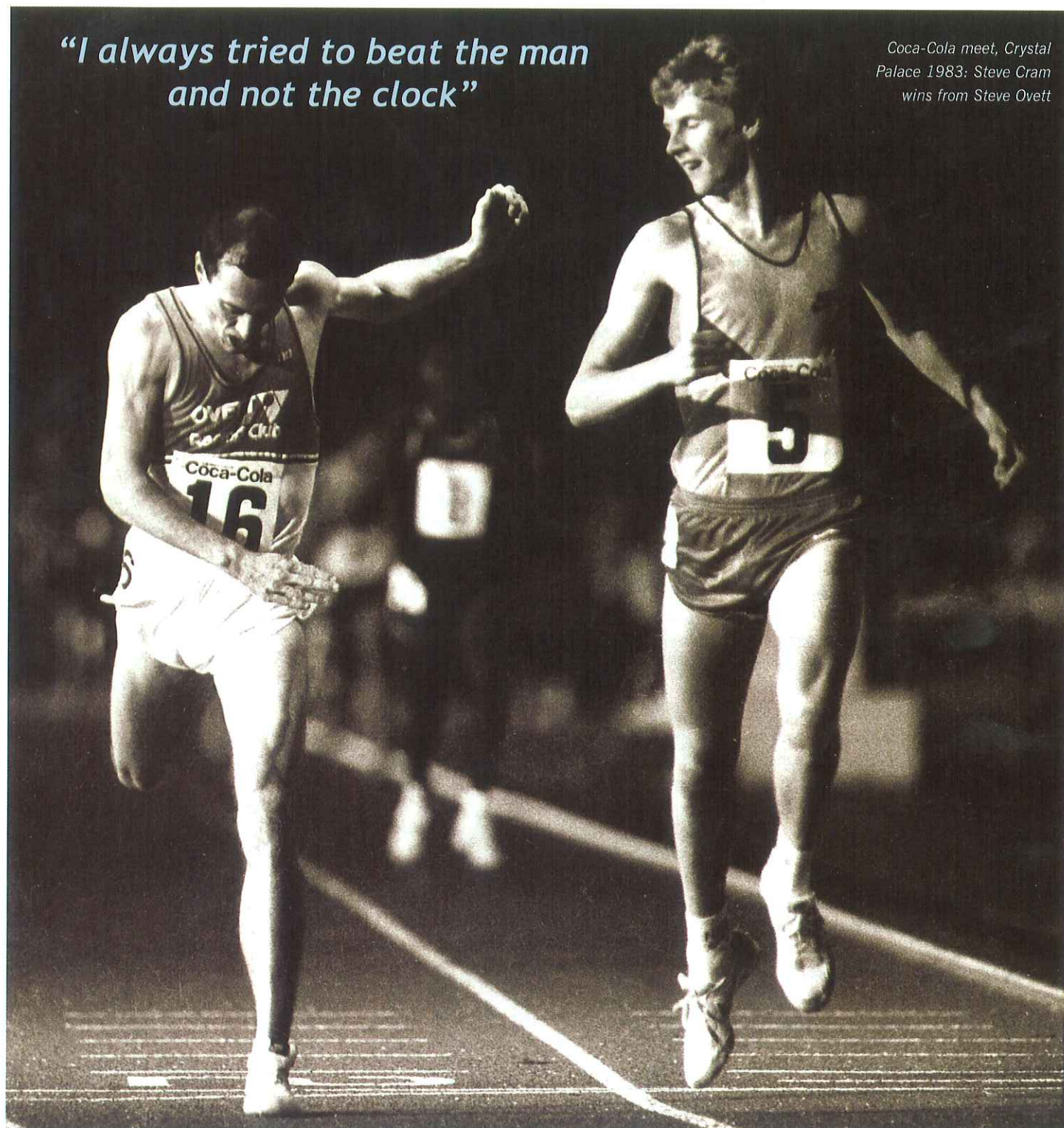
That's a hard one! There are a lot of things that you do that are meaningful at the time. When you win the English Schools for the first time it is such a big thing and you think that it doesn't get any bigger than that, but it does of course. Going to the Olympics for the first time is unbelievable and then when you get your first medal at a Games

or a world record it is indescribable. For athletes though, I think what you're trying to do is measure yourself against yourself and trying to get better. But for me, I think when I surprised myself that gave me insurmountable satisfaction and when I ran 1:42.88 for 800m in Zurich and beat the then Olympic champion, Joachim Cruz from Brazil I never thought I would run that fast. That was one race where I stepped off the track and thought "that's not bad!" Breaking

the mile record still ranks very high with me as it was the history behind the event that makes it so intriguing and satisfying. If I looked back at my performances I would say I probably couldn't have run any faster for 800m, but I do think I could have run faster for the mile, the 1000m and most likely the 1500m. The 2000m world record is one I would definitely have beaten, but it was only run rarely and the race was in Budapest in a 70,000 capacity stadium

*"I always tried to beat the man and not the clock"*

Coca-Cola meet, Crystal Palace 1983: Steve Cram wins from Steve Ovett





# Steve Cram Interview

with less than 15,000 spectators there, so the atmosphere was poor. The pacemakers were not very good and I basically ran the race myself and eventually won by 12 seconds. I was really struggling with 200m to go and only broke the record by 1/100th of a second. However, as I said before I much preferred racing people and even when I beat Seb Coe in Oslo for a world record, I was only racing him and not the clock, as I was when I beat Said Aouita and Joachim Cruz and because I beat these people it so happened I had to run fast to do so. It's a bit like Usain Bolt in the 2008 Olympics, he only ran that fast because he responded to his competitors.

## ■ Was there one country or stadium that was special for you and why?

Oslo was always my favourite because I used to get invited to run there and it was a short flight from Newcastle. I used to run some road races in Norway as well from around age 17 onwards. But the Bislett Games was fantastic with its compact stadium which would be full to capacity and the crowd nearest the outside lane would bang their hands on the advertising boards and of course the lovely summer nights there. When I first ran there I asked the promoter where the warm-up area was and he pointed me in the direction of the car park outside which was half the size of a sports hall! I can't ever remember running a bad race there.

## ■ Looking back, did you achieve everything that you wanted to?

No, I didn't win the Olympics Games, I finished second in 1984 and if I was running today I probably would have done better as I was having problems with injuries and the medical back-up these days is so good. I have no regrets, but I suppose everyone can look back over their careers and say they had unfinished business? I should have run faster over 5000m, but by then I had lost a lot of motivation through injuries and my times should have been much faster because of the mileage I was doing for the shorter distances. The worst year was 1988 and it was a big mistake for me. I was in fairly good shape and I thought the Olympics would be an open affair with perhaps only three or four people capable of winning it. Indeed I thought Peter Elliott was a danger and I beat him in what I thought would be my last race before the Olympics. At the last minute however, I decided to

go to Rieti in Italy for one more race which was a 1000m. I was on world record pace, but pulled a calf muscle with 150m to go three weeks before the ultimate challenge. That upset all of my preparations and confidence and I couldn't do the fine tuning work needed and entered the Olympic final with many doubts. Peter will tell you that in the final everyone was waiting for me to do something and because of my lack of self belief I ran a very poor tactical race. I finished in fourth place and was actually closer to gold than when I finished second four years earlier and when I crossed the line I cried and that was something I'd never done before. I was so frustrated that I wanted to go back and do it all over again because I hadn't performed on the day and it wasn't just me. There were others who should have been Olympic champion that day as Peter Rono from Kenya won and he hadn't won any races before and he didn't win any after, it was just that we let him!

## ■ So what's wrong with GB middle distance running and how can we put it right?

That's not an easy question to answer and there's probably not a lot wrong. For example, I cannot believe that I am a freak of nature and indeed I wasn't even the best runner in my club at 15 years old and there were certainly two or three lads better than me. I think that to be good at whatever event, you have to work hard and have the application over many years and remember athletics isn't an overnight sport and you also need some ability. I have seen many athletes with low levels of ability work extremely hard and go a long way, they won't win the Olympics, but they might just surprise one or two people. If you can get the ones with ability to take it seriously and work hard constantly you may just get a successful athlete. The next bit is the coaching and I think sometimes the coach tends to over-complicate things and if the coaches are doing it right for the females, then why is it going wrong for the men? I think the training effect is easier for the girls than the boys and it can give a false picture in terms of development and results when they are doing the same training. We all need to be more patient as everyone wants results now. The one thing I would say is that although I didn't keep a diary, my dad kept a scrapbook of every race that I ran and I read a lot about the sport. That is something that perhaps

we've stepped back from now, because I learnt a lot about the different ways to train and race and that there are no stereotypes in sport, every one is an individual. There are some who run well on the track, but not so well at cross country and vice versa, but that is not to say they shouldn't do it. There seems to be a fear and whether that's from the athlete or the coach, it has to be overcome. We all need to communicate better and to be honest I can count on one hand the times I've been asked to come to fantastic weekends such as these BMC camps that you run. Now that can't be right, can it? In my day we used to have smaller versions of these camps that lasted one day and we used to meet five or six times a year and talk about training and do some hard sessions. We don't do enough of these things anymore. Jimmy, my coach was always open to things I'd picked up at training days or weekends and I would say "let's try this out and see what happens."

## ■ Domestically who impresses you at the moment?

On the female side, Paula Radcliffe and Kelly Holmes have been operating at world class level for some time and there's also Jo Pavey and because of these it's quite natural to have people like Steph Twell coming through. On the down side there have been some promising junior's who have either fallen by the wayside or not developed the way they should have and we have to be careful when we mention "world class" because that is reserved for people like Tirunesh Dibaba. There is a lot more to come from Lisa Dobriskey and I've been a big fan of hers. Marilyn Okoro is capable of bigger things as well. On the men's side, Mo Farah is hopefully going to have some exciting years ahead of him. Tom Lancashire and Andy Baddeley have shown what they are capable of and I don't want to be the British record holder for another 20 years and if I am, then we will have been doing things terribly wrong.

## ■ On the world stage, who stands out for you?

The Ethiopian trio of Kenenisa Bekele, Haile Gebrselassie and Tirunesh Dibaba are awesome athletes and there are many more African athletes who are ready to come to the fore. The 1500m for men is poor at the moment with no one person taking a stranglehold on the event. Abdulah Kaki from Sudan looks really impressive



over 800m and could be a force to reckon with for many years. I'm not a fan of Rashid Ramzi as he doesn't race very much and being diplomatic, I have my doubts about him. On the women's side, I am waiting for someone to grab the headlines. We won't win many medals in 2012, perhaps six or seven if things go really well, but what I want to see is lots of people in finals across all events and there's no reason why that can't happen.

■ **You have many diverse roles these days. How did the commentating come about and is it something that you enjoy?**

I enjoy commentating very much and I wouldn't do it if I didn't get pleasure from this totally new perspective in my life, but I have to say it comes second best to actually competing! I get excited and nervous and meet all of the athletes so it is a great job to have. Some of my adversaries do the same job for other countries such as Spanish television and it's always good to meet up with them. I never saw myself doing this work and it happened by accident really. To be honest it nearly stopped the day it started, I was that bad! I was at the BBC Sports Personality of the Year when I had almost retired and was chatting to the then BBC Head of Sport, Alan Hart and

he asked me what I was doing and I said that I was doing a bit of television work for Brendan Foster's company doing interviews. He then asked me if I was interested in commentating? I met up with Eurosport's Tim Hutchings for a meeting in St. Denis, France and didn't realise it involved doing some work, such as preparing who was in each event, their pb's, current form and so on. This had to be done for every event, not just running, which was interesting. Tim told me that because it was my first attempt that he would do the commentating and then bring me in from time to time to chat about a performance. It was pouring with rain and the events to be televised were due to commence at 8pm and Eurosport were also showing some tennis and because of the rain they were showing repeat performances. At around 7.40pm, Tim said he was going to the toilet and would I like a sandwich? His last words were "don't touch any buttons on the control panel and I'll be back in 10 minutes". There was a women's 5000m going on at the time, which wasn't part of our plan and I got a tap on the shoulder from a German producer who told me to put my headphones and microphone on and we will be live in 10 seconds. All of a sudden I was live on air without a monitor and my first words were: "Hi, I'm Steve

Cram and Tim Hutchings is supposed to be here, but he's gone to the toilet and he won't be very long!" I then shut up and the foreign producers told me in my ear piece to keep talking. So I said: "there's a 5000m race going on and I don't know who's in it". At this point Tim came back and bearing in mind I didn't have what I use now for the BBC which is a lap microphone, which basically cuts out any noise from anyone else apart from myself. He blurted out: "what the f\*\*\*ing hell are you doing?" Now I didn't know how to switch off the sound so that went out live and I wrote as much on a piece of paper for him to read. He obviously thought I was joking because he swore for a second time which again went on out on air, so my first broadcasting adventure was a total disaster and I thought I would get sacked. Thankfully, I got better at it after that.

■ **If you hadn't been an athlete what do think you may have done?**

I'm not sure, but I was good at geography and maths at school and I actually went to the library and looked up what those might lead to and civil engineering was one aspect. I was quite good academically but the running took over and I had the chance of going to Loughborough University but a new course came up at what was then Newcastle Polytechnic and as my running was really taking off I didn't want to move. I had a good set-up and my training group in the North East and I graduated in June 1983, I won the World Championships a couple of months later, got married and won the BBC Sports Personality of the Year. So apart from commentating, I've never had a job! I did think though when I was doing my degree that I might get a job in sports management which would have been a good vehicle for allowing me time to train.

■ **If you could give one piece of advice to youngsters what would it be?**

Athletics is not as difficult as you think, but it does require a lot of hard work and if you are prepared to do that work in middle distance running, you can go a long way. It's not about being the best when you are 13 or 14 years old for example, but being in a position to move into the senior ranks and producing your greatest performances in this period. Above all, it must be fun and something that brings enjoyment and this must not be forgotten amidst the times when things don't go to plan.



*Moscow 1500m: Seb Coe leads Steve Cram and Steve Ovett*



Despite it being a post Olympic year the standard of the endurance events was surprisingly high and the races were both exciting and compelling. The only athlete to successfully follow their Olympic success with World Championship success was Kenenisa Bekele who triumphed once again in both the 5000 and 10,000 metres, and became the first ever double World Championships winner at these distances. Maryam Jamal was the only other Osaka winner to retain her title. In addition to Bekele there were two other double medalists, Saad Kamel (Gold – 1500m/ Bronze 900m) and Bernard Lagat ( Silver 5K/Bronze 1500m) who made a valiant attempt to defend his titles from Osaka. The weather was hot and humid throughout. It was very apparent by the end of the championships that you need at this level not only a large aerobic base but the ability to adapt tactically and to be able to respond to either a short sprint finish, or a last lap finish, or a progressive sustained pace from 1 – 3 kilometres out in the longer races, or have the capacity to run negative splits in races. Therefore these different methods of running the races should be part of an athlete's training programme.

Of 40 places available – including the team World Cup Marathons – UK took only 13 athletes. Of those 4 made the finals – top 8 – with two of them Lisa Dobriskey 1500m silver and Jenny Meadows 800m bronze securing well deserved medals.

### 800m

The earlier rounds as usual were noticeable for their tactical maneuvering and there were no major casualties with 1:46.70 sufficing to qualify from seven heats. Michael Rimmer eased through in 1:48.20. The semi-finals were far more dramatic with one of the pre-race favourites Kaki and Som falling in the first semi-final. Olympic medalist Ismail running off the track in the second semi-final. The races again were very tactical with Mulaudzi the last qualifier of the three semi-finals in 1:45.26. Michael Rimmer obviously lacking training finished outside the qualifiers in 1:46.77. Other notable non-qualifiers included Kiprop, Rudisha and Reed.

After the tribulations of the semi-finals ten started the final which surprisingly included Som who failed to finish the race. Mbulaeni Mulaudzi (South Africa) learning from his semi-final led through 200m in 25.02 and 400m 28.42 (53.44) he continued in pole



Andy Baddeley, Berlin 2009



James Brewer, Berlin 2009



position through 600m with 26.36 (79.80) and continued to increase the pace 25.49 holding off all challenges in the home straight to finish in 1:45.29 with defending champion Alfred Yego (Kenya) just holding off Saad Kamel (Bahrain) both clocking 1:45.35. Mulaudzi returned negative splits of 53.44 and 51.75. Mulaudzi should be a lesson to all aspiring youngsters that the last qualifier can go on and win a major championship.

## 1500m

There were four heats to decide the twenty-four semi-finalists which required 3:40.4 to qualify all of whom – as in the 800m – came from the final heat. Unfortunately Tom Lancashire (3:42.68) returning from injury failed to get through. However, Andy Baddley and late addition James Brewer did, with Brewer running a pleasing p.b. of 3:37.17. The semi-finals were noticeable for some fast finishers with Brewer (3:37.27) unlucky to just miss out. Baddley (3:38.23) who suffered a foot injury in his heat, on top of his winter problems bravely failed to progress. The finalists were led through the first lap by world leader Choge (59.59) who continued through 800m 2:00.18 (60.59) at the head of a tightly bunched field. Deresse Mekonnen (Ethiopia) picked up the pace considerably passing 1200m in 2:57.04 (56.86) and continued

to keep the pace moving only being passed in the last 30metres by the fast finishing 800m runner Saad Kamel (Bahrain) who won in 3:35.93 from Mekonnen's 3:36.01, Bernard Lagat (USA) managed to extricate himself out of a box to take third place (3:36.20). Luminaries such as Kiprop, Choge, Baala and Laalou who had all looked impressive in the earlier rounds failed to make any impression in the final straight.

## 5000m

Surprisingly Kenenisa Bekele (Ethiopia) took the pace leading through progressive kilometers of 2:54.35, 2:39.82, 2:40.46 and 2:37.59 reaching the bell in 12:23.38. With the 10k already in his legs and having led throughout Bekele should have been vulnerable with renowned kickers such as Kipchoge, Lagat and Kipsiro waiting to pounce. This looked a possibility as Lagat edged past with fifty metres left to run. However, Bekele who was always confident of his finishing ability was not to be denied digging deep to come home narrowly in 13:17.09 from defending champion Bernard Lagat (USA) who clocked 13:17.33, behind this epic drama James C'kurui (Qatar) took the bronze in 13:17.78. Bekele became the first ever 5k/10k World Champion finishing with a last lap of 53.71 (26.02 last 200m) and a

last 3k of 7:42. After an impressive looking heat qualification and the season he has had Mo Farah was a little disappointing in the final finishing in 7th position (13:19.69) never being close enough to make any impact on the final lap.

## 1000m

This race was a compelling drama. Kemboi led through kilometers of 2:46, 2:52, 2:45 and 2:45 with compatriot Moses Masai (Kenya) leading through the half way point (13:40.45) with a much quicker kilometer. From here on Zersenay Tadesse (Eritria) began to operate at world record pace passing through successive kilometers of 2:38.13, 2:39.98, 2:40.07 and 2:39 decimating the field as they quickly dropped away the last to depart being Masai with six laps to go leaving only Keneisa Bekele (Ethiopia) and the relentless Tadesse. As the drama continued to unfold with Tadesse accelerating hard on each lap Bekele seemed relaxed and content. So it proved when he kicked away at the bell with a last lap of 57.40 to win in 26:46.13 (Championship Best Performance) by twenty-five metres from Tadesse (26:50.12) with Masai (26:57.39) third. Bekele finished with a last 5000m in 13:05.86, and continued his unbeaten run and world dominance at this distance. He now has 4 World Titles and 2 Olympic titles at 10000m and 24 major titles a phenomenal record.

## Steeplechase

South African Ramolefi led through the first kilometer in 2:41.90, which was then taken up by Koech who kept the going tempo passing through 2 kilometres in 5:22.79 (2:41.07). He continued to try and break the others reaching the bell in 7:01 where he was passed by Ezekiel Kemboi (Kenya) who covered the last lap in 59.57 to set a Championship best of 8:00.43. He was followed closely home by Richard Mateelong (Kenya) 8:00.89 with Bouabdellah Tahri (France) snatching the bronze from Koech with 8:01.18. Kemboi who has finished runner up in the last three Championships covered the last kilometer in 2:37.46. The previous record was held by his coach the famous Moses Kiptanui who in Gothenberg (1995) eased off from being the first athlete to break 8 minutes in order to do it in Zurich the following week which he subsequently did!



### Women

#### 800m

Despite all the controversy surrounding the event there was some exciting racing particularly from a UK perspective when years of potential eventually reached fruition.

The heats went smoothly except that the reigning champion Jepkosgei was tripped and reinstated into the next round. All three Britons progressing comfortably as automatic qualifiers Simpson 2nd in 2:03.33; Meadows 2nd in 2:02.47 and Okoro 3rd in 2:03.07. There were 3 semi-finals with the first two to qualify. In the first Jemma Simpson the UK number one going into the event never got with the race and was eliminated (2:00.57) along with Benhassi. In the second race Jenny Meadows ran a sound sensible tactical race staying off the pace set by Semanya and came home strongly down the home straight to qualify automatically. In the last semi-final the big shock was the sight Olympic champion Jelimo failing to finish. This opened the door for Marilyn Okoro who taking the opportunity qualified automatically in second place for the final.

The final containing two Britons set off at a tremendous pace with defending champion Janeth Jepkosgei leading through 200m in a remarkable 26.81 here Caster Semanya took over and was never headed, going through the bell in 56.83 (30.02) with the field close behind. The early pace began to take its toll on the second lap particularly down the home straight. Krevsun in a clear second tied up in the last

30 metres and was caught just before the line by both Jepkosgei (1:57.90) and a fast finishing Jenny Meadows (1:57.93 P.B.) who had wisely stayed off the early pace. Semanya being the clear winner (1:55.45).

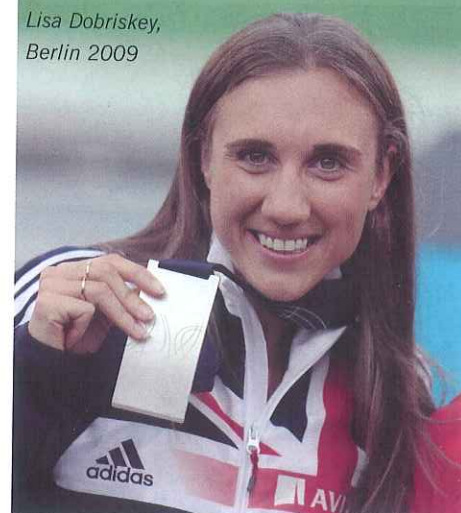
The times increased dramatically in the final after fairly mundane times in the preliminaries. Okoro was a slightly disappointing 8th (2:00.32) particularly after her promising winter. But a great run by Jenny and two in the final is a great launching pad for the future.

#### 1500m

The heats proved quite traumatic for Charlene Thomas (4:09.91) in her first major championships losing her shoe after 200m she battled on valiantly to just narrowly miss the final. She will come back a stronger because of this experience. Steph Twell was a shadow of herself running a surprising modest 4:18.23 to be eliminated. Lisa Dobriskey (4:07.90) qualified very easily for the semi-finals. The semi-finals saw the smooth passage of Dobriskey (4:03.84) to the final and the elimination of Langat and former Briton Nikki Hamblin running for New Zealand.

The final was a dramatic race particularly with 200m to run. Up until then Burka had led the field through successive laps of 66.66; 68.47 (2:15.13) and a quick 62.24 (2:17.37) by this point only Fernandez, Dobriskey, Rowbury and Rodriguez were also in contention. With 180 metres to go Rodriguez tried to pass Burka on the inside and in so doing brought her to the ground. Once her balance was regained Rodriguez kicked decisively for home. However, her victory ended in disqualification. What

Lisa Dobriskey,  
Berlin 2009



would have happened if Rodriguez and Burka had stayed in the race is anyone's guess? What we do know is that Maryam Jamal (Bahrain) led into the straight – and forgetting Rodriguez – held off a sustained drive from Lisa Dobriskey (4:03.75) to prevail by one hundredth of a second, with Shannon Rowbury (USA) third in 4:04.18. Considering her late start to the season and the unfair comments in Beijing it was good to see Lisa gained a well deserved medal and for the second games running be our best placed endurance runner.

#### 5000m

With no Tirunesh Dibaba the double Olympic champion in this or the 10k the race looked decidedly open. Twenty-two athletes contested the heats to be whittled down to fifteen for the final. Nakamura led through the first kilometer (3:06.02) and Ejigu (3:05.02) the second. Cheruiyot then followed with kilometers of 3:0401, 3:0.71 until the bell when it all kicked off. Vivian Cheruiyot (Kenya) then ran consecutive 200 metres of 29.82 and 28.81 for a last lap of 58.63., to reverse the Osaka positions and come home in 14:57.97. Meseret Defar (Ethiopia) the defending champion who had looked easy until the home straight buckled once more as she had done in the 10000m misjudging her sprint finish and was caught by Sylvia Kibet (Kenya) 14:58.33 to 14:58.47 at the finish. Cheruiyot took 2:42.18 for the last kilometer, and found both the sustained finishing speed and sprint speed to beat Defar, something which she had been lacking in the past.

#### 10000m

The Kenyan success started in this race and



800m final,  
Berlin 2009



continued throughout the championships. The race was uneventful as the half-way point went past in 15:45.19 with Konovalova in the lead. The laps of around 75 seconds continued until approximately 7 kilometres when the teenage Kenyan Linet Masai began to increase the pace. The field of twenty-one was soon down to two Kenyans – Masai and Momanyi – and the three Ethiopians – Defar, Melkamu and Ayalew – as they steadied as the bell approached. Defar took control and led with less than thirty metres to go but her inexperience at this distance – it was her first championship race – showed and her legs buckled with the line in sight. Her team mate Meselech Melkamu (30:51.34) passed her but she in turn was passed by the fast finishing Masai (30:51.24). Defar faded to fifth as her other team mate Wude Ayalew (30:51.95) grabbed third. The last lap was not particularly quick at above 63 seconds, but the closing speed of the last 3 kilometres (8:47) and particularly the last kilometer 2:52.95 obviously took their toll in the hot humid conditions in fluctuating exciting finish.

## Steeplechase

In this still new event the heats were run quickly with 9.27 as fastest loser required to qualify. Helen Clitheroe disappointed exiting with a modest 9:41.71. The final was a tremendous race with world record holder and Olympic champion Galinka taking them through the first kilometer (3:01.26) at a fast clip, but all were prepared to follow into this unknown territory for them. By the two kilometer mark (6:06.45) Kipkemoi had taken up the running with that phase of the race taking 3:05.19. The race then began to take off with Galinka leading 6 other athletes into the last two laps and at the bell Yuliya Zarudneva (Russia) who went to the front with now only Marta Domonguez (Spain), Galinka and Milcha Cheywa (Kenya) in contention.. Zarudneva (9:08.39) kicked again and led over the final barrier only to be out sprinted by Dominguez (9:07.32) on the run to the line, with Cheywa (9:08.57). Even with a great deal of scope still for improvement in the technical aspects, the event it is really developing. There were 8 P.B's in first 9 with 4 National records. Dominguez followed on from a successful 5k career to post her first global title and moved to third fastest on the all time list.

Jenny Meadows, Berlin 2009





# Stress

## Control it for Performance Improvements

ATHLETES must seek stress so that by resisting it and overcoming it they become stronger, both mentally and physically. Every training session should be a stress on both the body and the mind, some days severe, other days less so. If we fail to do this there will be no progress. However, the human body can only take so much of this stress. It does not take kindly to sudden, heavy loads.

There are two types of being over-stressed. One is general, the other is particular. The first is analogous to pouring one and a half pints of water into a pint pot. It won't go. Once full, the pot will spill over. A sponge can only soak up so much water and once it's absorbed all it can, it ceases to be able to act like a sponge. In order for it to be functional it will have to become a bigger sponge. So it is with us, we can only take so much stress.

The second type of over-stress is when a specific task becomes too much. For example an athlete who goes through a

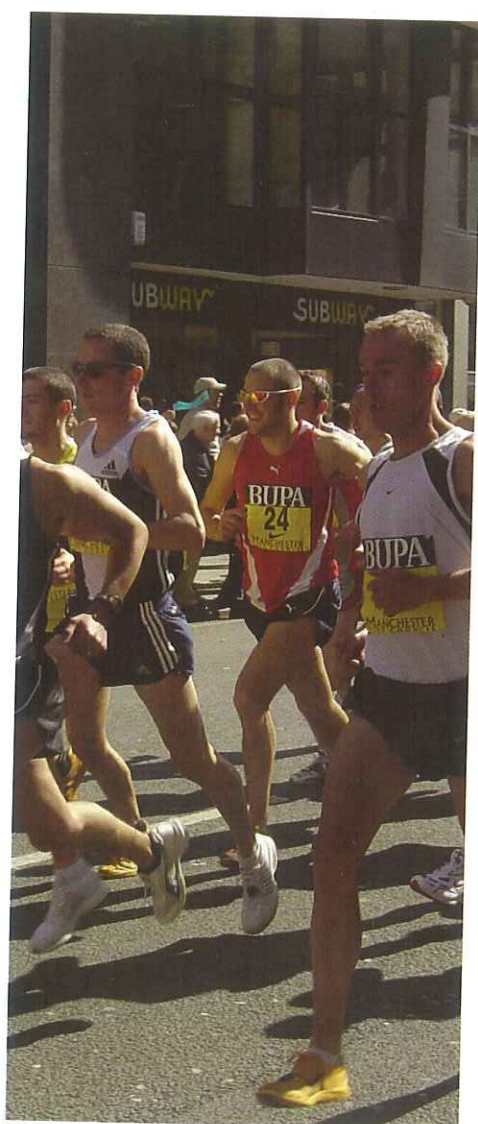
living hell before a race may find them self vomiting and making frequent visits to the toilet. They may race 300 times during their running careers and still not come to terms with it. This must affect performance. No one wishes to do anything feeling ill before they start.

Professor Hans Selye was the first man to observe that over-stressed animals gave off their own physical abnormalities when subjected to a prolonged stress which they could not come to terms with. He later found that humans do the same. These symptoms were: sleeplessness, stomach upsets, frequent sore throats, one-day colds, increased skin disorders, swollen lymph glands, lack of enthusiasm and extreme tiredness. They also change mentally with small irritating occurrences suddenly become major matters of concern. They snap with increasing frequency. Life loses its charm, it becomes a chore. But each individual has their own particular over-

stress symptom. It may be a big toe that suddenly starts to hurt, it might be a nose that becomes very sore or it could be the failure to complete a training session which they could normally handle.

From the time we wake up to the time we go to bed, we are subjected to stress. Most of us go to bed at the end of the day and sleep contentedly. We are in a state of equilibrium. Others go to bed and relive the whole nightmare of the day and do not cherish another day of it. They often ask the question, "Why me?" However, they are not alone. Their fears and emotions are common to us all, but one or the other, or both, have got out of control.

Reuben B. Frost, a psychologist, carried out a survey of one thousand university students on their fears. His findings were remarkable in as much that they revealed much common ground and differences in the sexes.



Fear of Others	Male	Female	Total
Meeting new people and acceptance	24%	37%	61 %
Appearing before people	18%	11 %	29%
Making and keeping friends	10%	11%	21%
Being alone	2%	11 %	13%
Separation from loved ones	4%	4%	8%
Parental disapproval	4%	4%	8%
New experience and change	2%	22%	24%
Emotions - Fears Related to Self-Ability			
General (failure and insecurity)	46%	29%	75%
School	30%	20%	50%
Death	18%	11 %	29%
Finance and job	22%	7%	29%
Marriage and parenthood	11 %	9%	20%
Wrong decisions	7%	11 %	18%
Future and philosophy	13%	5%	18%
Emotions - Fears Related to Material Environment			
Heights and falling	13%	9%	22%
Sickness	12%	7%	19%
Pain (accidents, childbirth etc.)	1 %	18%	19%
Darkness	0%	14%	14%
War	7%	5%	12%
Snakes	4%	7%	11%
Deep water	3%	7%	10%
Spiders, moths, rodents	1%	7%	8%
Lightning and electricity	0%	5%	5%
Fire	1%	2%	3%
Enclosed places	1%	2%	3%





The most significant thing about this study is that we are not alone with our fears and emotions and that there are some significant areas where males and females share identical feelings. However, note the major differences in the sexes on some issues. Females have less fear than men over failure and insecurity, school, death, finance and work, marriage and parenthood, future and philosophy, heights and falling and war. But they have increased concern about meeting new people and being accepted, being alone, new experience and change, wrong decisions, pain (accidents, childbirth etc.), snakes, deep water, lightning and electricity, fire and closed places. However, the percentage who shares each of these anxieties differs widely. Over a third, for instance, fear meeting new people and just over a quarter are concerned about failure and insecurity. Only a fifth is unduly worried about pain and school and a seventh don't like the dark. A twelfth fear snakes, deep

water and things that crawl.

One can say this about being over-stressed. Some relish a race, while others want to do well, but fear doing badly. The race lover may also fear not doing so well, but he uses that as a spur to excel while another allows that fear to be all consuming. But, there is help at hand. Carr, Kaffashan et al in 1978 came up with a table for pinpointing stress and anxiety before and during a competition. The athlete has to ask themselves 14 questions under the general headings of: When?, Where?, What?, Who?, Thoughts?, Reactions?, Labels? and Rating?

#### The questions the athlete has to ask are:

- 1) Date of the race.
- 2) The time of the race.
- 3) The location.
- 4) What was I engaged in?
- 5) Who was there with me?
- 6) What was I expecting to happen?
- 7) What image or memories were called up?
- 8) Of what worries and concerns, or doubts was I reminded?
- 9) What was I saying to myself?
- 10) What inner beliefs are relevant?
- 11) What was I talking about?
- 12) What did I do in reaction to this situation?
- 13) What sensations, labels, or words best describe what I am feeling?
- 14) How severe are the feelings I'm experiencing?

#### Here is an example of how this would work in practice, looking at one athlete's responses:

##### When?

- 1) 1st August 1992.
- 2) 7p.m.

##### Where?

- 3) Running track.

##### What?

- 4) Preparing for 800m final.

- 5) Other competitors including the European and Commonwealth champions.

##### Thoughts?

- 6) To win by a sprint in the straight.
- 7) Last time I met these two they beat me.
- 8) I never seem to transfer my training form to racing.
- 9) I must keep up with the field to use my sprint.
- 10) My self-esteem depends on how I do.

##### Reaction to situation?

- 11) I was quiet.
- 12) I felt slightly sick.

##### Sensation Labels?

- 13) Eager. Too much delay.

##### Rating of Feelings?

- 14) Number 4 (The perception of stress rated 1 to 5.)

This procedure should be followed after every race in the comfort and solitude of one's bedroom. It has a two-fold effect. First, it enables one to rethink and pinpoint the sources of stress and secondly, it organises one to think in an orderly manner before the race instead of allowing one's mind to be filled with a barrage of self doubt. How we talk to ourselves and what we do essentially determines our emotional reactions.

Carr and Kaffashan believe firmly in the power of auto-suggestion. Those of us who have had to endure a family or work environment where a senior person has repeatedly told us we are half-wits will know that the statement if continued daily, for weeks or months on end, will result in a total loss of confidence where we begin to believe what is said of us. An athlete who constantly tells himself that he has no speed will eventually believe it and once that unhappy state is reached it will be difficult, if ever, to improve it. There should be a constructive daily monologue to deal with all problems. Here is a sample:

Problem	Positive monologue
Current form	"I know I can improve. Be patient."
Potential	"I've beaten people who once I couldn't."
Ambitions	"No point in aiming for an Olympic gold medal. I must do well in the County championships."
Excuses	"I'm in control. I can start right now and improve that weakness."
Racing thoughts	"I mustn't dwell on the race. I'm not being tried for murder. I will enjoy it and do my best."



Athletes must check their negative thoughts at the outset. They should rephrase everything, "I am slow" should become "I am going to get fast" and "I cannot" to "I will" and "I won't beat him" to "I won't let him beat me." At first a conscious effort will have to be made to redirect thoughts and once the habit is formed it will remain. The power of auto-suggestion is staggering. Seek it, embrace it and make it grow.

General stress is a sneaky thing. It creeps in without being noticed and when it is eventually recognised, it is often too late to do much about it other than rest. On the contrary, there are those who actually make the process worse. If they find that training or racing is not going well they increase their efforts. They do more, when less is indicated. They panic. We have to recognise the cause of the stress. It may be just one item or may be an accumulation of several factors that have undermined the whole system. Here are 12 common contributors to advanced stress:

- 1) Failure to observe the 'Three Eights Law': Eight hours sleep a day. Eight hours work a day. Eight hours for essentials, such as eating, training, travel and contemplation.
- 2) Increasing mileage by more than 25 per cent in any one period of a month or monthly increases of mileage by 25 per cent are reasonable. Weekly increases by the same amount are unreasonable.
- 3) Failure to eat nutritious food. Too much reliance on junk food.
- 4) Failure to eat small meals every four hours.
- 5) Not making provision for recovery after severe training sessions. A 'hard' day should be followed by an 'easy' day. Research has shown that, at the very most, an individual cannot train severely more than three days in succession without having an 'easy' or fourth day of rest.
- 6) A nagging partner, parents or employer.
- 7) Getting into serious debt.
- 8) The loss of a loved one.
- 9) Unfavourable environment. (e.g. a flat ridden with damp. Noisy neighbours. Poor public transport).
- 10) Examinations.
- 11) Constant injury.
- 12) Over-racing.

An athlete may be able to exist with six of

these items without becoming over-stressed, but two-thirds is too much. One single item, for example, (7) may wear down the resistance. But it should be noted that seven of the 12 common causes of stress are within our power to control and a further three can be resolved by taking indirect action.

When the tell-tale signs of over-stress appear, the physical and mental symptoms listed earlier, we have to sit down like a book-keeper and draw up a list of the things causing us the most concern in life. We then have to balance the books. What can actively be done to alleviate the situation? We can render immediate first-aid by monitoring our morning pulse in bed and then taking the pulse again straight after rising. We compare the difference and note it down. It may be 40 beats a minute in bed and on rising it will increase to 50 beats. If we do this every day for a fortnight we will get a mean average difference. When the difference suddenly becomes far greater, then we are getting more into stress. We should then lighten the daily load by not training that day, ensuring that we eat good food at regular periods and telling ourselves to remain calm during the day. We should resume training only when the mean

difference has returned to the average. We have prevented total collapse.

The very act of sitting down and viewing the major stresses involved and what to do about them is therapeutic in itself. Sebastian Coe, for example, found his training rapidly declining while he was taking his final degree examinations. He recognised the stress syndrome and trained every other day until the tests were completed. One athlete I knew, who was up to the maximum limit on his credit card, could not refrain from using it. However, he found the courage to cut it in half and pay it off. It took him a long time to be clear of his debt but, once cleared, he was a happier, wiser man.

Derek Clayton, who was one of the world's fastest ever marathoners, said in 1981, "I remember talking to John Walker (the first man to break 3:50 for the mile) about his training. He let his body and mind dictate his schedule. For instance, if he planned to run 10 hard 400m reps for an evening workout and felt terrible after running one, he would pack up and go home. I thought that was great. I could never do that. If I planned 15, I ran 15." This statement illustrates clearly that you can control stress or you can be controlled by stress. It really is up to you.



*Too much reliance on junk food is a contributor to severe stress*



## Married Couples

There are, and have been, married couples who have registered top class performances over 800m. If those marks are scored on the 1998 IAAF tables whom do you imagine comes out on top? Here, subject to correction because I am bound to have missed some, are my findings...

Chris and Amanda Moss	2281 points
Dave and Pat Cropper	2244 points
Rob and Ann Brightwell	2235 points

Bob and Pam Piercy 2158 points

Of course some performances registered "outside" of marriage!!

## The sub 1:50 secs. Bench Mark.

I have, for some years, considered a sub 1:50 performance as being, by GB standards, significant. Similarly I have considered sub 1:46 as being entry into that undefined range, world class... albeit from a British perspective.

Listed below are the numbers of Brits who have achieved these standards in recent times.

Year	Sub 1:50	Sub 1:46
1987	33	5
1988	55	9
1989	50	5
1990	43	7
1991	41	4
1992	49	7
1993	37	3
1994	32	0
1995	39	0
1996	39	3
1997	34	0
1998	33	1
1999	29	3
2000	36	2
2001	27	0
2002	27	1
2003	35	2
2004	32	1
2005	36	1
2006	34	4
2007	31	2
2008	32	1
2009	34	0

Hurlingham Park, 1962

— Rob Brightwell



Clearly something, in this period, of a purple patch 88 to 92.

It is often said and written, that the sport, in recent times, does not attract the numbers of yore and various reasons are brought into the argument. Yet I would counter argue that this event, together with other middle-distances, continually produces a solid core of class competitors. This has been brought about the in the main by the activities of the BMC.

But how is it that we can not manage to push more than the odd runner down into, up into, the next level? It is surely not the case that the brigade of two decades contained altogether better runners... or is it? Why is it so far and no further? What lifts a good runner up into a, by GB standards, super runner. Yes, we have a lesser number of sub 1.50 men year on year but can it be argued that the cream, as shown in the earlier years of this review, are missing? Even in the "golden years" of Coe, Ovett, Cram etc the numbers sub 1.50 were not that much different from now.

I dream of the time, can it be far away?, when the five GP BMC races are won in better than 1.46. The suggested early pace, if set and followed, must result ( I dream) in a cavalry charge in the sort of times that coaches and athletes have been working towards.

Perhaps 2010 will be that year. I hope so.



# Grand Prix Report

The series went back to the usual format of 4 GP's plus the combined UKA Challenge and GP Final – this year in Cardiff. 2009 was the first year of putting on the International races

2009 appeared quite ordinary. No-one really raved at anything that was produced in terms of Performances and we quietly got on with it. The good news is we consistently had 1:47, 2:01, 3:39 and sub 4:15 winners at every GP – and this is now taken as standard. We also had a record number of competitors for a five meeting season. The international race programme did not produce the level of performance or get the level of overseas competitor that we had imagined. It was however the first year we had tried it and the experience gained should be very helpful next year.

The year saw a dramatic decline in the standards of the Men's 3000m Steeplechase. In 2008 we had four people vying for the Olympic Championship qualifying time at Solihull. One year on and people are struggling to break 9 minutes and the chase

at Solihull was cancelled. Of the four runners from Solihull in 2008 Stokes has retired, Lemoncello moved on to other events and Bowden moved to triathlon.

2009 was the third year of hosting the endurance events for the UKA Challenge final. This year was at Cardiff, having previously been at Crystal Palace and Eton. Cardiff has been a weak venue in the past, but in the end had 300 entries and 26 races on a brand new track.

In terms of qualifying times we had:-

## IAAF World Athletics Championship - B Standard

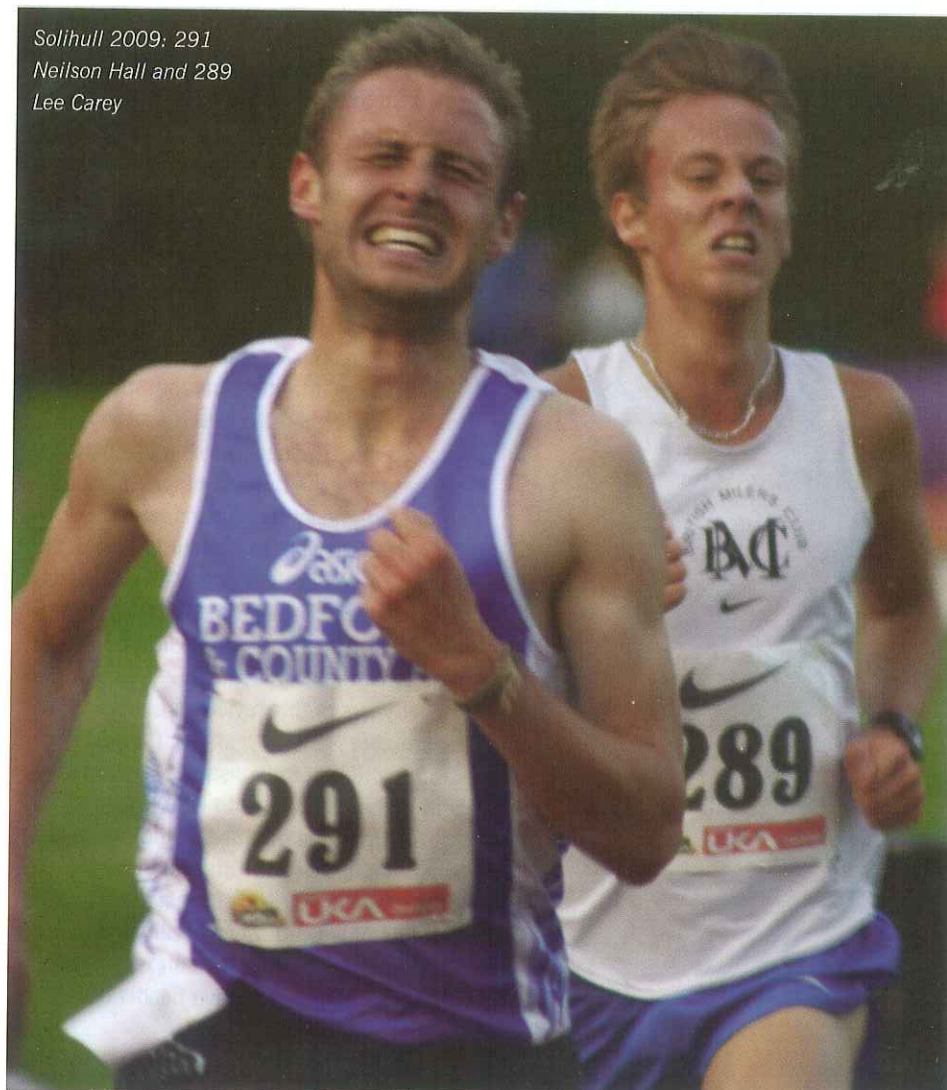
- 1500m - Colin McCourt (Dundee Hawkhill) - 3:38.76 (Standard 3:39.2)
- 1500m - James Brewer (Cheltenham) - 3:39.01 (Standard 3:39.2)
- 1500m - Katrina Wootton (Bedford & County) - 4:07.94 (Standard 4:09.0)
- European U23 Championships - 12
- James Brewer (Cheltenham) - 3:40.63 (Standard 3:43.00)
- Ricky Stevenson (New Marske) -

3:41.31 (Standard 3:43.00)

- Jonathan Taylor (Morpeth) - 3:41.97 (Standard 3:43.00)
- David Forrester (St Helens Sutton) - 3:42.56 (Standard 3:43.00)
- 800m - Paul Bradshaw (Blackburn) - 1:47.37 (Standard 1:48.00)
- 800m - Hannah England (Oxford City) - 2:01.50 (Standard 2:04.00)
- 800m - Emma Jackson (City of Stoke) - 2:03.32 (Standard 2:04.00)
- 800m - Stacey Smith U20 (Gateshead) - 2:03.62 (Standard 2:04.00)
- 1500m - James Brewer (Cheltenham) - 3:39.01 (Standard 3:43.00)
- 1500m - David Forrester (St. Helens Sutton) - 3:40.81 (Standard 3:43.00)
- 1500m - Simon Horsfield U20 (East Cheshire) - 3:42.29 (Standard 3:43.00)
- 5000m - Jonathan Taylor (Morpeth) - 14:06.00 (Standard 14:10.00)

## European Junior (U20) Championships - 16

- 800m - Leigh Lennon (N&EB) - 2:05.93 (Standard 2:06.00)
- 1500m - Niall Brooks (Sale) - 3:41.64 (Standard 3:47.00)
- 1500m - Simon Horsfield (E. Cheshire) - 3:46.31 (Standard 3:47.00)
- 1500m - Stacey Smith (Gateshead) - 4:17.75 (Standard 4:20.00)
- 1500m - Sarah Kelly U17 (Dundee) - 4:19.09 (Standard 4:20.0)
- 800m - Niall Brooks (Sale Harriers Manchester) - 1:47.99 (Standard 1:49.50)
- 800m - Stacey Smith (Gateshead) - 2:03.63 (Standard 2:06.00)
- 800m - Alison Leonard (Blackburn) - 2:04.52 (Standard 2:06.00)
- 1500m - Simon Horsfield (East Cheshire) - 3:42.29 (Standard 3:47.00)
- 1500m - Ross Murray (Gateshead) - 3:43.93 (Standard 3:47.00)
- 1500m - Daniel Clorley (Luton) - 3:46.92 (Standard 3:47.00)
- 5000m - Ronnie Sparke (Woodford Green) - 14:25.10 (Standard 14:30.00)
- 5000m - Charlotte Purdue (Aldershot Farnham & District) - 15:49.25 (Standard 16:40.00)
- 5000m - Kate Avery (Shildon) - 16:04.60 (Standard 16:40.00)
- 5000m - Louise Small (Aldershot Farnham & District) - 16:11.03 (Standard 16:40.00)
- 5000m - Hollie Avil (Rugby & Northampton) - 16:25.35 (Standard 16:40.00)



Solihull 2009; 291  
Neilson Hall and 289  
Lee Carey



# Number of finishers in 800m and 1500m

	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Men	438	517	610	546	563	672	716	562	655	658	675	744	724
Women	146	212	255	229	233	284	345	328	379	367	382	434	398
Total	584	729	865	775	796	956	1061	890	1034	1025	1057	1178	1122
E.I.	-	-	-	-	-	-	-	-	-	-	-	-	-
TOTAL					1031	1189	1271	1091	1310	1277	1337	1542*	1429

\* 6 meetings

# Personal Bests

The PB percentage rate for the GP meetings showed an increase last year from 28% to 35%. This year that increased to 42%. – Which is a significant improvement.

	Venue	Races	Finishers	PB's	%
GP1	Sports City	27	318	131	41
GP2	Watford	27	326	175	54
GP3	Trafford	18	202	91	45
GP4	Solihull	29	335	141	42
Final	Cardiff	26	257	66	26
TOTAL		127	1438	604	42

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: 55 Races: 495 Finishers: 4,784 PBs : 2,208(47%)  
(2008 figures were 42, 492, 4631, 2223, 48%)



Solihull 2009: 8 Steve Fennell, Mark Wieczorek (USA), Gareth Warburton

# Best Performances comparison over last 4 years.

Event	Men	Women
800m	2006 - 1:45.10 – Richard Hill 2007 - 1:46.32 - Andy Baddeley 2008 – 1:47.06 – Rajeev Ramesan (India) 2009 – 1:46.95 – Mattias Claeson (Swe)	2006 - 2:00.99 - Amanda Pritchard 2007 – 2:00.61 – Jenny Meadows 2008 – 2:00.49 – Vicky Griffiths 2009 – 2:01.34 – Claire Gibson
1500m	2006 - 3:38.51 – Colin McCourt 2007 - 3:39.62 - Collis Birmingham (Aus) 2008 – 3:37.6 – Moses Kipsiro (Uganda) 2009 – 3:38.01 – Bethwell Birgen (Ken)	2006 - 4:05.91 - Jo Pavey 2007 - 4:08.83 – Abby Westley 2008 – 4:09.29 – Steph Twell 2009 – 4:07.94 – Katrina Wootton
3000m	2006 - 7:53.67 – Chris Thompson 2007 – 7:59.43 – Simon Deakin 2008 – 7:59.81 - James Nolan (Ireland) 2009 - 7:53.52 – Linus Chumba	2006 – 9:28.13 – Claire Entwistle 2007 – 9:09.09 – Lisa Corrigan (Aus) 2008 – 9:04.21 – Nicola Gauld 2009 - 9:11.78 – Juliet Doyle
5000m	2006 - 13:36.66 – Moses Kipsiro (Uganda) 2007 – 13:48.80 – Moumin Geele 2008 – 13:45.35 – Andy Vernon 2009 - 13:34.36 – Moumin Geele	2006 - 15:28.58 – Mara Yamaouchi 2007 – 15:42.12 – Katrina Wootton 2008 – 15:45.61 Preeja Streedharan (India) 2009 - 15:44.37 – Feya Murray
10000m	2006 - 28:58.29 - Vinny Mulvey (Ire) 2007 – 28:40.85 – Phil Nichols 2008 – 28:22.79 – Surendra Singh (India) 2009 – N/A	2006 - 32:38.24 - Hayley Yelling 2007 – 31:26.94 – Jo Pavey 2008 – 31:56.90 – Jo Pavey 2009 – N/A
3000m Chase	2006 - 8:31.84 – Adam Bowden 2007 – 8:29.96 - Andy Lemoncello 2008 – 8:27.40 - Andy Lemoncello 2009 – 8:49.60 – Bruce Raeside	2006 - 9:48.51 – Lizzy Hall 2007 - 9:43.11 – Hatti Dean 2008 – 11:18.72 – Emily Brown 2009 – 10:38.37 – Sara Luck



# Grand Prix Report

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	2009
Men	58	50	72	64	49	51	70	58	69	54	103	77	95
Women	34	43	45	50	50	49	63	70	103	79	111	105	112
<b>Total</b>	<b>92</b>	<b>93</b>	<b>117</b>	<b>114</b>	<b>99</b>	<b>100</b>	<b>133</b>	<b>128</b>	<b>172</b>	<b>133</b>	<b>214</b>	<b>182</b>	<b>207</b>

First and tenth fastest British 800m times (1997 - 2009) 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 - 06	1:51.04 - 09	2:03.4 - 08	2:05.21 - 10	2:13.58 - 13
1998	1:47.13 - 07	1:48.29 - 09	1:50.85 - 06	2:01.93 - 06	2:04.85 - 08	2:12.11 - 08
1999	1:48.00 - 13	1:48.27 - 08	1:50.21 - 02	2:04.57 - 11	2:05.94 - 12	2:12.74 - 10
2000	1:46.97 - 05	1:47.97 - 04	1:50.91 - 08	2:05.10 - 13	2:06.16 - 13	2:12.74 - 10
2001	1:47.67 - 12	1:48.99 - 13	1:51.64 - 11	2:04.94 - 12	2:05.80 - 11	2:12.77 - 12
2002	1:47.18 - 10	1:48.21 - 07	1:51.94 - 12	2:03.70 - 09	2:04.83 - 07	2:12.15 - 09
2003	1:46.68 - 03	1:47.72 - 02	1:50.90 - 07	2:04.55 - 10	2:05.14 - 09	2:10.20 - 05
2004	1:47.37 - 11	1:48.60 - 11	1:51.96 - 13	2:00.77 - 04	2:03.13 - 04	2:11.47 - 07
2005	1:47.09 - 06	1:48.73 - 12	1:50.66 - 04	2:01.98 - 07	2:03.05 - 03	2:08.14 - 02
2006	1:45.10 - 01	1:48.49 - 10	1:51.13 - 10	2:00.99 - 03	2:03.94 - 06	2:10.83 - 06
2007	1:46.32 - 02	1:47.72 - 02	1:49.84 - 01	2:00.61 - 02	2:01.76 - 01	2:08.76 - 03
2008	1:47.16 - 09	1:48.12 - 05	1:50.74 - 05	2:00.49 - 01	2:03.90 - 05	2:09.57 - 04
2009	1:47.15 - 08	1:47.70 - 01	1:50.64 - 03	2:01.34 - 05	2:02.28 - 02	2:06.85 - 01

For the Men's and Women's 800m 2009 had 4 of the 6 check indexes within the top 3. Lowest ranked was the First Brit of the season. Darren St Clair could probably have improved on this figure when he ran in the final at Cardiff if he had not passed 200m in 23 seconds and 400m in 49.

Similarly with the Women's race at Cardiff Claire Gibson won in 2:01.34, but might have gone quicker. Throughout the season the Women's race has shown general improvements, which is shown in the time needed (on average) to finish 10th.



Solihull 2009: 83 Alysia Johnson (USA), 84 Vicky Griffiths, 88 Charlotte Best, 87 Celia Brown, hidden Steph Twell

First and tenth fastest British 1500m times (1997 - 2009) 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 - 03	3:45.40 - 03	4:15.2 - 12	4:18.18 - 13	4:42.2 - 13
1998	3:39.5 - 06	3:42.14 - 07	3:47.01 - 06	4:14.85 - 11	4:17.80 - 10	4:28.63 - 09
1999	3:41.83 - 13	3:42.85 - 08	3:45.51 - 04	4:10.84 - 07	4:17.02 - 08	4:27.82 - 05
2000	3:39.79 - 09	3:41.89 - 05	3:49.02 - 11	4:15.28 - 13	4:17.74 - 09	4:33.02 - 12
2001	3:39.27 - 05	3:43.19 - 11	3:47.62 - 08	4:13.02 - 09	4:16.23 - 05	4:32.03 - 11
2002	3:41.06 - 12	3:43.16 - 10	3:47.90 - 09	4:11.24 - 08	4:17.93 - 12	4:28.60 - 08
2003	3:39.72 - 07	3:41.62 - 04	3:48.85 - 10	4:14.82 - 10	4:16.81 - 06	4:25.95 - 04
2004	3:40.11 - 11	3:43.59 - 13	3:50.46 - 13	4:10.56 - 06	4:15.49 - 04	4:31.72 - 10
2005	3:38.49* - 02	3:41.92 - 06	3:46.91 - 05	4:09.08 - 04	4:16.82 - 07	4:28.44 - 07
2006	3:38.51 - 03	3:43.27 - 12	3:49.93 - 12	4:05.91 - 01	4:17.85 - 11	4:28.13 - 06
2007	3:39.85* - 10	3:40.28 - 01	3:44.81 - 02	4:08.83 - 03	4:11.67 - 01	4:19.09 - 01
2008	3:39.73 - 08	3:43.01 - 09	3:47.15 - 07	4:09.29 - 05	4:14.20 - 03	4:24.03 - 02
2009	3:38.76 - 04	3:40.67 - 02	3:44.54 - 01	4:07.94 - 02	4:13.32 - 02	4:24.67 - 03



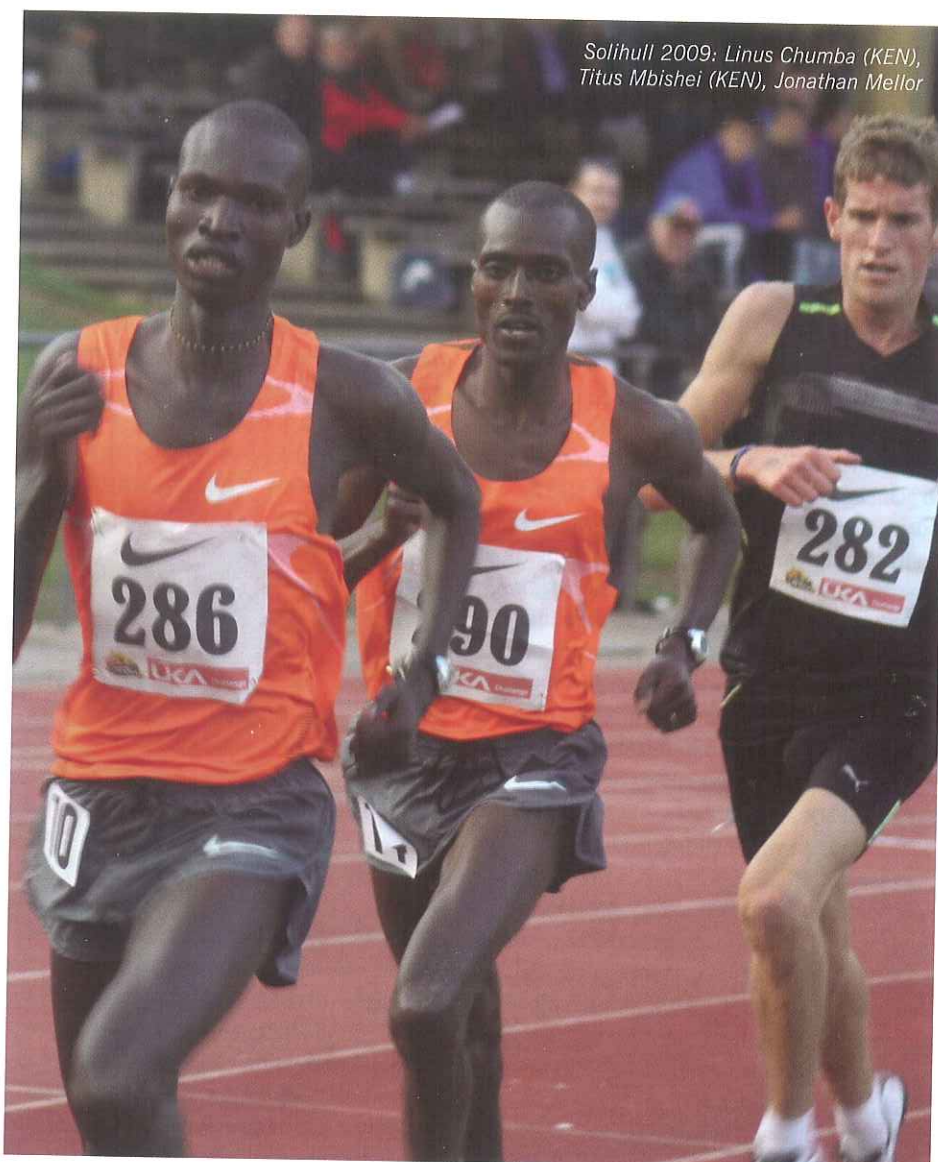
For the 1500m 5 of the 6 tracked indices were in the top 3. In the mens to finish 10th in the GP on average showed an improvement to 3:44.54 (remarkable consistency as the fastest 10th place was at Watford with 3:44.12 and the slowest at Sports City with 3:44.85). Nick McCormick asked for a fast pace at Cardiff - but only he went with it. Jermaine Mays stayed off the pace until the final 250m when he tracked Nick Bromley. At Solihull we had 2 Kenyan runners and a late entry from 3 Canadians looking for world selection. Despite the fast pace on offer the Brits sat back in their own race before all coming through for 3:41-3:44. At Trafford the 2 Kenyans went through 800m in 1:55, but slowed the pace down to 2:55 at 1200m.

We had even more foreign interest in the BMC races. At the final in Cardiff the race was won by Ingvill Makestad in 4:10 - and a time of 4:17 was needed to get into the A race.

#### Yearly Ranking

Totalling the rankings for the three sets of criteria over the four events would give a year ranking as below. While nothing really special happened there was a lot of consistency within the GP as a whole. We can still do a lot more though. 2010 is Commonwealth selection year. As the Championships are late (October) it gives a full season to chase times and we generally see a spike in performances. (2005 was the last pre-Commonwealth year, before Melbourne in March 2006)

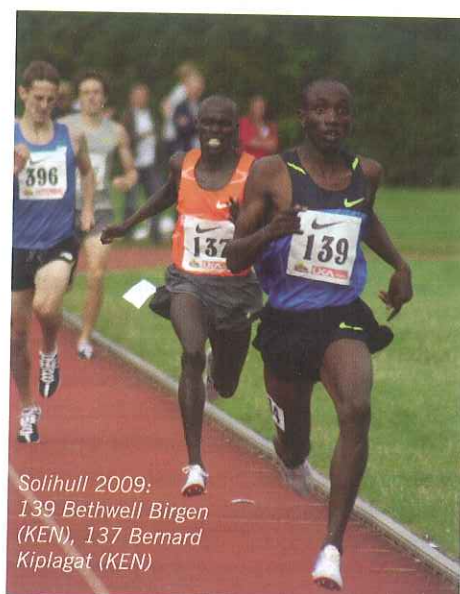
1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th
2007	2009	2008	2005	2003	2006	1998	1997	1999	2004	2002	2000	2001
29	34	63	65	77	81	93	95	101	107	112	113	120



Solihull 2009: Linus Chumba (KEN), Titus Mbishei (KEN), Jonathan Mellor



Solihull 2009



Solihull 2009: 139 Bethwell Birgen (KEN), 137 Bernard Kiplagat (KEN)



# Where to Run

## Further fantastic places to run in Great Britain

### (Part 3)

The third in the series of great running venues offers more places which are rated as inspirational training locations by athletes and coaches. David Lowes presents these runs with some help from friends and coaches from all over the UK.

#### KNOLE PARK ★★☆☆

Sevenoaks, in West Kent, was reduced to "Oneoaks" in the great storm of 1987, but it offers many places to run with trails, country roads and hills. Probably the best place for a challenging run is Knole Park in Sevenoaks. Knole House stands in the middle of the park where Anne Boleyn once stayed before she married Henry VIII and was a recent location for the movie 'The Other Boleyn Girl'. The house itself has a perimeter wall of about a mile.

Knole Park encompasses a magnificent 1000 acres of varying terrain and is accessed via the M25 at Exit 5 (A21 junction) and then follow the signs for Sevenoaks Town Centre. It is best to park your car at Sevenoaks Leisure Centre and then access the park from there, which incidentally is the best place for hill running sessions. It can also be accessed from other areas, depending of what your choice of running session will be.



One of the many trails through the park.

There are still remnants of the great storm in evidence, and with pathways and trails to explore it makes it an outstanding location at which to train. The features that really stand out, however, are the various hills and grassy knolls all around the park. There are many hills to find in the park and one training group is now used to sessions in areas that they call 'five hills,' 'one tree hill' and 'Gordon's hill'. These can be found about a mile from the entrance to the park

from the local sports centre.

Knole Park is ideal for many types of running sessions: hillwork, tempo runs, fartlek and speedier sessions on the good grassed surface and trails. A good warm up to the bottom of Gordon's hill and then a 40 minute session incorporating the three main hills, where you can run up two and down one is an endurance sapping work out. It is any ideal venue which offers a change of scenery away from the mundane sterility of the track. It is perfect for fartlek with the short, medium and long runs up these hills



Athletes striding out on one of the flatter sections.

making the training effect worthwhile.

Another great run that is ideal for a recovery run or a generic steady state run also incorporates these hills and others in the park. Around 4-5 miles in length it takes in more or less the perimeter of the park and the opportunities for more runs are endless.

During her time as an athlete, Kelly Holmes would often use the hills in the park for her training. I can think of no better endorsement and if it was good enough for



If you want to do hill running then Knole Park is perfect.

her, then it should be good enough for everyone else!

#### DERBYSHIRE DALES

The following three runs are at locations that I discovered whilst on vacation near Ashbourne on the A515 which is accessed from the M1 via junction 25 and following the A52 to Ashbourne. The A52 continues west to Stoke-on-Trent and the A515 continues north and south of Ashbourne and are therefore the access roads. The runs are all within close proximity of Ashbourne and offer different challenges, terrain and surroundings.

#### TISSINGTON TRAIL ★★☆☆

The Tissington Trail is a disused railway line which has been upgraded by the Sustrans as part of the National Cycle Route 68 and can be accessed at many locations along the way.

The surface is generally very good and parts of it are deceptive for a railway line in terms of ascent, it's not until you try running in the opposite direction (downhill) that you realise how easily you are moving!

I commenced the run from Tissington village itself and the options are numerous in terms of distance. It is ideal for short, medium and long runs at steady state or faster, fartlek, tempo or repetition running are all easily carried out. The car park at the



The direction signs at Tissington car park.

village is accessed off the A515 Ashbourne to Buxton road approximately 4 miles from Ashbourne. There is a charge based on hourly rates, but you can park in the village for free.

From Tissington you can run in the



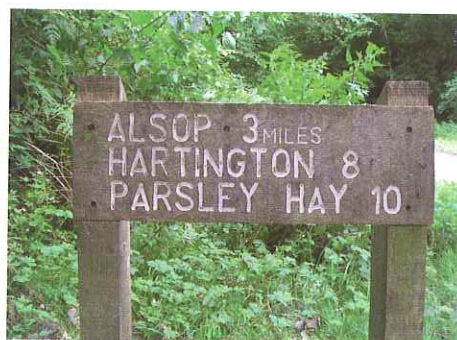


The serene setting of the Tissington Trail.

direction of Ashbourne to Ilam and back for a distance of around 6 miles or you can head off in the opposite direction taking the Parsley Hay sign.

The running route is essentially enclosed by leafy tree-lined avenues and these help with protection from the wind and make it a pleasant vista whilst running. I would imagine in the autumn and winter months the trail would be covered with leaves as the trees are deciduous.

Obviously you can run as far as you wish on an out-and-back basis, but the signage below indicates targets for the more adventurous, just remember you have to come back, therefore the Alsop run is 6 miles, Hartington 16 miles and Parsley Hay 20 miles!



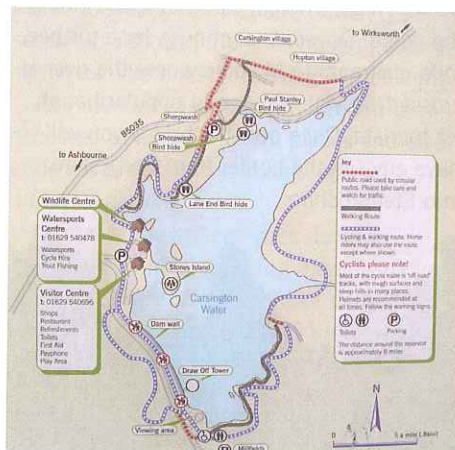
Make your mind up how far you want to run!

It can get quite populated with cyclists especially at weekends and in the summer holiday periods so pick the time of day wisely if you want tranquillity. However, don't let this malaise put you off, I found it no problem at all during the busier time of day.

I have given this a score of two stars as it is an out-and-back route and it may be repetitive to some athletes. But it is a good place to run if you are in the area and the options of short, medium and long runs with good underfoot conditions in a serene setting make it a worthwhile choice.

## CARSINGTON WATER ★★☆☆

Carsington Water is around 6 miles north east from Ashbourne and is one of England's newest reservoirs, built in 1992. The total distance around it is approximately 8 miles and the trail paths primarily used by walkers and cyclists are excellent for running.



The colour coded route around Carsington Water.

From Ashbourne take the B5035 Wirksworth road and follow the signs to Carsington Water. There are three car parks at Millfields, Sheepwash and the main visitor centre. The site is owned by Severn Trent Water and some of the amenities include: watersports, cycle hire, fishing, shops, restaurants, refreshments and toilets. If you feel really energetic after your run you can hire a rowing boat and have a trip across the water.

You can park your car at the main watersports centre for a time-based fee or leave it nearby and run into the location. Running around the circumference is primarily on good wide paths of compacted limestone and at certain sections there are smaller designated walking routes which are generally grass or dirt trails and these are optional as you can stay on the main trail. There are a few short sections which meet the public road around the reservoir, otherwise it is the main trail that you will follow. For those wishing to do two laps (16 miles), why not do one lap clockwise and the other anti-clockwise to make it a truly unique run?

Don't expect a flat route as it is undulating and indeed quite steep in places, making it a good test for any athlete doing a steady one lap or for the adventurous, the whole 16 miles. It is a great setting for fartlek, tempo, hill work and of course steady state running.

Across the dam wall, around 1 mile in



Left: The main undulating trail around the reservoir. Right: Some of the smaller optional trails.

length, is well manicured grass adjacent to the path which can be used for repetition running or faster speed sessions. Of course, you don't have to do the full lap of 8 miles and perhaps a mile or so of steady running followed by some repetition running may be a more attractive option for others. By accessing the reservoir nearer the opposite side to the main visitor centre will give you the option of doing a warm-up and then some hill running as this is where the steepest climbs are.

The scenery around Carsington Water is stunning and the options for training are fantastic and I would recommend this if you are in the area.



Along the dam wall is an excellent place for faster work.

## DOVEDALE ★

This is sometimes referred to as the jewel of the Derbyshire Dales by walkers and although not an obvious choice as a running location it has some of the most unique and breathtaking scenery along its route.

It is situated off the A515 taking the road from Ashbourne towards Buxton and after a couple of miles take a left turn signposted Ilam, Thorpe, Dovedale (opposite the entrance to Tissington village). Approaching the entrance to Dovedale, an access road leads past the entrance to the Izaak Walton Hotel and onto a public car park for visitors.



# Where to Run



*After 800m the start of the intriguing run commences.*

Dovedale is owned by the National Trust and it is 3 miles between Thorpe to the south of the dale and Milldale in the north, which is the end of the trail. After around 800m if you stick to the left bank of the river you will encounter some stepping stones which will transfer you to the other side and the re-commencement of the trail or you can cross the bridge at the start of your run and go along the right bank and miss out the stepping stones altogether.



*The start of the run along towards the stepping stones.*

For those wanting a lung-bursting, leg-sapping run, try the ascent up to the top of Thorpe Cloud and admire the fantastic views from the top.

What makes Dovedale unique is the natural features along the way. In some places caverns and arches have been formed along with huge crags and pinnacles which project from the sides of the valley and many of these features have designated names.

Some of these are the upraised fingers of the Tissington Spires and the geological quirk of Reynards cave, high on the eastern bank. The path then passes beneath the Lions Head Rock, so named because of its likeness to the king of the jungle and onto Ilam rock which rises sheer from the waters edge. Pickering Tor on the right is like a natural fortress.

Dovedale gorge itself ends where the river swings east. Here are the crags known as Ravens Tor as well as the Dove Holes, two caves hollowed out when the water level was much higher. These are the last showpieces of Dovedale gorge. The larger of the 2 caves is some 60 feet wide and 30 feet high. Though this marks the end of the gorge, Dovedale continues for a further mile upstream to Milldale where the river is crossed via viator bridge, a popular haunt for tourists. Once over the bridge you will have crossed the border from Derbyshire into Staffordshire.



*The imposing Ilam Rock which is popular with climbers.*

From here you can turn around and go back or follow the road in a circular route to add some extra miles to your run and end up back at where you started. You could even do a hill session in Milldale past the quaint houses and cottages as part of a session.



*The massive caves at the end of the gorge.*

The run through the steep sided limestone gorge follows the river and in the summer the deciduous trees make it very sheltered and eye-catching. I would imagine Dovedale's appearance in the autumn and winter months would be dramatic with a much different perspective. It must be noted that although the surface and trails are excellent in places, there are sections

where it involves ascending and descending stony steps, which although not ideal for the runner, some caution must be taken to avoid a potential trip. Don't let this put you off though, just use commonsense at these sections.

Dovedale is probably best used as a place for a leisurely run where the scenery can occupy your mind more than how you are feeling. There are sections where fast running can be done and also around the Lover's Leap section you can venture off to the side and use the steep grass slopes for some hill running. It can be used as a fartlek route and although it can be extremely busy in the summer months, I am told it is just the opposite in the winter months.

As far as the setting and something different, it is indeed unique, and I found this a difficult one to give a star rating. However, although it manages only a one star merit, it has many positives that many would argue should be much higher, see what you think?

## NORTH NORFOLK

These places in North Norfolk are again some which I encountered whilst on vacation in the area. There is a misconception that all of Norfolk is completely flat and this is definitely not so. Obviously it is not mountainous, more gently rolling slopes in places, with a high proportion of flat stretches, but there are hills around if you look for them!

### Sherringham Park ★★☆☆

Sherringham Park is owned by the National Trust and is situated around 5 miles west of Cromer and 6 miles east of Holt off the A148. A payment is required at the car park at the main entrance, although you can park nearby or start your run at many different locations, both near and distant as I will describe later.



*One of the main routes through Sherringham Park.*



The route through the park encounters many different varieties of trees whilst other paths lead through extensive woods, farmland and onwards to the coastal cliffs and Peddars Way and the Norfolk Coastal Path.



One of the smaller grassy tracks off the main route.

The main route is of good pathways but there are many alternative routes for the more adventurous taking in smaller grassy tracks all enclosed with huge trees. It varies from reasonably flat to undulating to quite hilly in places.



One of the trails through the wooded section.

There are designated routes for walkers, namely: Temple Walk (Orange route); Repton Walk (Blue route); Ramblers Route (Red route). The Orange route is only around 1 mile in length and is therefore not of much use to a runners needs, but could be integrated into a warm-up for a specific session. The Blue route is only 2 miles around and could be used as a loop in a session. The Red route is around 5 miles in total and leads you out of the park and down to Peddars Way by the coast and then back into the park.

Once out of the main confines of the park you can run along the farmland for a while before heading back into the wooded area of the park or head out towards the coast. Although the routes are given specific distances by the National Trust, if you

wander off the main route and explore the smaller pathways you can add considerably to the distance and also make the run more adventurous.

The underfoot conditions varies from compacted hardcore to grassy pathways and a mixture of dirt trails. The park is probably suited to steady running and fartlek type sessions, although there is enough good stretches where faster running can be done.

As I mentioned earlier, the run can be accessed at many different places and also added to greatly if the athlete desires a much longer run.

As one of the options goes down to Peddars Way, this opens up many variations to extend your run by whatever distance you desire (Peddars Way and the Norfolk Coast Path is 93 miles in length!). The coastal path which heads along to Cromer is along a very steep cliff, so don't go too near the edge. However, by heading off in the opposite direction the coastline has a marked difference and is very flat.



The coastal path of Peddars Way heading towards Cromer.

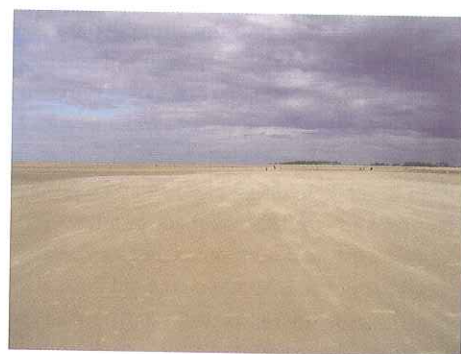
On the way down to the coast through the farmland you may encounter a passing steam train, which runs regularly from the North Norfolk Railway Station at Sherringham along to Holt.

Sherringham is another great place for a run and although designated as a park for walkers it is an attractive and viable setting for an idyllic session and it is well worth a try if you are in the vicinity.

#### WELLS-NEXT-THE-SEA ★★★★★

This is situated further west along the North Norfolk coastline off the A149 which runs parallel to the shores and is around 10 miles north of Fakenham, taking the B1105. You can park in the town and run along the sea wall which is around one mile in length or park near the beach and pay a fee.

When I arrived the tide was receding, but within a fairly short space of time the sea



The vast beach area of firm sand, excellent for running.

was around a kilometre away! The beach is therefore vast in area and quite firm if you choose the best line. The length is around 4-5 miles, so an 8-10 mile run can be done quite easily.



The shallow dunes with the woods in the background.

As the beach area is extremely flat, the tide also comes in very quickly and this can spell danger if attention is not paid to the tidal conditions. At Wells there are some mini islands of sand dunes which look strange jutting up from the flat beach.



Left: Part of the cycle route.

Right: The trail through the woods.

What makes this a very good place to train is the varying options within a short distance of each other. You have the huge beach to do steady runs, tempo runs,



# Where to Run <<< David Lowes

fartlek and speedwork; there are shallow sand dunes to do strength endurance work in pure white sand; adjacent to the dunes are pine woods where fartlek sessions can be done and there is even the National Cycle Route 1 to do steady running on the firm surface (this route commences in the Orkney Isles and finishes in Dover, a distance of over 600 miles!).

Wells-next-the-Sea is well worth a visit and if you are there on a short-break or a holiday then you have some excellent natural features at hand to indulge in training environments you would not often get so close together. It is perfect for a squad get-together to utilise some testing terrain and also benefit from the flat firm sand for recovery runs.

## BRANCASTER

Brancaster is only around 12 miles west of Wells-next-the-Sea off the A149 and offers a very similar training experience. Again, you have the option of parking next to the beach for a fee or park in Brancaster and run the mile to the soft white sand. Being close to Wells-next-the-Sea the tidal conditions are the same with the sea 1 km away when



*The massive beach heading west for around 4 miles.*



*Left: The soft sand next to the dunes.*

*Right: One of the trails through the dunes.*

fully out.

The beach is fantastic for steady running and much faster work and is around 4 miles

in length. There are shallow sand dunes and softer sand to do sessions on, but unlike Wells there are no woods. There is however, the Peddars Way which passes through Brancaster and this can add many more miles to your run if so desired.

Just 2-3 miles west along the coast, still on the A149, is Holme-next-the-sea and the start of a 12 mile stretch of beach ending at Ingoldisthorpe which is perfect for those wanting a long run on a forgiving and flat surface.

## ACKNOWLEDGEMENTS

Frank Butler, BMC Coach/Blackheath & Bromley AC for his invaluable local knowledge of Knole Park.

■ All of the locations that have been chosen are not necessarily obvious choices, but are great places that have been tried and tested by athletes of all abilities and the reason they have been included is that the athletes and their coaches agreed that they were indeed special and worthwhile places to use as training bases and that they would certainly use them again if the opportunity arose. The running locations have been rated on accessibility, quality of the running surface, variety of the terrain and whether it was inspirational and have been given a star rating.

- ★★★★★ = out of this world,
- ★★★★ = excellent
- ★★★ = very good
- ★★ = good
- ★ = worth a visit.

As these articles were originally written for The Coach magazine, I have decided to include them in BMC News. With the large BMC membership all over the UK, I invite coaches and athletes to contact me if you think you have some venues which are worthy of inclusion that will allow our members to try these places for themselves and build up a reference library for all to use for everyone's mutual benefit.

For further information on any of these venues or if you have first-hand knowledge on any places that you would like included please contact: David Lowes at coachlowes@aol.com.

**David Lowes**, Chairman, BMC Academy and National Course Director





# BMC Academy update

David Lowes



THE BMC Academy continues to go from strength to strength with increased membership and well-supported residential courses. At the last course in April 2009 at Mount St Mary's, Spinkhill, near Sheffield, we had Steve Cram as the guest of honour and BMC Academy Chairman, David Lowes, interviewed him in front of 120 attentive athletes and coaches (see interview in this issue). Afterwards Steve presented the awards for the male and female athletes of the course and then talked openly to attendees and posed for photographs and signed autographs.

Our next course is at the same venue from 30 October – 1 November and the guest is local legend and former great, Peter Elliott who will hopefully relate his experiences from his golden period and give his views on middle distance running and issues regarding our sport.

The course programme will be based around 'Winter Preparation For Summer Rewards' and the athletes will be put through their paces by the BMC staff coaches with visiting coaches being welcomed to have an input into the group sessions. The athletes will gain experience of training twice a day in a running camp environment, with early morning starts and a curfew in the evening. Also included in the programme will be lectures on Tactics, Winter Training, Stretching, Massage and much more.

Spinkhill is a fantastic place for training with huge expanses of grass, running track, fitness room, swimming pool, gymnasium, lecture hall and superb food and accommodation – all the ingredients needed for a successful course. There will as usual, be an Athlete of the Course Award, which entitles the winner to a free future course of their choice.

Our traditional Spring course in 2010 is taking a step in a new direction, partly due to our usual venues being fully booked. We are in the process at the time of going to print of organising a Warm Weather camp in Monte Gordo, Portugal with available dates between 5-18 April. Athletes and coaches can attend for whatever period suits their suitability. Further information can be found from Rod Lock [coachlock@fsmail.net](mailto:coachlock@fsmail.net). However bookings need to be made soon as space is restricted.





From 1969 to 1980, Harry Wilson and I conducted many training week-ends together. Some of his opinions would clash with current coaching views and trends.

At a South of England BMC week-end, he interrupted a speaker who was advocating a day off training a week. "Just a minute" he observed, "that's fifty-two lost training days in a year." He did not believe in this frequency, however, he did pursue with his athletes a cycle of severe training week, followed by a light week, followed by a moderate week. Complete rest days preceded important races.

Recently two teenage boys at a race venue where one said to the other, "We must take two days off after this race as our coach recommends." So if they take a weekly day's rest and two days rest after

every race this could amount to a hundred days off training a year and possibly much more.

I think some current coaches would be appalled at Harry's approach to training week-ends. His view was that if you couldn't double your training load at week-ends, when can you? Much emphasis is out on coaching structures in various parts of the UK. Harry's view was. "I can lead athletes to the water but I cannot make them drink." He frequently asked the question of athletes, "How much do you want success?" He implied that an athlete's success was 90% down to them and 10% the coach. He told one good athlete who came to him for coaching, "You've been good for a long time, when are you going to be a great athlete?" This was a shock to the

athlete who subsequently knuckled down to become a great runner.

We may have wonderful coaching administration now and we have had it in the past but the real issues to be solved will remain the same if we do not preach a logical doctrine. We do not have far to look. It is obvious that in the World Cross-Country of 2009 our athletes by and large were woefully unprepared. One clue is that very few cross-country runners are seen on the track in the winter, they prefer pounding miles out on the road.

It seems quite illogical that former UK athletes with times of sub 1:44/800, sub 3:32/1500, sub 13:11\5k and sub 27:30/10, do not have their training methods thoroughly investigated and compared to contemporary trends.

## Pilates Talk

[www.athleticpilates.co.uk](http://www.athleticpilates.co.uk)

### Problems

We apply **hunter-gatherer genes** to a 21st lifestyle – complete movement of the body to specialised movement.

**Postural misuse** of the body (starts at school)  
Involves no use of **stability muscles**.

Compensated by **overuse of mobility muscles**  
.....which overwork, stabilising **and** moving us  
.....and **strain** when excessive pressure is applied  
.....and **shorten and lengthen** to accommodate the postural collapse from within, which  
.....pulls the **pelvis** and then the **spine** out of place

**BUT** the brain being the powerful tool it is, accepts this change in length as normal and automatically selects the strongest muscle to do the job

Which produces movement generated by an  
.....**inefficient** team of muscles  
.....bones that are **pulled** onto each other  
.....joint cavities **compressed**  
.....a **wear-and tear** process in the joints  
.....and **compressed** internal organs.

### Solutions

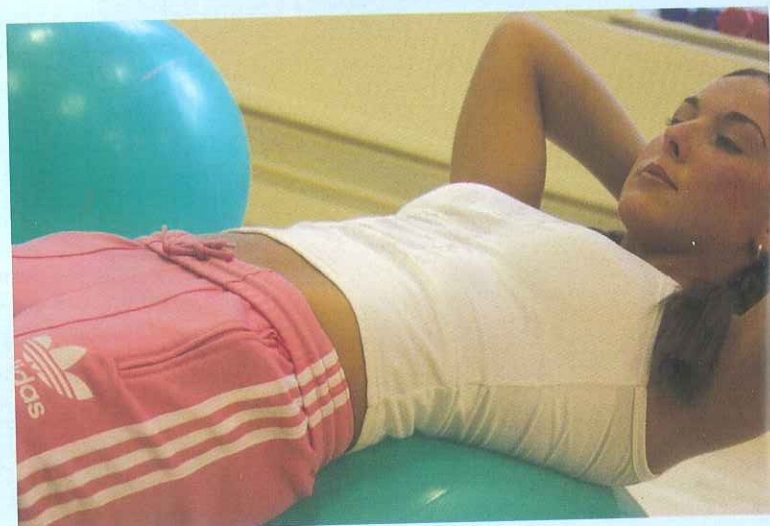
Reinforce correct **starting** position  
Reinforce correct muscle **length and distance** between joints  
Recruit the **most efficient** team of muscles to  
**Maintain this position & produce movement**

That movement **nourishes** the joints  
.....So the spine moves **sequentially**  
.....In all its possible planes of movement

.....Stretching overtight muscles back to their **correct length**  
.....and **connective tissues**, releasing blockages in movement  
.....**Reverses** the postural collapse  
.....Allows the immune system to work correctly and **solves our problem**

**Discover that our bodies are more resilient than we realised and achieve our real potential**

**Minimum Effort,  
Maximum Performance**





# BMC AWARDS 2009

## COACH OF THE YEAR

### TREVOR PAINTER

Also nominated George Gandy

## ATHLETE OF THE YEAR

### LISA DOBRISKEY

Also nominated Jenny Meadows

## YOUNG ATHLETE OF THE YEAR

### NIALL BROOKS

Also nominated Georgia Peel and Jessica Judd

## FRANK HORWILL AWARD FOR OUTSTANDING SERVICE TO BMC

### DAVID READER

## BMC AWARD FOR OUTSTANDING LONG SERVICE TO COACHING

### NEVILLE TAYLOR

## BMC ACADEMY VIRTUAL CLUB OF THE YEAR

### YATE & DISTRICT

Also placed Leicester Corithanians & Aldershot, Farnham & District

*Full placings on [www.britishmilersclub.com](http://www.britishmilersclub.com)*

# FORTHCOMING EVENTS

## RESIDENTIAL TRAINING WEEKEND

Spinkhill, Sheffield - 30th Oct to 1st Nov

Special guest PETER ELLIOTT - World and Olympic silver medallist and Commonwealth Games gold medallist.

WEEKEND INCLUDES - Training, meals, lectures, advice, print-outs, top quality coaching, Peter Elliott interview and much more.

### COST:

£60 BMC members, £95 non-BMC members

£50 BMC coaches, £90 non-member coaches

£45 BMC athletes travelling more than 200 miles one way

May be some places available, contact Rod Lock, 23 Atherley Court, Upper Shirley, Southampton SO15 7NG.

Tel: 0238 078 9041 or website for more details.

## BMC CROSS COUNTRY CHAMPIONSHIPS

Bristol - 22 Nov 2009.

Incorporated in Mike Sully Trophy (Men) & Gemma Butler Bowl (Women) senior races.

**Age Groups:** U15, U17, U20 and Senior races.

### Prizes

Senior race winners will be awarded BMC Championship Cash Prizes for Senior Men and Women:-

1st £100, 2nd £75 and 3rd £50.

Prize for 1st U20 - £25. Other Races - Medals for first 3 individuals and school team awards.

Check [www.britishmilersclub.com](http://www.britishmilersclub.com) for more details and online entry.

## BMC NATIONAL ENDURANCE COACHING CONFERENCE WEEKEND

Warwick University, 6/7 March 2010

A weekend celebration of endurance coaching with presentation dinner. Not to be missed.

Full details will be available shortly.



# Andy Baddeley

I met Andy Baddeley by chance at the beginning of July 2009. He reminded me a bit of Dave Moorcroft, not just because he covered the same distances in racing but also, that he appeared to have a kind and helpful nature, which was something Dave Moorcroft certainly had in my experience of interviewing him many times.

It was noticeable Baddeley did not bring up the point about his personal ECG monitor, stitched into his chest for his irregular heart beat but obviously, it is of little relevance to his onward athletic progress. I remember talking to 2:09 marathon man Tony Milovsorov about this, who said his irregular heartbeat had the doctors really flapping about in the hospital but it did not stop him achieving a great deal at the height of his powers. I am sure there are many others too. The hard facts already dictate that Andy Baddeley can compete with the best in the World. "I am not scared of anyone" He told me. His times back that up 1:46.32 (800) in 2007; 3:34.36 (1500) in 2008; 3:49.38 (mile) 2008; 7:45.10 (3000 Indoors) 2008 and 13:20.99 (5000) 2009 and 13th in the European 11k cross-country Championships in 2007. He has made the 'Big' Championship teams and it is obvious, at the age of 27, he can go on and obtain some major Championships medals before 2012 is over.

## **How did it all begin for Andy Baddeley who ran 4:18.1 as an Under 15 boy?"**

I started because a friend of mine wanted to go to some after school activities. I was about 10 at the time. I think his Mum wanted to get him out of the home and do some after school activities and he persuaded me to come along to do cross-country. He gave up after a couple of months or so. I was then at a primary school called Black Horse on the Wirral then."

## **Were Andy Baddeleys' parents interested in his running at an early age?**

"My parents Neil and Diana were always supportive. My Dad used to take me to all the cross-country races at school. Mum came along to some of them. Often I would not let her come or both of them sometimes, as I just wanted to get on with it and try and do it on my own. That was not a reflection on them, more that I wanted to focus on what I was doing."

'My Father was a 100/200 sprinter at school and county level. He is always

interested to know what I am doing but would never question it."

**In my experience I have met some interesting runners from the Wirral. One was a Senior Divisional Police Officer Maurice Morrell, who was a AAA's javelin Champion as a young man and a very good veteran steeplechaser and cross-country runner. He won major British Masters titles over the years and I mentioned that to Andy!**

"I know Maurice quite well. He was very good friends with my original coach Dave Jeffs. I always ran for Wirral till I went to University and then moved to Harrow. I moved to Harrow A.C. because I had friends who ran for them at Cambridge University.

## **Going back to those early days when did he feel he could run well and get somewhere in the sport?**

"I was pretty good at senior school but I probably did not take it that seriously. I would make the 'A' team for cross-country but I did not make the English schools track till I was sixteen, so I only did the English schools for three years and was 5th 4th and 6th in finals."

## **That must have kept your interest going with more of a hunger to do well, rather than having won everything at an early age?**

"Yes, I guess. When I got to University I realised how much training I could have been doing but studies got in the way a little bit.

**At Cambridge he got a first class honours degree in aerospace engineering and he is still interested in aero dynamics but, at the current stage of his life he is a full time athlete.**

"I am always excited about aero dynamics (Formula One) that was why I did that degree"

**MIKE TURNER was somebody I had come into contact with and interviewed. He is considered a guru on athletics and was not only Champion veteran over 5k at 45 but the English Cross Country Captain when England were top of the international pile in the in the 1960's. He was someone who studied at Cambridge and became a Dean of one of the colleges much later.**

Andy Baddeley had this to say about him:-

"He was the President of the Hare &

Hounds. He was great. I was Captain in my final and fourth year so, I was more involved with him then, He is always very supportive of the team at university."

**Andy Baddeley had some good two lap wins and seconds in races for Cambridge University between 2001 and 2003 inclusive, but it was not till he was down in London and, at St Marys and living in Teddington, running for Harrow that he ran 1:46.32 for a personal best at Watford in a BMC Grand Prix in 2007. However, I felt the most important thing to know was when he felt he could eventually run amongst the best in the World.**

**Of course he went on to show that possibly he had the most talent at the 1500/Mile. However, he won the won the European Cup 3000 in 2008, which was something midway between 1500 and 5000. In very early 2009 in Australia he ran his 13:20.9 5000m.**

"In my fourth year at Cambridge. I did my finals in my third year. It was my Masters year and I finally asked **ANDY HOBDELL**, my current coach, about coaching me. I met him in 2001/2002 at a training camp in Portugal. I got on pretty well with him and till then I sort of self-coached myself through University, and when I got into that 4th year I was Captain and I had to set training for the rest of the guys in the University and did not really know what to do. I had been in regular contact with Andy over the years and essentially I was asking him what I should set and doing it myself. It got to the point at Christmas of that year when I was doing all his training anyway."

## **What qualities does his coach have then?**

"His willingness to learn, quite a rare coach in that aspect. He is not convinced he is right all the time. If he speaks to someone and foresees what someone else is doing, and it is a good idea, he will discuss it with me and whether it is worth incorporating it with the training I was doing. Often we will talk about quite a lot of detail about training and racing. He will change my mind or I might change his mind. We have a very strong relationship. I think the most important thing is the relationship we have had. Since 2004 he has been coaching me and over that period I have probably spoken to him almost every day."

**From time to time Andy Baddeley has shown his ability to do cross country and**



had some quite good results and some very good results

"Cross country is important. I did not get to do as much as I would liked to have done this year. Before and after the Olympics I had a little injury. After I was having that I came back a little later than I normally would.

I run close to 100 mile a week even in the track season. In a major Championship you need the strength to run three races in five days. Of course the recovery is important.

I like getting on the track but I am on the track a lot less now. Certainly before I was coached by Andy and I coached myself I was on the track all the time.

I mentioned the fact that if you are on the track all the time injuries are more likely to come for many people and, that I remembered how different people are about which surface they feel can cause more injuries.

John Walker told me he used to like to run down the Great South road as training in New Zealand rather than meet potholes

out in the fields, Rod Dixon said he used to run in the forests and in the countryside. It really depends on the person and their particular feelings about training on different surfaces?

"A lot of my training is quite bulky. I would not want to run 6 miles with a heart rate monitor on the track. You obviously can't do hill training on the track!. I try and mix it up. The only option is to stay fit all the year round. I don't think there is anything more important than being fit all year round. My tapering for big races is relatively short. The specific work I like to put in to run 1500 it is relatively short and, as I say try and stay fit all year."

I asked Andy Baddeley which races that he has done so far in his life would he mark out as special to him?

"The Dream Mile that I won is Oslo last year (1. A.B. 3:49.38; 2 Haron Keitany (3:49.70) and 3 Deresse Mekonen (3:49.72) The year before in Sheffield in the rain when I beat Lagat over 1500 in 3:34 in the hammering rain. I won that against a good field." (1 3:34.74, 2 Rui Silva

3:35.92)."

The other race he thought was important to him was the Olympics

(3rd in heat in 3:36.47; Qualified in 3:37.47 also in 3rd place. Finished 9th in final in 3:35.37)-

"The Olympics is the whole point of everything. I did not come away with a medal which was disappointing."

'People tell you about the Olympics before you go and, its just another race. It is impossible to put it into words how you feel. Certainly how I felt afterwards as well. I would not say I was immediately disappointed, sad or happy, angry. I just did not have any emotion at all. Everything you trained for has been and gone in three and a half minutes!"

Regarding his Winters

"I have spent from January to March in Australia for the last three years training in the sun so, I could do their outdoor season, so I have not needed to do the indoor circuit."

"Was there an athlete he particularly admired as a racer over the years?"

"Of course you have to respect everyone when you get to the Olympics because everyone has their National vest on. You have to be aware of how different people run and in what way."

Hicham El Guerrouj was the one I looked up to as a racer. He was incredible. He was the one I grew up watching. El Guerrouj did the double at the Olympics and although I don't think he wanted to retire necessarily, I think he found after that his motivation was not there and he stopped at the right time."

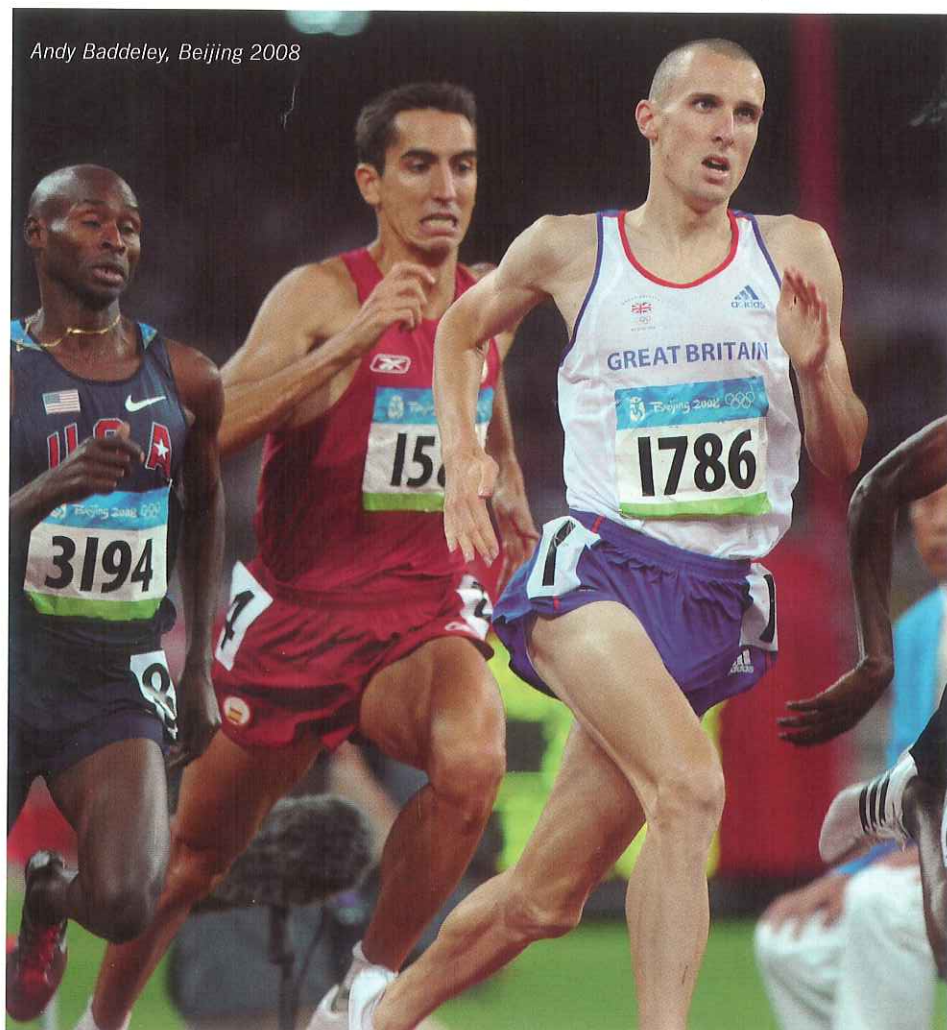
Which other sports did he enjoy?

"lots of sports I am looking forward to playing when I eventually retire. Tennis is the big one. I live for Wimbledon every Summer. Those two weeks of Wimbledon I would be glued to the television. I miss my football. I played football till I was 16. A bit of swimming, but found that a bit boring. Now I associate it with having injuries and cross-training. Tennis and football I am keen to be back involved with."

Andy Baddeley has run well on all surfaces so, which one would he favour racing on?

"Definitely the track is favourite. I just love it."

Andy Baddeley, Beijing 2008





## 12 Essential things you must do with your food intake

- Eat moderate sized meals, every 4-5 hours, this will lead to greater physical output, greater resistance to very cold and very hot weather, also quicker acclimatisation to altitude.
- NEVER miss breakfast. Breakfast like a king, lunch like a prince, dine like a pauper
- Consume cereals which are fortified with iron and vitamins
- Include fruit and fruit juices with your breakfast
- Grill high fat bacon, sausages and other meats. Avoid more than 4 eggs per week
- Oxygen is your main weapon for success. You need daily intake of iron containing foods: curried meals, organ meats, egg yolks, legumes, cocoa at night, shell fish, lentils, dried figs, haricot beans, dried

apricots, spinach and sardines. Iron without vitamin C is practically useless. Oranges and all other fruits provide vitamin C

- Oxygen comes to your body via red cells, the more you have the more oxygen you get. Blood makers are folic acid and vitamin B12. No fruit or vegetable provide B12, if a vegetarian you must take a B12 supplement. For good red blood eat daily one or more of the following: liver, beans, lentils, broccoli, spinach, green leaves, kidney, meat, fish, eggs, milk.
- After all training sessions your carbohydrate reserve will be depleted. You must replace as soon as possible via a noted sports drink or 2 bananas. During the next 4 hours consume

logglycaemic carbohydrates and with all other meals fructose powder in beverages and cereals, soya beans, kidney beans, lentils, sweet potatoes, apples, oranges, oats, brown rice, whole-wheat bread, bran flakes, broccoli, cabbage, sprouts, peas, grapes

- Where possible sip a 5% carbohydrate drink during training
- Replace potassium lost in sweat with organs, bananas and pure fruit drinks
- Potassium loss is a common cause in declining performance
- Excess consumption of colas and other soft drinks which contain phosphorous prevents the absorption of calcium and will undermine bone density
- To replace sweat loss it is wise to drink a pint glass of water every 2 hours



## A Weighty Topic

The Stillman height/weight ratio table is highly regarded in the USA by runners. For a healthy non active person, males are allocated 110lb/7st 12lb/49.8kg for the first 5 feet/1.524m in height and 5.5lbs/2.466kg for every inch/2.5cms thereafter. Thus, a healthy weight for a non active male of 5'9"/1.753m would be 159.5lbs/11st.5lbs/72kg. The racing weight is 10% less, 144lbs/65kg.

A female is allocated 100lbs/7st.2lbs/45kg for the first 5 feet in height and 5lbs for every inch thereafter. Thus, a healthy weight for a non active female of 5'8" in height would be 140lb/10st/63.5kg. The racing weight would be 126lb/9st/57kg.

If you are over the racing weight for your height here are some suggestions:

- Don't go without eating three meals a day
- Eat every 4 hours moderate sized meals
- Don't snack in-between meals
- Avoid fast food establishments
- Do more running in the morning which raises the metabolic rate for several hours later ie the burning of more calories while at rest
- Running up a 1 in 50 gradient burns 15.0 METS a mile, jogging burns 12.5 METS if 8mins/mile. METS are multiples



of your basic metabolic rate – the burning of calories at rest.

- Peter Snell, Olympic medallist at 800 and 1500 metres, was the heaviest holder of the mile record for his height in history. He kept it in check by running 22 miles every Sunday morning
- If on the Pill ask your doctor if it has the lowest possible oestrogen content



# Stretching A Point

◀◀◀ Brendon Byrne

There seems to be some confusion about stretching and flexibility work for athletes. Some athletes even believe that there is no point in stretching at all! This is definitely not recommended. There is however, a very good question to ask both for athletes and coaches – “Why are we doing mobility work?”

A number of experts maintain that a stretching routine should be part of an overall training programme; it can help prevent injuries, it should be individualistic and should be sports specific. It is obvious to all coaches that athletes have different ranges of movement and generally that females have better a better range of movement (ROM) than males. A good range of movement is important for stride length and fluidity of movement

## Stretching is done with five main aims:

- To increase muscle length
- To reduce the risk of injury
- To improve the healing of injured tissues
- To enhance performance
- To reduce pain associated with muscle and joint stiffness

There has been a considerable amount of research in recent years, sometimes with conflicting conclusions. Generally it shows that static stretching does not reduce the risk of injuries as part of the warm up and it actually can decrease performance. Static stretching can reduce strength and power in explosive movements, as for instance in vertical jump performance and sprint times. The case for dynamic (not ballistic) exercises in the warm up is much stronger.

## The advantages of dynamic exercises are:

- continuous movement warms up the body and muscles
- prepares joints and muscles in a specific manner
- helps coordination
- prepares the mind for the work to come.

Static exercises have their place. They are best done a part of the cool down. They are very good for increasing muscle length and maintaining a range of movement. How long should muscles be held for? Less than 10 seconds is not enough. 15 – 30 seconds for a hold has a good effect in lengthening the muscle so the experts say.

In summary, stretching and mobility are work are important in the athletes preparation. Active, dynamic stretches are

a very useful part of the warm up and static stretches are best included in the warm down or to be done on a rest or easy day.

## Injuries and Pain

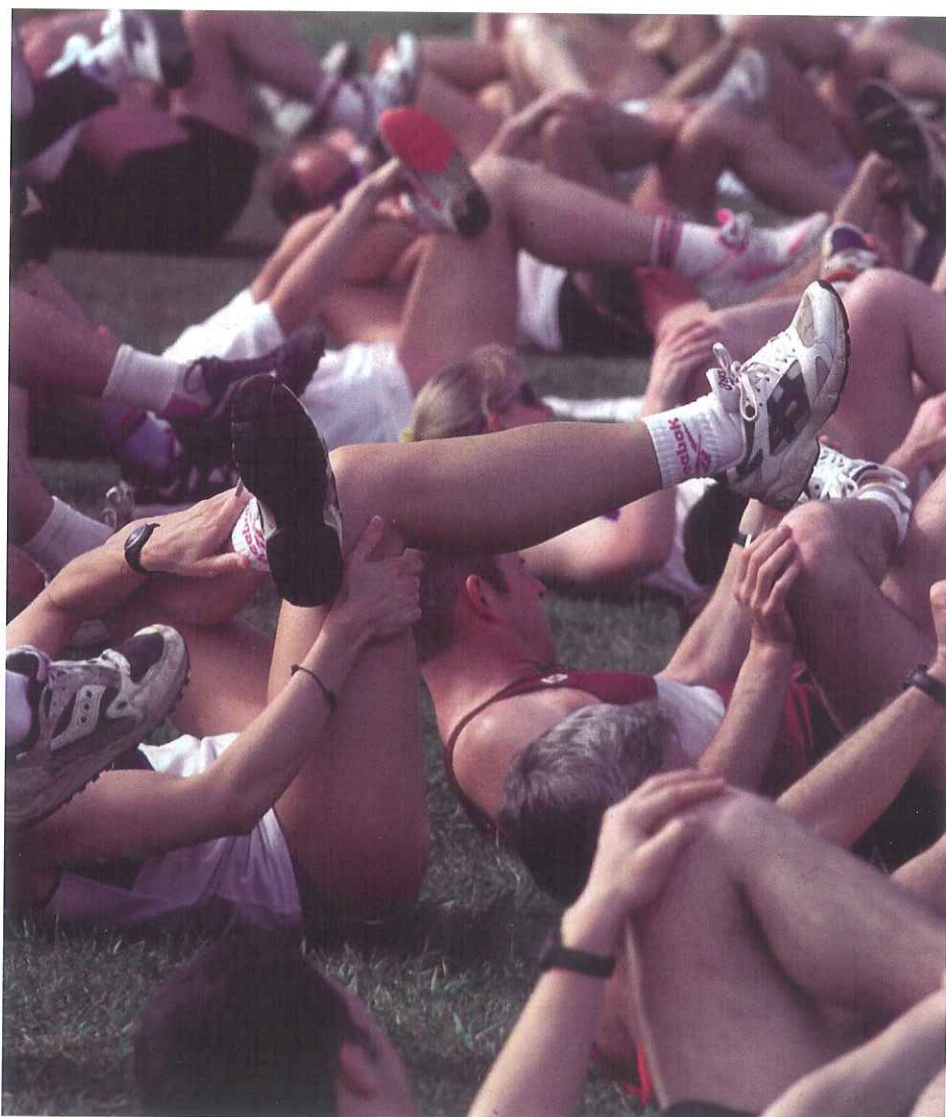
When injuries do occur the bodiess response is pain and discomfort. Inflammation is often the result. The rest, ice, compression and elevation procedures (R.I C.E) are well known. Sometimes a doctor may recommend a steroid injection to alleviate inflammation such as for an impingement problem with a shoulder joint. A problem can arise when non steroidal anti inflammatory drugs (NSAIDS) are used. Over the counter items such as ibuprofen are widely available and frequently used. Consultant anaesthetist Peter Phillips cautions their use. He says they can provoke allergies even with short term usage. They can cause gastro intestinal upsets and even intestinal bleeding. They have been known to provoke asthma attacks too. A number of high profile athletes are prone to asthma.

## Heart Rate Monitors

Years ago Finland produced some of the world's most famous distance runners such as Paavo Nurmi and Lass Viren It is interesting that both Polar and Suunto, the prominent makers of heart rate monitors are Finnish. Last year only two Finnish athletes, men and women could be found in the top hundred at all distances from 800m to the marathon.

Father Colm O`Connell teaches at St Patrick's School in Iten, Kenya. According to Toby Tanser in “More Fire”, twenty years ago Father Colm was given a pulse rate monitor. It is still in a box in his office. Among a host of others Peter Rono the 1988 Olympic 1500m champion and Wilson Kipketer the 800m world record holder came from St Patrick's. We have now almost lost count of the number of junior women world cross country gold medallists that have come from Iten.

It is all a curious coincidence.





# Training zone and race responses

## Dave Sunderland explores speed-endurance

Most endurance runner's training programmes will contain the usual types of sessions which will be a mixture of long and short steady runs to improve aerobic endurance, tempo runs (faster aerobic runs), alternating paced aerobic runs, Fartlek, hill repetitions and aerobic repetition sessions. The more sophisticated programmes will also include speed work, conditioning and resistance training, sometimes referred to as strength-endurance work, mobility and speed endurance sessions.

It is this latter training, speed-endurance, that most people have trouble with understanding. Either that or they avoid this type of session because it is hard high intensity work and involves getting into both oxygen debt and having to tolerate a build up of lactic acid in the muscles. However if runners are to improve their performance they must include a certain amount of speed-endurance sessions in their training programmes. The number of sessions will depend on the runner's event. The only way to improve lactic acid tolerance is to train for it, so that the body is able to adapt to the demands put on it.

The reason for speed-endurance training therefore is to ensure that in a race situation you are able to respond to any situation. This may mean responding to a sustained pace throughout the race. It may mean reacting to constant changes of pace, which are very tiring both physically and mentally. It may mean responding to

an increase in pace during the race. Or it could mean responding to an increase in pace at the end of a race. Whatever or whenever the response is required the runner should have trained to cope with whatever the race situation demands. It is imperative therefore that some speed-endurance sessions are included so that the body is trained to adapt, ready for the race situation.

The aim of speed-endurance training is to work at a higher intensity, despite the build up of lactic acid. This therefore simulates the race conditions. This type of repetition training involves repetitions of a much higher quality than with the aerobic repetition running used in the winter.

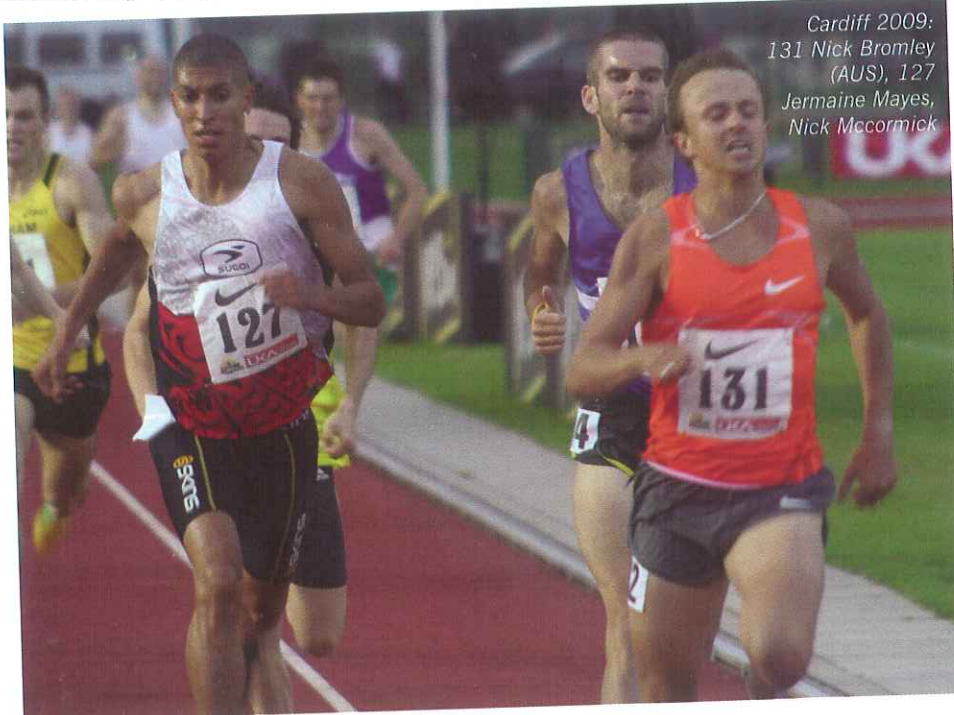
Therefore the following criteria need to be considered: -

1. The number of repetitions is reduced.
2. There should be a set time for each repetition with a set recovery, therefore standardising the intensity of the session.
3. The intensity should be then increased making the quality of the repetitions faster.
4. The density of the session can be increased. This is achieved by shortening the recovery time between repetitions, but keeping the recovery time between sets longer to ensure full recovery.
5. The distances used can be from 100 metres to 1000 metres or a mixture of distances.

Speed-endurance training is usually used in both the pre-competition phase and the competition phase. This will be determined by when the main focus of the season for the athlete falls. Therefore if the peak of the season is in August the speed endurance sessions will start in May and build in intensity to the competition climax. If the competition climax is in April the speed endurance sessions will commence in January and build towards the April climax. The following are the types of sessions that may be used with an example of each of the sessions:-

- Over Distance Repetitions
- Under Distance Repetitions
- Quality Repetitions
- Pyramids
- Up the Clock Repetitions
- Down the Clock Repetitions
- Differentials

All the sessions suggested below are just examples of the type of session. The times, number of repetitions and recoveries are all determined by the ability of the individual athlete. The whole idea of speed-endurance work is to replicate the race situation, building up the body's ability to tolerate lactic acid. The main aim of the recovery phase is to get rid of the lactic build up and any waste products in the body. Therefore it is essential that the athlete jog the recovery phase to help accelerate this process.



Cardiff 2009:  
131 Nick Bromley  
(AUS), 127  
Jermaine Mayes,  
Nick McCormick

**Over Distance Repetitions sessions for an 800 metre runner could be 3 x 1200 metres at a hundred percent effort. This would be with 10 minutes recovery between repetitions.**

**Under Distance Repetitions for the same runner would be 2 x (2 x 600 metres), run faster than the race pace, with 30 seconds between repetitions and again eight to twelve minutes between sets.**

**Quality repetitions are fewer in number and with a greater recovery time than in the winter period. Therefore it may be a session such as 3- 4 x Mile with five to eight minutes recovery. Whereas the session in winter would have been 6 x Mile with half the mile time run as the recovery period.**





Cardiff 2009: 5 Andrew Osagie, 6 Darren St Clair

*Pyramid session work from the base upward to a peak and then back down to a base. For example and 800 metre runner may run the following session:- 200 metres; 300 metres; 400 metres; 300 metres; 200 metres; at faster than race pace with the following recoveries 3minutes; 4 minutes; 5 minutes; 4 minutes.*

*A 5000 metres runner may run a pyramid of 1000 metres; 1200 metres; 1600 metres; 1200 metres; 1000 metres, with similar recoveries, both sessions been run at race pace or faster.*

*Up the Clock sessions could be 600 metres; 700 metres; 800 metres; 900 metres; 1000 metres with recoveries of 4 minutes; 5 minutes; 6 minutes; 7 minutes, or longer if required, again run faster than race pace.*

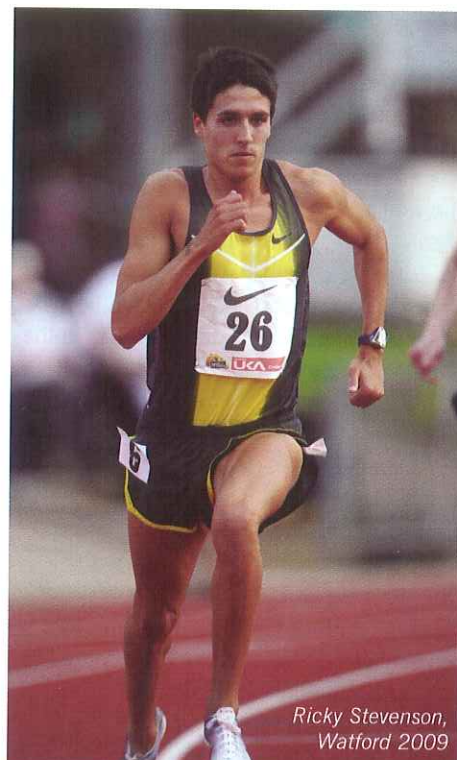
*Down the Clock sessions can be 600 metres; 500 metres; 400 metres; 300 metres; 200 metres, run faster than race pace with six minutes, five minutes, four minutes and three minutes recovery or longer.*

*Differentials are sessions which are run to aid pace judgement therefore an eight hundred metre runner aiming for sub 2 minutes would run four x 400 metres with 5 minutes recovery. The first 200*

*metres would be run in 32 seconds the second in 28seconds. This would give 60 seconds for each 400 metres. A 5000 metre runner aiming for sub 15 minutes would run 3 to 4 x 1000 metres with 3 to 4 minutes recovery with the first 500 metres of it in 88 seconds and the second part in 82 seconds to give 2 minutes 50 seconds for each 1000 metres.*

*87 seconds and the second part*

How and when speed-endurance is used and developed can be the key to the whole season. The aerobic running, conditioning, hill work, tempo runs, Fartlek, long runs, resistance work and endurance repetitions are only the building blocks. It is from this solid, sound and strong endurance base that speed-endurance can be both progressed and developed to ensure that the aims of the season are achieved.



Ricky Stevenson, Watford 2009



Cardiff 2009: 78 Claire Gibson, 77 Hannah England, 81 is Vicky Griffiths, 80 Charlotte Best, 83 Emma Jackson



# Time Management

Any athlete who aspires to fulfil their potential must have some talent, be mentally tough and dedicated. However, these important requirements will count for nought if along with their coach the athlete does not plan and prepare both their training year and competition year correctly. Perhaps the most important ingredient in the planning and preparation of a season is Time Management. All athletes have to be aware of time management, whether the athlete is a still at School undertaking examinations and being totally involved in the School life, or at University living away for the first time being totally consumed by the universities social life. The older athlete who is at work has the problem of fitting everything around the working day and the travel involved. The married athlete with children has these extra additional responsibilities. It can be seen therefore that all of us have full and hectic lives to manage as well as trying to fit in the demands of our training.

The key therefore is how we manage this time particularly as we mature into a better athlete and require more training sessions but is also taking on greater responsibilities. During the planning phase in September when the coach and athlete review the previous season and plan for the next track season the athletes weekly commitments should be reviewed. During this review of the weekly commitments the week should be broken down under six headings:-

- **Work - School/Lectures/Employment**
- **Committed Time - Clubs/Practices/ Study/Family**
- **Personal Time (Social)**
- **Necessities - Eating/Sleeping/Ablutions/ Travel**
- **Free Time!**
- **Disposable Time - Things that aren't essential or waste time.**

- **Work** is the item, which consumes most of the waking week. It will be attending School for the younger athlete, lectures for the University student and employment whether part or full time or shift work for the older mature athlete.
- **Committed time** is the important aspects of your life, which need to be fulfilled to make you are a better-rounded person. These could include clubs, practices, athletic club, homework or study for the School and University athlete and meetings and family life for the mature athlete.

- **Personal time** is the time you have to yourself and how you use this time to give your life quality. This involves your social activities, time on the computer reading, game boys, watching television, listening to music and other similar activities.
- **Necessities** are the activities, which are required to get us through our day. These include sleep, numerous meals to either eat and possibly prepare, time spent in the bathroom or toilet, time spent showering/bathing after training, time spent resting and time spent travelling to and from School, University, Employment or the training facilities.
- **Free time** is that rare commodity which none of the above or the time involved in a training session has not already taken.
- **Disposable time** is the time, which is not essential, which wastes the time we have available and can be either curtailed or got rid of completely. The items here could include watching television, time on the computer and listening to music.

These should be then totalled up and set against the total time required each week to fulfil the number of training sessions required. Then looking at the time available the athlete has to **prioritise** what is essential and what is not essential in their normal week. They can then get rid of some of the disposable items to free up more time for training. It may be because of all the commitments or problems at work such as shift work or working certain weekends that the training week cycle becomes either a ten day or fourteen day cycle. Once

the preferred cycle of training has been determined after prioritising the weekly commitments the training sessions can then be fitted into the vacant free time slots. Once this pattern and programme has been established it will cut a great deal of stress out of the athlete's life. Simply because the time available to them is being managed effectively.

However, it is not just a question of then fitting training into the free and available time slots. It may be that for a school athlete the free Tuesday evening slot may come after a day of double GCSE PE in the morning followed by a lunchtime Basketball practise and an after school Hockey match. This free time in the evening would be best used for a rest period, which in its self is a session. Similarly the athlete in employment may have a free slot at the end of a particularly exhausting day because of the travel involved, the physical nature of the job or long demanding meetings. They would also be better taking a rest period at the end of this day or a very easy short run.

What we are trying to achieve is the ideal scenario where the athlete has a full life and completes the required number of training sessions without any undue stress, hassles or worries. If we add into this mix for the younger athlete the conflict of running for both School and Club, or University and Club and the races involved it is easy to envisage an over committed week which is very stressful if not managed correctly.

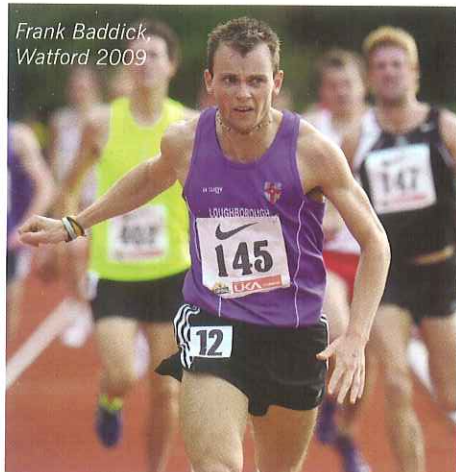
Once the exercise depicted above for freeing up training time is accomplished it is then a question of allocating the required number of sessions to these free slots.



Emma Jackson,  
Watford 2009



Frank Baddick,  
Watford 2009

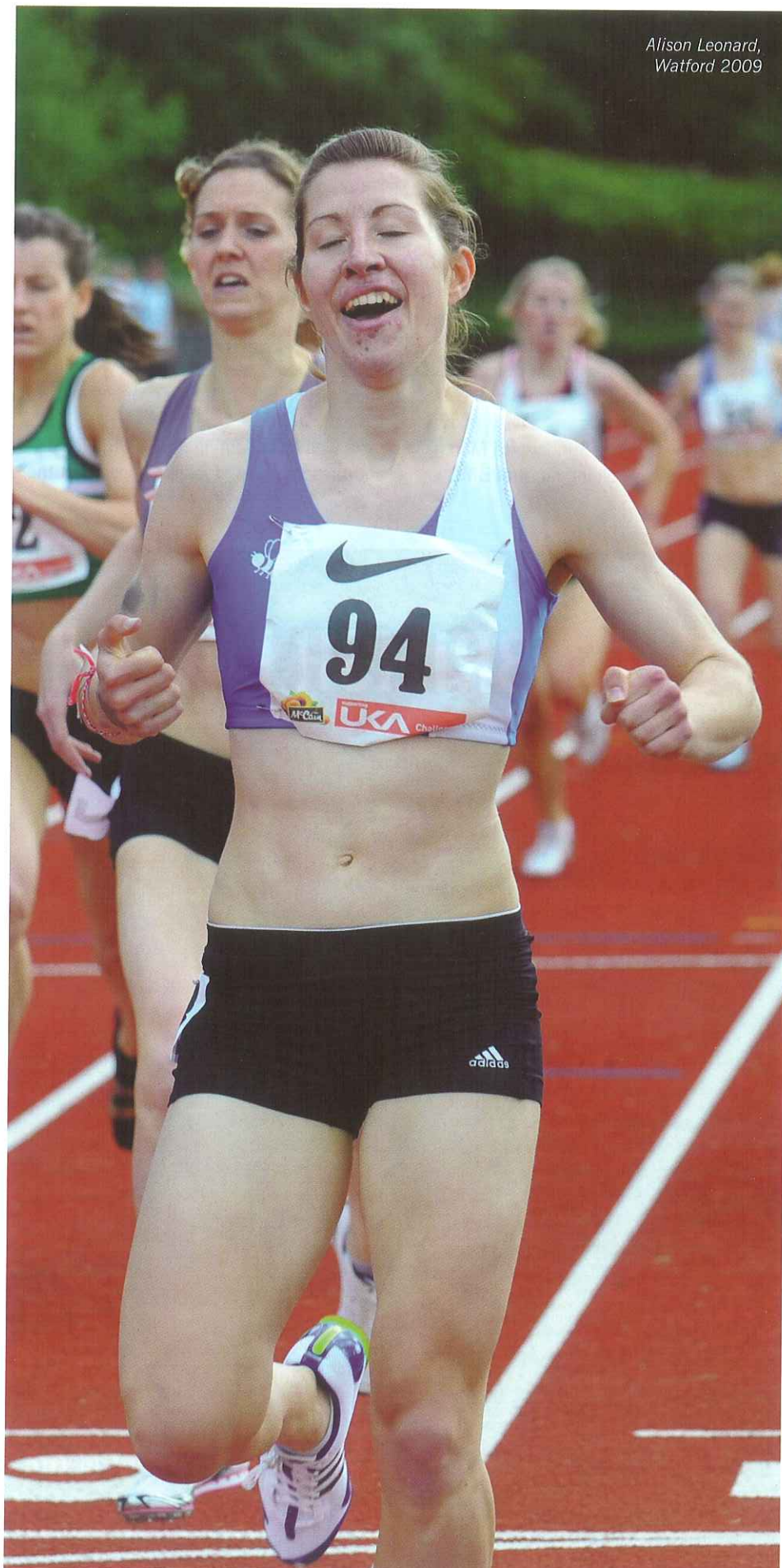


However, where preferable it is better to train both in the light, off road and in the day when it is warmer particularly in winter. Therefore it is important to fit in as many sessions as possible at weekends. Whether double sessions or linked sessions eg: drills plus speed session plus aerobic run.

Another way of saving time is to do the non-specific sessions from home. In this way the key track sessions can be done at the Club with a group. The type of sessions which can be done from or at home are the long steady run, steady runs, fast aerobic runs, easy runs, road repetitions in winter, hill training and indoor conditioning at home without any apparatus required. It is quite easy using the local environment to come up with a variety of training areas to meet the needs of these types of training. Because they are done in the close proximity of the home it cuts out any travelling time and any showering or ice baths can be done instantly at the end of the session. Training from home will save you time, which allows you to use the free time to be anywhere else and on any other activities you choose. It can also be the difference between waiting around and not using the time effectively to train with a group later in the evening in the dark or being able to train off road in the light of the day.

The key to success is prioritising the time you have available using the methods shown earlier and getting into a routine that caters for the athlete's entire needs. In this way the training sessions can be fitted neatly into the slots available. This then not only takes the stress out of life but because of your time management skills you are able to enrich your life by fitting more into it and having a quality training programme too. Planning is the key to success and the essential ingredient in any training plan is Time Management.

Alison Leonard,  
Watford 2009





# Coaching News - New for 2010

## BMC National Conference and Annual Awards

Many of you will be aware that we have run two coach education and training days, in previous years. Under our strategy we set out to evolve these and at the same time present our annual awards in a more fitting environment.

For sometime now we have been exploring the potential of holding a weekend where we could hold our coach education days, an annual dinner and present our awards. This has proved rather difficult, but I am delighted to say that we have recently been able to confirm this.

On Saturday 6th and Sunday 7th March, 2010, we shall be holding our first BMC

weekend conference for coaches and athletes. The daytime activities will involve coach education and training and the Saturday evening will be devoted to our annual dinner. The coach activities will involve top international coaches, training workshops and practical sessions.

The weekend will also give us the opportunity to present our 2009 Horwill Research Scholars. They will present their research findings and explain how their findings can be applied by coaches and athletes.

As well as benefiting from all the lectures and presentations, it is also hoped that the

weekend will give our members a chance to spend time discussing their coaching activity in an informal environment and give members a chance to catch up with fellow coaches. Athletes (16 years and over) will also be encouraged to attend.

The event will be held at Warwick University, near Coventry and we hope to price the weekend so as to make it very affordable. Please put the dates in your diary – we hope as many members as possible can come along.

**Further details will be advertised soon via the website.**



## BRITISH MILERS' CLUB



## The 2010 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 £2000 to help at least one individual pursue a selected topic. This will be the second year we have awarded a scholarship, after successfully launching the scholarship programme last year. 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.

### HOW TO APPLY?

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 shortlisting 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, 2010.**

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

THE BEST OF BRITISH FROM THE BMC

[www.britishmilersclub.com](http://www.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 HOLIDAY INN HOTEL, 61 HOMER ROAD, SOLIHULL, B91 3QD

**SUNDAY, 29 NOVEMBER 2009 at 2pm**

### AGENDA

1. Apologies for absence
2. Consideration of Minutes of the Annual General Meeting held 16 Nov 2008
3. Matters arising from them.
4. Chairmans Report
5. Financial Report
6. Membership Report
7. Grand Prix Report
8. Regional Reports
9. Election of Officers
10. Any other business

Dated 2 October 2009  
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

.....

**ANNUAL SUBSCRIPTIONS for 2010** 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.



# ACTUALLY, IT IS ROCKET SCIENCE



## NIKE LUNARGLIDE+

**EVERY FOOT NEEDS SOMETHING DIFFERENT.** And what they need can change from left foot to right, and from mile one to mile ten. So we took everything we've learned from 36 years of running and delivered a dynamic support innovation that can adjust to every foot out there. Cushioning, stability and Nike+, without compromises.

Nike+ sensor sold separately. The Battery can't be replaced and battery life may change depending on use.

