

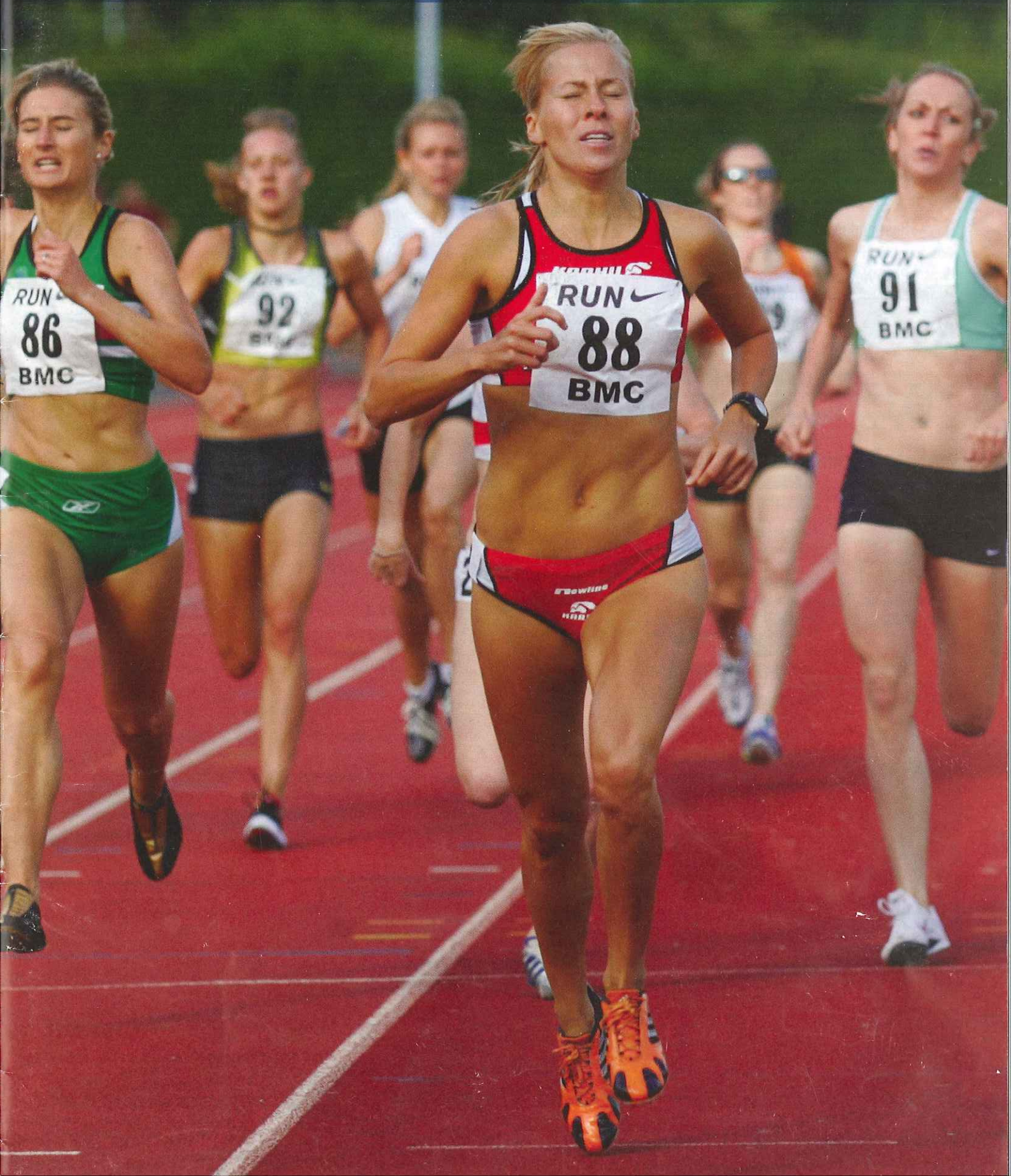


BMC News

OFFICIAL JOURNAL OF THE BRITISH MILERS' CLUB

VOLUME 6 ISSUE 1 - SPRING 2009

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British Milers' Club

Founded 1963



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All official correspondence to the BMC should be addressed to the National Secretary at the above address. All matters so received will be addressed by the national committee at their next meeting. All other requests should be sent to the BMC Administrator Pat Fitzgerald and will be dealt with as soon as possible. Matters concerning specific areas of the club should be sent to the relevant person from the above list.

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

Welcome to this edition of the BMC News. Everyone on the BMC committee is looking forward to the new track season after what has been a very busy close season for us. A strength of the BMC is that we continually challenge ourselves as to what we could be doing better and taken actions accordingly. This means that whilst the aims and approach of the club have remained consistent we regularly introduce new initiatives to keep the club relevant and evolving. By working in sub-groups covering competition, coaching and the academy we are able to progress on a number of fronts at the same time.

Coaching

One area where we knew we had to do more was in support of our coach members. Elsewhere in this magazine David Reader reports on progress in this area including our new Horwill Scholarship, the coach directory and indexing of the BMC news

back issues. We have also staged our two national events The Endurance Symposium and the Coach Development Day. For these as well as a number of well respected British coaches we were able to bring in some top class international coaches with Jama Aden coach to Abubaker Kaki and James Li coach to Bernard Lagat.

James was introduced to us by the new UKA endurance head Ian Stewart. We had a very positive meeting with Ian and we are looking forward to working with someone who clearly shares the BMC passion for endurance running.

Grand Prix and International Races

The Grand Prix has been our flagship competition now for 12 years. A 50% personal best achievement rate in 2008 and 7 Olympic qualification times demonstrates the effectiveness of the format. We do though believe that there is room for improvement. In 2009 we are seeking

to raise the standard of our best races by having international competitors in them who will be as good as or better than the best Brits. These should produce races where most of the field are in contention for 'A' qualifying standards. The rationale for the races is explained in more detail elsewhere by Liam Cain who has been appointed as international race coordinator. One principle we will apply is that if you run well enough in an earlier Grand Prix you will get in the international race. It is a principle of reward for performance that we are keen to apply to the Grand Prix as a whole.

Academy

Our academy courses continue to be very popular. The latest one at Spinkhill was sold out very quickly and we were very pleased to have Steve Cram as our guest speaker.

Sponsorship

All this activity would be impossible without funding. During the winter we signed a renewed sponsorship with Nike. This will extend their support which has already lasted 12 years through till 2013. Nike will be our kit sponsors and we have a further sponsorship for one year from McCain. The McCain sponsorship is as a result of our participation in the UK Challenge. We supported the UK Challenge when there was not much benefit for the BMC as we saw it as an attempt at reform and improvement of the competition structure. It is good that we are now getting a concrete benefit from it.

Best of luck to all of you for the coming season.

Tim Brennan



Trafford: James Thie (137) leads in the men's 'A' 1500m from Gareth Price (131)

Cover Photograph

Minna Jarvenpaa (Finland, 88) win's the women's 'B' 800m at the BMC Grand Prix. By Mark Shearman

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All other: – Mark Shearman
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The annual BMC in November was once again a resounding and well supported success. The day opened with an enlightening and informative talk from John Graves, Chairman of England athletics who outlined England Athletics new proposals. The two key elements being Club Networking, where a group of clubs bid for funds from England Athletics to work together and share resources, facilities and coaching expertise. The second key initiative is to be the appointment of experienced Coaching Mentors across all the disciplines to assist the development and growth of coaches. These will be appointed in the New Year.

The main speaker was Jama Aden coach to Abubaker Kaka (1:42.69), the World Junior and World Indoor Champion at 800m, and Ismail Ahmed Ismail (1:44.34) Olympic 800m silver medalist. Jama's presentation follows. There were

the usual coaching clinics with Norman Poole and Dave Sunderland in one clinic, Lindsay Dunn and Phil Banning in another and Jama Aden running his own follow up clinic (attached). The day concluded with an enlightening, charming and frank interview with Olympic 1500 metre fourth placer Lisa Dobriskey conducted by Dave Sunderland. Rarely has a top class athlete been so self-analytical and honest in the assessment of their career to date. The intriguing point was up until her second year of University did Lisa train very seriously and for the first time every day eventually progressing to daily sessions. This makes her early success – see accompanying fact file - even more surprising showing what a talented athlete she is and how much with continued training and staying healthy she can achieve in the future. Her Olympic success as our best placed endurance athlete is to be applauded.

(200m jog rec and 7 mins b/t sets)
● Phase 4 – 2 x 400m + 200m 47" & 23" (200m jog and 7 – 10' b/t sets)

Racing Pace

- Athlete should know what 50" should feel like and be comfortable with that because he trains repeats (4 x 400m) like that
- Faster than Racing Pace should be a lot faster than race pace to make it feel comfortable
- 2 x 400m + 200m) 46-47" – 23"
- 4 x 200m (22") 3' rec

Changing Rhythm

- 12-9 x 150m (50m-50m-50m)
- 2 – 3 x 600m – 300m 40-42 than race pace 300m 37-38 (10-12' rec)
- 400m – each hundred faster 14/13.5/13/12"

Threshold Running

- Do in Base 1 x 2 weeks 6-4k
- After this phase occasionally but not very often
- Insecurity doing sessions day before competition

Preparation for Valencia

- Very Hard Workout
- 2 weeks prior to Worlds
- 1500m – 3.42 (7' rec)
- 1000m – 2.26 (7' rec)
- 600m – 1.20 (7' rec)
- 400m – 50" (7' rec)
- 300m – 36" (7' rec)
- 200m – 23"
- Why

To Peak

- Look at World Level
- Double Peak
- Base – Indoor – Base – Outdoor
- Last 4 days before major competition easy jogging strides and stretching

Olympics
Ismail success
Kaki's failure

Peaking (2)

- Favourite Workout
- 1000m – 2.21 (7' rec)
- 600m – 1.17 (7' rec)
- 400m – 49 (7' rec)
- 300m – 36 (7' rec)
- 200m – 23

Jama Aden Training System

Key Points

- Relationship between coach and athlete
- Coach must be punctual, organised and be a leader
- Realistic Goals
- Feedback – positive/ negative - baby them!
- Atmosphere
- Facilities
- Biomechanics
- Training
 - A) Base Work – Low Intensity, High Mileage
 - B) Progression – Medium Intensity
 - C) Most Important Phase – Controlled Intensity
 - D) Intensive Training
 - E) Changing Rhythm or Pace
 - F) Racing Pace
 - G) Faster than Race Pace
 - H) Individual differences in training – Kaki/Ismail/Abdi Bile
 - I) Time Trials
- Conditioning (head to toe – every muscle has to be fit)
- Concentration
- Impact of Role Models

Base Work

- Phase 1 & 2 – 3-4 months
- Low Intensity but lots of running

- Kaki 80 miles per week. I see him as an 800m/1500m type. Ismail 50-60 miles is more 800m/400m
- Fartlek – 10 x 3' (90" rec)
- 8 x 400m + 200m
- 58" & 28" (200m jog, lap b/t sets) times go faster naturally
- Weights 2 x a week

400m + 200m Progression

Reps	Session	Times
8	400m + 200m	58 - 28
6	400m + 200m	55-56 - 26
5	400m + 200m	54 - 25
4	400m + 200m	52 - 24
3	400m + 200m	49-24
2	400m + 200m	47-46 - 24

Phase 3 & 4 Most Important

- 3 hard sessions per week track-fartlek-track
- Athlete has to feel and know the progression so he is comfortable with the training
- This phase is more intensive than previous phases
- Phase 3 - 4 x 400m + 200m 52" & 25"

800m Training

Session to Break World Junior Record

- 28th May
- 500m – 59" (7' rec)
- 300m – 35.8 (7' rec)
- 200m – 22"

- 6th June – 1.42.69

Peaking (3)

- Time Trial
- 12 days before 1.42 at Oslo
- 700m time trial – 1.28.60

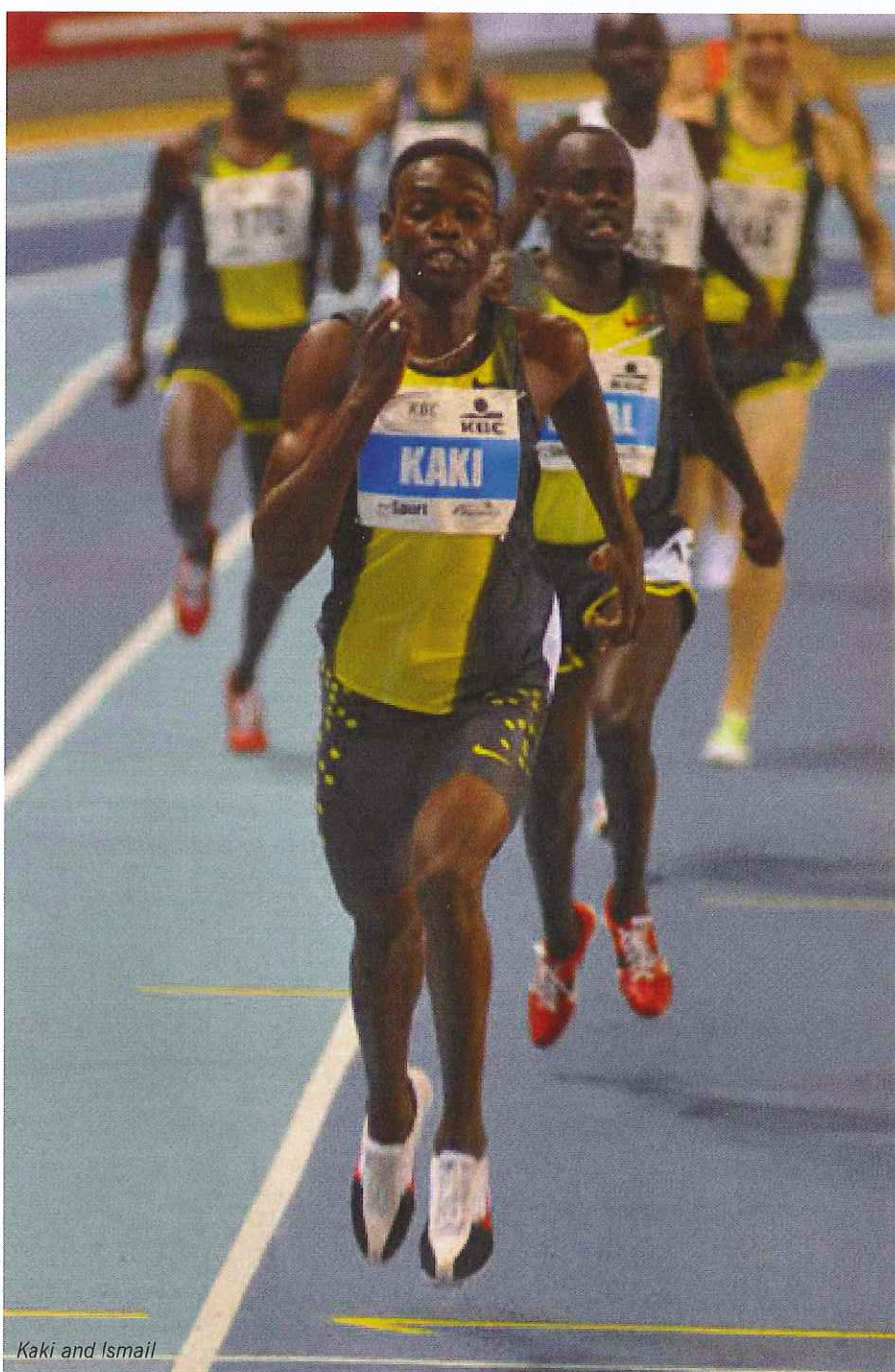
- Pacemaker to 400m
- Why do this time trial?
- Don't try something new in a race and middle of season!

Competition

- Needs to compete more
- Races used for tactics and strategy

Diet/Off Season

- Kaki 21 days at Olympics – Over ate
- Always stay fit – but not at peak fitness



Kaki and Ismail

Jama's Clinic

The clinic was a great opportunity provided by the BMC to hear more illuminating information on Jama's training methods. He was very frank and open and the discussions took the form of more questions regarding his athlete's daily schedules, usually consisting of stretching and then a 30 - 45 min easy run/fartlek run in the mornings before it got too hot.

His talk had shown his preference in the competition period for his hard sessions to be totally target driven and I personally liked his clarification during the clinic regarding his preferred use of diminishing distances (ie. 1000/600/400/300/200, with his magic 7 min/total recovery) as he explained that he likes to see the athletes speed up as the session progresses, with his constant emphasis on faster than race pace.

When pushed on what shorter distance speed work he used he mentioned a session he uses - 150m in 16sec/150m in 16sec/300m in 33-34 sec (jog back recoveries). He was not over keen on 50m/60m sprints due to the risk of injury and preferred using the change of pace sessions referred to in his talk.

There were no surprises when he was asked about supplements - just usual vitamins/minerals +B12.

Jama was asked his view on altitude training and I think his impression was that it was probably too much of a risk when athletes were young and that in his experience it depended on the individual as to whether they benefited from it.

His views on adaptation when abroad were sought and he mentioned the theory for every 1 hour flying it was suggested athletes needed 24 hours adaptation.

What struck me most however was when asked about rest it was apparent that his view was that athletes should train every day and that the rests came from the easy running.

He does not give his athletes transition periods as he believes it takes too long to get back to previous form. This is the antithesis of advice usually given in the UK to take time out after the competition period. This training for almost every day of the year he has done with Kaki since he was 15. (There was a 4 day taper before Olympics but still easy running).

I liked how he seemed to get the best from his athletes using very few but very set training principles as outlined in his leaflet – irrespective of lack of equipment/facilities etc. – great coach and I could have listened to him for a lot longer!

Lisa Dobriskey

FACT FILE

TIME PROGRESSIONS

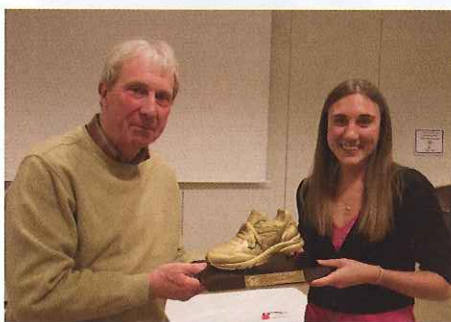
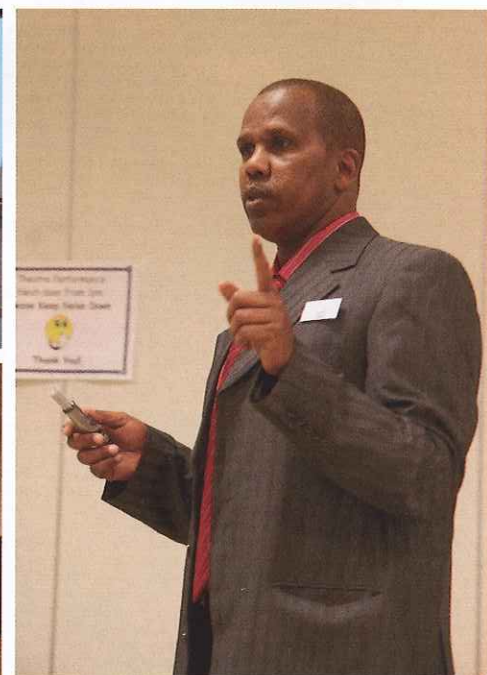
YEAR	800m	1500m
1997	2:16.19	
1998	2:11.21	4:39.60
1999	2:09.30	4:33.52
2000	2:09.87	4:28.10
2001	2:08.40	4:25.85
2002	2:03.86	4:14.58
2003	2:04.45	4:12.95
2004	2:02.90	4:08.14
2005	2:03.08	4:05.42
2006	2:02.95	4:06.21
2007	2:05.31	4:06.22
2008	2:03.39	4:02.10 (4:00.64)

PERSONAL BESTS

800m 2:02.90
 1000m 2:44.13 Indoor
 1500m 4:02.10 (4:00.64 Mixed Race)
 Mile 4:20.25
 3000m 8:47.25 Indoor (9:02.85 Outdoor)
 2 Miles 9:33.78 Indoor

INDIVIDUAL SUCCESSES

1997 3rd ESAA U15 800m
 1998 1st ESAA/AAA U15 800m
 1999 1st ESAA/AAA U17 800m
 2000 1st U20 Indoor 1500
 2nd ESAA 800m
 2001 1st ESAA U20 1500m
 36th Erp JXC
 2002 1st AAA U20 1500m
 12th EJXC and
 1st Team/4th W Junior 1500m
 2003 3rd Erp U23 1500m
 1st BUSA 800m/
 U23 1500m
 2004 2nd AAA 1500m
 2005 WSG 5th 1500m
 1st BUSA Indoor 3K/
 1st National XC 4k
 2006 1st Commonwealth Games
 1500m/Heat Europeans
 2007 5th European Indoor 3K/
 WC SF1500m
 2008 4th OLYMPIC GAMES 1500m



European Indoor Championships

TURIN

The European Indoor Championships were held in Turin, Italy from the 6th - 8th March.

UKA had a strong complement of endurance representatives, but surprisingly considering the indoor season no representatives in the men's 800m.

This event was won impressively nine years after his first victory by Yuri Borzakovskiy (Russia) in 1:48.55 from Luis Marco (Spain) 1:49.14 and Mattias Claesson (Sweden) 1:49.32. Leading through 400m in a slow (56.79), unlike his usual tactics Borzakovskiy built up a convincing lead covering the next two laps in 26.76 and 25.00 to cover the final 400m in 51.76, to come home a convincing winner.

UKA's sole representative in the 1500m Neil Speaight looked quite strong in qualifying for the final as the last fastest loser in 3:41.96. However, in the final he was never in contention despite the eventual winner running nearly three seconds slower than Neil ran in his heat.

The first 800m was led at a sedentary pace by Rui Silva (Portugal) going through the first two 400m in 63.86 and 61.36 for 2:05.22. The pace was then taken up by Diego Ruiz (Spain) and at the bell there were three Spaniards in the first four. However, the slow early pace he had been allowed to dictate played into Silva's hands. He kicked home for victory in the last 100m, covering the last 300m in around 41 seconds, to finish with 3:44.38 ahead of Ruiz 3:44.70 The fast finishing Yoann Kowal (France) took the bronze with 3:41.59.

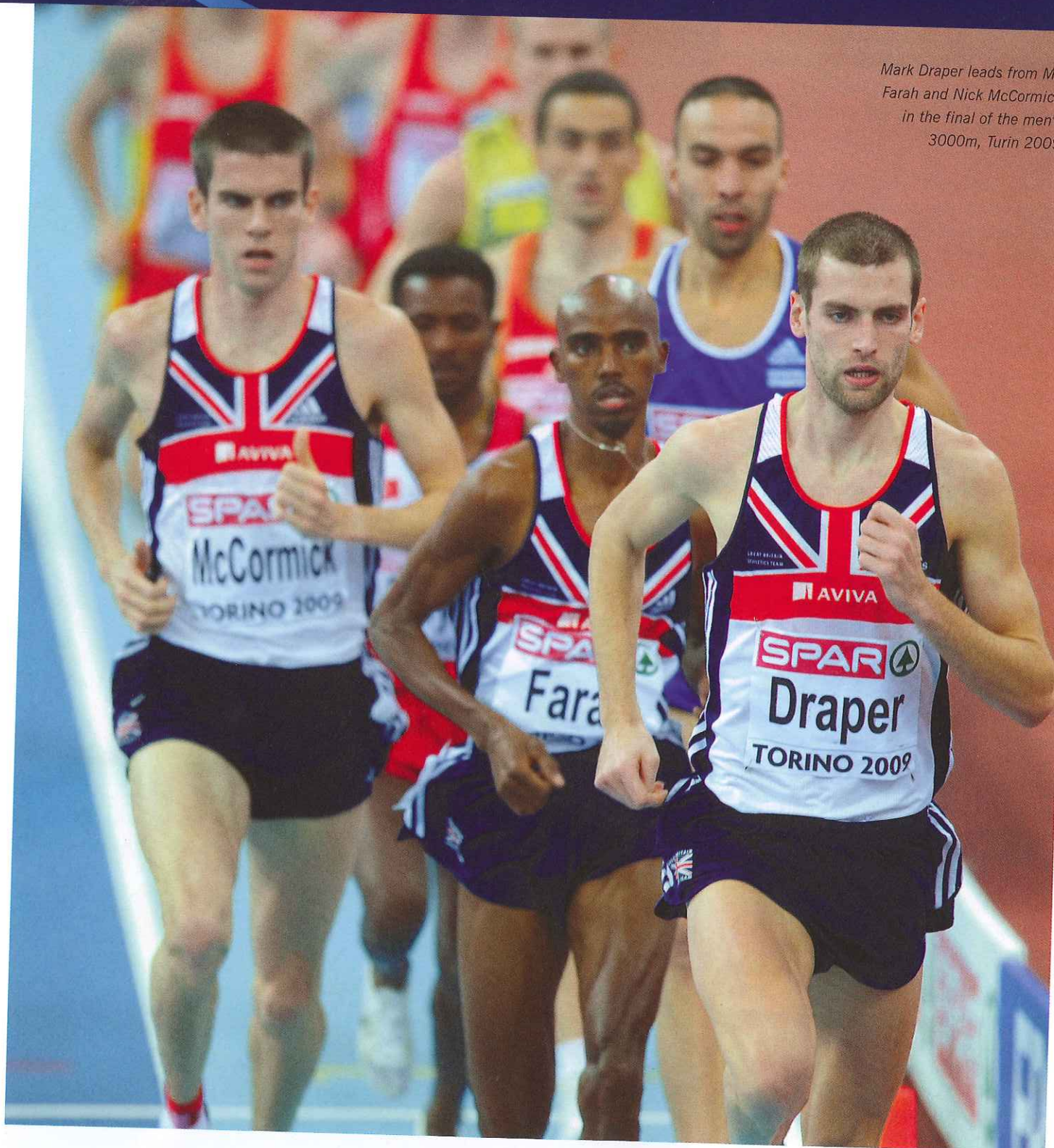
From a UKA perspective the men's 3000 metres was greatly anticipated to see if Mo Farah could transfer his winter indoor potential into Championship glory. The UKA had three representatives in this race with Nick McCormick (7:53.35) in fourth place qualifying by right and Mark Draper (7:53.91 pb) in fifth place as fastest loser from the first heat. They were joined in the final by Farah who only had to run a conservative pace (8:003.26) to qualify easily from heat two.

The three Britons moved straight to the front in the final in a prearranged plan with Draper leading through to just before the 800 metre point. Farah then took up the pace passing through the first kilometre in 2:33.56 and the second

Neil Speaight, Turin 2009



Mark Draper leads from Mo Farah and Nick McCormick in the final of the men's 3000m, Turin 2009



in 2:33.07(5:06.63). At this point there were only two other athletes in contention Bouabdellah Tahri (France) and the former Ethiopian Seklim Bayrak (Turkey) who was soon to fade away to fifth position in a new national record. Tahri also began to lose contact with four hundred metres to go with Farah coming home clear by nearly two seconds with a final kilometre of 2:33.54 in a new Championship record of 7:40.17 from Tahri 7:42.14 and the fast finishing

Jesus Espana (7:43.29) the European outdoor Champion. Farah ran a very even paced race as his kilometre splits and 1500m splits (3:50.3/3:49.9) show.

McCormick finished a creditable 6th (7:52.07) quicker than his heat time with Mark Draper fading after his early pace making to 11th position (8:10.19).

Farah becomes the fifth Briton to win this title following Ian Stewart (1969 & 1975), Ricky Wilde(19700, Peter

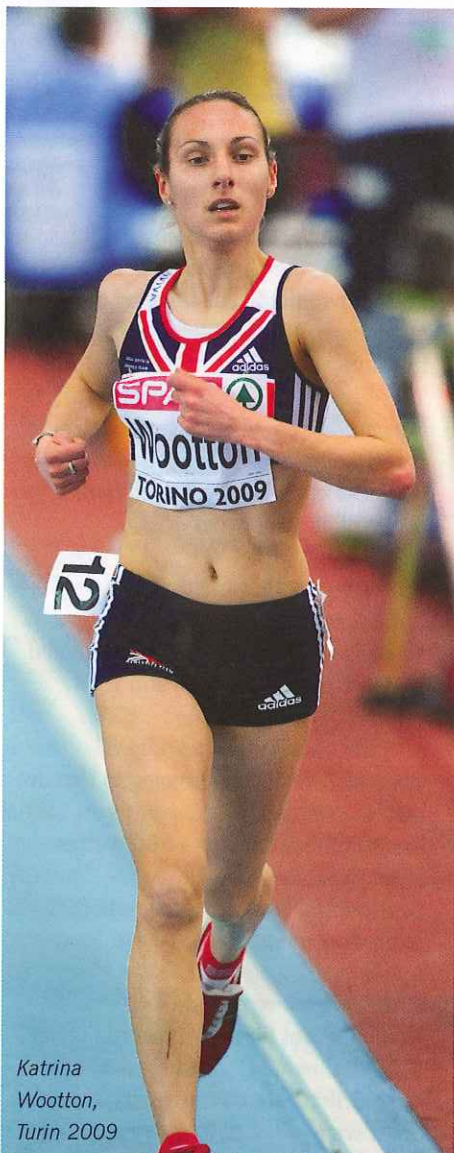
Stewart (1970) and John Maycock (1998). Farah has been fortunate to train throughout the winter at altitude in both Kenya and Ethiopia and his preparation showed throughout the winter. Having not disappointed here with a first rate performance his summer goals will be to beat Dave Moorcrofts long standing 5000 metre record and do himself justice on the world stage in Berlin. In the Women's 800metres event both

the UKA representatives progressed easily through the heats. Jenny Meadows perhaps running a little harder than necessary with only two athletes to be eliminated won her heat in 2:03.11, with Marilyn Okoro easing through in her heat in second place in 2:05.01. The following day with the first three to qualify from two semi-finals Okoro (2:02.63) looking full of running followed the defending champion Oksana Zbrozhok (2:02.09) home. Meadows in the second semi-final had to run a little quicker (2:01.73) to come home third behind Tetyana Petyluk (2:01.21) and Elisa Cusma Piccione (2:01.43). Both girls went into the final with medal possibilities but in particular Okoro who had looked impressive throughout the winter campaign. The race started at ferocious pace with Petyluk going through the first lap in 27.68, shadowed closely by Okoro. Okoro then took up the running going through 400m four metres clear in 56.10 (28.42) well under world

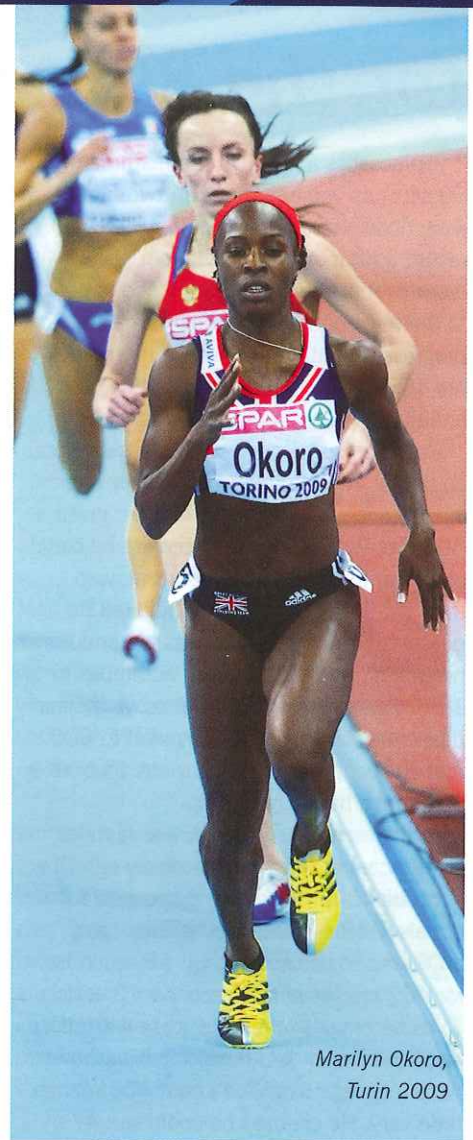
record pace! She continued at sub world record pace through 600m in 1:26.39 (30.29) where she began to slow and was overtaken by the eventual winner Mariya Savinova (Russia) who held on well with a final 200m of 31.71 for a personal best of 1:58.10, finishing well clear of Zbrozhok (Russia) with the fast finishing Piccione (Italy) taking the bronze in 2:00.23. Okoro who was still in medal position into the short final straight found her legs giving way and fell to the track crawling over the line in 5th position with 2:03.30 with a final lap of 36.91. Meadows who was never quite in the race finished one position ahead in 2:00.42. It shows that with more strength that she will be able to compete even more favourably at this level. It was significant that the suicidal early pace of Okoro and Petyluk ensured that they finished in the last two positions. Okoro obviously has the potential to compete at this level with the correct training, application and learning from this experience she can only come back a better athlete.

UKA had two women in the heats of the 1500m but neither looked as though they would make it through to be one of the nine finalists from the seventeen starters. Susan Scott finished in sixth position in 4:13.40 with only the first three progressing from this slow heat. Hannah England in her first senior games ran 4:14.75 to finish seventh in her heat where the first six qualified. However, she was well short of the time of 4:12.25 required to make the final. In the final Anna Alminova (Russia) having run a heat of the 3000 metres six hours earlier was content to follow the early pace setting. Natalya Yevdokimova (Russia) led through 400 metres in 68.07, and Sonja Roman (Slovakia) through 800 metres in 2:16.41 (68.34) at a very even pace. Natalia Rodriguez (Spain) then increased the pace going through 1200 metres in 3:21.29 (64.68). All the time Alminova was following every move and with a lap to go kicked into the lead coming home in 4:07.76, with a final 300 metres of 46.3, Rodriguez 4:08.72 took the silver with Roman 4:11.42 just shading Roisin McGettigan (Ireland) 4:11.58 for the bronze. Defending champion Lidia Chojeka (Poland) was a disappointing 7th.

The 3000 metres for women had one sole representative from the UK, Katrina Wootton who progressed to the final as one of the fastest losers. In the final the former Ethiopian – six world team cross-country



Katrina Wootton, Turin 2009



Marilyn Okoro, Turin 2009

medals – Alemitu Bekele (Turkey) led through the first two kilometres in 3:00.58 and 2:57.75 (5:56.33) stringing the field out. At this point Mary Cullen (Ireland) took up the running and increased the pace until at the bell Bekele kicked for home coming home clear in 8:46.50 from Sara Moreira (Portugal) 8:48.18, with Mary Cullen hanging on for third in 8:48.47. The final kilometre was covered in 2:48.17, with the race showing negative splits with two 1500 metres of 4:29 and 4:17.5 respectively. The disappointment of the race was that Nuria Fernandez (Spain) the world indoor 1500m leader who was found wanting in the closing stages. Anna Alminova was not surprisingly not quite on the pace in her fourth race of the Championships. Katrina Wootton again ran a solid race coming home in 9th place in the field of twelve in 9:01.85 which was fractionally slower than her heat time of 9:01.21 from the day before.

for the 800 metres Athlete

If you possess a flat 400 metres time of 50 seconds you can then run two laps 4 seconds slower eg: 50 plus 4 x 2 will record a time of 1:48 seconds. This requires maximum endurance and is near to the maximum possible performance. To progress, the athlete will have to improve his 400 metres time without losing endurance.

However, some past world class runners could not achieve the 4 second conversion. Juantorena was a typical example, given a 400 metres time of 44.2 seconds he could only run two laps 7.5 seconds slower than his best 400 metres time. Had he possessed the maximum possible endurance he would have achieved an incredible 1:36.4 seconds for 800 metres. It is clear that one's flat 400 metres is vital to 800 metres success and also obvious that one's endurance has to match up.

At the moment, most UK two-lappers have a conversion of six seconds, eg: 48 seconds 400 metres plus 6 seconds x 2 equals 1:48 seconds. Some even have an 8 second conversion, eg: 46 seconds for 400 metres plus 8 seconds x 2 equals 1:48 seconds. In the latter case with more endurance work is a time of 1:40 seconds. Accounts regarding Coe's best 400 metres time vary. He claimed he could run 47

seconds anytime of the year, and ran sub-46 seconds in a relay. He certainly had a 4 second conversion, and was an 800/1500 athlete whereas Juantorena was a 400/800 athlete. An example of Coe's endurance was I saw him run 7 x 800 metres at Battersea. The aim of the session was to run each in 2:08 13:20/5k pace) with a 30 second recovery. Coe proceeded to run each successive repetition 2 seconds quicker, finishing with 1:56. This is astonishing endurance, however, not surprising, since throughout his winter training he did a weekly session at 5k speed, the toughest being 3 x 2k with 3 minutes recovery.

For a medium sized man, Coe possessed enormous all-round strength gained from weight training, circuits and uphill sprints. He also had amazing elastic leg-strength capable of hopping 25 metres in eight hops on each leg and a vertical jump of over 30 inches. In the light of this two lappers have to take some positive decisions.

1. Maximise endurance potential to the 4 second differential
2. Maximise the 400 metres flat speed – more difficult than improving endurance
3. Maximise all round strength



Trafford: Celia Brown leads from eventual winner Sushma Devi (India, 91) in the women's 'A' 800m



Trafford: Darren St Clair (3) on his way to winning the men's 'A' 800m

4. Maximise specific leg strength – It is known that the hamstrings must be at least two thirds as strong as the quadriceps. Many athletes are weak in this area.
5. Concentrate on weaknesses and avoid doing too much of what you like. If you don't like endurance get used to it. If you can't sprint don't avoid it
6. Erase from your mind that breaking 2 minutes for a female is a major achievement. For 2012 the aim should be 1:54 and for the men sub 1:44.
7. Allocate training time as follows:-
One third of the total training to improve 400 metres time
One third to improving 1500 metres time.
One third to running world-class 800 metres pace repetitions.
8. Finally, the current world rankings for women reveal that fifty have run under 1:56, for men, sixty under 1:44, only three Britons are on these lists and their times were done twenty five years ago.

World All Time Lists

Les Crouch

Men's Marathon All-Time World List.

59	Jones
169	Spedding
180	Nerukar
221	Evans
266	Smith
281	Thompson
289	Hutton
295	Steinle
309	Jones H.
319	Hill
320	Graham
352	Brown
360	Gratton
387	Milosorov
442	Helme
519	Long

Women's Marathon All-Time List

1	Radcliffe
74	Yamauchi
111	Marot
156	Welch
159	McColgan
232	Rowell
281	Hales
274	Yelling
282	Butler
285	Sutton
342	Eastall
365	Smith
379	Fudge
456	Ford
474	Pain

Men - 1000th circa 2.11.30!!! UK has another 13 in addition to the above. However, not one of the athlete's listed above are competing for the UK.

Women - Approx 700 women have bettered 2.33.00. A more encouraging feature of this event is that three of our top ranked performers are still competing including the World's number one Paula Radcliffe.

Men's Steeplechase All-Time World List

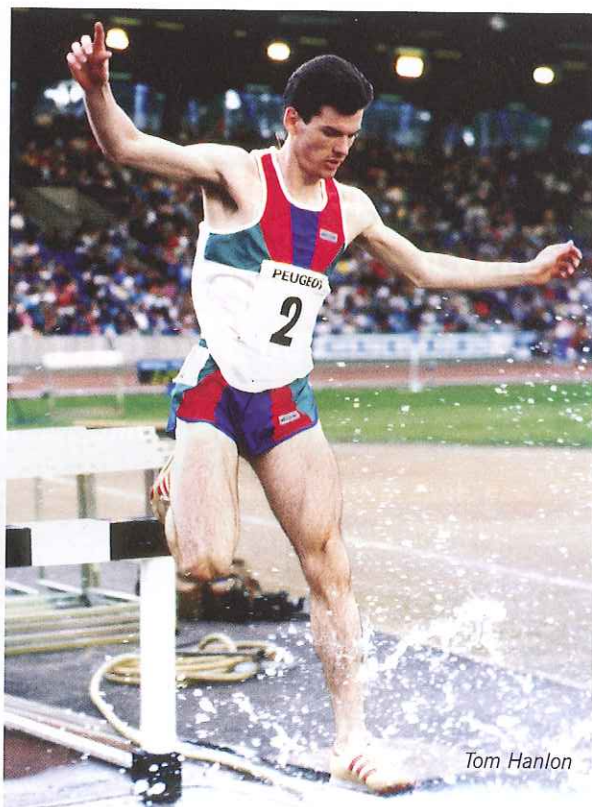
36	Rowlands
78	Reitz
83	Hanlon
164	Wedderburn
176	Hackney
179	Coates
228	Davies-Hale
268	Davies
284	Bicourt
293	Lemoncello
326	Chaston
359	Duval
373	Walker
380	Stephenson
391	Buckner
412	Cullen
421	Hough
429	Holden
433	Stokes
443	Rimmer
470	Staynings
492	Hollings
506	McColgan
1000th circa 8:34.50	

Women's Steeplechase All-Time World List.

36	Clitheroe
55	Parker
66	Dean
85	Ankier
107	Hall
108	Brown
125	Krzywicki
180	Entwhistle
181	Waite
235	Pidgeon
296	Senior

Men - It would seem, arguably, that it is easier to make the upper echelons of the world list at this event than others although we only have only one(?) current athlete showing. We have another 27/28 who would figure in the top 1000.

Women - This is a rapidly developing event. It is encouraging. New entries, at least at the current level, are "relatively" easy to achieve success. As the quality fades away very quickly only marks to 300 are noted. However, as the event becomes an established part of the major games programmes both the standard and depth of the event will improve rapidly.



Tom Hanlon

Rest and Recovery

All athletes and coaches accept that to be a successful runner you have to train hard. What does training try to do? At rest the body system is in balance. To achieve a training effect you need to disturb the balance by putting the body under an adaptive stress to which it can react. This stress is known as training and the body's reaction to it is known as the training effect. Tudor Bompa has used the classic graph in fig 1. It is fairly straight forward. The body is subjected to a stress as in I and it recovers in stage II, the overcompensation occurs in III and this is the increased fitness. At stage IV if the peak time for an increased performance is missed then involution occurs. In other words fitness is lost. Don't forget that any gain in fitness is reversible.

What then is overtraining? It is an imbalance between training, competition and recovery. Well timed rest is one of the most important factors of any training programme. The effects of training sessions can be negligible or even detrimental if insufficient is built in to the programme. Recovery should be individualized; everybody is different.

Training + recovery = adaptation.

How do you recognise overtraining? Tim Noakes has produced the following list:

Emotional and behavioural

- Loss of enthusiasm
- Loss of the urge to compete
- Lethargy
- The athletes becomes easily irritated
- Poor concentration
- Changes in the sleeping pattern and insomnia
- Loss of appetite
- Poor coordination

Physical

- Poor performances in races and training
- Weight loss
- Increase in early morning heart rate
- Slower recovery
- 'heavy legs'
- Muscle and joint pain
- Swollen lymph glands
- Increased rate of infection

Others have produced similar lists.

A lot of these factors are a good reason to keep a careful training diary. Let's consider a couple of these points. An increase in the morning resting pulse rate of 5 beats per minute is an indication that recovery has not taken place and an increase of 10 beats per minute is a sign that there is something seriously wrong. Gordon Pirie, one time world 5000m record holder, once said that if his resting pulse rate was up 5 beats it was time to have an easy day. If it was up 10 beats it was an indication that he needed a complete rest. The actual scientific reasons are not completely clear but it could be that the heart muscle is fatigued. It is not within the scope of this article to go into heart rate variability

Sleep is very important. A number of nights with poor or insufficient sleep can affect the hormonal profiles of young athletes in particular. This can affect cardio vascular performance and impair glucose metabolism. Testosterone, the natural occurring muscle building hormone decreases with less sleep. Similarly cortisol, the hormone responsible for muscle breakdown is affected. It has been suggested that a lack of magnesium in the diet can affect sleep. The experts suggest that to aid sleep avoid alcohol and caffeine before bedtime and avoid late, large meals. Magnesium can be important mineral in

helping sleeping patterns. Intake can be increased by eating beans, lentils nuts and seeds. A comfortable bed in a well ventilated room helps sleep.

Nutrition is a very important part of recovery too. There is a need to replace water, electrolytes, carbohydrates and protein straight after training and competition. The first 30 minutes after training provides a key window for replacement. Remember that a 2% drop in body weight can cause a drop in performance. It is suggested that milk is a good replacement drink too.

How do you over train?

Here is a good way to go about it:

- Have no rest days
- Have very infrequent regeneration weeks
- Monotonous training programme eg "Not 200s again tonight!" – No variety
- More than three hours training a day - beware the national swimming programme!
- Increase the training load too quickly
- No alternation of hard and easy days.

A complete break from sport is necessary every year. However, this may be difficult to do for athletes with a very full racing programme. Toby Tanser indicates that Kenyan athletes after a European tour will often have a total break of 6- 8 weeks from running. But then they do train very hard when they get back to it!

What will help recovery?

The experts have indicated that the following will help. A light aerobic activity eg walking, stretching, massage, contrast showers, good sleep (already mentioned), ice baths and good nutrition. All of these will help physically. The following emotional and psychological aids are important too. Spend time with family and friends. As John Donne said "No man is an island". Spend time away from the sport, do fun things and have a hobby. In addition having time for reflection is good too.

A key point to remember is that the body does not get fitter from exercise; it gets fitter through recovery from exercise. Recovery should be individualized and built into the training programme.

The late Peter Coe said "The essence of optimal training is getting the mix correct ... don't do too much and ensure that there is plenty of time for recovery ... being mentally hungry and physically fresh will

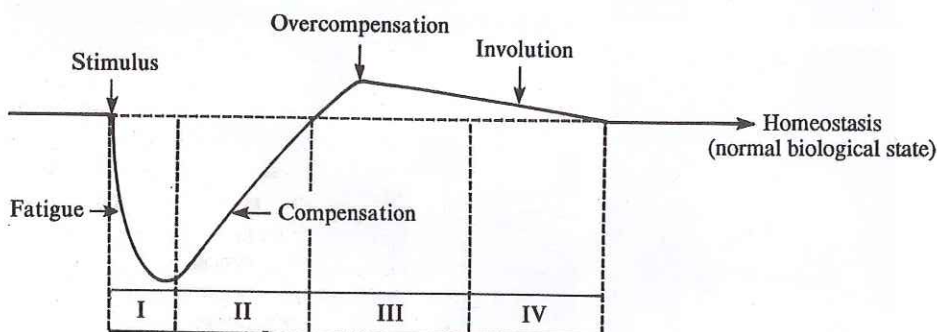


fig1 The overcompensation cycle of a training session

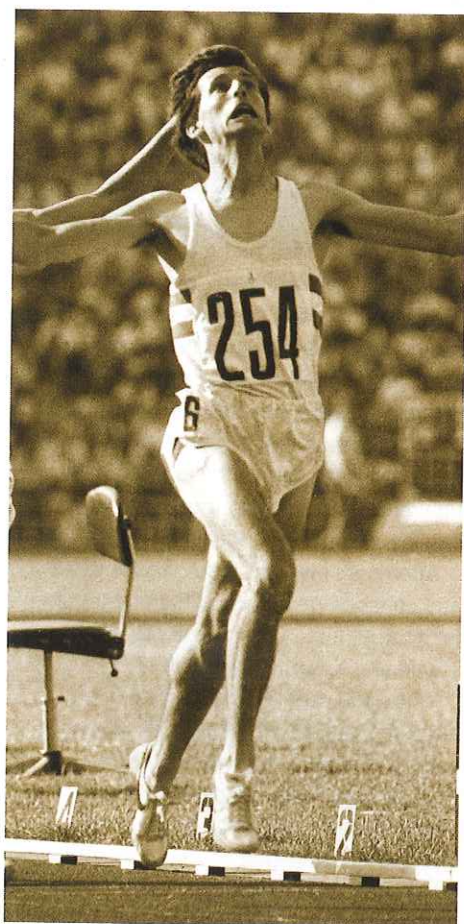
win far more races than being physically and mentally flat”.

Questions that coaches might ask themselves are:

1. How much training can be done so that improved performance will occur but overtraining will not?
2. What kinds of training or other lifestyle patterns pose increased risks of overtraining?
3. Are there any tell tale early warning signs that mark the onset of overtraining and staleness?

What is clear is that rest and recovery both short term and long term are very important factors to consider.

- Theory and Methodology of Training – Tudor Bompa
- Lore of Running – Tim Noakes
- Physiological Bases of Sport Performance – Hargreaves and Hawley
- Better training for Distance runners – Martin and Coe.



Being mentally hungry and physically fresh will win far more races than being physically and mentally flat”

2009 SUBSCRIPTIONS - HAVE YOU PAID?

Your £20 subscription became due on 1st January. If you have not paid you need to send immediately to continue to enjoy the benefits of membership. Please send cheque for BMC to Pat Fitzgerald, The Acacia, 47 Station Road, Cowley, Uxbridge, Middlesex, UB8 3AB.

Non payment will mean

- Lower priority for entry of BMC events
- Higher entry Fees. eg, £13 to enter Grand Prix as non member.
- No further copies of BMC News.
- Need to requalify to rejoin in the future.

FREE NIKE SPIKES FOR ACADEMY MEMBERS - DO YOU QUALIFY?

NIKE have offered 150 pairs of FREE SPIKES for 2009 Track Season for under 20s or younger in 2009, who joined BMC during 2008 and are fully paid up members in 2009

If you qualify please email PAT FITZGERALD, patfitzgerald@britishmilersclub.com with your Membership Number, Name, Current address and UK spikes size and you will be included in the draw for the free spikes.



BRITISH MILERS' CLUB

CAN YOU HELP?

We are looking for people to support our existing team of volunteers with **MEDIA** skills and to help with **WEBSITE** development.

Those involved in the BMC are totally focused on contributing to the development of British Middle Distance and Endurance

If you think you can help in any way contact BMC Chairman Tim Brennan on 01628 415748 (Home number) or timbrennan@britishmilersclub.com

Academy Residential Course

The BMC Academy held a Residential, Educational and Training Camp at Irthlingborough, Northamptonshire from 7-9 November 2008.

The venue is an outdoor adventure facility with large expanses of grass on flat and hilly terrain and the accommodation is in log-cabin type buildings which are centrally heated, making it an ideal place for a winter training weekend.

Around 60 athletes and coaches (one from Canada!) assembled on the Friday evening from all parts of the country.

After being fed, the Course commenced with a welcome and introduction to the coaches and staff for the weekend. The opening address was by the Academy Chairman and Course Director, David Lowes, who gave an interactive talk on 'Are you prepared to change to optimise your potential?' It was aimed at making athletes and coaches think outside of the box and realise that there are many ways to success in all its different guises.

The first point put across was that success for each individual may be diverse, some may aim just to be the best at their club, whilst others may deem a county championship as a great achievement. Obviously a lesser amount may have aspirations of international honours with a medal at a major games as the zenith of their goals. It was also stressed that for all a pb was the personal satisfaction that kept them going. All these goals and accomplishments had a similarity and that was they all targeted excellence and getting the best out of what talent they had and all included the goals being fun and something that would give great satisfaction when achieved.

As part of the talk some reverse psychology was used to create some discussion and it was put to the audience that it was not always good listening to someone to hear what you wanted to hear when sometimes for an effect to take place you have to hear what you don't want to hear!

The presentation was interspersed with motivational slides and music to keep the audience alert and involved with clips such as 'Success is getting up more times than you fall'; 'Hard work beats talent if talent does not work hard'; Aim for bronze and you'll be beaten by the three people aiming for gold'; 'The only one who can beat me, is me!'; Going down the hill is easy, but the view from the top is better!

The audience were asked if they were prepared to change, not only their training methods, but also lifestyle changes that may impact upon performance?

It was stressed that outside of physical sessions and talent, perhaps lifestyle, attitude, diet and psychology were key factors to move forward and that athletes and coaches needed to get tougher. It was also agreed that the minimum requirements for success were talent, attitude and desire with a willingness to work hard, mental toughness and dedication.

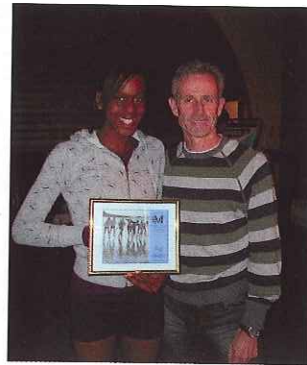
The next part of the presentation showed illustrations of the break-down in pace of world records from 800m to Marathon to make everyone realise how good and difficult these records are to achieve e.g. Marathon = 26 x 1 mile in 4.43.8; 52 x 800m in 2.21.9; 104 x 400m in 70.9; 208 x 200m in 35.4; 416 x 100m in 17.7 all with no recoveries of course! It was suggested that they try doing as many 100m in 17.7 with a 5 second recovery and see how far they got?

Motivation was also talked about and it was stated that those who could motivate themselves better than their rivals would have greater success than them and that self-belief guarantees success.

Goalsetting is an important part of planning for the future and it was explained that realistic and SMART goals were needed to achieve success. David said that positivism would bring success, not only in running, but in life also and that the athlete/coach was in control of their destiny and no-one else.

One of the things that the athletes were asked to practise was their view on tiredness in a race and to change their perception to it. After all, it has much to do with muscle fatigue, but it is the brain that tells the athlete to slow down so if the athlete could find some way of conditioning the way they think towards tiredness then they would undoubtedly run much better.

The talk was about change, and it was stressed that change isn't always good, but if they didn't try different things they would never know! People in general live in comfort zones and it is those who step outside of these that reap the benefits. The closing remark was that it was up to them



to move forward and that if they didn't change at least one thing from what they were doing now then they may never achieve to what they aspire. After all, you may only get one chance to reach the highest echelons, therefore by being brave and positive in life may just bring the results that you long for.

Saturday morning started with a 25-30 minute easy run at 7.15am and this set the tone for the day with eager athletes ready to impress.

After breakfast, two half hour lectures were delivered by Rod Lock and John Cooper on 'Wonderful winter work' and 'Winter sessions for the summer' which were an insight into generic winter training and what was required to build the endurance needed to succeed and what worked and what didn't and also that for 800m athletes in particular, that they couldn't get too far away from some speed elements to develop for the following summer season.

Some of the points that came out of both talks were that 70-80% would be aerobic base work and that for a periodized year the training had to be at the right level at specific points of the phased work. No one session is right for everyone and that for some a major session 10 days or so before a major race had great physical and psychological benefits.

The athletes and coaches were then ready for the second session of the day which was 2 minute reps at 3k pace with various recoveries as the athletes were split into squads of equal ability. Some groups did a drill session as part of the extended warm-up whilst others did their own personal pre-session rituals.

After a well-earned lunch, the athletes and coaches were back in the auditorium for another lecture, this time on 'Positive Thinking' by Paul Calderbank.

This involved inter-action from the audience and it was shown how the mind controls the body with some simple, but effective hands-on demonstrations via a piece of string and some blu-tack! The athletes and coaches were asked to complete a 'wheel of well-being' and this brought to light many different outcomes. It was explained also that everyone had a realisation of what competencies and incompetencies they had and how they



involve everyone and not too much brain power! The audience was split into their groups with the coaches separate and they were given 20 words which related to non-physical elements and 20 words relating to physical elements and they were asked to put them in order of importance and then talk about them to the groups.

The idea was to prioritise what was deemed important and less so and although most agreed with the answers at the top of their flip chart sheets, the middle and bottom ends varied immensely. It was pointed out that there was no definitive correct answer, although obviously some items needed more relevance than others.

The presentation went through a generic training week as a novice and moved through the age groups as what would be acceptable amounts of training right up to a projected plan for an Olympic endurance athlete and this hopefully showed what they might expect if and when they get to that level.

Sunday morning arrived all too quickly and the athletes were off again on their 7.15am run all eager, but much more sleepy than 24 hours previous!

The mid-morning presentation was by Ollie Wright on 'Is the British way the best?' which outlined that we were once top of the world and that perhaps we can be again if we have the belief and are prepared to work harder than ever.

The final session of the weekend was a mass fartlek and this is where the athlete of the course was finally decided. This athlete gets a free course of their choice

and is decided upon attitude, behaviour, willingness to work and general involvement in the whole weekend. It is not necessarily the best ability athlete who wins this award, but someone who stands out with the aforementioned criteria.

After lunch there was a review of the weekend with questions from the athletes and coaches to a panel and this showed why the youngsters deserve success as they asked many relevant questions on various topics.

David Lowes brought the course to a conclusion and thanked everyone for their attendance and help and the final task was to announce the Athlete of the Course Award. It was picked by votes from the coaches and it came down to just one vote between the top two nominated athletes. The winner was first-time attendee Schae Antoine from Ruislip, Middlesex.

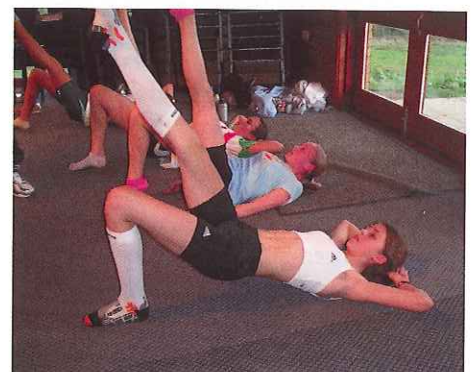
The next course is at Mount St. Mary's, Spinkhill near Sheffield on 3-5 April 2009 and this is a brand new venue. Hope to see everyone there ready for the summer season!

affected what they could achieve because of them.

After this the athletes and coaches were back outside for a hill session on grass, whilst the 14 year olds and under were inside for a flexibility and core stability session.

This showed many athletes had very poor flexibility, although some were contortionists! The session was enjoyed by all and highlighted some of their weaknesses and where injury could come from if the area was not strengthened or stretched. The session finished off with some partner exercises and although a serious exercise, it showed that hard work can be fun and not too painful! The athletes then had a relaxation period whilst the coaches had a forum to discuss any points that they had for discussion.

The evening presentation was 'Building a training programme' by David Lowes and this was designed for tired athletes and coaches and involved working in groups to



The Peter Coe Approach

Frank Horwill

With the passing of Peter Coe it is appropriate that we look at the system of training he embraced for his son, Sebastian who recorded times of – 47s/400m; 1:41.7/800m; 2:12.1/1k; 3:29.7/1500m; 3:47.3/mile; 4:58.8/2k.

Five different track speeds were used over a fourteen day cycle. The days following these sessions were devoted to twice a day runs which ranged from 5-10 miles in distance at 5minute/miling pace. The paces involved in the track work outs were 400m/800m/1500m/3k/5k pace. Peter described these speeds at each distance as being dependant on each other. What he meant was that the 5k pace session gave endurance to the 3k speed workouts. Similarly, the 400m session aided the speed at 800m pace. As the distance increased the speed for each 400m declined by about 4 seconds and recovery times after each repetition declined. For example:-



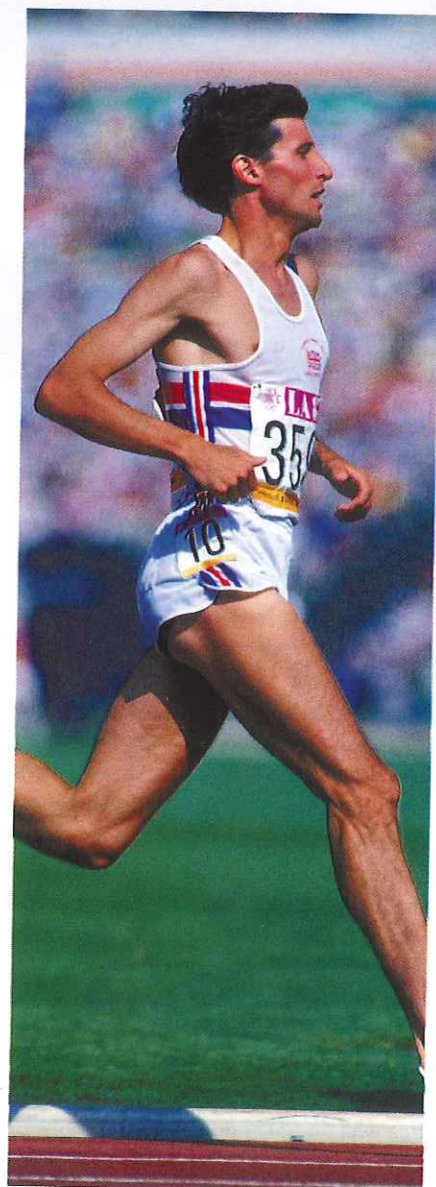
Day 1	5k pace session – 3 x 2k in 5m 20s with 2 minutes recovery.
Day 2	30 minutes run am/ 60 minutes run pm
Day 3	1500m pace session – 4 x 800m in 1:52 with 3 minutes recovery
Day 4	30 minutes run am/ 60 minutes run pm
Day 5	3k pace session – 6 x 1k in 2:40 with 2 minutes recovery
Day 6	Rest
Day 7	30 minutes run am/ 60 minutes run pm
Day 8	800m pace session – 4 x 400m in 50 seconds with 3 minutes recovery
Day 9	30 minutes run am/ 60 minutes run pm
Day 10	400m pace session – all repetitions at maximum effort – 1 x 350m; 1 x 300m; 1 x 250m; 1 x 200m; 1 x 150m; 1 x 100m. Complete recovery after each run.
Day 11	30 minutes run am/ 60 minutes run pm
Day 12	Rest

After 1980 Peter began to experiment with recovery times. He halved the rest time and worked in sets. Thus, 4 x 800m in 1:52 with 3 minutes recovery became 2 x (2 x 800m) with 90 seconds recovery and 3 minutes between sets. Michel Jazy on witnessing one such session was flabbergasted by the short recovery. Seb eventually got the recovery between repetitions down to 30 seconds!!

There has been considerable debate about Seb's weekly volume of running. Peter stated it did not exceed 50 miles per week, 22 miles more than Bannister, but 25 miles less than Ovett. During the winter Seb weight-trained every other day and did a hundred knee lifts

daily with his father on his shoulders. Track work was mainly at 5k pace which Peter regarded as golden sessions. Weekly running up long and short hills were run at maximum effort. His long run constituted 10 miles in 50 minutes.

Seb started running seriously at 16. His best times were achieved between the ages of 22-24 years of age. Many coaches have been skeptical of Coe's apparent lack of volume. Others state he was gifted and would have achieved anyway. At 18 he lagged behind Ovett at the same age, but his training system was to reap the rewards in the succeeding years.



The format of the Grand Prix continues to be successful and will be maintained. Details of the meetings can be found on the website or in this magazine.

However a major change this year in the Grand Prix will be a series of international invitation races covering 800m, 1500m, 5000m and 3000m STCH for men and women. The concept is explained below. These are in addition to the existing A races.

There will be one international race at each distance during the season but as we will continue our existing investment in pacemakers and prize money for all the A races, it does not mean that qualification opportunities are limited to these races. We can also set up additional international races if it turns out there are particular events where people are chasing times.

We have strengthened the organising team with Andrew Osment joining Steve Mosley and Tim Brennan as overall Grand Prix coordinators, and Liam Cain taking the role of International race coordinator.

One principle we will apply is that if you run well enough in an earlier Grand Prix you will get in the international race. It is a principle of reward for performance that we are keen to apply to the Grand Prix as a whole.

When seeding races we will apply some new policies (or enforce old ones):-

1. If you win a race you will be promoted to the next level of race in the next meeting.
2. We will reward front running and those who contribute to races. To support this we will make use of the videos made of the races by Sportuk TV and observers in the meetings.
3. We will downgrade athletes who slow the races or never contribute to the pace.
4. We will reward developing (u20) athletes who show potential by upgrading them to higher grade races.

BMC Grand Prix International Races **By Liam Cain**

The BMC Grand Prix series in its current format has been established for 12 years. It has proven to be highly successful and is quite clearly the route that all developing Endurance athletes take in achieving personal bests and qualifying times for European and World Age Group Championships.

The BMC has developed an infrastructure that works efficiently to deliver suitably paced races for the majority of Britain's Endurance athletes and acts as a focal point

for the Endurance Community to meet each other, watch and enjoy quality distance running.

The BMC continually strives to improve its delivery of the Grand Prix Race structure. This continual assessment of each successive year has helped to evolve the series to its present level.

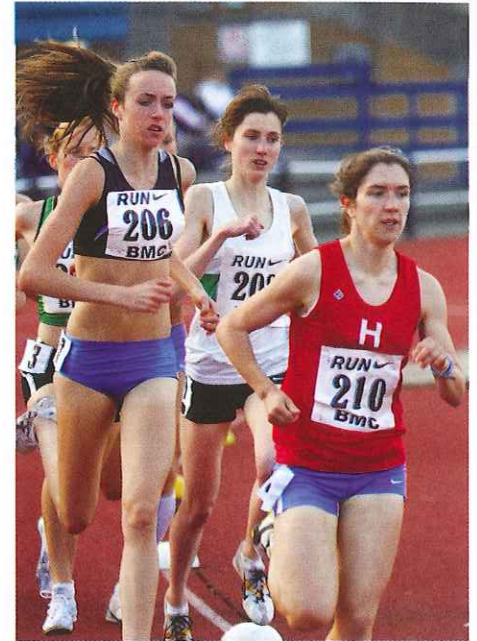
The BMC recognises its contribution to the development of Britain's Endurance Athletes with the majority of Britain's Elite Athletes either being club members or have raced in BMC races at some point in their career.

Generally athletes utilise the BMC Grand Prix Series up to U20 International Level and U23 Level for athletes unable to make the transition to senior international ranks after their junior years.

Many senior athletes are racing abroad instead of BMC races in order to find a perceived level of competition. The BMC would like to engage with these athletes and by having them race domestically hopefully drive up the performance standard of the top races in the Grand Prix. This improved standard of performance has a threefold gain. Firstly it keeps the Grand Prix an exciting evening of athletics. Secondly it enables athletes to achieve senior international championship qualifying times. Thirdly it sets the standard to be achieved for developing BMC members therefore improving overall performance levels.

To achieve this aim, the BMC has decided to introduce a new level of competition within the Grand Prix series. For 2009 the BMC will introduce International Races with the sole aim of producing faster times than previous year's Grand Prix. These races are in addition to current 'A' races. Leading European athletes will be encouraged to race at the Grand Prix with the subsequent quality performances benefiting British athletes.

As BMC international race coordinator I will be responsible for organising the overseas athlete's entry and looking after them when they arrive in Britain I will work with race agents and partners to create an exciting field capable of enthusing British athletes to want to compete in Britain and raise the BMC's profile in Europe and beyond so that in subsequent years the BMC Grand Prix series is a higher standard than the previous 12 years and is on the fixture list of all European athletes as a place for setting fast times.



Trafford: Julia Russell (210) leads from Eilish McColgan (206) in the women's 'A' 1500m

Benefits of International Races for British Athletes

An international race will endeavour to:

1. Pace the race at 'A' qualification or faster
2. Guarantee 4 places for British Athletes
3. Aim for 3 overseas athletes as fast or faster than top ranked British Athletes
4. Guaranteed prize for British athlete (In all GPs)
5. Pay British athlete travel expenses

Benefits of International Races for Overseas Athletes

An international race will endeavour to:

1. Pace the race at 'A' qualification or faster
2. Reimbursement of flights booked by athlete
3. Overseas athletes get 2 nights accommodation
4. Athlete transfer and organisation
5. Minimum prize level

Benefits of International Races for the BMC

An international race will endeavour to:

1. Provide fast overall performances with races won in 'A' standard
2. Raise profile of BMC in Europe leading to more athletes wanting to race
3. Build European Links to benefit BMC membership
4. Provide the complete race package for all BMC members
5. Showcase BMC organisational ability
6. Add value to BMC sponsors and partners through increased media exposure

BMC GRAND PRIX SERIES 2009

See www.britishmilersclub.com for Entries, Timetables, Seedings, Information and Results

DATE	VENUE	EVENTS	CONTACT	TELEPHONE
SAT 30 MAY	Sports City	800m, 1500m Men	Mike Deegan	01457 765416
		800m, 1500m Women	John Davies	07967 651131
		5000m, 3000m s/c Men & Women	Jon Wild	07947 157785
		3000m s/c Women & 5000m Women International Invitations	Liam Cain	07796 958808
SAT 13 JUNE	Watford	800m Men & Women	Rupert Waters	07790 767433
		1500m, 5000m, 3000m s/c Men & Women	Andrew Osment	07879 678917
		800m Men, 3000m s/c Men, 5000m Men International Invitations	Liam Cain	07796 958808
SAT 27 JUNE	Trafford	800m, 1500m, 5000m Men & Women	Neil Canham	0161 225 5156
		1500m Men & Women International Invitations	Liam Cain	07796 958808
SAT 18 JULY	Solihull	800m, 1500m, 3000m Men & Women	Steve Mosley	029 2030 6733
		800m Women International Invitation	Liam Cain	07796 958808
SAT 15 AUG	Cardiff	800m, 1500m, 5000m, 3000ms/c, all events include UK Challenge Final	Steve Mosley	029 2030 6733

GRAND PRIX

The 2008 Season produced:- **543** personal bests
7 World Championship B standards
11 World U20 Championship standards
BMC W800m record – Vicky Griffiths – 2:00.49
BMC U20 W1500m record – Steph Twell – 4:09.29
BMC U20 M1500m record – David Forrester – 3:41.6

Entry to Grand Prix races will be guaranteed for paid up BMC members entering at least 14 days in advance of the meeting provided they have achieved the following qualifying times.

	800m	1500m	3000m	5000m	3K Chase
Men	1:55.0	3:55.0	8:30	14:50	9:15
Women	2:15.0	4:40.0	10:00	16:45	10:45

INTERNATIONAL RACES

A programme of invitation only international races will be staged within the meetings to supplement the existing A races. These races will be paced to achieve World Championship qualification standards and will include overseas athletes who have run faster than the qualification standards. Invitations will be sent by the BMC international race coordinator Liam Cain (liamcain@britishmilersclub.com). A minimum of 4 places per event will be guaranteed for British competitors with an opportunity to achieve an automatic invite through performances in earlier BMC meetings

BMC INTERNATIONAL RACE PROGRAMME

DATE	VENUE	INTERNATIONAL RACES
30th May	Manchester Sport City	Women's Steeplechase, Women's 5k,
13th June	Watford	Men's 800m, Men's 5k, Men's Steeplechase
27th June	Trafford	Women's 1500m, Men's 1500m
18th July	Solihull	Women's 800m

PRIZES

For 2009 there is a £40,000 prize fund available, with a top prize of £1,000 available at the Elite and Grand Prix fixtures in over 800m, 1500m, 3000m, 5000m, and 3000m Steeplechase. The prize money is determined by finishing position and time. See website for full information.

BMC GRAND PRIX FINAL

Men and Women 800m - Winners of the top race in the first 4 Grand Prix are guaranteed an "A"-race.
 Men and Women 1500m - Winners and runners up guaranteed an "A"-race.

PACEMAKERS

The BMC is looking for pacemakers for it's 2009 race series. The BMC is able to pay small fees for pacemakers. Those interested should contact Andrew Osment on 07879 678917 or via the BMC website.

TELEVISION RECORDING

It is planned that our major meetings are to be filmed and recorded by **sportuk.tv** a dedicated internet sports channel. Your entry will confirm your acceptance to be filmed at those meetings.



PB CLASSICS, GOLD STANDARD, ACADEMY AND REGIONAL FIXTURES 2009

All entries should be made on our website www.britishmilersclub.com

BMC ACADEMY YOUNG ATHLETES PB CLASSICS				
Entry Fee for BMC Members £3, Non Members £5.				
Monday 4 May	Millfield	M800, 1500, 3000 mixed	Mike Down	0117 9733 407
Monday 4 May	Millfield	W800, 1500, 3000 mixed	Steve Mosley	029 2030 6733
Saturday 16 May	Watford	M & W 800, 1500, 3000 & U17M & W 1500s/c	Jim Bennett	07960 619849
Saturday 6 June	Trafford	M & W 800, 1500, 3000,	Neil Canham	0161 225 5156
Saturday 25 July	Tipton	M & W 800, 1500, 3000,	Paul Hayes	02476 464010

Fastest of U15 & U17 PB Classic 800m and 1500m in May & June to be invited to Frank Horwill & Peter Coe Mile races in Solihull Grand Prix.
BMC Junior Virtual League. £100 for top club. See website for full details.
ACADEMY RACES FOR YOUNG ATHLETES ARE INCLUDED IN REGIONAL RACES

OTHER BMC RACES							
DATE	VENUE	EVENTS	CONTACT	TELEPHONE	STANDARD		
APRIL	Wed 22	Birmingham Univ	600m, 1200m	Paul Hayes	02476 464010	Regional	
	Sat 25	Barnet Cophall	800m, 1.20pm 1500m, 4.15pm	Pat Fitzgerald	01895 811822	Regional	
	Sat 25	Birmingham Univ	5000m, 10000m	Dave Norman	07868 783818	Standards 5k Men 16min 5k Women 18min, 10k Men 33min, 38k women	
	Tue 28	Exeter	800m	8.15pm	John Knowles	01872 263541	Regional
	Tue 28	Trafford	800m, 1500m Mixed races	8.00pm	Neil Canham	0161 225 5156	Gold Standard
MAY	Mon 4	Birmingham Univ	800m, 1500m Seniors Only	Paul Hayes	02476 464010	Regional	
	Tue 12	Trafford	800m, 1500m Mixed races	8.00pm	Neil Canham	0161 225 5156	Gold Standard
	Wed 13	Cardiff	800m	Steve Mosley	029 2030 6733	Regional	
	Mon 18	Jarrow	800m	David Lowes	07930 318651	Regional	
	Wed 20	Watford	800m, 1500m	7.45pm	Rupert Waters	07790 767433	Gold Standard
	Sat 23	Lea Valley	800m, 1.20pm 1500m, 4.15pm	Pat Fitzgerald	01895 811822	Regional	
	Tue 26	Exeter	1500m	8.15pm	John Knowles	01872 263541	Regional
	Tue 26	Trafford	800m, 1500m Mixed races	8.00pm	Neil Canham	0161 225 5156	Gold Standard
	Wed 27	Linwood	800m, 3000m	Norrie Hay	01475 786092	Regional	
	Wed 27	Eltham	800m 1500m	8.00pm	David Reader	07929 860389	Regional
JUNE	Mon 1	Jarrow	800m	David Lowes	07930 318651	Regional	
	Wed 3	Birmingham Univ	800m, 1500m	Paul Hayes	02476 464010	Regional	
	Wed 3	Newport	1500m	Steve Mosley	029 2030 6733	Regional	
	Tue 9	Trafford	800m, 1500m Mixed races	8.00pm	Neil Canham	0161 225 5156	Gold Standard
	Wed 10	St Ives. Cambs	800m 1500m	Noel Moss	01223 833470	Regional	
	Mon 15	Jarrow	1500m	David Lowes	07930 318651	Regional	
	Wed 17	Watford	800m, 1500m	7.45pm	Rupert Waters	07790 767433	Gold Standard
	Tue 23	Trafford	800m, 1500m Mixed races	8.00pm	Neil Canham	0161 225 5156	Gold Standard
	Wed 24	Birmingham Univ	800m, 1500m	Paul Hayes	02476 464010	Regional	
	Wed 24	Eltham	800m 1500m	8.00pm	David Reader	07929 860389	Regional
Tue 30	Exeter	800m	8.15pm	John Knowles	01872 263541	Regional	
JULY	Wed 1	Leeds Carnegie	800m, 1500m	7.00pm	Aaron Thomas	01234 852038	Regional
	Tue 7	Trafford	800m, 1500m Mixed races	8.00pm	Neil Canham	0161 225 5156	Gold Standard Only
	Wed 15	Watford	800m, 1500m	7.45pm	Rupert Waters	07790 767433	Gold Standard Only
	Wed 15	Birmingham Univ	800m, 1 Mile	Paul Hayes	02476 464010	Regional	
	Mon 20	Jarrow	800m	David Lowes	07930 318651	Regional	
	Tue 21	Trafford	800m, 1500m Mixed races	8.00pm	Neil Canham	0161 225 5156	Gold Standard Only
	Wed 22	Eltham	800m 1500m	8.00pm	David Reader	07929 860389	Regional
	Sat 25	Parliament Hill	800m, 1.20pm 1500m, 4.15pm	Pat Fitzgerald	01895 811822	Regional	
	Tue 28	Exeter	1500m	8.15pm	John Knowles	01872 263541	Regional
	Wed 29	Leeds Carnegie	800m, 1500m	7.00pm	Aaron Thomas	01234 852038	Regional
Wed 29	Watford	800m, 1500m	7.45pm	Rupert Waters	07790 767433	Gold Standard Only	
AUGUST	Mon 3	Jarrow	1500m	David Lowes	07930 318651	Regional	
	Tue 4	Trafford	800m, 1500m Mixed races	Neil Canham	0161 225 5156	Gold Standard Only	
	Wed 5	Neath	800m	Steve Mosley	029 2030 6733	Regional	
	Tue 18	Trafford	800m, 1500m Mixed races	Neil Canham	0161 225 5156	Gold Standard Only	
	Wed 19	Eltham	800m 1500m inc SYDNEY WOODERSON 800m	8.00pm	David Reader	07929 860389	Regional
	Sat 22	Birmingham Univ	800m, 1500m, 10k inc Staffs County Champs	Paul Hayes	02476 464010	Regional	
	Tue 25	Exeter	800m	8.15pm	John Knowles	01872 263541	Regional
	Wed 26	Watford	800m, 1500m	Rupert Waters	07790 767433	Gold Standard Only	
	Sat 29	Barnet Cophall	800m 1500m	Pat Fitzgerald	01895 811822	Regional	
	SEPT	Tue 1	Trafford	800m, 1500m Mixed races	Neil Canham	0161 225 5156	Gold Standard Only

Additional races may be arranged at other venues. Check website for details or contact your Regional Representative
 Please enter at the latest Five days before meeting to avoid disappointment.



The BMC Education Day turned out to be one of the most successful yet. Norman Poole covered the 800m/1500m events, James Li 5k/10k – see separate piece – and Dave Sunderland the Young Athlete. This year the key note speaker was the England Development High Jump coach Fuzz Ahmed who talked about:-

“Postural Control and Injury Prevention for Middle-Distance Runners”.

He looked at the following areas:-

1. What is Perfect Posture
2. Improving Posture
3. Mid-Strength
4. Drills
5. Strength and Power development

1. What is Perfect Posture

A plumb line divides the body into two halves, running down through the ear, shoulder, the lumbar vertebrae (L3-5), Hip, Knee and foot.

Perfect Posture is the basis of power. Postural Control becomes reduced through fatigue.

2. Improving posture is achieved by the following:-

- Work on the weaknesses – become self aware
 - Learn and Develop (Alexander Technique)
 - Build on a sound movement base – Technique
 - Develop powerful mid-section – Core
- Learn FMS (Fundamental Movement Skills) – Core

What is Alexander Technique?

- Alexander Technique is body re-education and co-ordination
- Accomplished through physical and psychological principles
 - The AT teacher provides instructions with hands-on assistance to change previous physical habits
 - It's an educational technique practiced by the student, not a curative treatment
 - It is designed to be used while doing any other activity
 - In the Alexander Technique, the term “inhibition” describes a moment of conscious awareness that interrupts a habitual pattern of muscular misuse

What is good technique?

- An upright forward flowing running action
- Arms that don't cross in front of the chest Cadence that allows full advantage of limb length
- Efficient support, drive, and recovery phase
 - Support: Not on toe-not on heel
 - Drive: Knee drive just below hips
 - Recovery: Heel up to the top of the hamstrings

What is Core?

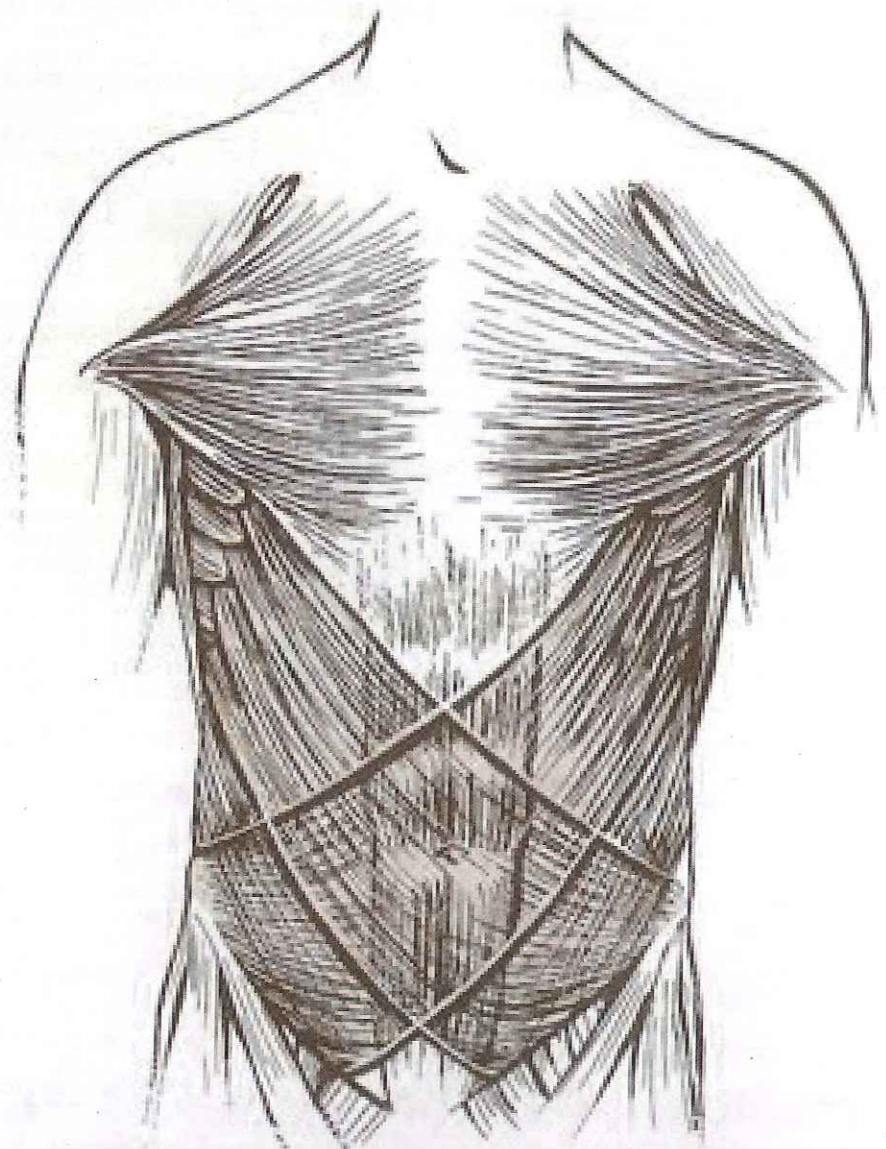
- Visualise it as a firm cylinder that surrounds the body and gives it structural integrity
 - Allows for the expression of dynamic functional strength and improves neuromuscular efficiency
 - Greater neuromuscular control leads

to optimal muscle function

- That leads to improved performance
- A strong core enables the body to assume various positions with instantaneous changes
- All training is core training, the body is a linked system
- Movement occurs from toenails to finger tips (Gambetta)

What are Fundamental Movement Skills?

- FMS = the ability to perform a precise action without any superfluous or supporting movements
 - Running with tall and effortless
 - Slow Sit-ups without hip flexors or throwing the head
 - Press-ups without bending in the middle
 - Full-range pull-ups



3. Mid strength – where one starts.

- Relative to own body weight & composition
 - Lever length, musculature, power output
- Increase difficulty as power and speed improves
 - Duration, leverage, additional equipment
- Perform slowly, without the aid of momentum
 - No throwing of head, or dropping to floor
- Work from either end of the spectrum Control/Speed

Mid strength

- The Core
 - Muscles in the centre of the body
 - Stabilise the body when in a upright position
 - Serape -Mexican Wrap
 - Core is a set of connecting muscles
 - Transfer energy from arms to legs and vice versa
 - Training movements, not muscles

Repetition creates Endurance
Resistance creates Strength

Mid Strength Summary:-

Mid-Strength Developments -

- Slow sit ups
 - Full range Pilates
 - Bent leg
 - Linear and Circular
 - Straight leg
 - Alternate Leg and Arms
 - Change hand placement
 - Double Leg and Arms
- Build up to 5x30 seconds
- Wall Bars
- Resistance sit ups
 - Straight leg raise
 - 60° and 90°
 - Straight leg lower
 - Flat back
 - Round the Clock
- Plank
 - Medicine Ball
 - Front / back / side
 - Slow sit-ups
 - Raised arm / leg
 - Straight leg raise
 - Alternate arm & leg
 - Pilates
 - Marching
 - 1kg to begin

Stretching

- • Tummy must be strong to support the spine
- A tight back lends itself to a tight body
- Back must be mobile
 - Plough
- • Alternate mid strength & back mobility for best gains
- Lumbar Stability Thoracic Mobility

3. Mid strength Development

- In the middle
 - Work outwards
 - Using repetition
 - Using strength
 - All ranges
- Improve mobility
 - Stretching
 - Yoga/Pilates

4. Drills

- Fundamental Movement Drills
- Ankle Roll
- Heel Pick Ups
- Medium Knees
- Straight Legs
 - Delicate
 - Extension
- Claw Backs
 - Extension
- Walking High Knees

Why Do Drills?

- Improve movement through detailed repetition
- Develops core if done correctly
- Excellent base for plyometrics
- Develops power from a strong position
- Develops perfect posture
- The basis of POWER

Permanence

Practice does not make perfect -
Practice makes permanent

Repeating imperfect movements develops bad habits, which are difficult to replace once ingrained

Perfect practice makes perfect permanent

Ensure that the athlete focuses on detail

Technique

- Athletes with good technique but poor FMS = luck!

- Better to work on FMS before increasing workload further
 - E.g. Parallel knee development ahead of HJ inside knee drills
- Establish good FMS and core first
- So that athletes cope with speed/power improvements
- A greater benefit will be achieved from technical development.
- Technique
 - Don't do B before an athlete can do A
 - If an athlete can do C, it doesn't mean they can do A&B...
- so check!
 - Athletes from other coaches may not have covered the same basics
- Technique must develop with speed/power improvements
 - Maximise the benefit of training
 - Reduce the likelihood of injury
- Sloppy technique will become habit if not improved upon

5. Strength and Power Development

- Exhaust all aspects of body weight training before starting aweights program.
 - e.g.:
- 3 x 20 quality push ups
- 3 x 6 pull ups
- Stable lunges
- Aim for excellent posture, boys and girls
- Develop all muscle groups, rather than event-specific only
 - Prevent imbalance-this leads to injuries
 - Develop all-round strength, for synergistic effect
 - Train movements, not muscles
- Athletics is not a static two-legged sport!
 - Lunges & step-ups etc mimic aspects of many events
 - A program that includes both single-leg squat and double leg squat is far more beneficial than either in isolation
- Work on imbalances rather than preferred lifts
 - Overhead squat (even just the bar) will expose postural weakness
 - Use free weights to prevent compensation rather than multi gym

Train the individual first the event second.

- Create a foundation for long-term athlete development.
 - Resistance training is:
 - Highly effective for improving quality of movement
 - ! (Rather than quantity)

- Improving movement patterns reduce limitations on potential
 - Therefore:
Improving movement patterns improves performance
 - Develop a repertoire of tools
 - Many ways to develop strength and power in the gym
 - One is only superior if it is better suited to the individual
 - Coaches should seek to develop a broad range of movements
 - These should fit both the athlete and the event
- Develop them on a consistent basis for long-term gains

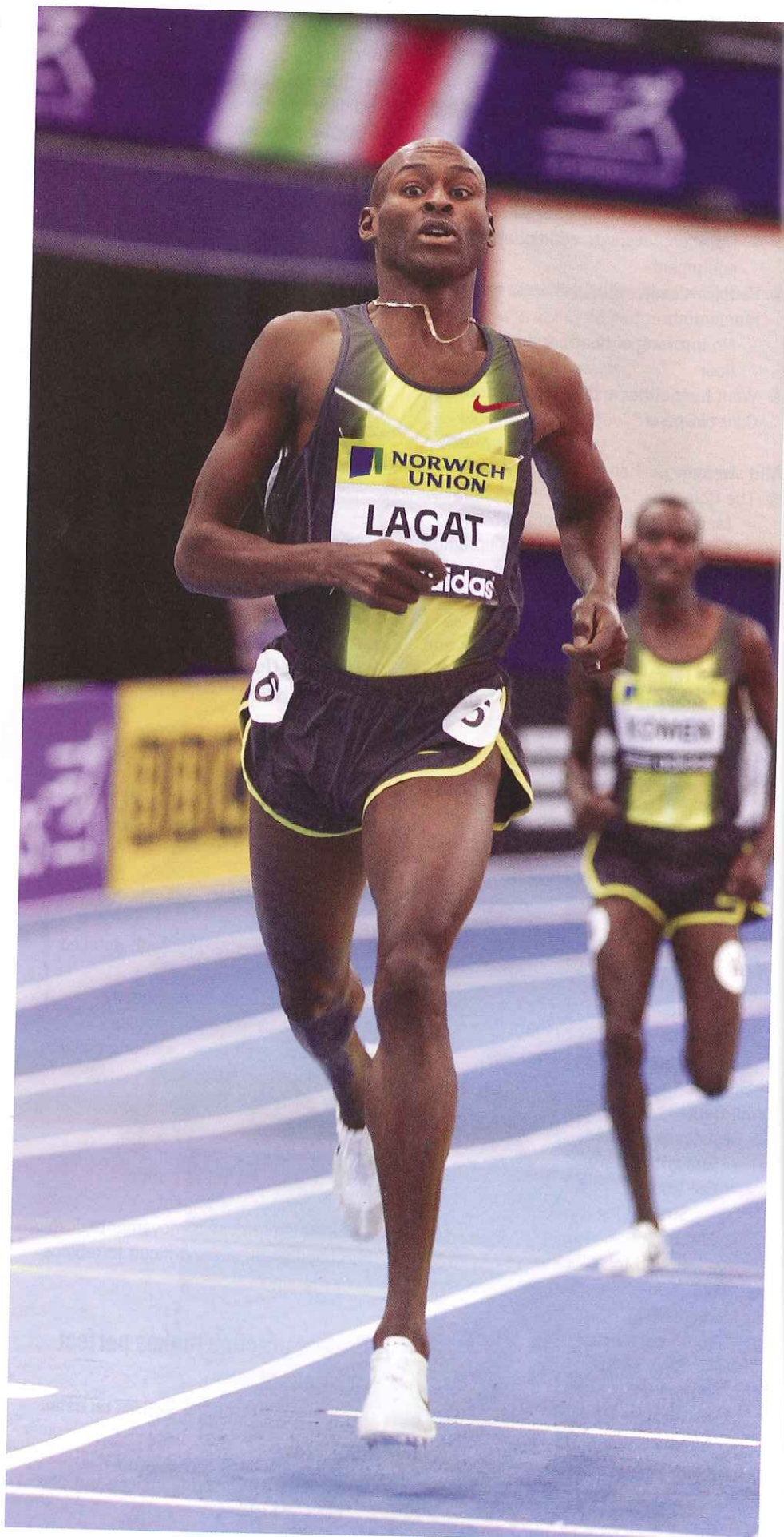
SUMMARY

- Get the middle strong
 - Stability first power follows
 - Train Movements, not muscles
- Work outwards from the Belly Button
 - Centre of body
 - All movements pass through here
 - Breathing and emotional centre
- Excellent FMS is the starting point for excellent technique
 - Repeating the same thing well enables technique to stand pressure
- Power and technique have a strong and important link
 - Make strength gains statically and athletically
- Try to encourage complicated movements as the athlete develops
 - Train movements, not muscles

James Li – “Planning and Preparing Bernard Lagat for Major Games”

James Lie the Coach of the University of Arizona, gave an informative talk on the training of Bernard Lagat who he has coached for twelve years. Three things that stood out:-

- a) Only once per week is there a double training session – Could account for the few injuries he has had in his career.
- b) The speed every session or run is done at.
- c) Most of the training in Arizona is done at Altitude.



Preparing and Planning for World Class Performances and Major Games

Basic Concepts

- Aerobic Base
- Running Mechanics and Speed
- Running Volume and Intensity
- Competitions
- Flexibility in Making Training Plans
- Recovery/Rest
- Consistency Over Long Period of Time

Overview Yearly Training Phases

- Fall Conditioning
- Winter Preparation Phase
- Indoor Competition Phase
- Spring Break
- Spring Preparation Phase
- Outdoor Competition Phase

Yearly Training Phases

Fall Conditioning

- Month of November
- He decides what to do
- Slow pace long runs
- Strength conditioning

Yearly Training Phases

Winter Preparation Phase

- December 1 – January 15
- Long runs
- Tempo runs
- Hill work
- Off-track repeats
- Strength conditioning

Winter Preparation Phase

Mon	morning: 25 min easy jog afternoon: 8 miles @ 5:50 pace, Strides & drills
Tue	7 mile run, last 4 miles in 20:11
Wed	easy 30 min easy run, drills
Thu	Hill work 800m x 5 @ about 2:42 (2') (3 miles warm-up/cool down)
Fri	30 min easy run, drills
Sat	12 mile run in 70 minutes, strides
Sun	Rest

Yearly Training Phases

Indoor Competition Phase

- January 15-February 20
- Long runs
- Tempo runs
- Track intervals
- Indoor competitions
- Strength conditioning

Indoor Season

Mon	65 min long run in Central Park
Tue	(on indoor track) 200 x 1 @ 29.0 (90) 600 x 3 @ 1:28, 1:24, 1:21 (2') 200 x 2 @ 27.0, 26.5 (2')
Wed	35 min jog, short strides
Thu	warm up and strides
Fri	Millrose Games: mile 3:54.26
Sat	50 min easy in Central Park
Sun	Travel to Europe

Yearly Training Phases

Spring Break

- 8 -10 days in late February
- Mostly rest
- Some light jogging and stretching

Yearly Training Phases

Spring Preparation Phase

- March 1 – May 15
- Long runs
- Tempo runs
- Hill work
- Long repeats
- Strength conditioning

Spring Preparation Phase

Mon – 8 mile run @ 6:00 pace, strength work
 Tue – morning: 4 mile easy jog
 afternoon: hill work (2 min up + 1 min down) x 3 x 3
 Wed – 7 mile easy run, strides and strength work
 Thu – morning: 4 mile easy jog
 afternoon: 5 mile tempo run @ 5:15 pace
 Fri – 6 mile easy run, strides and strength work
 Sat – 12 mile run @ 5:50 pace
 Sun – rest

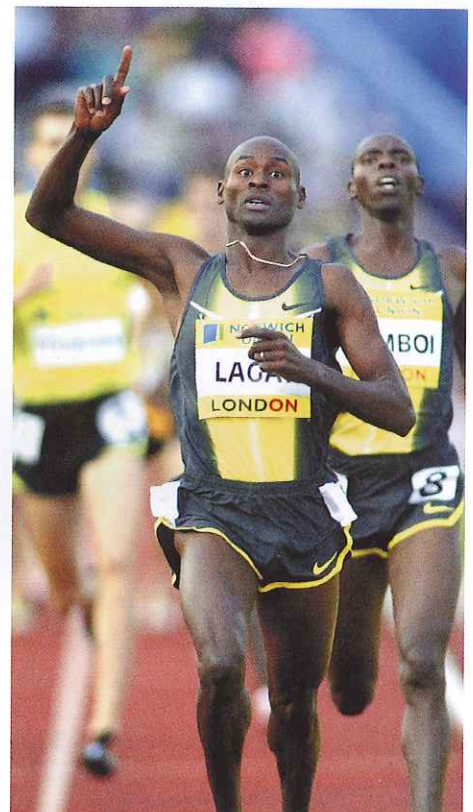
Yearly Training Phases

Outdoor Competition Phase

- May 15 – September 15
- Track intervals
- Tempo runs
- Long runs
- European competitions and major Championships

Main Competition Phase

Mon	30 min easy run, stretching (travel day)
Tue	60 min run @ about 5:50 pace, strides
Wed	(on track) 800 x 4 @ 1:58 – 2:02 (2'), 400 x 2 @ 58, 56 (2')
Thu	morning: 25 min jog, afternoon: rest
Fri	6 km tempo run in 16:45 (first 5k 13:45)
Sat	5.5 mile easy run (in about 35 min)
Sun	(on track) 200 x 10 @ avg: 27.1 (60)



World Cross-Country Championships

The World Cross-Country Championships took place at Amman, Jordan on a rough, hard fast course, with the added problem of the venue being at altitude. The individual titles which all came down to a sprint finish were monopolized by Ethiopia, with Kenya monopolizing the team events. From a UK perspective the highest placed team was the Junior Ladies who also provided the highest UK finisher with Lauren Howarth in 13th position.

In the senior women's race there was to be a new champion with Tirunesh Dibaba (Ethiopia) not competing, and the first lap saw a large group of women at the front with Steph Twell two seconds behind them in 18th place. The second lap had reduced the group to five with Kimberley Smith

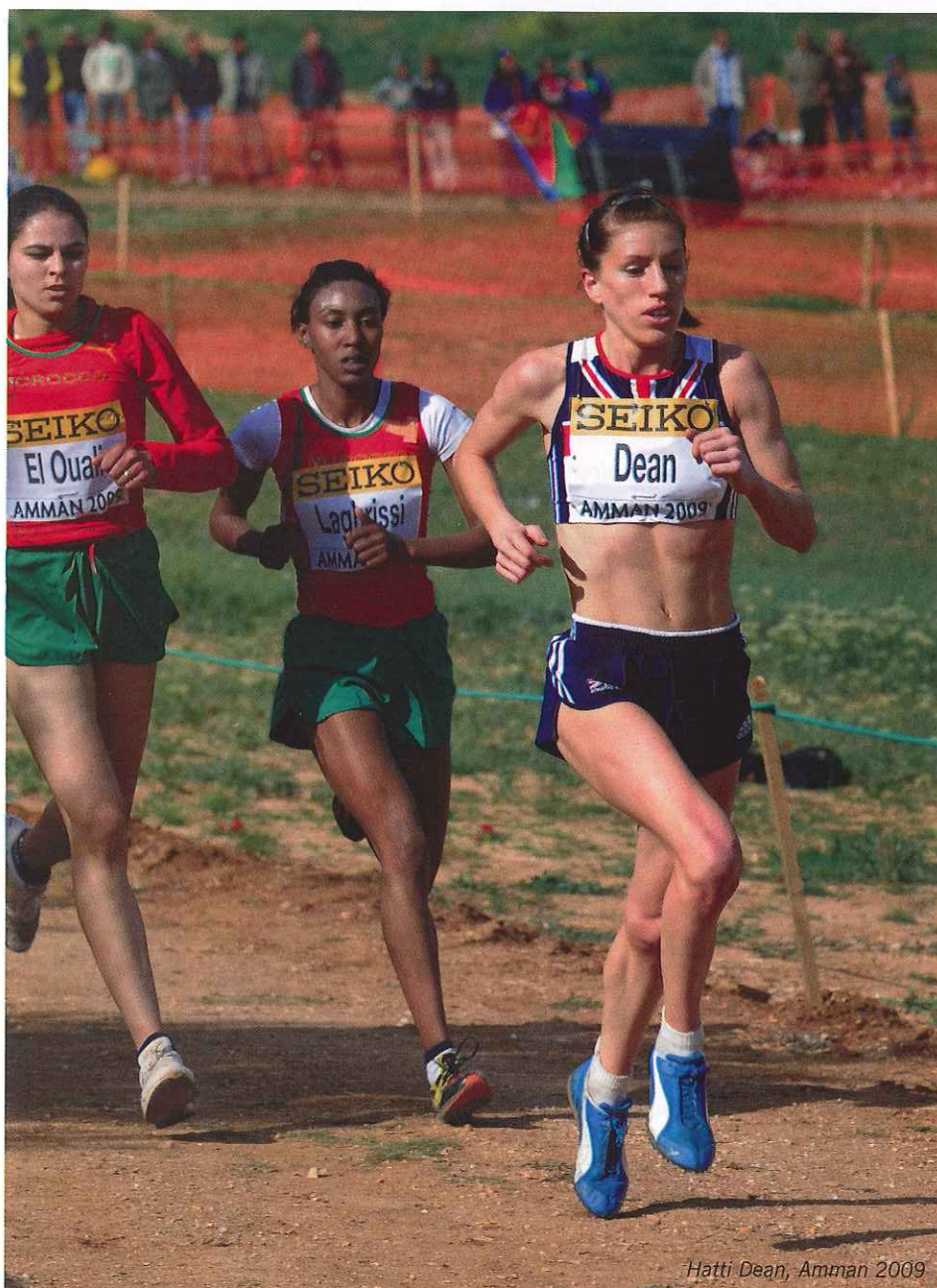
(NZ) at the fore. Twell was still in 18th position but now six seconds adrift of the leaders. The penultimate lap was to prove decisive with Melkarmu (Ethiopia), Masai (Kenya) and Burka (Ethiopia) forcing the pace. Twell was now down by 63 seconds in 28th place. Hattie Dean was 44th, Jane Potter 51st Sarah Tunstall 55th and Hannah Whitmore 58th at this stage. Sonia Samuels who had been with them departed the race on this lap. On the final circuit Linet Masai broke well clear and looked completely in control approaching the final hill. However, she was passed at the top of the hill and into the short run in by her compatriot Florence Kipligat with Meselach Melkarmu (Ethiopia) taking the bronze medal. Kipligat the 2006 World

Junior 5k silver medalist was returning from a year out to have a child. Kenya were convincing winners of the team race (4 to score) with four in the first seven to total 14 points with Ethiopia (28pts) second and Portugal (72pts) third. The UK finished a disappointing ninth (193pts) behind the likes of Portugal, Spain and USA. The UK scorers were Twell, 38th, Dean 49th, Potte 51st, and Tunstall 55th, with Whitmore 58th. Twell was slightly disappointing in her senior debut but must use this as a learning curve. This was the first time since Helen Chepchango (1994) that Kenya had won the women's title and was to prove their only individual success.

As in the women's race there was no Kenisa Bekele to defend his title in the men's race.

The race was over six laps and again a large group led by Zersenay Tadesse (Eritrea) at the head of proceedings. This continued through the next couple of laps with the group down to ten with Moses Kipsiro at the head and at the conclusion of the penultimate lap Leonard Komon (Kenya) was to the fore in a group of twelve. The race picked up in the final stages and again the long hill at the finish proved decisive with Gebre-eqzabher Gebremariam (Ethiopia) getting home narrowly by two seconds ahead of Kipsiro (Uganda), who would have been his country's first ever gold medalist and Tadesse. Much to their chagrin Kenya failed to have an individual medalist and their last winner now dates back to Paul Tergat (1999). Gebremariam who has had a quiet few years becomes the second most bemedalled athlete (15) after Bekele (27), and along with him the only athlete to do the Junior (2002) and Senior double since these championships changed in 1973. The team race was a tight affair with Kenya prevailing by one place on the position of their last scorer as both teams finished on 28 points. Kenya (4, 6,7,11), Ethiopia (1,5,10,12) with Eritrea (50pts.) in third position. From a UK perspective the athletes worked hard to come through the field but never got into the main race. Frank Tickner (74th) led the way from Andy Vernon (78th), Phil Nicholls (86th) and Mike Skinner (87th) closing in the team. Lee Merrien (91st) and Keith Gerrard (96th) were the non-scorers. The team were a disappointing 14th (325pts) behind the likes of Spain, USA, Portugal, and France.

The Dibaba family's success continued apace in the Junior women's race, with

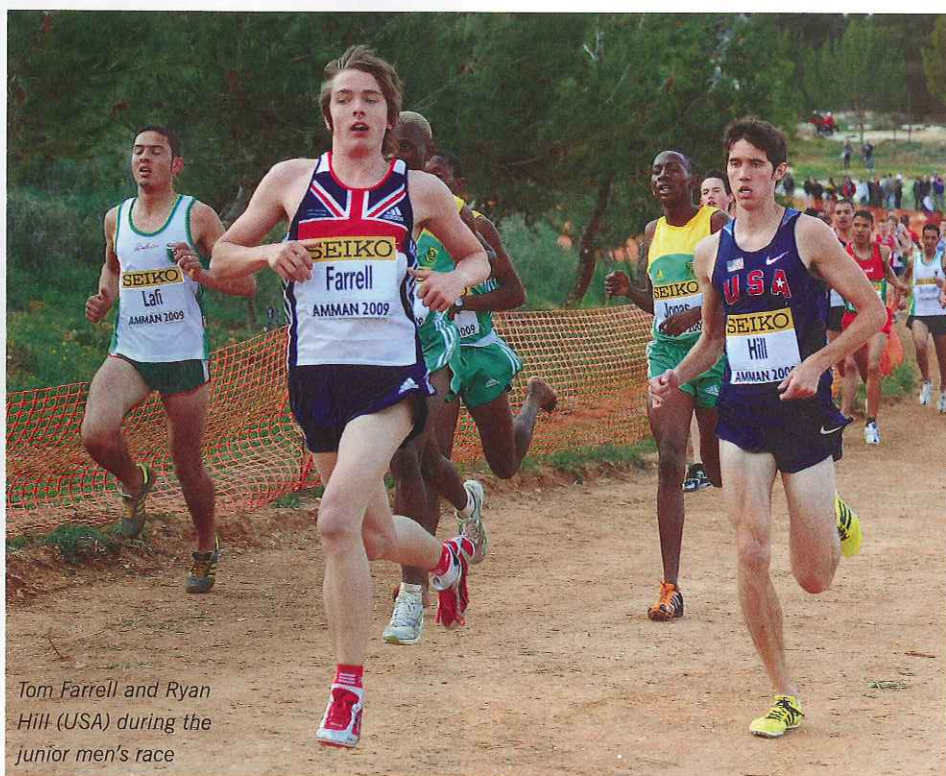


Hattie Dean, Amman 2009



Lee Merrien, Phil Nichols and Andy Vernon during the senior men's race

younger sister Genzebe successfully retaining her title. The first of the three laps saw only one second covering twenty athletes which included Charlotte Purdue and Lauren Howarth from the UK. The second lap proved decisive with Dibaba opening up a four second lead over Mercy Cherono (Kenya) with the rest of the field a further nine seconds back. The two leading positions and distances remained unchanged on the final lap with Jackline Chepngeno (Kenya) coming through from 5th to take the bronze medal ten seconds behind Cherono, but still seven seconds clear of the rest. The team race again was determined by the position of the fourth scorer as both teams claimed 18 points. This time Ethiopia (1, 4, 6,7) prevailed over Kenya (2,3,5,8) with Japan (76 points) third. The UK girls ran exceedingly well to narrowly miss out on a team medal finishing 4th (82 points). They were led home by Howarth (13th) and Purdue (14th) who both had tremendous runs. These two girls



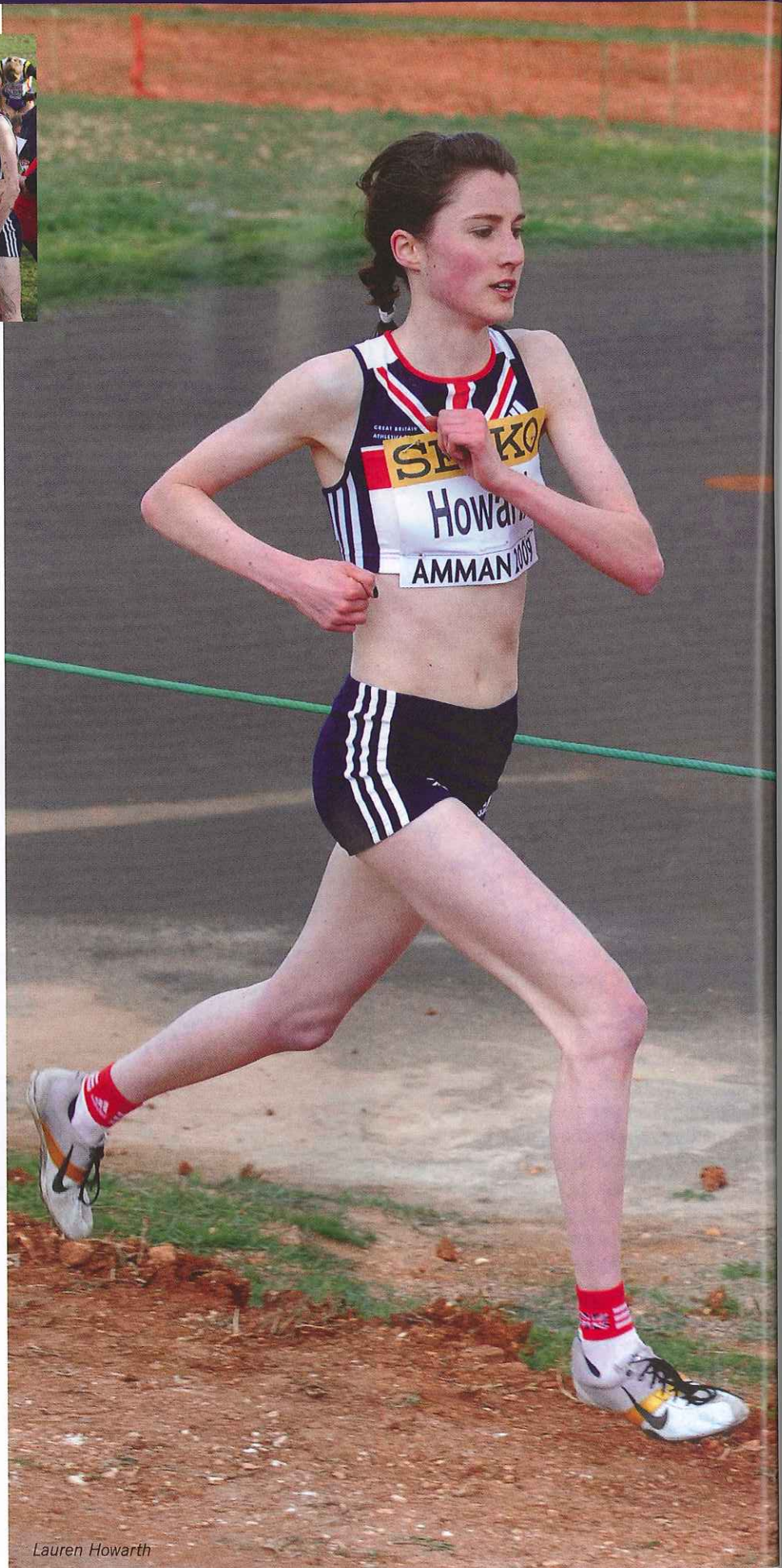
Tom Farrell and Ryan Hill (USA) during the junior men's race



were well supported with fine runs by Kate Avery (25th) and Lillian Partridge (30th), with Louise Small (33rd) if required. Laura Park (75th) was not up to the high standard she had set herself the previous year.

The Junior men's race over four laps proved a tight affair with a group of five at the front, after the first lap swelling to eleven on lap two where Eritrea looked as though they may break the big twos team monopoly. With a lap to go the group was back to six but the final lap saw Ayele Abshero (Ethiopia) move through to go one better than last year in Edinburgh to come home clear up the hill by four seconds. Titus Mbishei (Kenya) was a clear second, with Moses Kibet (Uganda) who just edged out Paul Tanui (Kenya) a further five seconds behind. The team race was again a narrow affair with Kenya (20 points) taking the team prize from Ethiopia (22 points) with Eritrea (72 points) third. The UK Juniors finished a disappointing 15th (316 points) behind USA (5th), Australia (6th) who both closed in their scorers before our first finisher, Spain (13th) and Canada (14th). Tom Farrell ran well to finish a creditable 58th, with Ronnie Sparke (83rd), James Wikinson (86th) and Jonathan Hay (92nd) completing the team. Unfortunately trials winner Nick Goolab and Simon Horsfield both failed to finish.

Despite the course, altitude and weather, the Junior Ladies proved that it is possible to compete at this level. However, good athletes will be successful whatever the terrain or weather. UK needs to take a look at what is required to be successful in this event. Whether the solution be more mileage, more sessions, group training, training at faster speeds, more miles run quicker, altitude training, a combination of these or whatever else is required Ian Stewart and his support team will address the problem. The remedy will not be achieved overnight it may take years to be successful.



Lauren Howarth

Golden Era 800m/1500m/Mile Nostalgia

Les Crouch

The so called "Golden Era" of middle distance in the UK featured the running, at the sharp end, of Seb Coe, Steve Ovett, Steve Cram and Peter Elliott. There were others but none produced the volume of world-class marks that these four did. Listed here are, for comparison are their best runs at 800 and 1500 metres and one mile. Note that some 1500 times were recorded in a mile race.

800m

(Note Ovett's best was "only" 1:44.09, given his 400 performances as a junior it could be said he "neglected" this event ... at which he won an Olympic Gold!)

Coe	Cram	Elliott
1:41.73	1:42.86	1:42.86
1:42.33	1:43.19	1:43.19
1:43.07	1:43.22	1:43.22
1:43.38	1:43.22	1:43.22
1:43.64	1:43.61	1:43.61
1:43.80	1:43.62	1:43.62
1:43.84	1:44.16	1:44.16
1:43.93		
1:43.97		
1:44.00		
1:44.06		
1:44.10		



1500m

Ovett	Coe	Cram	Elliott
3:30.77	3:29.77	3:29.67	3:32.69
3:31.36	3:31.95	3:30.15	3:32.94
3:31.57	3:32.03	3:30.95	3:32.94
3:31.96	3:32.13	3:31.34	3:33.0
3:32.09	3:32.19	3:31.43	3:33.23
3:32.11	3:32.39	3:31.66	3:33.39
3:32.7	3:32.53	3:32.29	3:33.4
3:32.9	3:32.8	3:32.93	3:33.78
3:32.9	3:32.94	3:33.03	3:33.8
3:32.95	3:33.42	3:33.06	3:34.12
3:33.34	3:34.05	3:33.13	3:34.72
3:33.78	3:34.32	3:33.61	
3:33.81	3:35.09	3:33.66	
3:34.41	3:35.17	3:33.7	
3:34.45	3:35.22	3:34.05	
3:34.50		3:34.08	
3:34.50		3:34.18	
3:34.63		3:34.67	
3:34.7		3:34.74	
3:34.95		3:34.81	
3:35.23		3:34.96	
3:35.36		3:35.08	
3:35.40		3:35.2	
3:35.59		3:35.3	
		3:35.3	
		3:35.3	
		3:35.41	
		3:35.42	

Mile

List shows the top four milers best all-time performances.

Ovett	Coe	Cram	Elliott
3:48.40	3:47.33	3:46.32	3:49.20
3:48.8	3:48.53	3:48.31	3:49.46
3:49.25	3:48.95	3:48.85	3:49.76
3:49.57	3:49.22	3:49.49	3:51.80
3:49.66		3:49.65	3:52.10
3:50.23		3:49.90	3:52.41
3:50.49		3:49.95	3:52.91
3:51.56		3:50.08	3:52.93
3:52.71		3:50.38	
3:52.8		3:51.43	
3:52.84		3:51.58	
3:52.99		3:52.11	
		3:52.17	
		3:52.56	
		3:52.65	
		3:52.97	

If Elliott is fourth in this bevy of stars he would be hailed as the second coming in present era!!!

Where to Run

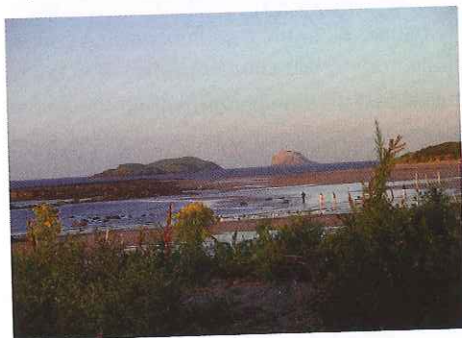
More fantastic places to run in Great Britain (Part 2)

Second in the series of great running venues, David Lowes offers more places which are inspirational training locations. Many athletes train on the same routes, time after time and a change of scenery can be therapeutic and motivational. This time the venues are in Scotland, England and Wales and as in the first article all have their own uniqueness and practicality for athletes of all abilities.

DIRLETON ★★☆☆

This is a venue I found by chance having spent a weekend in a hotel in this sleepy Scottish hamlet. It is situated off the A1 around 20 miles from Edinburgh. Access is by the A198 to North Berwick and following the signs to Dirlerton.

It is approximately 1 mile from the coast and this is reached either via narrow country roads or a public way through fields down to Yellowcraig Bay with spectacular views to Fidra Island. In fact the first thing that takes your eye once at the beach is the three large rocky islands on the coastline, namely: Fidra, Lamb and Craigleith, whilst in the distance towards North Berwick is Bass Rock. Looking inland is Trapain Law at 187m high, not particularly monumental, but as the land is totally flat, it stands imposingly.



The view approaching the beach with Bass Rock on the right.

The surrounding woodlands offer a range of nature trails or you can run adjacent to the beach behind the sand dunes over soft springy grass, ideal for fartlek or steady runs. In fact you are spoilt for choice as you can run along the shore to either Gullane or Aberlady to the West or North Berwick to the East.

The beach is suitable for short to medium runs on an out-and-back basis and with the tide out the underfoot surface is very firm and as already mentioned the focus is

usually on the three rocky islands.

The pride and joy of the village is Dirlerton Castle which was built in the 13th century and extended in the 14th and 16th centuries. It is very much a golfing area with courses at Gullane and North Berwick and the famous Muirfield golf links less than two miles away which has hosted the Open Golf tournament with many of golf's legends having played there.

The John Muir Way is being developed by East Lothian Council to provide a continuous path linking East Lothian with the City of Edinburgh and the Scottish Borders. The route offers magnificent views of East Lothian including much of the coastline and a chance to see the natural history and historic sites of this unique landscape. So it's up to you, go left or right to enjoy the coastline!



The John Muir Way. It's up to you which direction you take! the River Wear

Currently in the west the John Muir Way extends from Fisherrow Harbour in Musselburgh to Gullane, a distance of 14 miles. In the east it runs for 17 miles from East Linton to Dunglass near Cockburnspath in the Scottish Borders.

The John Muir Way is signposted with green signs and can be used for short or medium runs or as part of a circular longer run, as there are many other paths linking into it.



Behind the beach are many trails, ideal for steady running.

The John Muir Way forms part of Nortrail - the North Sea Coastal Path Project. This aims to link footpaths and sites around the coast bordering the North Sea.

As the whole area is quiet and unspoilt, it is ideal for a training break with varied surfaces at the athletes disposal and is largely unknown by many expect people in the locality.

OGMORE-BY-SEA ★★★★★

From Scotland we travel down to South Wales and the unique environment in the vicinity of Ogmores-by-Sea. I first visited the area in 1975 on a Great Britain training weekend and was impressed by the varying locations at which to train. It is located off the M4 from Junction 35 and following the A473 to Bridgend and then to Ogmores-by-Sea.

It is a stunning environment and an endurance athlete's paradise and I have been back countless times for my British Milers' Club Academy residential courses and it is without doubt one of the most awe-inspiring venues in the UK for gut-wrenching sessions!

The most famous training location is of course, Merthyr Mawr and the renowned 'Big Dipper'. The first sight of it is incredible and as far as I know, it is one of the steepest sand hills in Europe. It is located approximately 3 miles from Ogmores-by-Sea and is a similar distance from Bridgend.

For the uninitiated this is a massive sand hill of strength sapping soft sand which gets steeper the longer you run and is guaranteed to raise your lactate to levels previously unknown. In fact the tiredness experienced in your legs is something you can't replicate in any other session or surface! Those who attempt it will reiterate that the higher you go, the more difficult it gets and the last 10-20 metres can be the hardest and most painful.



An athlete approaching halfway on the 'Big Dipper'.

There are many other less steeper hills and circuits within the Merthyr Mawr warren of varying lengths, such as 'Nightmare', 'Orbits', 'Figure 8', and perhaps these should be tried by younger and lesser ability athletes before attempting the ultimate test of the 'Big Dipper'. Away from the hills are large expanses of sand dunes and trails where repetition and fartlek type work can be done, or if you just fancy a steady run then you can cut through the dunes and out to the seawall at Porthcawl, coming back past the caravans of Trecco Bay and along the beach for a 10 mile run. In fact there are so many diverse pathways you could choose a different course for a session on numerous occasions. The area generally has its own micro-climate and is sheltered from the elements.



Athletes striding out at Southerndown beach in the sea.

Around 3k from Ogmores-by-Sea is 'The Common' which is a moorland setting inhabited by sheep and the short cushioned grass is ideal for fartlek and repetition work as well as steady running. The grass is kind on the legs and it makes a great change from the strength sapping soft sand and hilly terrain. There is a golf course on the Common and some of the paths cut across the fairways, so watch out for the orange golf balls, coloured thus to distinguish them from the sheep's wool hanging from the thorny Sea-Buckthorn.

Another location in the area is again around 3k in the opposite direction at Southerndown and is accessed by a run down grassy slopes adjacent to the sea. This run is magnificent as it follows the steep cliffs and the view is breathtaking. Once at Southerndown beach, you encounter a large area of flat hard sand, ideal for speedwork and the backdrop of the cliffs makes it an ideal place to train.

A few hundred metres from the beach is some good grassland to train upon and the hills which go up to the clifftops and coastal path are steep and beneficial with the grass taking the impact away from the knees on the descent. Opposite the hills is a good expanse of land to do some speedier sessions.



The Common, a great area for sessions.

Within a short run from Ogmores-by-Sea athletes have many differing natural training environments at their disposal and in addition the quiet narrow country roads are an added bonus for much longer runs. Many great British athletes have trained here over the years, and not just endurance athletes, but sprinters as well. The area is without doubt one of the best and exceptional locations in the UK and is a 'must-try' venue for any endurance athlete and you really need to be there for no less than three days to gain the benefits and try the different locations.

Bowness-on-Windermere ★★★★★

The Lake District is one of the most outstanding areas of natural beauty in the country and the views are unrivalled. I have stayed here on numerous occasions as a training base for a long weekend with some of my squad athletes and we have been lucky with some glorious autumn weather.



Post Knott which leads to the imposing Brant Fell.

The run I am describing here is one of the shortest of my offerings, but it is such an exceptional setting with an unparalleled panoramic view once you reach the top of the steep grassy hill of Brant Fell.

Bowness, as the name suggests is on Lake Windermere in the Cumbrian Lake District. It is accessed from the M6 heading towards Kendal taking the A591 into Windermere and then onto Bowness one mile further on.



Athletes winding their way to the top of Brant Fell.

This run can be accessed via Biskey Howe Road and up a very steep road hill and then into Post Knott which is a trail through woodland for around 2 miles, which acts as an excellent warm-up before entering Brant Fell.

This is a grassy slope which is very steep and makes for an extremely hard session. I have had some of my athletes run up and down on a circular route for 20-25 minutes and this is a particularly brutal session which is only for the very fit.



The view from the top of Brant Fell looking towards Ambleside.

What makes this such a fantastic run is when you get to the top on a clear day and look back down the slope and see the view of Lake Windermere, it is better than any motivational anecdote. The scenery is simply breathtaking and should inspire anyone to greater things! Also at the top, in

Where to Run

good visibility, you will have a 360° vista with views over the mountains and as far as the coast at Grange-over-Sands. In fact I'm convinced you recover quicker at the top with the unsurpassed view!

There are many other runs in the vicinity both on roads and through woodland, but this one is truly astounding and although short in duration it makes up for that with the intensity of the slope and the views. It is worth the visit and effort and is a must to just say 'I've been there, and done it!'

Birmingham Canals ★★

Birmingham is the second largest city in the UK, so where do you run if you are in a hotel in the city centre? Well, unless you are prepared to get out of bed very early in the morning and run around the streets, another option must be found.



Along the canal paths you can run for mile upon mile.

Unbelievably, within a very short distance of your hotel you can be running in a traffic-free and almost deserted environment whilst the hustle-bustle of the city is in full swing. The running location is along the canal banks which have been refurbished into areas of distinction with apartments and restaurants enhancing their once dour demeanour.



Now and again there is a short hill to negotiate!

Block paving has been laid and although this is not an ideal or forgiving surface,

it allows the athlete to run for around 15 miles along the tow paths on a completely flat terrain. Except for around the town centre the surface comprises of compacted ash/shale paths. They are perhaps not fantastic places to run in the real sense of the word, but considering the congestion of the city, they are a unique place to run and somewhere you can run consistently fast due to the flat surface. The runs can be of an out-and-back nature or crossing over a bridge and come back along the other side.



The scenery always changes as the city centre approaches.

They are ideal for steady runs, tempo runs and interval training. The runs may be monotonous with no change in direction to negotiate, but they are good to help maintain good stride cadence for long periods of time. At certain places eg: Bourneville it is easy to deviate into numerous small parks to break up the running and return to the canal paths. Similarly you can come off and run around the reservoir (approx: 1¼ miles) on paths made up of soil and gravel. The canals can of course be accessed at many points in the city and outside of the city, but for those staying in the city centre access is only a matter of a kilometre or so away from New Street Station at Broad Street.

Quantocks ★★

This is a great run for those who don't mind some rugged terrain and the Quantocks are located in South West England in Somerset. For the less confident it may be a good idea to do it with other runners as it can be a quite windy on top of the ridge and if you were to turn an ankle you could find yourself a long way from civilization.

There are numerous great runs on the Quantock Hills, but one of the most popular starts at Lydeard Hill Car Park which you reach from the A358 Taunton to Minehead road and through the village of Bishop Lydeard up a very steep drive to the car park.



Lydeard Hill, a popular place to commence your run.

There are spectacular views from the car park alone, before you even commence your run along the route. From the car park you head through the gate along the track that runs along the Quantock Ridge. The grassy tracks are generally quite firm underfoot with a stony base to them. After the first short but steep rise along the track the first 800 metres sees you drop down towards another stile and gate where you go straight along what can be a muddy track along a small wooded area which opens up after about another 800m and you then start to climb up a wide stony track to the trig point from where you can see the Watchett on a clear day



The undulating trail along Quantock Ridge.

If you were to turn back after the trig point this would be a short but interesting 2½ mile run. However, it would be a shame not to carry on for some extra distance. After the trig point you drop down a very steep track for about 150 metres to the right which in places you may need to walk/jog as the underfoot conditions are quite rough. At the bottom the track flattens out along a pleasant path edged with crumbling stone walls and ancient mature trees. Eventually the track brings you to Crowcombe Park Gate. If you were to turn back now this would probably be a 6 -7 mile run, but if you carry on through the car park



Crowcombe Park Gate, another scenic part of the run.

gradually climbing back onto the ridge you will eventually get to Blue Anchor Bay about 14 miles away.

During your run you may well spot a few wild ponies, some deer, plenty of pheasants and ever changing but stunning flora and fauna. So, along with the scenery, there is plenty to keep an athletes spirits high.

Calver ★★☆☆

This locality was used for a British Milers' Club Academy Residential weekend and is situated in the Derbyshire Peak District approximately 12 miles from Chesterfield and can be accessed from the M1 at junction 29 by taking the A617 to Chesterfield and then the A619 to Baslow and follow the A623 to Calver.



One of the traffic free roads suitable for faster work.

Calver is a small Peak District hamlet and lies in the aptly named Hope Valley and is flanked by steep hills. There are many country roads for steady running and also off-road trails. The whole area is extremely scenic and the natural environment of rolling hills will test even the best athlete to the limit.

One outstanding and testing run is from Cliff College in Calver up a 2k hill of increasing intensity

to the ridge at the top. The view from here is incredible once you have got your breath

back from the exertion of the climb! From here you can continue along an undulating trail which follows the ridge for many miles and enjoy the landscape from the top. Obviously this depends on decent weather and with it being elevated the wind can be quite strong. In the opposite direction is a run back through fields and the dales to where you commenced your run.



Athletes striding out in Chatsworth Park.

Nearby is Chatsworth Estate, which is a large grassy park, ideal for sessions such as steady running, tempo, fartlek and repetition work. This is an ideal 3k warm-up from Calver and is situated at Baslow. The area is renowned for its thatched cottages and the whole area of the Peak District National Park is an area of outstanding natural beauty.



The trail along the top of the ridge.

The environment is a great change for athletes and encompasses many differing terrains, flat to hilly (and very hilly in places), roads to trails and grassy surfaces and like the Lake District relies on reasonable weather to enjoy it to the full. It is definitely worth a visit though.

Wollaton Park ★★☆☆

Nottingham is host to the Inter Counties and World Cross Country Trials and Wollaton Park is also a fantastic place to use for training with large expanses of grassland which is conducive to every aspect of endurance running: speedwork,



Wollaton Park and the imposing Wollaton Hall.

long/medium/short runs, fartlek, intervals, tempo, hillwork et al.

The park is situated to the west of the city and the focal point is Wollaton Hall which



Wollaton Park, home to the Inter Counties Championships.

stands majestically at the top of a steep hill flanked by trees which makes it look even more imposing. The main entrance to the park is via Wollaton Road, although there are other points of access. It is home to many deer and these roam freely around the area.

The options available to athletes are limitless and the obvious bonus is the



Some of the many deer that roam the park.

impact free surface upon which to do sessions. It is possible to do a whole week's work using the entire park and hardly use the same route by changing the direction of the route or by using loops of your own making.

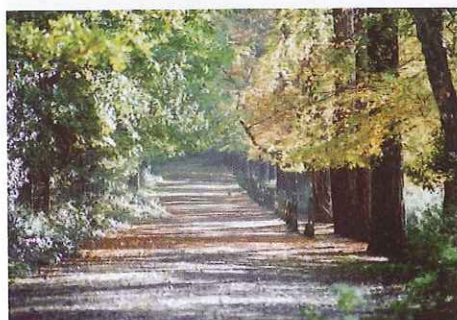
Sutton Park ★★☆☆

This is the home of long and short stage road relays with the Midland and National Championships held annually at this Sutton Coldfield location. It is one of the largest urban parks in Europe and covers around 9 km².



Keeper's Pool, one of the seven lakes in the park.

The park consists of roads, woodlands and heathlands and includes flat and hilly terrain and this makes it ideal for fartlek, hillwork, steady runs and tempo running. It also has 7 lakes which adds to the beauty of the park. There are extensive pathways and trails and these are great to use for training. There are 7 main entrances to the park which allow for easy access.



One of the trails through the wooded sections.

Sutton Park is situated at Sutton Coldfield off the A452 and is around 7 miles from the centre of Birmingham. The park is also used for many pursuits including cycling, golf, walking and family outings, but for running it is a perfect setting.

There is a mixture of concrete paths and grass paths throughout the park and there is a perimeter path of approximately 8 miles around the park. Overall, it has numerous circuits for repetition work over a variety of distances and similarly a variety of different hills over various distances. Quite simply, Sutton Park is an endurance runner's seventh heaven!



Sutton Park is renowned for Road Relays.

ACKNOWLEDGEMENTS

My thanks go to the following members of the British Milers' Club for their invaluable local knowledge in helping me put some of the venues together for publication: Steve Mosley (Ogmore-by-Sea), Dave Sunderland (Birmingham Canals, Sutton Park and Wollaton Park) and Charlotte Fisher (Quantocks).

■ *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.* 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.

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

David Lowes, Chairman, BMC Academy and National Course Director

Obituary

Tony Saunders

◀◀◀ Les Crouch

Tony was a Senior AAA Coach in middle-distance and a member of Wolverhampton and Bilston AC during their halcyon days. He joined the BMC at the start and became its Midland Secretary in 1969, helping organize the training weekend at Denstone College. He staged a number of graded races on behalf of the BMC for several years, including "The Mile of the Century" for women at Leicester, where Maria Gomers (Netherlands) broke the world

record. He had little support from either the Midland athletes and opposition from the Midland AAA's. He retired as Midland BMC Secretary in 1970 and was made a Life Vice President. He continued to be a regular contributor to the BMC news and coach athletes from a variety of clubs for many years. He was one of the stalwarts of the BMC who paved the way for his current success. He was also the middle-distance Midland Staff Coach for many

years. His greatest athletic success was the international Gary Cook (W & B) who ran 1:44.55 (1984) for 8th on the UKA all time list. Gary who went to the major games as an 800m runner also ran for GB in the 4 x 400 relay. He was also a member of the Great Britain 4 x 800m team that broke the world record (1982) at Crystal Palace with 7m 03.89s. The team comprised Peter Elliot (1:49.14), Gary Cook (1:46.20), Steve Cram (1:44.54) and Seb Coe (1:44.01).

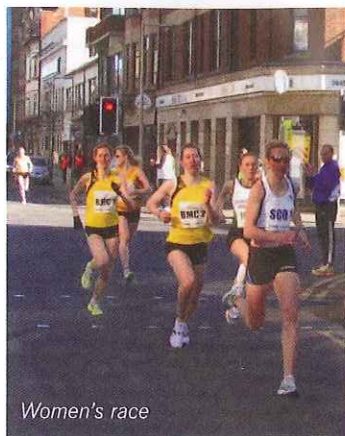
Middlesbrough Mile

David Lowes

THE inaugural Middlesbrough Road Mile was held on Sunday 29 March and was primarily the brain-child of Steve Cram. The event was made up of teams from England, Scotland, Wales, Ireland, North East Counties, Guests and the BMC with the format being a senior athlete and an U20 athlete.

The BMC girls' were victorious with Rachael Ogden finishing in third place (4:46.7) and Alison Leonard one place behind (4:47.9).

It was an exciting finish with only 1.9 seconds between the winner, Susan Scott and Alison. It shows that the BMC girls are on course for a good track season with many pb's to come. The men were not as successful with Nick McCormick finishing in 5th position with Harry Harper 13th



Women's race



Alison Leonard and Rachael Ogden

Middlesbrough Mile Team Trophy

WOMEN

Pos	No	Time	Surname	Forename	Gender	Team/Club
1	1282	0:04:46	Scott	Susan	F	Scotland
2	1280	0:04:47	Harty	Kerry	F	Ireland
3	1287	0:04:47	Ogden	Rachel	F	BMC
4	1288	0:04:48	Leonard	Alison	F	BMC
5	1285	0:04:51	Smith	Stacey	F	NEC
6	1286	0:04:53	Weightman	Laura	F	NEC
7	1283	0:04:56	McGhee	Abbey	F	Scotland
8	1289	0:04:57	Knowles	Katie	F	
9	1226	0:04:57	Meadows	Jenny	F	England
10	1227	0:05:00	Fouchey	Vicky	F	England
11	1281	0:05:11	French O Carroll	Rebecca	F	Ireland
12	1290	0:05:26	Thompson	Rachael	F	

MEN

Pos	No	Time	Surname	Forename	Gender	Team/Club
1	1299	0:04:08	Stevenson	Ricky	M	NEC
2	1295	0:04:09	Raeseide	Bruce	M	Scotland
3	1291	0:04:09	Balch	Gareth	M	England
4	1275	0:04:10	Taylor	Jonathan	M	
5	1279	0:04:12	McCormick	Nick	M	BMC
6	1292	0:04:13	Forrester	David	M	England
7	1277	0:04:14	Massingham	Gavin	M	
8	1298	0:04:15	Thomas	Leuan	M	Wales
9	1296	0:04:19	Reilly	Sean	M	Scotland
10	1293	0:04:20	Hill	Gareth	M	Ireland
11	1300	0:04:26	Best	Russell	M	NEC
12	1294	0:04:36	Markham	Liam	M	Ireland
13	1278	0:04:38	Harper	Harry	M	BMC
14	1297	0:04:41	Davies	Steve	M	Wales

Endurance - Again

'Something must be done', 'Does anyone care?', 'Are there any decent coaches?', 'None of the runners train hard enough and they still expect Lottery handouts'. For those complainers who are able to use google and find their way to relevant websites, or even try the old fashioned but still useful way of talking to people, they can actually discover that we haven't yet become a nation that has lost its attention span for anything beyond two minutes. People still care about this long distance mularky and there are some fine people combining technical knowledge, personal skills and great passion to turn their care into results.

Getting Started

It's clearly not easy and I won't waste time on the Computer games-Fast food-Football-Drive everywhere- Quick wins syndrome that makes serious endurance running not the sexiest leisure option for modern youth. But that was the case even in the UK endurance heyday. Beyond that, as Frank Dick's article recently described 'Do they feel enchanted by the sport and want to come into it?'. Or as the Spanish Federation Head of Endurance described their own rapidly disintegrating endurance base - 'All I can offer them is mud, sweat and pain - it's not much'.

The article in Athletics Weekly in Autumn 2008 by Derek Peale proposed some excellent ideas to try and change things, and I've seen via the day job how Rowing and Triathlon - sports even further from the mainstream of school sport than distance running - have achieved some unprecedented success in both recruitment and athlete development, and in some of the unlikeliest areas. The Lea Rowing Club in Hackney is a case in point - some inner city youngsters have to be prevented from doing more than 6 sessions a week such is their commitment!. Similarly a schools Triathlon event in Newham produced a great turnout and huge enthusiasm from the youngsters - almost none of whom were from the affluent background typical of that sport.

Getting Supported

The sad trend in recent years has been that some U20/U23 year old endurance guys, particularly in the longer events, take up USA college scholarships, make great progress in what is clearly a highly supportive and inspiring set up for the

majority, and then when they return to the UK- still somewhat below the usual peak age for long distance runners - the support system dries up and performance either plateau or decline. Anecdotally it seems to be the treatment of injuries that is the key recurring factor in these athletes stalling. If there's any will within the governing bodies to at least provide some key underpinning to help these guys reach their full potential, medical services, both prehab and rehab, should maybe be the starting point.

Getting Selected

Arguably UKA selection policy doesn't always inspire the next generation - the recent retirements from elite performance of Stuart Stokes and Michael East are cases in point. The IAAF A standards for global champs are set at the level to ensure about the best 40 or 50 people in that event (with a 3 per nation cap of course) on the whole planet can turn up and compete. That's a pretty rare breed, and to make that standard and still not get the UKA nod must surely have a trickle down negative effect beyond just the two disillusioned runners.

There still seem to be inconsistencies between the absolute level of performance required for a GB vest in international endurance events. On one extreme, the global scenario where apparently IAAF standards are seen as too soft. On the other hand - and to their credit - UKA seems to maintain a policy of selecting full teams of 6 in all the European Cross Country Championship events. With the Under 23s having official status, that's 36 runners in a team, mainly for specialists between 3k and 10k. That's great news, and the Euro medals pile up each year. But for how many of these athletes does this really form part of the essential 'pathway' (sorry!) to world class? Clearly almost none or - logically - far more of the selected runners would be supported on UKA's World Class Performance/Development/Talent programmes - which exist largely devoid of male long distance runners and will, on current trends, eventually be very light on their female counterparts (the women's steeplechase not such a soft Podium option as it briefly was).

Coaches

Who's out there?

True enough the trio of Peter Coe, Harry Wilson and Jimmy Hedley have all passed on. They certainly didn't exist in a vacuum.

The likes of Alan Storey, John Anderson, Lindsay Dunn, David Sunderland, Norman Poole, Bud Baldaro, Mark Rowland, Bryan Smith, Neville Taylor, Alex Stanton, Mick Woods and others have all been involved with some outstandingly high performers. While none of them are getting younger they are all still active and in great demand; very helpful to anyone who seeks them out for advice; and of course regularly present their insights at forums such as BMC seminars. In addition, the strength in depth in clubs like Leeds City and Winchester suggests someone is doing something pretty well in those areas too.

To use the South West as an example, and just picking on the famous names, the likes of Bruce Tulloh, Jack Buckner, Nick Rose, Clive Thomas and Martin Rush are all engaged in regional Endurance Development. That's not a bad start for a single region!

The endurance coaching system that has, in varying scenarios, developed the likes of Radcliffe, Baddeley, Pavey, Rimmer, East, Farah, Twell - and more women with IAAF A standards at 800, 1500 and marathon than there are Olympic slots available, is the same system that hasn't developed any other male athletes to challenge the best in Europe or the USA for several years so identifying what's missing maybe isn't so straightforward.

What's the Coach Ed system doing?

I can only comment on the current system as I was still pursuing my own endurance mediocrity when the old BAF system reigned. And a 2.32 marathon (shorter stuff even worse, just don't ask) hardly gives me cast iron credentials on 'what good looks like' in endurance performance coaching at elite level.

It's worth mentioning that with the generic UK Coaching Certificate now setting cross sport uniformity where appropriate, the likes of Cycling, Sailing, and Rowing now have the same overarching principles as will UKA when all Levels are endorsed. I'm writing on the premise that the coaching qualification of anyone working with the British elite or aspiring elite will be at or working towards Level 4. It would be interesting to know from those who go on record on how poor the UKA Endurance Coach Education is just exactly what they would add to Level 4 that isn't currently there and what, if anything, they would take away as not being of value. The people

attending Level 4 are highly motivated, many with successful professional lives; a few having been high performers themselves. Once a Level 3 coach looks at the logbook requirements for Level 4, you don't just drift into it as it's a substantial undertaking of work and time.

My summary of the formal 'tutor led' modules (I won't use the word 'taught' as it doesn't accurately reflect the format) is as follows:

1 Day Coach Xcel – I wasn't looking forward to this, fearing it would be another bout of reflective navel gazing that had been already been overemphasized at Levels 2 and 3. But it was very illuminating – led by two ex-UK Sport guys with extensive experience across sports at elite performance level. It really challenged the coaches to think in detail about their coaching ambitions and – importantly – to then start working out what they would do to achieve these. If someone wants to coach an Olympic endurance runner, then even diligent 3 x weekly attendances at their local track, a major commitment in itself, won't really be the best means to this end. If they relocate so that their local track is Addis Ababa or Nyahururu the odds get better though.....

4 Days of Coaching skills – there was some fine material from the UK Sport/ Sports Coach UK course tutors (facilitators, if I must) who again had great cross-sport Performance credentials and a more than adequate knowledge of athletics. They were flexible and receptive to the coaches' views in which parts of the course content were really worth drilling down into and which they felt were addressed thoroughly at Level 3.

2 Day Technical weekend – this comprised a first half day with a mainly mental skills presentation by Dave Collins. Lively stuff though if an audience of GB's greatest ever distance runners and their coaches had been there I have my doubts on how much added value they'd have assessed the seminar as having.

Aside from the high profile TV pundits wondering where did it all go wrong, there are some very high achievers of yesteryear doing their bit, relatively unheralded and certainly not doing it for financial purposes. To name just a few, Paul Evans is coaching and employed within England Athletics Eastern Region and is prolific in his area; Eamonn Martin is doing his bit in Essex and the wider region and is a tremendously

accessible and helpful presence; Rob Denmark is working across events as a UKA Talent Manager and offers credible insights into endurance issues; Spencer Duval until recently was the UKA Steeplechase coordinator; whilst John Nuttall is employed at Loughborough by UKA and has contributed very effectively to the Level 4 technical modules. At last year's event he was candid enough to describe how if he had got all the training elements right he reckoned his 5k PB might have been about 13.02/13.04 instead of 'only' 13.16. If it's any solace to readers, the coaches who were invited to make constructive criticisms of his training schedules identified the same possible flaws as did the athlete himself.

There are some anomalies in the current endurance coach education process. At my Level 3 assessment the assessor mentioned a couple of not hugely complex technical points that he reckoned would be fair game to assess at this Level but the technical requirements didn't require him to. The current state of the sport results in many potentially good coaches being based in what are in effect recreational, mainly Veterans road running clubs. At Level 3 modules some bright people didn't know what BMC stood for – track endurance racing and high level cross country just hadn't crossed their radar. Whilst there are some proactive outreaching coaches coming through, one still finds some who are in the 'UKA should offer this, that and the other' camp. For serious coaches UKA – or in regional delivery mode England Athletics – can't be expected to set up an individual development programme for each coach once we have covered the core central modules. It's for us to work off feedback from the coaching gurus and the governing body to decide what our developmental needs are, present a clear case to the Governing Body on why we've chosen these, and work with them to make progress.

At that level it's not unreasonable for coaches to be making their own networks and digging up printed and/or website material to aid their learning. If it's altitude training; Pilates; eating disorders; – nobody should feel unable to at least start the ball rolling in taking forward their coach development and checking with UKA that their assessment of how it will help their coaching is valid.

Recent AW letters from eminent coaches such as Wilf Paish and Malcolm Arnold don't pull any punches. Within the

endurance group, I've spent hundreds of hours in person, in group forums, reading articles by the GB endurance coaching greats and with few exceptions have found little content presented by them that isn't comprehensible by aspiring Level 4 coaches. Maybe they dumb down the material to make it palatable to us new breeders so we aren't put off by technical wizardry but I doubt that's the case. It's also worth bearing in mind that – certainly in the longer distances, some of the greatest performances by UK and other Western athletes, which modern day runners rarely approach, were achieved before some of the modern scientific knowledge was actually established and certainly before some of these runners' coaches had had time to absorb it in theory and apply it in practice.

Bear in mind that the endurance decline probably took about 15 years to get to where things are now. Eamonn Martin has a great tongue in cheek anecdote – he dates the decline to the specific day he arrived in Barcelona for the 1992 Olympics and one of his teammates declined to do a training run because 'he needed to rest from the travel'. There are many factors to suggest that that a like-for-like recovery may never actually happen, but if it does it will be several years in the making.

David Chalfen is long-distance co-ordinator for England Athletics London Region, coaches at Serpentine and works in Sports Development. He's currently challenged in trying to nail the Level 4 biomechanics assignment. This article reflects his personal views, not necessarily these organisations'.

Inaugural Horwill / BMC

Research Scholars Announced

Dr Jon Oliver and Mr James Keenan are to be as the first recipients of the new Horwill / British Milers' Club Scholarship. The new venture, which was launched by the BMC last November, is all part of the continued efforts of the club to advance middle-distance running in the UK.

Both Jon and James will receive £1000 as part funding towards their respective research areas. Jon, who works at the University of Wales Institute, Cardiff, will research how a simple field based measure will be able to accurately monitor and predict endurance performance. James who is engaged in postgraduate studies at Coventry University, will research how Olympic Weightlifting resistance training can improve running economy and endurance performance in highly trained endurance athletes.

The Scholarship is part of the new coach strategy for the BMC and this was outlined in the last edition of the BMC News. The club has always seen coaches as vital to what we do, and this scholarship is trying to bring to them some of the latest and most creative research. As a club we wanted to do more than feature research that has been conducted, we actually want to encourage and foster it. That is why we are so pleased to be backing Jon and James.

The scholarship was an open process and all those interested in research were invited to apply. The scholarship has adopted the name of Frank Horwill, the British Milers' Club founder in 1963. Frank, of course, still plays a prominent role and is well known for his coaching research and articles in the club. Frank was involved in the assessment

of the applications, along with a host of other club members.

The club was able to give out two scholarships due to the additional support of England Athletics. We will present the findings of the two studies via the BMC News, website and at a new national BMC coaches weekend (details to be announced shortly).

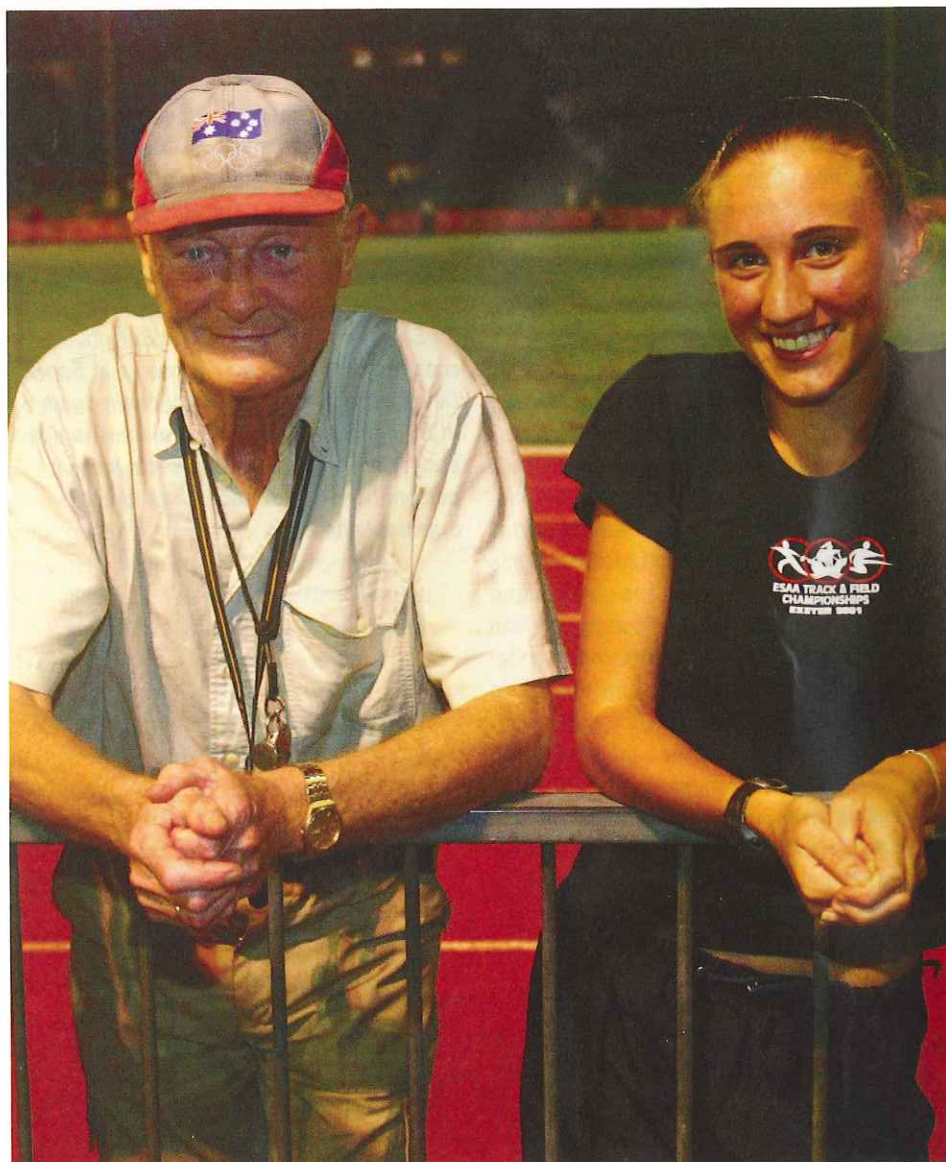
So what are the researchers and the topics?

Dr Jon Oliver

Jon is a Lecturer in Exercise Physiology at the University of Wales Institute, Cardiff. His research interests are focused around the development of athletic abilities, particularly factors relating to muscle function and control. Jon's research has been entirely focused on sports performance as he aims to try and bridge the gap between research and applied practice. Consequently, Jon has previously been involved in a number of projects with high profile partners, including; Welsh Athletics, West Ham United Football Club, Exeter Football Club and now the British Milers Club. Much of Jon's research is applied in the context of long-term athlete development (he currently supervises a number of PhD students in this area), which attempts to understand more regarding the interaction of growth, maturation and training.

Jon's study:

Numerous tests have been devised to examine what are thought to be key physiological variables that determine endurance performance. The most popular tests focus on laboratory measurements of aerobic function, such as maximal oxygen uptake ($VO_2\text{max}$) and the lactate threshold. Being able to implement such tests requires access to appropriate equipment and personnel to administer such tests. These more traditional tests also focus on cardiovascular fitness but ignore the important contribution of neuromuscular characteristics, which reflect the requirement of a runner to generate force against the ground. Neuromuscular characteristics can be easily measured by examining an athlete's ability to rebound against the ground during jumping or running. In fact, some research has shown



that simple rebound tests have some ability to predict endurance running and that better endurance runners will run with shorter ground contact times at a given running pace. The theory is that a shorter ground contact time reflects improved muscle function, whereby runners are benefiting from an increased contribution from elastic energy which helps to improve running economy.

A simple performance test that measures the ratio between the heart rate response and ground contact time has been suggested. This would provide a global measure of endurance performance that incorporates the cardiovascular (heart rate) and neuromuscular (ground contact time) response. Previous research has shown that such a ratio can predict VO_2 max and that heart rate and ground contact time change in parallel; as running speed increases heart rate increases and the ground contact time decreases. As a result the ratio between the two measures remained unchanged at any given submaximal running speed; this has implications for the ease of administering such a test in the field with the suggestion that an athlete could run for a few minutes at any self-selected pace. The heart rate:contact time index may be useful in predicting competitive performance and also for tracking and evaluating performance. From analysing the component parts it may become clear where an athlete needs to focus their training. For instance, a low HR response but long ground contact time would suggest a well developed cardiovascular system but a less well developed neuromuscular system; the coach may then conclude that more explosive/plyometric type exercises need to be introduced into the training program. However, before this technique can be applied in the field we need to establish just how useful it really is. Essentially this means establishing the reliability/reproducibility of the test measures over a number of repeated trials and then also looking at whether the test has any ability to predict competitive performance.

Jon says:

As a researcher with an interest in applied sports performance the Frank Horwill Research Scholarship represents a unique opportunity. Without the support of this scholarship the resources would simply not be available to conduct the research.

Furthermore, the scholarship provides the forum to disseminate any knowledge gained to the most relevant audience, those practitioners striving to improve competitive standards. It is hoped that the research will also be very much in the spirit of Frank Horwill, by endeavouring to provide new, unique and useful techniques to help athletes maximise their performance potential.

Mr James Keenan

James Keenan is currently employed at Coventry University as a Teaching Assistant in Strength and Conditioning. He divides his time between delivering practical laboratory sessions in physiology to Sport Science students and delivering support to the Coventry University Sports Scholarship athletes. This support includes both sports science support and strength and conditioning coaching to elite level athletes, and involves designing and delivering periodised strength and conditioning programs and administering performance tests to athletes from many disciplines, including endurance athletes. He currently holds a BSc Hons degree in Sport and Exercise Science from Coventry University and is completing an MSc by Research in Exercise Physiology.

James' study:

James is undertaking a study with the aim of investigating the effect of an Olympic weightlifting training programme on running economy using a group of highly trained national and international standard endurance runners.

Maximum oxygen uptake (VO_2 max) is considered a good predictor of endurance performance in untrained subjects. However, in groups of well trained athletes with similar characteristics, as seen in elite level endurance performers, running economy is considered a better indicator of distance running performance¹. Running economy can be defined as the oxygen uptake required for a given velocity of submaximal running, therefore runners with good running economy use less oxygen than runners with poor running economy at the same submaximal steady state speed. Small improvements in running economy could therefore be the important difference in elite level endurance performance between winning and losing².

The effect strength training has on improving running economy and

performance is now becoming more widely accepted in the athletic community however there is still very little research with regard to outlining the most appropriate mode of strength training for athletes to follow. Previous undertaken studies have illustrated significant improvements in running economy of between 2.3-8.1%^{3,4,5} following a strength based training programme. These studies have however concentrated on the use of traditional weight training, plyometric training and explosive weight training⁶.

Currently no studies have investigated the effect of Olympic lifting in resistance training programmes aimed at improving running economy. Olympic lifting is currently widely used by strength and conditioning coaches in many sports disciplines as it allows development of multiple aspects of performance such as triple extension of the ankle, knee and hip, stabilisation of the muscular core and, optimal velocity profile and motor unit synchronisation⁷. The above points all influence running mechanics and therefore, potentially, affect running economy.

The study will consist of two groups. Athletes will be assigned to an intervention group or control group and be matched according to current performance times and prior history of resistance training. The intervention group will complete a six week periodised Olympic lifting training programme. These lifts will include instruction in Power Clean and Snatch and derivatives of these lifts appropriate to the athlete's ability. Both groups will continue their normal endurance training volumes through the period of the study. Subjects will complete tests both pre and post the six week training period to assess their physiological profile including VO_2 max, running economy, onset of blood lactate accumulation, lactate threshold, vertical jump performance and contact time during running.

It is anticipated that the research will facilitate coaches in the design of resistance training programs and add further weight to the rationale for including this type of training in your athlete's programmes.

James says:

I am delighted to be accepted as a Horwill/BMC Scholar for 2008/9, this will give me the opportunity to conduct quality research with high level athletes and deliver this research to an appropriate audience of athletes and coaches.

Quicker feet, quicker times?

Results of biomechanical research at Trafford BMC Grand Prix 2008

By Phil Hayes and Nick Caplan, Senior Lecturers, Division of Sport Sciences, Northumbria University

Introduction

The limiting factors in middle and long distance running performance have traditionally been viewed as metabolic, for example VO_2 max and lactate parameters. More recently biomechanical and neuromuscular factors have also been considered as potentially limiting performance in these events (Paavaleinen *et al* 1999, 2000; Nummela *et al* 2006). In particular, running economy can differentiate performance between runners of similar VO_2 max scores. Conley and Krahenbuhl (1980) showed that the top 20 finishers (average finishing time 32m00s) in a US 10k road race had similar VO_2 max scores, and VO_2 max did not predict finishing time. They did however find that running economy scores differed between the runners and were very strongly related to finishing time.

A link between biomechanics and running economy has not been fully established, but these two factors are thought by many to be inextricably linked. Any improvement in running economy will improve running performance, either by using less energy at the same speed or running faster for the same rate of energy consumption. With potential gains in performance both coaches and athletes are paying increasing attention to running mechanics, as seen in the development of the Pose technique of running (Romanov 2002). The Pose technique advocates that the mid or forefoot strikes the ground first, compared to the widely held belief of "heel strike first". There are many different styles of running advocated, but most are based on opinion rather than scientific evidence.

Foot strike patterns

Why are foot strike patterns important? The foot is the only part of the body to apply force to the ground during distance running and it is this force that propels the body forward. With approximately 180 foot strikes per minute the way in which a runner's foot lands and then applies this force may be crucial to performance.

A recent study (Hasegawa *et al* 2007) filmed 283 runners at the 15k point during the Sapporo Half Marathon in Japan. These runners were of a high calibre passing 15k

in 50m51s or faster. Approximately 26% of these runners made ground contact with either their midfoot or forefoot. Interestingly, these non heel strikers were more prevalent among the faster runners and also had shorter ground contact times than heel strikers (183 vs. 199 milliseconds; the importance of this will be dealt with later).

The data from the half-marathon certainly provide some support for the Pose technique's idea of a fore foot landing in long distance running. But what about middle-distance running? There have been a small number of previous studies looking at middle and long distance races, but these have only considered ground contact time and used very low numbers of runners (12 or less).

BMC foot strike patterns

At last year's Trafford BMC Grand Prix we filmed all of the men's and women's 800 and 1500m races; a total of 181 runners. Our aim was to conduct a similar study to the Japanese half-marathon, only on UK middle distance runners. This is the first study that we are aware of looking at different foot strike patterns in large numbers of well trained middle distance runners.

We found that the majority of runners were either forefoot or mid foot strikers (see table 1). This is particularly noticeable in the male runners but could be related to running speed, as discussed later, as the male runners were faster than the female

runners. The male 1500m runners averaged 63.2s / lap compared to the female 800m runners who averaged 66.4s /lap.

Similar to the Japanese half-marathon, we found that the runners landing with their heels first had longer ground contact times than for the non heel strikers (see table 2). In addition, we found that for both men's and women's races, 800m ground contact times were shorter than for 1500m ground contact times.

We also compared ground contact times for each runner between each successive lap of their race, finding that ground contact times increased from the first to last lap for each race, presumably as a function of fatigue or pacing strategy. Future research will seek to provide evidence for the cause of this increase in ground contact time over the course of a race.

Ground contact times

Why are shorter ground contact times associated with faster runners? The spring-mass model theory (McMahon and Cheng 1990) views running as bouncing along the ground, as if the body is a mass supported by a spring, with each foot strike representing a bounce. At foot strike the leg (spring) bends at knee allowing the muscles, tendons and ligaments to absorb the impact of landing before recoiling and pushing off. The leg bending at foot strike is analogous to pushing down on a spring, whereby energy is stored and used by the recoiling spring to propel the runner

Table 1 – foot strike patterns at Trafford BMC Grand Prix.

	Heel strikers (%)	Midfoot (%)	Forefoot (%)
Men's 800m	16	50	35
Men's 1500m	26	37	37
Women's 800m	32	41	27
Women's 1500m	33	42	25
Average	27	42	31

Table 2 – ground contact times (milliseconds) at Trafford BMC Grand Prix.

	Heel strikers (ms)	Midfoot (ms)	Forefoot (ms)
Men's 800m	177	161	156
Men's 1500m	192	169	161
Women's 800m	181	172	167
Women's 1500m	196	174	179
Average	187	169	166

forwards. Imagine two different springs: one which compresses easily, the other stiff. When the springs are pushed down with the same force the stiffer spring will compress less and return to its original position quicker. To put this into running terms, at any given speed the 'stiffer' runner will experience less of a drop in their centre of gravity (the spring will compress less) and have a shorter ground contact time. A number of studies have shown stiffer springs at faster speeds.

We were not able to measure leg / spring stiffness at the Trafford BMC Grand Prix, so it is difficult to know whether the faster runners did have stiffer legs. That said, our results offer some support to this idea with shorter ground contact times corresponding to faster race times.

More research is required to identify the link between race time, ground contact time, and leg / spring stiffness.

Future research

We are really grateful to the BMC for allowing us to film at last year's Trafford Grand Prix and conduct this unique piece of research. The findings of this study are to be presented at the European College of Sport Science Annual Congress in June.

From the findings of this work we would like to return to a BMC Grand Prix and repeat the study, but also take some measures of leg stiffness to see if it does relate to running speed. If it does, then we may be in a position to offer some practical training guidelines as some training studies have shown increases in leg stiffness. What does this research require? As with last year we would record all of the races, but we would also require volunteers to complete a 10s jump test and a rebound jump from a 40cm box before starting their warm-up. The 10s jump test involves jumping on the spot, with minimum ground contact time, for 10s. The drop jump requires the volunteer to drop from 40cm and with minimum contact time jump up for maximum height. Both of these tests can be used to measure leg stiffness. Will the tests cause any fatigue? You may feel a little tired after the 10s jump test, but this will rapidly diminish. There is some evidence in sprinters and other explosive events, that performance can be enhanced after brief maximal exercise of this type. This sounds counter intuitive, but it is a phenomena known as post-activation potentiation, whereby the ability of the nervous system to recruit muscle fibres is enhanced.

To do this research we need the support of BMC members. We are trying research areas that could be of practical benefit to runners but need to test large numbers of athletes. We realise that conducting these tests prior to a race is not ideal however we are trying to ensure these tests have minimal demand. The results of our work will be reported back to you in the BMC News. We would appreciate your support in these studies.

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Book Review

Dream to Reality - The Ray Roseman Story

Biographies of "top sportsmen" abound, but of those just short of "top" status do not come along as often. But now comes "Dream to Reality - The Ray Roseman Story".

This is the tale of a man who had a not unsuccessful middle-distance career. He chased a sub four minute mile for a decade before achieving it in 1969. That mark was preceded by a battery of sub 4.01 times spread over the four previous years. Surely there is a message there for all of us. He twice figured in the world top world 40 1500 lists and eight times in the world top 40 at one mile.

Domestically he was a many times Sussex Champion and was to be found in many of the major middle distance races run in the UK plus ventures abroad. Of particular interest to British readers are the recounting of his experiences in the Maccabiah Games in Israel.

Altogether a fascinating account the career of an athlete who operated ,as many do, just below the "headlines".

A worth while read. The forward is by Frank Horwill and the book, with lots of photos, is obtainable (cheque for £7.50 made out to Ray) from Flat 4, 26. Holland Road, Hove, BN3 1JJ.

YOU'RE WEATHER BLIND

YOUR HEART OUTBEATS YOUR MUSIC

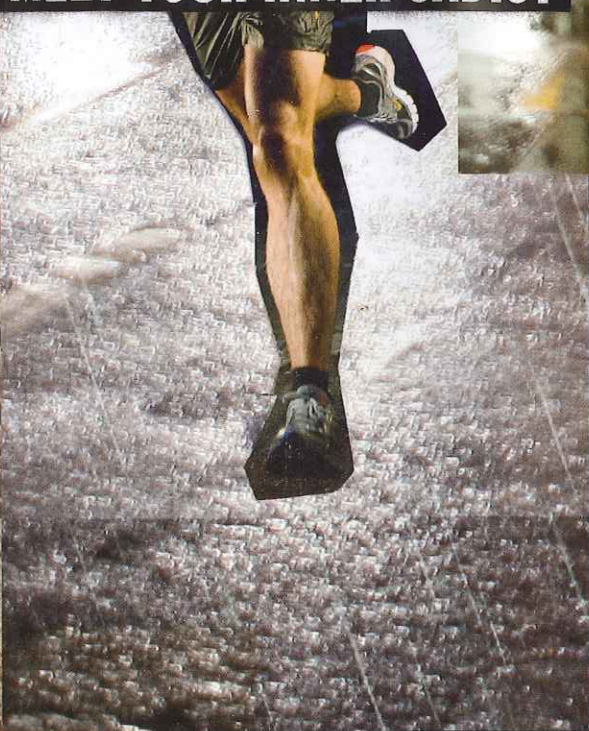
THIS IS THE RUN



YOU THROW IN THE TOWEL

YOU PICK IT UP AGAIN

YOU MEET YOUR INNER SADIST



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