



BMC News

OFFICIAL JOURNAL OF THE BRITISH MILERS' CLUB

VOLUME 7 ISSUE 2 – AUTUMN 2010

Sponsored by



Contents

3	Chairman's Report	22	BMC Member 6000
4	European Championships Report Barcelona – Dave Sunderland	23	A Great Opportunity – Kevin Fahey
8	BMC Young Athletes Academy Report – David Lowes	23	Steve Cram Record Anniversary Celebration
9	BMC / NIKE Grand Prix The 2010 Season in Numbers – Steve Mosley and Tim Brennan	24	Lord Coe Interview – Jenny Harris
12	Review of the Season – Kevin Fahey	27	Anthony Whiteman Interview – Alistair Aitken
13	BMC Awards	28	Michael Rimmer Interview – Alastair Aitken
13	Book Review – Frank Horwill	30	Strength Training – Brendan Byrne
14	Development of the Young Athlete – Dave Sunderland	32	Where are we going wrong? – Frank Horwill
16	Review of a Coaching Structure – Charles McConnell	34	Commonwealth Games Report Delhi – Dave Sunderland
20	Brendan Foster Interview – Dave Sunderland	38	BMC Conference
		39	BMC AGM



British Milers' Club

Founded 1963



National Committee

President	Dr. Norman Poole 23 Burnside, Hale Barns, Altrincham, WA15 0SG
Chairman	Tim Brennan 6 Belmont Drive, Maidenhead, Berks. SL6 6JZ Tel 01628 415748 Email timbrennan@britishmilersclub.com
Vice Chairman	Steve Mosley 95 Beale Close, Danescourt, Cardiff, CF5 2RU Tel 0292 030 6733 Email steve.mosley1@ntlworld.com
Secretary	David Reader 18a Maidenstone Hill, Greenwich, London, SE10 8SX Tel 07929 860389 Email davidreader@britishmilersclub.com
Treasurer & Administrator	Pat Fitzgerald 47 Station Road, Cowley, Uxbridge Middlesex, UB8 3AB Tel 01895 811822 Email patfitzgerald@britishmilersclub.com
BMC News Editor	Dave Sunderland Oakmore, Atching Hill Road, Rugeley, Staffs, WS15 2LW Email david.sunderland2@ntlworld.com
Statistician & Webmaster	Dr Tim Grose 17 Old Claygate Lane, Claygate, Esher, Surrey, KT10 0ER Email timgrose@britishmilersclub.com

Regional Secretaries

Midlands	Paul Hayes Tel 02476 464010 Email hayespaul43@yahoo.co.uk
Northern Ireland	John Glover Tel 02890 287246 Email johnt.glover@ntlworld.com
North East	David Lowes 07930 318651 Email coachlowes@aol.com
North West	Mike Harris 0161 437 9828 Email mikeharris500@hotmail.com
Scotland	Norrie Hay Tel 01475 786092 Email norriehay@btinternet.com
South	Pat Fitzgerald Tel 01895 811822 Email patfitzgerald@britishmilersclub.com
South West	John Knowles Tel 01872 263541 Email john.knowles1500@o2.co.uk
Wales	Steve Mosley Tel 0292 030 6733 Email steve.mosley1@ntlworld.com

Academy Contacts

Academy Chairman	David Lowes 2 Eggleston Close, Newton Hall, Durham, DH1 5XR Tel 07930 318651 Email coachlowes@aol.com
Courses	Rod Lock Tel 0238 078 9041 Email coachlock@fsmail.net

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

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

Chairman's Report

◀◀◀ Tim Brennan

Welcome to the autumn 2010 edition of the BMC News. At this time of year we look back and assess the season gone. It has been a long season with an early UK trials and the Commonwealth games only recently completed. The report on British middle distance running would have to be 'great progress made'. In recent years internationally the women have led the way with the major games medals, so it was great to see European medals from Mo Farah, Chris Thompson and Michael Rimmer, to go with now regular medallist Jenny Meadows. The ranking list are also a source of encouragement both at the front end with Mo's first ever sub 13:00 minute run by a Brit and Michaels 1:43 800m, but also in depth, especially in the 800m where 46 people broke 1:50. All this must give grounds for optimism and hopefully herald a period of sustained improvement. The Commonwealth Games with all the home countries competing offers an expanded opportunity for selection for a major championship when compared to the Europeans. Talking to the many members who used the BMC races to gain Commonwealth qualification times, it is clear that getting to an international championship is a major motivation, which keeps athletes in the sport and seeking improvement. Whatever global stars are missing from the games it is still relevant to the majority.

As far as the BMC season goes we saw a spate of BMC records at 3000m and 5000m. Craig Mottram broke his own all-comers 3000m record and the Mick Woods group made an onslaught on the 5000m records with Steph Twell (members 5000m), Charlotte Purdue (all-comers and members 5000m) and Jonny Hay (U20 members) all breaking records.

For me the most enjoyable meeting of the season has to have been the Belfast Grand Prix. With the backing and organisation of Northern Ireland Athletics the aim was to make it a weekend event. With a post meeting barbecue at the track and everyone staying at the hotel it was a very social occasion. The meeting was also of a high standard with in particular the women's 800m producing four UK top ten times. There was criticism from some that we were staging a meeting away from the mainland so it was great to hear all the positive comments from those who travelled.

At the Watford Grand Prix we aimed to get strong overseas athletes into the



Start of the men's 1500m at Watford, June 2010.

'international races'. The meeting was in early June as we targeted it to be in time for European qualification. However this was before many of the good African, American or Australian athletes who we saw later in the season had arrived. We therefore looked to Europe to get the strong competitors and succeeded to a reasonable extent. This took us into the new territory of organising entry visas for Russian athletes who proved on arrival to speak no English at all! In depth it was one of our strongest meetings ever but we will aim to further strengthen it next year.

Outside of the Grand Prix meetings the Gold Standard and regional races are of tremendous importance. Both the Trafford and Watford Grand Prix meetings had strong results at the top end. Watford had four 1:47 races. The regional and academy races see the biggest numbers of PBs, with 62% of those competing in the academy gaining PBs.

The competition program would not have been possible without the sponsorship money we have received. Our main sponsorship comes through the UK Athletics McCains challenge and from kit sponsors Nike.

One area where the club has struggled in the past is publicity. This was addressed in good time for the season with the appointment of Kevin Fahey. We now have

comprehensive reporting of our meetings and the ability to publicise other good news stories. This is vital in keeping the clubs profile high.

The summer competitive season may be over but the BMC does not go into hibernation. We will be working hard to make sure that some of things that did not go so well in the meetings are corrected next season. We also have in the next two months some great events coming up with the Spinkhill academy course, the National coaching symposium and the BMC cross country races. I hope you will enjoy and benefit from these.

Best wishes
Tim Brennan

Cover Photograph
Mo Farah, Barcelona 2010.
By Mark Shearman

Printed by:
Warners Midlands Plc,
The Maltings, Manor Lane, Bourne,
Lincolnshire PE10 9PH.

Photography:
Photographs by Mark Shearman
Email: athleticsimages@aol.com

European Championships BARCELONA

There were some exciting and memorable performances by GBR athletes at the recent European Championships in Barcelona. There were also some concerns, no medals in the Men's 1500 metres, and no representatives in the Men's Steeplechase and the Women's 5000 metres and 10,000 metres.

WOMEN

800m

Both Jemma Simpson (1:59.18) and Jenny Meadows (1:58.90) comfortably made it through to the final in 1st and 2nd positions in their respective heats. Unfortunately Marilyn Okoro (2:01.33) who was obviously not back to her best was eliminated.

After two days rest the final was led out

by Jenny Meadows who passed through the bell in a solid 59.17 secs. and was still leading after a further 200 metre split of 29.96secs, reaching 600 metres in 89.13 secs. However, Mariya Savinova (Russia) the World Indoor Champion was lurking ominously, and once the home straight was reached this proved to be the case as she smoothly kicked away for a decisive victory. (1:58.22)

Jenny could not respond and was also passed by Yvonne Hak (Netherlands) who set a new personal best (1:58.85). Jenny hung on determinedly to narrowly salvage the Bronze medal (1:59.39). After her mid-season niggles this was a good performance. Jemma who was ranked 2nd on the rankings and looked good in her heat once again failed to produce in a championship finishing 5th (1:59.90)

perhaps her future may be at 1500 metres.

1500m

All three of the UKA competitors made it through to the final via different routes. Lisa Dobriskey (4:06.00) qualified as of right looking convincing in her heat. Steph Twell (4:05.63) qualified as second fastest loser in her heat and made her first senior championships track final as did Hannah England (4:06.03) who was the last fastest loser. World indoor champion and world number one Alminova (Russia) led the final setting a good pace through splits of 63.61secs., 2:09.04 (65.79) the bell (2:58.60) and 3:14.48 (65.94). But a large group of nine was still in contention. Alminova still led into the home straight but was passed by five athletes the one going the quickest was home favourite



Barcelona: Lisa Dobriskey and Anna Alminova lead the women's 1500m final

Nuria Fernandez who came home a decisive winner in a personal best (4:00.20) for her first championship medal in her mid-thirties!!! Hind Dehiba (France) finished a good eight metres back in second (4:01.17) and Spanish number one Natalia Rodriguez third (4:01.30). Lisa Dobriskey had run a perfect race till just before the 200 metre to go point where she allowed herself to be boxed by athletes coming alongside her. Once in the home straight she responded well and was closing on a medal at the finish (4:01.54) and finished fourth. Steph Twell ran a fine race posting a personal best time (4:02.70) in seventh position, whilst Hannah England finished 10th (4:05.07) and must use these championships as a learning experience.

3000m Steeplechase

Hattie Dean qualified comfortably in 9:46.43secs., whereas Barbara Parker was a shadow of herself and failed to qualify running a disastrous 10:22.99secs. Her subsequent withdrawal from Delhi showing she had a problem.

The final was a two horse race with Yuliya Zarudneva (Russia) leading out World Champion Marta Dominguez (Spain), passing through the kilometer splits in 3:03.38 and 3:09.24 (6:12.62). The only other athlete to follow their pace was Abdullayeva whose technique was losing her seconds at each barrier and she had lost contact by the 2000metre point. At the bell the Russian increased her pace and gained an advantage at the water-jump, and kicked again off the final barrier to repel Dominguez's famous sprint finishing with 9:17.57., to 9:17.74. for a well fought victory. Her compatriot Lyubov Kharlamova (9:29.82) was a distant third. Just behind her was a superb Hattie Dean who after a conservative start began to move through the field and nearly secured the bronze medal finishing with a big personal best (9:30.19) in fourth place and second place on the UK all-time list.

Men's 800m

Michael Rimmer the UK's sole representative continued his excellent progress under the guidance of his coach Norman Poole in looking the man to beat in the preliminaries as he won both his heat (1:49.99) and his semi-final(1:47.67). In the final Michael followed Marco (Spain) through the bell (53.20) and showing his tactical maturity eased into the lead

with 250 metres to go to control the race pace. However, Marcin Lewandowski and Adam Kszczot (both Poland) were poised at his shoulder. As Michael continued the pace both were poised to attack and did so in the finishing straight. In a close run thing Lewandowski just edged in front (1:47.07) of Michael who stumbled

slightly (1:47.17) and Kszczot (1:47.22). Michael's disappointment at not securing the gold medal shows how far he has come and how far he is going to go. With his niggling injuries and asthma problems now hopefully behind him this set back could well be the making of him as a championship athlete.



Barcelona:
Marilyn Okoro

European Championships BARCELONA

MEN

1500m

All three Britons looked in good shape and potential medalists as they qualified easily in the heats. Andy Baddeley (3:41.62), winning the first heat with Colin McCourt (3:41.77) in fourth, and Tom Lancashire (3:41.68) a comfortable third. Surprisingly none of them were to run faster in the final two days later!

The Britons were immediately set a conundrum in the final - as Estevez took it out at a pedestrian pace - which was do we follow hoping the pace will pick up and rely on our kick or set ourselves up by taking the lead and setting ourselves up to be shot down? They chose the former strategy. Estevez (Spain) continued the dawdle through 2:08 - slower than the ESAA Under

17 girls 800m - playing into the hands of his team mates. The race came to life when Tom Lancashire who is better suited to a long run for home took up the running and lifted the pace with 500 metres to go. Unfortunately with everyone so fresh it had little impact on the field all of whom were in contention. Andy Baddeley was in a first rate position and looking good for a high finish until Casado (Spain) (3:42.74) finished with great speed destroying the field with a 51.9s last 400m, to lead his compatriots home with Olmedo (3:43.54) finishing behind the German revelation Schlangen(3:43.52) and Estevez (3:43.67) fourth. Baddeley (3:43.87) who had looked good for at least silver with 50 metres to go faded to sixth, with McCourt (3:44.78) who was never in the race ninth and Lancashire (3:44.92) in tenth. At championship level



Barcelona:
Andy Baddeley



Barcelona:
Chris Thompson

no matter what the pace you have to be able to kick. The conundrum is how do you prepare for such a slow run race if there are big kickers in the race?

5000m

Four days after their memorable runs in the 10,000 metres - sandwiching a heat in between - Mo Farah and Chris Thompson were contesting the 5000 metres final. If the race is run slowly, with the odd surge, as this one was by world standards some damage has to be inflicted either in the middle of the race or towards the end. Farah chose the latter plan hitting the front with a vengeance with less than four laps to go and because of the modest pace was able rattle off splits of 3:59.8s (1600m), 1:54.8s (800m) and a 55.7s last lap when he only had defending champion Jesus Espana (Spain) and Ibrahimov (Azerbaijan) for company. Farah (13:31.18) dug in over the last 120 metres to come home a clear winner from Espana (13:33.12) who was hindered a little in his run for home by bronze medalist Ibrahimov (13:34.15) Thompson (13:44.42) finished eighth losing contact in the last four laps. Farah becomes the first ever Briton to do the European 5000 and 10000 metre double.

10,000m

The race started at a steady pace with Britons Mo Farah and Chris Thompson towards the back of the field. Apart from Farah having a brief spell in front the race passed halfway (14:38.0) with no drama until 6 kilometers when Thompson hit the front followed by the main contenders including the three Spaniards. He continued pushing the pace at the front as athletes slowly dropped off the pace until Farah hit the front at 8 kilometers with a sub 64 seconds lap taking only Lamdassem (Spain) with him, even tricking him into leading with three laps remaining. However, when Farah (28:24.99) took off with 300 metres to go, with a final lap of 57seconds it was all over and for Lamdassem too who faded to fourth. Behind the leader Thompson (28:27.33) was running the race of his life to muster a last lap of 56 seconds to pass Lamdassem and hold off the fast finishing Meucci (Italy) who recorded the same time for the silver. A memorable evening

This was the culmination of a long hard road for Farah who despite the UK's long endurance heritage became the first ever Briton to win the 10,000 metres title. Just as satisfying although pursuing a different road blighted by injury was the well deserved success of Chris Thompson. The other burning question was where would the unlucky Andy Vernon have finished if he had been picked as he deserved..



Barcelona:
Mo Farah
and Chris
Thompson



Barcelona:
Mo Farah

Academy Report

THE BMC Academy Residential Weekend took place on 16-28 April at Spinkhill, near Sheffield with unexpected warm sunshine throughout the three days. The course started on an unfortunate note with guest athlete, Sam Ellis, who was warm-weather training in Spain unable to attend due to the flight embargo imposed by the volcanic ash cloud from Eyjafjallajökull in Iceland. We were to find out later that he was in fact unable to fly back to the UK for six days!

The course included all the usual ingredients, informative lectures with many of them interactive, training sessions, drills and gym-based work. A new session was added for those who wanted to experience the steeplechase and training hurdles were introduced so that the athletes could get used to the technique of hurdling without the fear of attempting immovable objects.

The importance of core training was demonstrated on the first evening and although many struggled with the correct technique, the same workshop was repeated the following day and the improvements were amazing. All of the sessions given to the hand-picked squads were 'sample' sessions

of what the athletes should be doing at the time of year and although these were done on the track, the Sunday session was done on the flat-as-a-pancake grass.

The early morning runs which are a feature of the weekends proved to be popular and although 7.00am was very early in the day for many, no one complained! The athletes obviously do much more than they would back at their clubs, but the whole structure of the course is 'bite-sized' chunks of everything so that they can be completed without too many problems. One of the questions asked by many of the athletes was that they wanted to do more and the stance by the BMC Academy is that any more would be too much. However, most of the athletes usually agree by the time that they leave for home that they have worked extremely hard and the BMC recommend having a couple of days off or to run easy for two to three days before any hard work is recommenced.

Our Autumn course has just finished and Lisa Dobriskey was the star guest with Lisa demonstrating a 'Drills Masterclass' and also doing an interview which will be in the next issue of BMC News.



The 2010 Season in Numbers

Number of Grand Prix Finishers

	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Men	563	672	716	562	655	658	675	744	724	686
Women	233	284	345	328	379	367	382	434	398	289
Total	796	956	1061	890	1034	1025	1057	1178	1122	975
% Women	29%	30%	33%	37%	37%	36%	36%	37%	35%	30%
	-	-	-	-	-	-	-	-	-	-
Endurance	235	233	210	201	276	252	280	364	311	280
Overall	1031	1189	1271	1091	1310	1277	1337	1542	1433	1255

Part of the shortfall in numbers can be attributed to the fact that three of the GP's were smaller than normal – Solihull due to clash with English Schools', Belfast due to the reluctance of some to travel, and Cardiff due to location and timing within the season. While the overall numbers were down the quality in terms of the "strength in depth" table was strong. The meeting at Watford produced some of the best figures ever with 22 Sub-1:50 and 22 sub-3:45 performances for the men. For the women the performances were much more evenly spread throughout the series.

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

	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Men	58	50	72	64	49	51	70	58	69	54	103	77	95	96
Women	34	43	45	50	50	49	63	70	103	79	111	105	112	107
Total	92	93	117	114	99	100	133	128	172	133	214	182	207	203

Personal Bests

	Venue	Races	Finishers	PB's
GP1	Sports City	29	316	143
GP2	Watford	29	340	150
GP3	Solihull	25	275	75
GP4	Belfast	17	156	58
Final	Cardiff	20	168	55
	TOTAL	120	1255	481

BMC Records

Steph Twell	Members	5000m 15:28.99 Watford Grand Prix 12th June
Craig Mottram	All-comers	3000m 7:50.90 Watford Gold Standard 28th July
Charlotte Purdue	All-comers, Members, U20 All-comers and U20 members	5000m 15:23.4 Cardiff Grand Prix 28th Aug
Jonny Hay	U20 members	5000m 14:02.29 Watford Gold Standard 8th Sep

First and tenth fastest British 800m times (1997 - 2010) plus ranking

800m						
	Male			Female		
	Best British	Av.1st British	Av.10th Place	Best British	Av.1st British	Av.10th Place
1997	1:46.87 - 04	1:48.13 - 06	1:51.04 - 10	2:03.4 - 09	2:05.21 - 11	2:13.58 - 14
1998	1:47.13 - 08	1:48.29 - 10	1:50.85 - 07	2:01.93 - 07	2:04.85 - 09	2:12.11 - 09
1999	1:48.00 - 14	1:48.27 - 09	1:50.21 - 03	2:04.57 - 12	2:05.94 - 13	2:12.74 - 11
2000	1:46.97 - 06	1:47.97 - 04	1:50.91 - 09	2:05.10 - 14	2:06.16 - 14	2:12.74 - 11
2001	1:47.67 - 13	1:48.99 - 14	1:51.64 - 12	2:04.94 - 13	2:05.80 - 12	2:12.77 - 13
2002	1:47.18 - 10	1:48.21 - 08	1:51.94 - 13	2:03.70 - 10	2:04.83 - 08	2:12.15 - 10
2003	1:46.68 - 03	1:47.72 - 02	1:50.90 - 08	2:04.55 - 11	2:05.14 - 10	2:10.20 - 06
2004	1:47.37 - 11	1:48.60 - 12	1:51.96 - 14	2:00.77 - 04	2:03.13 - 05	2:11.47 - 08
2005	1:47.09 - 07	1:48.73 - 13	1:50.66 - 05	2:01.98 - 08	2:03.05 - 04	2:08.14 - 02
2006	1:45.10 - 01	1:48.49 - 11	1:51.13 - 11	2:00.99 - 03	2:03.94 - 07	2:10.83 - 07
2007	1:46.32 - 02	1:47.72 - 02	1:49.84 - 01	2:00.61 - 02	2:01.76 - 01	2:08.76 - 04
2008	1:47.16 - 09	1:48.12 - 05	1:50.74 - 06	2:00.49 - 01	2:03.90 - 06	2:09.57 - 05
2009	1:46.95 - 05	1:47.70 - 01	1:50.64 - 04	2:01.34 - 05	2:02.28 - 02	2:06.85 - 01
2010	1:47.44 - 12	1:48.17 - 07	1:50.10 - 02	2:01.66 - 06	2:02.57 - 03	2:08.38 - 03

First and tenth fastest British 1500m times (1997 - 2010) plus ranking

1500m						
	Male			Female		
	Best British	Av.1st British	Av.10th Place	Best British	Av.1st British	Av.10th Place
1997	3:37.5 - 01	3:41.05 - 03	3:45.40 - 03	4:15.2 - 13	4:18.18 - 14	4:42.2 - 14
1998	3:39.5 - 07	3:42.14 - 07	3:47.01 - 07	4:14.85 - 12	4:17.80 - 11	4:28.63 - 10
1999	3:41.83 - 14	3:42.85 - 09	3:45.51 - 04	4:10.84 - 08	4:17.02 - 09	4:27.82 - 06
2000	3:39.79 - 10	3:41.89 - 05	3:49.02 - 12	4:15.28 - 14	4:17.74 - 10	4:33.02 - 13
2001	3:39.27 - 06	3:43.19 - 12	3:47.62 - 09	4:13.02 - 10	4:16.23 - 06	4:32.03 - 12
2002	3:41.06 - 13	3:43.16 - 11	3:47.90 - 10	4:11.24 - 09	4:17.93 - 13	4:28.60 - 09
2003	3:39.72 - 08	3:41.62 - 04	3:48.85 - 11	4:14.82 - 11	4:16.81 - 07	4:25.95 - 05
2004	3:40.11 - 12	3:43.59 - 14	3:50.46 - 14	4:10.56 - 07	4:15.49 - 05	4:31.72 - 11
2005	3:38.49* - 02	3:41.92 - 06	3:46.91 - 06	4:09.08 - 04	4:16.82 - 08	4:28.44 - 08
2006	3:38.51 - 03	3:43.27 - 13	3:49.93 - 13	4:05.91 - 01	4:17.85 - 12	4:28.13 - 07
2007	3:39.85* - 11	3:40.28 - 01	3:44.81 - 02	4:08.83 - 03	4:11.67 - 01	4:19.09 - 01
2008	3:39.73 - 09	3:43.01 - 10	3:47.15 - 08	4:09.29 - 05	4:14.20 - 04	4:24.03 - 03
2009	3:38.76 - 05	3:40.67 - 02	3:44.54 - 01	4:07.94 - 02	4:13.32 - 02	4:24.67 - 04
2010	3:38.70 - 04	3:42.79 - 08	3:45.73 - 05	4:09.86 - 06	4:13.53 - 03	4:23.85 - 02

Yearly Ranking

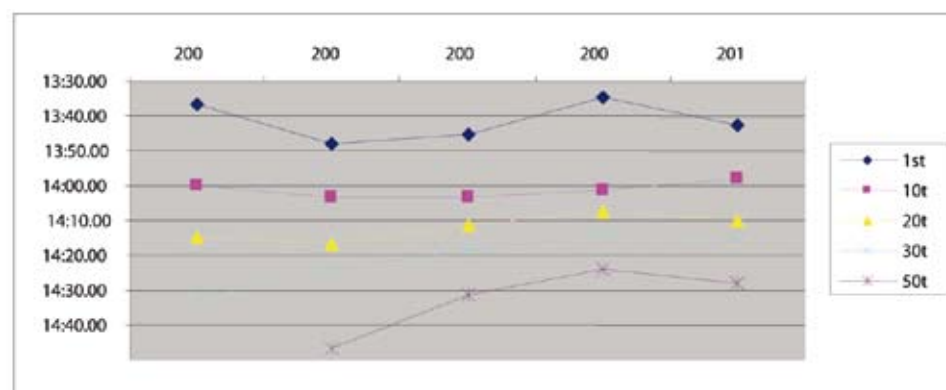
The BMC uses three criteria over the 800m and 1500m for both Men and Women. These criteria are the Fastest British time over the whole series in each event, the average time of the First British athlete in each event and the average time for 10th place finisher in each event. By summing the ranking positions it is possible to rank the Grand Prix's to date in an order of merit table. (See below)

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th
2007	2009	2010	2008	2005	2003	2006	1997	1998	1999	2004	2000	2002	2001
31	34	61	71	73	86	89	102	104	112	117	122	124	132

Endurance Rankings

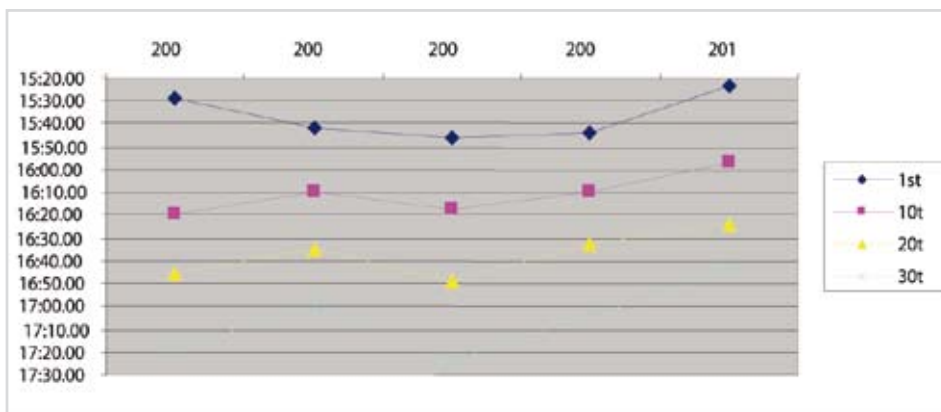
The BMC ranking list gives a good idea of the trends in each event. The ranking list used has all athletes (member and non-member) and records one performance per athlete. Of note is the improvement in depth of the 5000m rankings since 2006.

5000m					
	2006	2007	2008	2009	2010
1st	13:36.66	13:48.00	13:45.35	13:34.66	13:42.60
10th	14:00.10	14:03.47	14:03.03	14:01.00	13:57.70
20th	14:14.42	14:16.6	14:11.03	14:07.29	14:10.13
30th	14:32.30	14:24.23	14:18.76	14:14.02	14:15.60
50th		14:46.49	14:31.39	14:24.30	14:27.78

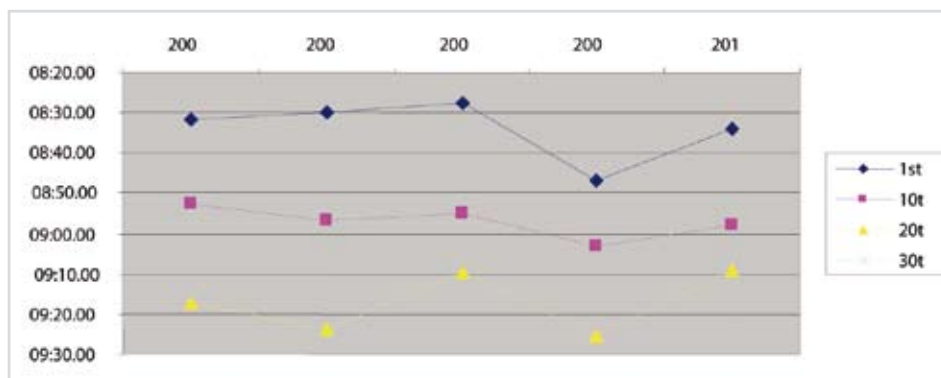


Cardiff August 28, 2010: Steve Mitchell wins the men's 1500m from Jonny Hay (on left) and Richard Weir (on right)

W5000m					
	2006	2007	2008	2009	2010
1st	15:28.58	15:42.12	15:45.61	15:44.37	15:23.40
10th	16:19.80	16:09.44	16:17.95	16:10.14	15:56.87
20th	16:46.03	16:34.8	16:48.30	16:32.37	16:23.84
30th	17:18.40	16:59.85	17:23.29	17:03.68	16:42.93
50th					



M3000ST					
	2006	2007	2008	2009	2010
1st	08:31.84	08:29.96	08:27.40	08:46.90	08:34.06
10th	08:52.62	08:56.79	08:55.08	09:03.04	08:58.10
20th	09:16.99	09:23.3	09:09.60	09:25.29	09:09.29
30th					09:21.08



W3000ST					
	2006	2007	2008	2009	2010
1st	09:48.51	09:43.11	11:18.72	10:38.37	09:55.40
5th	10:50.39	10:07.41			10:20.88
10th		10:52.7			11:18.74



Cardiff August 28, 2010: Carol Glover (76) on her way to winning the women's 'B' 800m



Cardiff August 28, 2010: Charlotte Best (69) wins the women's 800m, with Danni Christmas (71) finishing second

Review of the Season

Cardiff August 28, 2010:
James Miller (33) wins the
men's 'D' 800m from Peter
Whitehouse (30)



ONCE again BMC races are packed into the top end of the UK Rankings for 2010. Taking the top twenty in the senior, Under 17 and Under 15 age groups and from 800m up to 5000m ninety athletes have achieved their UK Ranking status in races organised by the BMC.

The club's races had the most dramatic impact in the Under 17 age group. In the men's 1500m the top five in the UK Rankings all set their times in BMC races with the top two, Charlie Grice and Harvey Dixon, recording their times in the same race at Watford.

Luke Carroll (Sportcity), Andrew Provost and Robbie Farnham-Rose (both Watford) completed the top five with Gordon Benson also making the top ten.

In the 800m Grice again took top spot after his 1:50.61 at Eltham with Tom Purnell's time at the Exeter regional meeting third fastest.

It was the 800m in the Under 17 women's age group that really stood out with six of the top ten UK times set in BMC races including the top three quickest girls - Jessica Judd, Katie Snowden (both Eltham) and Georgia Peel (Street).

In the U17s 1500m Emelia Gorecka, Jessica Judd and Georgia Peel (all Watford) filled the top three spots in the Power of 10.

In the senior men's events the 5000m at Sportcity in May really stands out with seven athletes running season's best or better to make the UK top twenty.

Likewise the 5000m races organised by the BMC at Sportcity, Watford and

Cardiff produced some excellent races and twelve athletes, including Commonwealth Games athletes Charlotte Purdue and Freya Murray, made the top twenty.

BMC times in UK top 20 rankings

Senior men – 800m (6)

- 9 Joe Thomas 1:46.20 Watford
- 12 Richard Hill 1:47.99 Watford
- 15 Joe Durrant 1:48.37 Eltham
- 16 Paul Bradshaw 1:48.43 Watford
- 18th= Steve Fennell 1:48.65 Watford
- And Jonathan Cook Eltham

1500m (5)

- 7 Alastair Hay 3:38.9 Watford
- 11 Shaun Moralee 3:40.7 Watford
- 16 David Proctor 3:41.5 Watford
- 17 Luke Gunn 3:42.1 Watford
- 19 Chris Warburton 3:42.2 Watford

5000m (7)

- 10 Tom Russell 13:51.81 Sportcity
- 12 Bruce Raeside 13:53.93 Sportcity
- 13 Ryan McLeod 13:54.43 Sportcity
- 15 James Walsh 13:56.44 Sportcity
- 16 Phil Nicholls 13:57.68 Sportcity
- 17 Alex Hains 13:57.71 Sportcity
- 18 Matthew Barnes 13:58.14 Sportcity

Under 17 men – 800m (7)

- 1 Charlie Grice 1:50.61 Eltham
- 3 Tom Purnell 1:51.1 Exeter
- 4 William Gurton 1:53.30 Watford
- 8 Sam Dykes 1:54.02 Stretford
- 13 Richard Charles 1:54.64 Watford
- 15 Jordan Bransberg 1:54.72 Stretford
- 19 Matthew Fayers 1:55.32 Cardiff

U17 1500m (11)

- 1 Charlie Grice 3:48.70 Watford
- 2 Harvey Dixon 3:48.83 Watford
- 3 Luke Carroll 3:51.14 Sportcity
- 4 Andrew Provost 3:53.83 Watford
- 5 Robbie Farnham-Rose 3:54.60 Watford
- 7 Gordon Benson 3:54.93 Stretford
- 12 James McMurray 3:56.48 Milton Keynes
- 13 Tom Purnell 3:56.53 Cardiff
- 14 Andrew Monaghan 3:56.58 Belfast
- 16 Blair Brown 3:58.4 Exeter
- 17 Kieran Clements 3:58.61 Milton Keynes

Under 15 boys – 800m (7)

- 1 Joseph Lancaster 1:58.78 Birmingham Uni
- 5 Kyran Roberts 2:00.97 Tipton
- 6 Michael Wilson 2:01.02 Birmingham Uni
- 7 Liam Dee 2:01.13 Milton Keynes
- 8 Patrick Lucas 2:01.90 Eltham
- 13 Stanley Harrison 2:02.83 Birmingham Uni
- 20 William Somogyi 2:03.99 Eltham

1500m

None

Senior women – 800m (4)

- 11 Stacey Smith 2:01.93 Belfast
- 15 Steph Twell 2:02.59 Watford
- 18 Tara Bird 2:03.21 Eltham
- 19 Claire Gibson 2:04.05 Watford

1500m (4)

- 7 Charlotte Browning 4:09.86 Solihull
- 17 Stevie Stockton 4:14.11 Watford
- 19 Faye Fullerton 4:15.10 Watford
- 20 Nicola Gault 4:15.26 Watford

5000m (12)

- 3 Charlotte Purdue 15:23.4 Cardiff
- 4 Freya Murray 15:26.5 Cardiff
- 5 Emily Pidgeon 15:32.27 Watford
- 7 Justina Heslop 15:49.74 Watford
- 8 Sonia Samuels 15:53.1 Cardiff
- 10 Emma Pallant 15:55.18 Sportcity
- 11 Emelia Gorecka 15:56.87 Sportcity
- 14 Gemma Turtle 16:06.98 Solihull
- 17 Naomi Taschimowitz 16:10.3 Cardiff
- 18 Alexa Joel 16:15.58 Watford
- 19 Caroline Hoyte 16:17.10 Watford
- 20 Natalie Gray 16:18.17 Watford

Under 17 women – 800m (11)

- 1 Jessica Judd 2:05.58 Eltham
- 2 Katie Snowden 2:05.7 Eltham
- 3 Georgia Peel 2:07.5 Street
- 4 Kirsten McAslan 2:08.49 Sportcity

5 Katie Kirk 2:10.16 Street
10 Melanie Wood 2:11.41 Watford
16 Lauren Bell 2:12.72 Sportcity
17 Georgia Bell 2:13.5 Street
18 Emelia Gorecka 2:13.23 Street
19 Gabrielle Kinney 2:13.48 Birmingham Uni
20 Connie McMillan 2:13.57 Watford

1500m (6)

1 Emelia Gorecka 4:16.79 Watford
2 Jessica Judd 4:17.44 Watford
3 Georgia Peel 4:20.87 Watford
11 Amber Watson 4:34.23 Watford
14 Charlotte Taylor 4:36.4 Tipton
18 Charmaine Porter 4:38.6 Jarrow

Under 15 girls – 800m (3)

4 Alex Mundell 2:11.72 Eltham

6 Jasmine Finlay 2:12.84 Watford
11 Loren Bleaken 2:14.7 Exeter

1500m (3)

1 Sophie Riches 4:29.76 Watford
8 Rosanna Stewart 4:39.70 Milton Keynes
13 Rebecca Croft 4:42.67 Watford

It is also worth noting that seven of those performances were good enough to make the UK All-Time top 20 list.

Once again the Under 17 men impressed the most with the talented Charlie Grice leaping to third on the All-Time 1500m list behind Steve Cram (3:47.7) and Johan Boakes (3:48.40) and fifth on the 800m, which is headed by Mark Sesay's 1:49.8

set 21 years ago.

Back to the 1500m and close rival Harvey Dixon moves to fourth all-time and Luke Carroll ninth.

In the Under 17 women's events Georgia Peel's 1500m time of 4:16.24 is the third fastest ever behind Bridget Smyth (4:15.20 in 1984) with Jessica Judd's 4:17.44 sixth. Judd's 800m time of 2:05.58 lifts her one place higher in the 800m rankings, still led by Jo White's 2:02.0 from 1977, with Katie Snowden goes in at sixth with 2:05.7.

Then in the Under 20s age group Charlotte Purdue's 15:23.4 for 5000m puts her second behind the legendary Zola Budd (14:48.02) with Lily Partridge 17th (16:24.50).

BMC AWARDS 2010

Pat Fitzgerald

COACH OF THE YEAR

NORMAN POOLE

Also nominated George Gandy, Trevor Painter, Alan Storey and Mick Woods.

ATHLETE OF THE YEAR

MO FARAH

Also nominated Jenny Meadows, Michael Rimmer and Steph Twell.

YOUNG ATHLETE OF THE YEAR

CHARLOTTE PURDUE

Also nominated Niall Brooks and Jessica Judd.

BMC AWARD FOR OUTSTANDING LONG SERVICE TO COACHING

LINDSAY DUNN

FRANK HORWILL AWARD FOR OUTSTANDING SERVICE TO BMC

JOHN GLOVER

BMC ACADEMY VIRTUAL CLUB OF THE YEAR

BIRCHFIELD HARRIERS

Also placed Aldershot, Farnham & District and Leicester Corithanians.

Full placings on www.britishmilersclub.com

PRESENTATIONS WILL TAKE PLACE AT THE NATIONAL SYMPOSIUM 14 NOVEMBER AT TRAFFORD CONFERENCE CENTRE.

BOOK REVIEW

Frank Horwill

101 Developmental Concepts and Workouts for Cross Country Runners - by Jason Karp, PhD.

Published by Coaches Choice,
PO Box 1826, Monterey, CA 93942.
www.coacheschoice.com

This book is divided into ten chapters. The first chapter consists of thirty concepts, and this chapter alone will prove invaluable to the not so experienced coach. In other chapters are listed specific workouts to improve aerobic efficiency, acidosis (lactate) threshold and running economy. In all over

seventy sessions are clearly set out. The final chapter on supplementary training is perhaps the best illustrated of any book of this kind.

The author in 1997 at the age of 24 became one of the youngest head college coaches in the USA, leading the Georgian Court University of Women's



cross-country team to the regional championship and was named NAIA Northeast Region Coach of the Year.

His articles are published in all the leading athletics journals throughout the world. His next book to be published in 2012 is Women's Running Bible (Human Kinetics) Cost 19.95 dollars.

Developing the Young Endurance

The following article is a synopsis of a recent presentation at the recent England Athletics - "Young Endurance Conference"

The coach can some times feel like a ship looking for a port in storm he has so much to contend with. The following article is an attempt to both aid and simplify the problems of all coaches who coach young endurance athletes.

- **D - DIALOGUE** – With the athlete, parents, club, teachers and any other parties with a vested interest.
- **O - OBSERVATION** – The coaching eye is the coaches greatest tool and asset in both observing his own athletes but other coaches and athlete's in action.
- **C – COMMON SENSE** – The Coach should use it in his decision making.
- **K - KNOWLEDGE/EXPERIENCE** – Gain it, seek it, use it.
- **S - SEARCH FOR SOLUTIONS** – If you don't know the solution find someone who does.

Ensure with your Athlete(s) that you :-

1. KNOW ALL THEIR COMMITMENTS – Other Sports, Exams, Other Activities etc
2. DIET – Needs a good rich normal diet.
3. GROWTH SPURTS (B v C) – be aware of the PHV Index, loadings on the skeletal frame tendons and muscles.
4. HOME BACK GROUND – Know whether parents are supportive or intrusive, and their Genetics
5. HEALTH ISSUES – Such as Asthma/Injuries
6. TRIAD – Be Aware of ramifications of it.
7. TRAINING YEARS – How long has the athlete been training seriously.
8. YOU GROW WITH THE ATHLETE

For a coach of Young Athlete's applying this knowledge is a major problem as it is multiplied by the number of athletes that they look after. It is also compounded because each of these athletes has to be treated as an Individual. The major problems being:-

- a. COULD BE 10 – 20 INDIVIDUAL ATHLETES
- b. ALL AT DIFFERENT STAGES OF DEVELOPMENT
- c. ALL WITH DIFFERENT ABILITIES
- d. ALL WITH DIFFERENT STRENGTHS/WEAKNESSES
- e. WITH DIFFERENT TRAINING AGES
- f. WITH DIFFERENT GOALS/COMMITMENTS

With all these problems all the major requirements listed below for the Young Endurance Athlete have to be covered on 2-3 sessions a week which is the other major problem for the coach.

- TECHNIQUE
- ENDURANCE
- SPEED
- STRENGTH
- SPEED-ENDURANCE
- STRENGTH ENDURANCE
- POWER
- MOBILITY
- TACTICS
- PSYCHOLOGICAL

Therefore to ensure that all these required the coach has to be creative in his training sessions -

- MIX SESSIONS – See later examples
- COVER ALL THE REQUIREMENTS
- RELATIVE TO EACH ATHLETES INDIVIDUAL STRENGTHS/WEAKNESSES
- ENSURE THE BEDROCKS ARE IN PLACE – see later
- HOMOGENOUS GROUPS – Mixed Gender, mixed Age, Sub-sets, different training times, get assistance.
- USE THE ENVIRONMENT TO THE FULL – parks, forests, canals, woods etc.

The following are the Training Bedrocks for the Young Endurance Runners training programme:-

- FUN – We need to keep the athlete in the sport for as long as possible.
- VARIED and CREATIVE- Use your Environment
- EDUCATE THEM IN GOOD PRACTICE – track etiquette, warm up, cool down
- COVER ALL THE REQUIREMENTS – Especially Technique and Conditioning
- SHOULD BE PLANNED – Each session, microcycle, phase and season.
- SHOULD BE PROGRESSIVE – No



shortcuts nothing missed out in the development process.

● HURRY SLOWLY

How the endurance requirements can be covered in a training programme:-

- **TECHNIQUE** – The foundation for an endurance athlete – England Athletics 365/9 stages of development and progression is a good base and introduction.
- **ENDURANCE** – Because of the athletes Growth plates beware of the surfaces/ volume
- **SPEED** – Needs to be in the programme from the outset
- **STRENGTH** – Through Body Weight Exercises/Circuits
- **SPEED-ENDURANCE** – Can be done but quicker impact on track can lead to injuries
- **STRENGTH ENDURANCE** – Sessions/ Hills
- **POWER** – Hills, Plyometrics
- **MOBILITY** – Fundamental/Daily
- **TACTICS** – Devise sessions in Training to meet tactical demands.
- **NUTRITION** – More running = More Fuel= More Food

A coach of a young endurance athlete in their formative years and going through puberty should **AVOID** :-

- **TOO MUCH MILEAGE/VOLUME** – Around Puberty
- **TOO MANY SESSIONS** - Overtraining
- **TOO MUCH OF SAME TYPE OF TRAINING** – Not biased
- **TOO MUCH ON UNFORGIVING SURFACES** – Tracks/Roads
- **TOO MANY HEAVY LOADING SESSIONS**
- **TOO RAPID A PROGRESSION**
- **TOO MUCH INTENSE WORK**

The following are examples of Creative ways of including a mixture of the training requirements on only 2 -3 training sessions per week to ensure that all of them are covered :-

- Warm Up Including Technical Drills/ Mobility +
- **FARTLEK** – All three Energy Pathways
- Drills/Skill Sprints/Acceleration Runs + Steady State Run or
- Circuit + Steady State Longer Run or
- Repetition Work + Steady State Run or

- Drills + Hills/Plyometrics + Steady Run or
- Technique + Oregon Circuit or
- Tactical Training + Long Steady Run or
- Speed Work + Threshold Run
- Races = Threshold Run +
- Other Commitments – eg: Football/ Netball have both an anaerobic and alactate involvement which supplements the athletes training programme.
- Technique/Skill/Quality Precedes Endurance
- 2 -3 Week Cycle – If all the requirements can be fitted into the weekly sessions use a 2 or 3 week cycle including them all and races too.

All training programmes should be progressive and follow the following guidelines:-

- **THE TECHNICAL MODEL** – Stop when stressed
- **THE VOLUME** – Mileage should be increased systematically in distance/total
- **THE LOADINGS** – Should be developed progressively and not too quickly
- **THE INTENSITIES** – Advance Correctly at correct rate and stage.
- **THE TRAINING UNITS** – The number per week/day should be increased gradually
- **THE ATHLETE'S ATTITUDE/APTITUDE** – Should be developed

An example of a typical 200 metre repetition session being progressed throughout the year is shown below. The repetitions increase in number with the recovery shortening, at medium intensities to give an aerobic effect in the winter. The number of repetitions on moving into the track season are then slowly decreased with long recoveries and high intensities giving an anaerobic effect.

- November 10 x 200m with 1mt Recovery
- January 2 x 8 x 200m with 45s/5m Recv.
- March 15 x 200m with 45s Recovery
- May 10 x 200m with 1mt Recovery
- June 6 x 200m with 3mt Recovery
- August 4 x 200m with 5mt Recovery

The coach and athlete(s) should:-

- **BUILD UP SUPPORT SYSTEMS** – Physio, Masseuse, Podiatrist etc.
- **BE EAGER TO LEARN**



- **BE PERCEPTIVE IN THEIR EXPERIMENTING**
- **BELIEVE IN THEIR PHILOSOPHY**

One of the key elements of any training programme is the planning and preparation that goes into it:-

- **PLAN THE YEAR**
- **PLAN THE INDIVIDUAL SESSIONS TO FIT INTO THE YEAR PLAN**
- **PLAN THE LONG TERM FUTURE** – 4 years further?
- **NO SHORT CUTS**
- **BUILD IN THE PROGRESSIONS** – Technique, Volume, Number of Sessions, Physical Preparation, Intensities, Miles per run
- **PATIENCE**

It is a long journey if the coach is to take a young athlete through puberty into their mid and late twenties and it requires:-

- **FOR THE AND THE ATHLETE(S)**
- **BLOODHOUND** – Sniff out any aid, new idea, help and advantage.
- **BE PATIENT**
- **FROM LITTLE ACORNS MIGHTY OAK TREES GROW**

Above all endurance running is a simple activity. **Keep it simple** don't **overcomplicate it!!**

Review of a Coaching Structure

The Coaching Structure

This review of the support process contains four sections. It starts with the identification of the club based coaching situation in which the author is based. The composition of the group is examined and the main training sub groups identified. Secondly there is the identification of the sub groups' support needs which allows the most important and relevant aspects of success in endurance running for the group members to be considered against a base line so that future improvements can be established. Thirdly, there follows an evaluation of the programme of support activity before the final section which is an evaluation of the system used to manage the support process focussing on each of the sub groups identified. The process is led by the author as coach assisted by an experienced female runner and beginning coach who is a doctor, and for sessions outside the stadium by a number of senior athletes who monitor the pace of training sessions and share responsibility for the younger athletes' safety. All schedules are set by the coach, however sometimes the sessions are modified after consultation with the other coach and also with feedback from athletes during sessions. This can be regarded as an example of a coach's contingency planning skills (Lyle 1998, 2002) or an engagement in 'reflection in action' (Schon 1983).

The Sport Coaching Group

The composition of the group is now examined and its sub groups identified so that later their support needs can be identified. The athletes were all invited to join the coaching group which presently consists of fourteen athletes, 8m-6f, with three sub groups. There is firstly a group of ten comprising nine younger athletes aged 14-16, 5m-4f, plus a twenty five year old female who has just joined this winter whilst the other four athletes, two eighteen year old males, and two adults, 1m-1f who are both focussed on the 800 m event, can be grouped as two distinct sub groups. In the first group of ten, the task is to prepare them for a range of events they show evidence of performing well at now whilst ultimately the aim is to identify the event specialism which each athlete is best suited for in the long term. There is the need to identify and build on the athletes' strengths and also to identify and try to eradicate or minimise any weaknesses. For the adult who has a similar relative specific training

age as the younger athletes although with a longer more generalised training base, there is no need to wait for development to finish; however there is still the need to introduce appropriate sessions and tests and allow the athlete enough experience so that a considered opinion can be formed. Adequate training and enough time so that experimentation with different racing surfaces and distances can be undertaken so that an informed judgement can be made about potential in the long term is vital. For the younger athletes similar considerations apply; however event specialised training must be delayed until physical development has finished as a too early focus on one particular distance is very limiting in the long term (Bompa 1999, Balyi 2002, Stafford 2005). In considering the other two sub groups, firstly, the two eighteen year old males have gone through this process and based on their past results, development and progress, a reliable estimate can be made that they are both talented endurance athletes. One is an England junior international in Orienteering, and thus his racing schedule's priority lies in that sport whilst the other is in the talented athlete scheme of the Bank of Scotland with a long term focus of specialisation on the steeplechase. Finally, the two remaining 800m runners show the problem that this event alone in endurance can pose. Unlike the endurance events from 1500m upwards which are highly demanding aerobically, three different types of athlete have been identified who can all enjoy success in the 800m provided that their different training and racing requirements are understood (Karikoski 1991, Daniels 2005). It is vital for these differences to be recognised in order that training can be shaped to fit the athlete's individual physiology as high measures of oxygen uptake are not necessarily seen in the 400/800 type of 800 metre athlete as opposed to the 800 specialist or even more so in the case of the 800/1500 metre athlete. One example is the greater volume of mileage undertaken by the male who may be regarded as an 800m specialist whilst the female is more of a power 400 /800m runner. Again there are differences in training age; over fifteen years for the male and less than three for the female as a track specialist although with four years' prior involvement as a road runner which has served as a good endurance base for her initial attempts in more specific training. They never train

with each other even in group sessions and thus their training can be individualised. A similar process is ongoing in consideration of these athletes' strengths and weaknesses in comparison to the more specific demands of their event.

Identification of Support Needs

Any identification of the training group's support needs is dependant on how widely the net is drawn. For Pyke (2001) the list includes physiological, biomechanical, psychological and nutritional needs, advice from medical staff including doctors, physiotherapists and massage as well as help with strength and conditioning, drug education and lifestyle issues. The importance of the last of the list will depend on the career stage of the athlete in their athletic life: an athlete who has just started as a full time athlete may need help with quite different aspects when compared to someone who is preparing for those life choices approaching the end of their career. Hargreaves and Hawley (2002) restrict their list of needs to the areas of physiology, nutrition, biomechanics and psychology whilst in Cross and Lyle (2002) there are four chapters dealing with the application of sports science in the areas of psychology, physiology, skill learning and biomechanics. With the younger group of athletes the area of lifestyle is left to the parents beyond general advice such as reducing training when exams are approaching. This is important, however they are judged too young to need anything sport specific yet. For the rest of the areas for the younger athletes and all of them for the seniors any needs are jointly discussed and agreed between the coach and the doctor who trains with the group. It is difficult to state how useful and knowledgeable the advice of the doctor has been in so many areas: it is doubtful that the success achieved would have been possible without her invaluable contribution.

Whilst for the adults they become more specific, for the younger athletes the support needs are more generalised in nature. In the area of nutrition the group's needs are assumed to be met from an intake of an adequate diet and especially for the younger group of runners anything other than occasional reports of tiredness is monitored by coach and doctor and advice given to parents. Ancillary support such as massage is available on a weekly basis and access to a knowledgeable



physiotherapist who has a specific expertise in athletics has been established although inevitably this is very expensive. Advice on biomechanics is entirely due to the visual skills of coach and doctor and subsequent analysis of footwear patterns. Strength and conditioning are areas where the coach has undertaken a number of courses, both sport specific in endurance as well as some in other sports which had appropriate relevance. The coach has greatly benefited from the doctor's advice about loadings for the younger athletes. In the final area of physiology, it is the coach who has determined what sessions are used when to produce results. Appropriate loadings have to be established for the athlete's age and stage of development as well as their present and expected event bias. The athletes' needs constantly vary especially in their developmental phase and it is critical that these needs are constantly monitored and thus the coach must be knowledgeable in the five different areas of recovery. As noted by Hawley (2000) adaptation requires adequate recovery and thus the coach must be aware of recovery required between efforts in a session, recovery between sessions on the same day and easy days between two hard days, moving onto easy recovery weeks and end of season /or year transition periods and ultimately easy years between years of very high loadings. Any psychological support is down to the experience and previous learning from coach education courses

and subsequent generalised reading and experience. The main approach of the coach is that of Bandura's theory of self-efficacy (Cox 1998). The process is one of gradually exposing all athletes to an increasing level of stress, both in training and in racing demands, and making sure that they can cope both physically and psychologically. Thus good performances in training will lead to higher levels of confidence and thus onto improved performance results in competition which reinforces the athletes' commitment to training in an upwards spiral. The aim is to keep the younger athletes in the sport whilst trying to establish which more specific back up they are likely to need later.

For the senior and elite athlete it is important in the quest to make those increasingly small improvements as ultimate potential is approached, to be in a position to be able to work with those who have the necessary expertise beyond the coach's present level of knowledge. As an athlete approaches more closely to their limits of potential, it becomes increasingly difficult to make those smaller gains. The temptation is to increase training significantly in a search for those smaller improvements and thus almost inevitably move through over straining to over training and to illness and or injury. It is planned that via the close monitoring of the extent and intensity of training loads by the coach and possibly a sport science support team that progress can be maintained. When consideration is given to the possible sport science support

which may be available in the four areas of general consensus and what can be supplied, in which order, and how easily to meet the increased demands of the more senior athletes, certain areas are more easily satisfied than others. A nutritionist can examine a diet to see if it is adequate and ongoing monitoring established to ensure commitment is maintained. Psychological coping strategies can be established as athletes start to compete against established senior athletes who have won major medals to prevent the athlete losing the race before it has even started. A focus on personal performance rather than the result (Duda 1993, 1996, Hall 1999, Roberts 1993) and also on a recall of past training performances can help the athlete recognise their own standing and what they have to do to achieve their own personal goals. What is required is the persistent reinforcement of a consistent approach from an athlete's earliest efforts allied with the recognition of their ability to meet the increase in higher competitive demands. Athletes have to learn how to cope with the pressures of training and racing, and those who progress face similar pressures to the beginning athlete but at a more intense and scrutinised intensity. An improvement in the biomechanics of running would be best conducted prior to a greatly increased training mileage and via the use of an adjustable treadmill and high speed cameras and this service can be easily provided and exercises and/ or orthotics determined to minimise time spent injured. This is at present being undertaken by the physiotherapist. All this can be done before the athletes consider physiological support. To be of benefit this must be ongoing as a one off test is of minimal or no help, however as athletes approach the fine line between training, over reaching and over training physiological monitoring can be essential to make those ever decreasing small improvements. Whether it is of such major benefit to those younger athletes who are not so close to their ultimate potential and consequently near to that fine dividing line is debatable but for the elite athlete it may prove vital.

Evaluation of the Programme of Support Activity

Any evaluation of the programme of support activity has to recognise the constraints inherent within the operationalisation of a club based endurance setting (Lyle 1998,

Review of a Coaching Structure

2002). In ideal terms the system can be evaluated against a model which is wholly systematic and totally monitored within a complete planning shell. In professional sport or with a fully integrated sport science support team as part of a planned process this may be approached. However, in reality in a club based system with coaches and athletes working full time, this is rarely if ever in evidence and a bolt on approach when a problem is unearthed is usually the case. Lyle (1998, 2002) points out that what happens is a concentration by the coach on a small number of sessions or results from a limited range of tests within a planned coaching shell which are monitored until a problem such as unexplained performance, illness or an injury is visible. This leads to an investigation and adjustment in the programme so that in the future a similar crisis can be avoided. Thus as well as the monitoring of key sessions throughout the year, there is the use of simple field tests such as the Kosmin test for middle distance (Hawley 2000) to inform the coach's decision making ability. It is at best a partial system but in view of the numbers of voluntary coaches working in Great Britain (North 2004) it must be one that most of the coaches are familiar with.

Any evaluation has to consider the outcomes of the process, which for endurance athletes are improvements in performance results and the constraints within which the process is situated (Lyle 1998, 2002). The younger athletes are expected to improve due to growth and maturation and thus it is difficult to establish that any improvements are due exclusively to the input of the coach. Obviously this is only applicable up to a certain age beyond which the athlete would have to undertake a training programme to gain any improvement. For the mature adult athletes there may indeed be improvements but are they the best that could have been achieved or could a different coach and/or a different training regime have produced something even better? As it is impossible to run parallel training schedules the most that can be said is that the process was established and conducted along sound physiological grounds and that athletes continued to be coached and their performances over so many years showed the following results. One approach which has been adopted recently is 'value added' by Lyle (1998, 2002, Cross 2002). However even here there are still the problems of establishing a



base reference point and determining if the improvement, if any, is the best achievable or does it fall within acceptable limits. In the coaching situation and considering the areas of potential support, it is only with the package of medical advice from the doctor, a weekly massage service and access to a physiotherapy service which has been well developed. This has been the result of both past personal experiences and availability of resources coupled with any coaching expertise. What is in operation in much of athletics in Great Britain has been compared to a Darwinian system of survival of the fittest (Jones 1999). Thus the key for the coach is to keep the athletes healthy so they enjoy the fruits of long periods of consistent training. Senior performance athletes are committed and dedicated, and it has been suggested by Wilmore and Costill (1999) that they often train harder than is necessary, and thus the monitoring of training by the coach allied with good and affordable medical back up are essential. There have been interventions in the area of biomechanics but only from a purely visual viewpoint and none in nutrition apart from general advice on the need for a good diet. In the area of psychology, as previously stated, a simple approach based on Bandura's theory of self efficacy has been followed and thus, in order to get the benefits from a virtuous upward spiral of good training and racing results, it is imperative that the coach does plan the sessions to get the right reactions prior to the races. If there is no connection made between training and races then there is no improvement and the spiral collapses. In the area of physiology the support activity has been limited to interventions based on how the individuals perform in a number of key critical training sessions and races. The coach has formed

a mental model of the needs of each athlete (Cote et al 1995) and determined how each session or race will contribute to progression towards that long term goal and how the athlete performs influences any changes that have to be made. Judged purely by performance results the coaching process has resulted in improvements as witnessed by decreased racing times, however it does not establish if they are the best achievable and thus any evaluation will not be definitive. The aim has been to keep the process as simple and as manageable as possible since its inception five years ago and it continues to develop with the improvements in performance standards of the athletes until the present when access to sport science support to one athlete may be possible.

Evaluation of the Support Process Management System

If the coach athlete relationship is one which can be sited within a sport science supported performance system, then the performance outcomes will have been established as part of the programme of support intervention. The National Lottery performance programmes affect very few athletes and the reality for most athletes is a programme with minimal or no support. However any evaluation of any system to manage the support process is a problematic area due to the need to establish the answers to a number of questions. All programmes are designed to produce outcomes; however a coach could be involved with a group of athletes and be working to different agendas with sub groups. Some goals are easily measurable, but are there some which are not entirely performance related but rather more long term social and developmental? How can one compare and / or judge the social development of young people, their performance improvement over a number of years, their continued attendance over a number of years so that they hopefully can start as senior athletes to fulfil their potential against the realisation of performance goals at international levels by a very motivated, talented senior athlete?

What exactly are the expected outcomes of the process? Was the system full or partial? Against what criteria should it be evaluated? Who should evaluate – parent, athlete or lottery? When should it be undertaken – mid or end season, during a four year cycle or only at its completion? Against which measures is it to be evaluated – satisfaction measures,

race results, end of season ranking position or social development? How is it to be done – observation or criteria, agreed or imposed? Is the stage of development of the coach a factor to be taken into account? The coaching system which is operated is evaluated against criteria such as the above on a regular basis, but for this work the starting point is the systematic planned process approach by Lyle (1998, 2002).

With coach and athletes working and/or studying full time and with no sport science support on hand, can what is being engaged in be anything other than a partial attempt at fulfilling the stated criteria? The programme is monitored regularly although only those measures which can easily be realised are obtained. It may be considered as a hybrid mix of a well developed area, namely medical, whilst others are hardly dealt with and training loadings are closely monitored. It has been said that a good coach can see talent (Maughan 1994) and what is evident is a reliance on the knowledge and expertise of the coach for the operationalisation of the programme with help from the doctor engaged in the group. The accuracy of any decisions made about potential especially when dealing with younger athletes is brought into focus when one considers how grossly deficient in decision making were the talent identification schemes of East Europe where Jarver (1983) reported drop out rates of over 50% in the early stages of programmes. Such figures are in agreement with those of Riordan (1986) whilst Hoare (1995) reports retention rates of only 35% after only two years in the Australian 'Talent Search' due to choice, difficulties in separating true from apparent potential, non linear progression rates and other factors. To avoid such problems the retention of athletes has to be emphasised so that more informed decisions can be made later. As the results of the group show repeated improvements it could be stated that the coach is engaged in a planned and effective coaching process (Lyle 1998, 2002), however it is evident that the process is not truly systematic but rather one which is partial. How the process evolves for some or all of the athletes is the question which will have to be determined as the athletes continue to develop and improve and their needs become more specific as they approach their potential.

Conclusion

It was noted by Hawley (2003) that much of what is known about training today has evolved from a trial and error approach by

innovative and risk taking coaches in the past, and it is no surprise that the sessions which are used in the schedule have been developed out of past experience, because they have proved effective and are soundly based physiologically. Physiologists have subsequently explained why these sessions have proven so effective and it has been the effective recommendations from Astrand and Rodahl (1986) which has formed the basis for the entire schedule. However the interpretation has been down to the knowledge and experience of the coach and feedback from others including the athletes who quickly develop their own expertise which the coach must use for continual performance improvements.

Charles McConnell

REFERENCES

- Astrand and Rodahl (1986) Textbook of Work Physiology, McGraw Hill
- Balyi I (2002) Sport system building and long-term athlete development in British Columbia. National Sport Center- Greater Vancouver Parents Guide to Athlete Development. [www.nctc.ul.ie/Forum/presentation-files/Istvan Balyi.rtf](http://www.nctc.ul.ie/Forum/presentation-files/Istvan%20Balyi.rtf)
- Bompa T (1999) Periodization: Theory and Methodology of Training, Human Kinetics
- Cote J, Salmela J, Trudel P, Baria A & Russell S (1995) The Coaching Model: a grounded assessment of expert gymnastic coaches' knowledge, Journal of Sport and Exercise Psychology, 17(1) 1-17
- Cox R (1998) Sports Psychology, McGraw Hill
- Cross N (2002) Coaching Effectiveness. In N Cross and J Lyle (eds) The Coaching Process, Butterworth Heinemann
- Cross N and Lyle J (2002) The Coaching Process, Butterworth Heinemann
- Daniels J (2005) Daniels' Running Formula, Human Kinetics
- Duda J (1993) Goals: A social-cognitive approach to the study of achievement motivation in sport. In R N Singer, M Murphey, and L K Tennant (eds) Handbook of research on sport psychology, 421-436, Macmillan
- Duda J (1996) Maximizing motivation in sport and physical education among children and adolescents: the case for greater task involvement, Quest, 48, 290-302
- Hall H (1999) Developing an achievement climate to enhance motivation and combat attrition in youth sport FHS 5, Sep 1999, 23-25 & FHS 6, Dec 1999, 18-21
- Hargreaves M and Hawley J (2003) Physiological Bases of Sports Performance, McGraw Hill
- Hawley J (2000) Running, Blackwell Science
- Hawley J (2003) Training for Enhancement of Sports Performance, in M Hargreaves & J Hawley (eds) Physiological Bases of Sports Performance, McGraw Hill
- Hoare D (1995) Talent Search- The national talent identification and development programme. Sports Coach, 18, 3, 24-25
- Jones M (1999) Presentation at the First Annual Congress of UK Athletics, Manchester, Nov 27/28 1999
- Karikoski (1991) Experiences in the Training of 800 Meter Runners, in J Jarver (ed) Middle Distances 3rd Edition, Tafnews
- Lyle J (1998) The Coaching Process, National Coaching Foundation
- Lyle J (2002) Sports Coaching Concepts, Routledge
- Maughan R (1994) Physiology and Nutrition for Middle Distance and Long Distance Running. In Perspectives in Exercise Science and Sports Medicine, vol. 7 Physiology and Nutrition in Competitive Sport (eds D Lamb, H Knuttgen & R Murray) pp329-371 Cooper
- North J (2004) Sports Coaching in the UK Research, FHS, Oct 2004, 25, 6-9
- Pyke F (2001) Better Coaching, Human Kinetics
- Riordan J (1986) The selection of top performers in East European sport. In G Gleeson (ed) The growing child in competitive sport, 220-238, Hodder and Stoughton
- Roberts G (1993) Motivation in sport: Understanding and enhancing the motivation and achievement of children. In R N Singer, M Murphey, and L K Tennant (eds) Handbook of research on sport psychology, 405-420, Macmillan, New York
- Schon D (1983) The Reflective Practitioner: How Professionals Think In Action, Basic Books
- Stafford I (2005) Coaching for Long Term Athlete Development, Coachwise Business
- Wilmore J and Costill J (1999) Physiology of Sport and Exercise, Human Kinetics

Brendan Foster Interview

The evening before the inaugural England Athletic Championships at Gateshead Brendan Foster gave a fascinating interview with Dave Sunderland before a group of coaches. Brendan's running career was during a period where his contemporaries were a veritable who's who of distance running, Internationally his competitors included Lasse Viren, Emile Puttemans, Kip Keino, Joss Hermens, Henry Rono, Dick Quax, Filbert Bayi, Harald Norpoth, John Walker, Frank Shorter, Ben Jipcho, Franco Arese, Mirtus Yifter, Pekka Vasala, Manfred Kuschman and Juha Vaatainen. Whilst domestically his contemporaries, many of whom were also world class performer, included Dave Bedford, Tony Simmons, Dave Black, Bernie Ford, Ian Stewart, Dick Taylor, Mike Tagg, Alan Rushmer, Jim Alder, Nick Rose, Ian McCafferty, Trevor Wright, Mike Mcleod, Ian Thompson, Mike Baxter, Peter Stewart, and John Kirkbride.



Brendan Foster

- Brendan was successful as a local athlete running Cross-Country in the winter and 400 metres in the summer
- Not until he was 18 did he move to middle-distance events.
- Whilst at Sussex University doing a reasonably high mileage in heavy boots he slumped from top 10 in the country to nowhere due to anemia – wrong diet – and injuries
- Because of the number of runners involved his early aims included making the Gateshead Cross-Country team and making the top 50 in the Nationals. Thus helping Gateshead in the team race and similarly the National road relays. He views the National as the most important event on the winter calendar and questions it's dilution by a trials race. As he moved from national to international level he felt the training group helped his development.
- The media/public should not be hung up on only Olympic success. What is wrong in being the best in Briton, best in Europe etc. We should recognize and celebrate this.
- Stan Long did the basics with him in his early training days and when he moved to Leeds University for his teacher's qualification he bounced ideas off Lindsay Dunn and Barry Foster, increasing his mileage and learning about preparation. Even at this time as a 1500m runner he was doing 80 miles per week and Lindsay pointed out that he was training like a 5000m runner.
- Has used both Johannesburg and St. Moritz for altitude training Has to be used wisely and best for base running saw many of 1972 Olympic team ruin themselves by training too hard at altitude. He questions the use of altitude tents.
- 1970 was his big break through year finishing 3rd in the Commonwealth Games 1500 metres behind Keino and 10th in the World Student Games behind Arese, The following year he continued his progress with 3rd in the European 1500 metres again behind Arese establishing himself as the UKA number 1. Brendan tended to make his 1500m races hard, running from the front not relying on, or allowing the opposition to rely on a last lap finish. That is why he does not understand the modern tactic of going to the back in races.
- In 1972 he had the unique distinction



Montreal 1976:
Brendan Foster leads
from Lasse Viren

Fact File

BRENDAN FOSTER

Achievements

- Medals at all the Major Games
- 3 World records
- UK records at 5 different distances
- Sports Personality of the Year
- CBE
- Founder Nova International
- Founder of Great North Run

Athletic Successes

- Olympic Bronze – 10k
- European Gold 5k and Bronze 1500m
- Commonwealth – Gold 10k, Silver 5k
- Bronze 1500m and 5k
- World records for 3000m x 2; 2 miles
- UK Records for 1500m, 3k, 2 miles, 5k and 10k

Personal Bests

- 1500m - 3:37.64
- Mile - 3:55.90
- 2000m - 5:02.93
- 3000m - 7:35.10 (3)
- 2miles - 8:13.68 (2)
- 5000m - 13:14.60 (9)
- 10000m - 27:30.30 (5)
- Marathon- 2:15.49

of having to have a run off in an international match for the final place in the Olympic team which he duly achieved. He knew he was in shape after a training session of 8 x 400m off 90s recovery in 56.8. He finished 5th behind Vasala (3 rounds)

- Brendan's progress continued with a world 2 mile record (6.13.8) in 1973 and a 13.23.8 5000m debut.
- 1974 was to truly catapult Brendan to the forefront of world endurance running. His mileage was now up to 120/130 miles per week and in January after a 55.3s last lap lost the Commonwealth Games 5000m title to Jipcho by 0.2s!!! (13.14.6) He followed this up with 7th in the 1500m (3:37.6) in the famous

Bayi world record race.(53s opening lap!!) Both his performances were UK records. In the European 5000m in the heat of Rome he ran a mid-race 60s 400m (2900-3300m) a la Vladamir Kuts (Olympics 1956) to destroy the field – including Olympic Champion Viren - and run the remaining 1700m on his own finishing in 13.17.2 seven seconds clear. He reached the bell in 12.16 needing a 57s last lap in 90 degree heat for the world record, settled for 3rd fastest time ever. Sandwiched between he ran a world record 3000m (7:35.2) when opening the new Gateshead track. To cope for his Rome race he practiced by running 1200m in 65s/58s/65s which was mentally hard. He worked on

quality not quantity on track. He now did not need to rely on winning on the last lap.

- The following year he won the European Cup and ran his debut 10k in a great 27:45.4
- In Olympic year (1976) he had a great 10 week block of 120/130 miles a week at the beginning of the year, and decided to do the 5/10k double which would involve heats in both, 30k of racing, or 75 laps of racing! He opted for a hotel in Montreal and not the games village. He qualified from 3 heats of the 10k and despite stomach problems finished with a great bronze medal (only British medal of the games) behind Viren (27:40.4) and Lopes (World XC Champion) in

Brendan Foster Interview <<< Dave Sunderland

27.55s. Watched by 23 million on TV. Brendan went on to set an Olympic record in the heat (13.20.4) and to finish 5th (13.26.2) in the 5000m losing contact in the final kilometer as Viren (13.24.8) put on a master class of front running to complete his second 5/10k double.

- In 1977 he achieved an ambition of winning the national nine mile cross-country leading his beloved Gateshead to a hat-trick of team titles. The following month he posted a record (13.48) short leg in the National 12 stage road relay. In a non championship year Brendan's aims of Europa and World Cup double were ruined. After beating Rono in the highly prestigious Coke meet (27.36.6) he failed to warm down correctly and suffered Achilles trouble.
- His 1978 season was again eventful he finished 4th in the European 10k behind 2 athletes later found to be drugs cheats. He also had a great Commonwealth games finishing 3rd behind Rono in the 5k and winning the 10k (28.13.65) by over 5 seconds.
- He covered half way in 14:10 and came back quicker for his fastest time at altitude.
- This gave him the unique distinction of commonwealth medals in three different events (1500/5k/10k)
- 1980 Olympics was to prove Brendan's swan song.
- He feels athletes should use races to experiment how to run different tactically,

how and when to kick, so you are prepared for the Championship races. Need to know how to make decisions in races so that the opposition are wary of you and know you are a contender.

- Brendan's training week would comprise as follows:-

Sunday – Long run

Monday – 2 x Steady runs (Quicker than norm)

Tuesday – 10 x 400m off 90s or 8 x 300m off 90s

Wednesday – 2 x Steady runs

Thursday – Steady run and 2 x 10x 200m short recovery

Friday – Easy run

Saturday – Race Practice Day – 3 x 1mile at 5k pace plus 6 x 800m)

- Even when he was teaching Brendan ran to and from school each day with three group sessions at the club.
- Training should progress towards the race distance.
- Used to run 2-3 laps of alternating 50m sprint and 50m coast practicing to cope when highly fatigued and improving his speed.
- How difficult it is to peak for a championship in January (Eg: The Commonwealth games – Christchurch) in the middle of the English winter when you are usually putting in the big base of endurance training. Went to Spain over the Christmas period to get some quality work done.

- How difficult it is to run 3 times a day when working and from a time management perspective but also to manage the recovery.
- In training ran 2 miles hard 6 laps steady 1 mile hard to practice how to cope when physically very fatigued and also how to make decisions when tired.
- Training for the 5k/10k is very similar
- Began track season training in May but did not reduce mileage volume greatly
- Had greatest respect for Viren and Keino
- His best races European 5k gold and 3k world record at Gateshead.
- Preferred Championships to world records
- Would have liked to have done first London marathon
- Can't understand why professional athlete's wait till 6pm to train and leave sport when not funded.
- Haile up at 5.30am 90 minute run, work till 5pm, then 1 hour on treadmill in front of a mirror for technique, then eats and bed. He wants to win, would be bored if not working. Need to fill your time with something else. A great example to youngsters.
- Need to manage the talent we have to make the sport attractive and restore the element of reward.
- Talent spot lower down for athletes to move up. Look at 800m for potential 5k runners.

Amy Jade Mellor - BMC 6000th Member

WHATEVER teenager Amy Jade Mellor achieves in the rest of her athletics career she has already guaranteed her own place in the history of the British Milers' Club.

This summer the 16-year-old Buxton AC runner became the 6,000th member of the club since it was set up by Frank Horwill in 1963.

"I got a letter through the post saying I was the 6000th member which was nice," said Mellor, who is the Derbyshire 800m and 1500m champion.

"I joined the BMC because I wanted to

improve my times and learn how to train properly and avoid injuries. I don't have a coach at the moment so I wanted advice on how to improve."

With that in mind Mellor has already registered for the BMC Academy course at Mount St Mary's, Spinkhill, near Sheffield over the weekend October 29-31st.

"I have not actually been able to run many BMC races yet but I'm really looking forward to the course and seeing what I can learn to help me run faster next summer," added Mellor.

Pressure of exams restricted Mellor's

racing schedule over the summer which is why she struggled to improve her PB of 2:19.79 over 800m which she set two years ago, finishing the season with a best of 2:19.8. But in the 1500m Mellor improved her time by 12 seconds with 4:52.6 when winning the county title.

"I don't think I have learned to race properly on the track yet so hopefully after a good winter I can do that next year in the BMC races," said Mellor.

"I believe that the more you put in, the more you get out and as long as I stay injury free I'm hoping to keep improving."

A Great Opportunity

TOP coach Mick Woods has always been a keen supporter of the British Milers' Club but even he was pleasantly surprised by the speed and manner which they offered to help Jonny Hay.

With the season coming to an end the 18-year-old Aldershot, Farnham & District AC runner felt he had a fast 5000m left in his legs.

"There was a BMC gold standard meeting at Watford (September 8th) so I told Jonny to email the organisers and ask if they could put on a 5000m," said Woods.

"It was a little late so I was surprised when they came straight back and said 'great' and agreed to put on the race. I just didn't think the request would happen but not only did the BMC put on the race but the pacemaker, Nielson Hall, was superb.

"He did such a great job that when he dropped out I shouted to Jonny that this was a great opportunity that he couldn't miss."

And miss it he didn't as Hay produced a superb last lap of 55 seconds to finish in 14:02.29 which not only smashed his personal best of 14:23.06 but was also

a new BMC junior record, beating Chris Thompson's mark of 14:06.52 set in 2000.

The time also put Hay top of the UK Under 20 Rankings and 17th on the all-time list.

Impressively it was the third BMC record broken by one of Woods' athletes this season. The first was the least surprising as it came from Beijing Olympian Steph Twell, who won the 5000m at Watford (June 12th) in a time of 15:28.99 to eclipse Irish Olympian Sonia O'Sullivan's record of 15:32.23 set in 2000. Twell has since improved that to 14:54.08 to go top of the UK Rankings.

Finally training partner Charlotte Purdue smashed the BMC Under 20 women's record over 5000m with a superb time of 15:23.4 to win the 5000m at the BMC Grand Prix final at Cardiff in August, carving 17 seconds off Emily Pidgeon's time of 15:41 set four years ago. That time put Purdue top of the UK Under 20 Rankings and third in the senior rankings behind Twell and Jo Pavey (15:02.31).

"I have always been a supporter of the BMC races and it has provided my group

of athletes with great opportunities to run fast," added Woods.

"Some people say paced races are not good and athletes should set up their own races themselves but running is about running fast and the BMC encourages that.

"People want to see athletes run fast and athletes want to run fast so pacemakers are massively important.

"It doesn't stop athletes from racing properly and learning how to develop their tactical awareness. Also there are so few longer distance races over 3000m, 5000m, 10,000m and the steeplechase that have quality fields which give athletes the chance to run fast times.

"Charlotte also had great pacemaking at Tipton to run the qualifying time for the Commonwealth Games and where else would she have got that opportunity?

"I will continue to support the BMC races because it gives my athletes the chance to run quick, which they don't get anywhere else."

And you wouldn't be surprised if more records fall to Woods' athletes in the future.

Steve Cram's Record 25th Anniversary Celebration



Steve Cram recently celebrated his tremendous record breaking exploits of 25 years ago with his racing contemporaries and adversaries.

The first of Steve's remarkable records was achieved in a nail-biting 1500m race in Nice on 16 July, when he beat Said Aouita by just four hundredths of a second. A mere 11 days later in Oslo, Cram defeated Seb Coe, smashing his mile world record in the process.

Finally, on 4 August, in a race against the clock in Budapest, he took the 2000m world record away from the legendary New Zealander John Walker. All four men will be reunited for the first time since the 1980s at the event which will be held at the Inter-Continental Hotel, Park Lane, London.

On his remarkable achievements, Steve, commented: "I was in the form of my life and the races I competed in during that period were quite incredible. It is wonderful to be reunited with Said Aouita, Seb Coe and John Walker, who were truly great athletes and have all become good friends.

Lord Coe Interview

How did you get involved in athletics?

Seb Coe was born in London, but his early years were spent in Stratford-on-Avon where he was keen on football. His first success in athletics was coming 3rd in the 60 yards sprint in 1967 at the Warwickshire Schools competition. He then moved to Yorkshire when he was 11 and it was watching local athletes John and Sheila Sherwood win medals at the Mexico Olympics in 1968 on television at secondary school that inspired him to take up athletics.

Was Peter, your father, always your coach?

Seb joined Hallamshire Harriers, winners of the National Cross Country Title 7 times, where his first coach was Trevor Wright, who won silver in the marathon at the European Championships in Helsinki in 1971. Training focused on track, road and Cross Country competitions. There was a vibrant schools Cross Country scene in Sheffield, with meets every other Saturday with 35 to 40 schools competing, organised by Dave Tomlinson. Here Seb would run 4 ½ miles, sometimes thinking nothing of competing in the morning for his school and in the afternoon for his club and at the age of 14/15 he would include long runs of 1 hour in his training. Sam Smith was the winter endurance coach and at this stage Peter Coe, who came from a cycling background, would just observe Seb's training and travelled everywhere with him for a couple of years before taking on the role of his coach.

Seb's house backed onto the Hillsborough track at Herringthorpe where the surface baked rock hard in the summer and was very wet in the winter, and Seb quickly learned to adapt his training to grass surfaces and paths.

Peter pushed the boundaries and looked at coaching from a different perspective. How do you feel this was reflected in your training compared to the training of your contemporaries?

Once Peter Coe became his coach he never stopped learning – both searching for the latest scientific advice and in a more informal way making friends with other coaches such as Gordon Surtees, Frank Dick, Frank Horwill and Wilf Paish, so that he could pick up the phone to them at any time in order to understand more about how to coach. This informal mentoring seemed to be lost amongst coaches during the 1990s and Seb was glad to see coach mentoring introduced as the focus of the England National Coach Development Programme.

What did Peter identify in you in your early days that made him believe you could be so successful?

Peter instinctively recognised Seb's talent early and after one hard training session commented "I think you'll be going to the Olympic Games and we had better start now rather than in a few years' time". Seb went to Loughborough in 1976 and by 1981 he was already capable of 21 seconds for the 200m and 45 seconds for the 400m.

Can you remember what frequency you were training at through your teenage years and what sort of mileage you averaged and also what sort of sessions you did?

Seb's training is very well documented in the Coe/ Martin book 'Better Training for Distance Runners'

Before 15 Seb was training six days a week with one rest day. As a senior Seb would have a rest day every 10 days.

At 16 Seb was training twice a day and would include a conditioning programme (multi type gym) including leg presses and work on the upper body during the week. He would keep his hill sessions (short and long hills) going throughout the summer as well, but with less intensity in the summer. Once he became a Junior he had one rest day per week and every ten days when a Senior athlete.

As a teenager you were more successful at 3000m and Cross Country. Was this a plan to build up your aerobic base first? How much and what type of speed work were you doing alongside this aerobic work?

Seb mentioned that he felt that his background of lots of Cross Country training and races (his last one was in 1980) gave him an edge in Los Angeles when he won what was his 7th race in 9 days. He believes cross country is a supreme form of conditioning, which is sadly neglected by many of today's athletes. The top Kenyan and Ethiopian athletes have all won World Junior Cross Country titles.

Throughout his career Seb would once a week concentrate on speed work, or go to the gym for a workout geared towards improving power. This was a divergence from his earlier view after winning the English Schools at 3Km when he was 15, that at that rate he would be doing marathons at 21. His conditioning programme of weights, hills and circuits continued throughout the track season but not the same volume, involving more power work at speed in the summer. He believed



that the years of conditioning stood him in good stead later in his career when injured and he had missed so much prior to the 1984 Olympics.

Peter recognised that Seb needed to always be close to speed. As an example of why this was important Seb mentioned the European Championships in 1971 where Dave Bedford had been up against athletes who were running 51/52 seconds for the last 400m, when he ran 60 seconds. It was his view that it didn't matter how much distance an athlete did - if you didn't have speed you were not able to compete at the highest level.

From the age of 19 he joined the sprinters once a week at the Harvey Hadden Stadium in Nottingham.

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

1976 – the year Seb went to Loughborough, meant a change of environment and in the trials he was not running well. In August, with a p.b. of 1.51.8 for 800m Seb went to a BMC race at Stretford where Dennis Watts (coach to Andy Carter – 1971 European bronze medallist) had a chat with him and suggested Seb should run from the gun. He ran 1.47.4 prompting his father to comment “I think we may have found the distance!”

Indoors Seb won the AAA's making his debut on the same day as Daley Thompson and Keith Connor.

1977 was a good season winning his first major title the European indoor championships in Spain. In 1978 Seb broke the World Indoor 800 metre record against the East Germans at Cosford. At this time Seb was still competing in road relays!

How was the coach relationship with your father sustained at University?

Peter always believed that good coaches always build towards their own obsolescence and to make the athlete self reliant. Peter would turn up for every session when Seb was younger, but when he was older Peter would only get to half as many. He would come down to the track where Seb was training with a dispassionate eye and suggest maybe reducing mileage if he felt this was what was needed. He began as Seb's coach moved to being an advisor and then became a confidant. He believed in knowing what you don't know and bringing experts in to fill that void, using for example a medical advisor - Dave Martin and a conditioning coach.

Did the Moscow 800m in some way make you an even better athlete?

Most people think the 1979/1980 season was Seb's most memorable, but he believed it was the 1977/1978 season that was a defining one, including the bronze medal at his first European Championships in Prague in 1978. But to make the jump to an Olympic medal it was identified that Seb needed to focus on speed and speed endurance which he did. Seb also believed that you could learn more from losing a race, for example in Prague he went through the bell in 49.1, - too fast - so pace judgement was also crucial. Seb also stated that mental toughness and belief were important especially when coming back from missing training time through injury.

With Steve Ovett around at the same time

and a phalanx of other athletes behind you did this help to push you to greater heights?

Absolutely. Seb knew that Steve Ovett would be unbeatable if he was allowed to be ahead in a race with 200m to go. Therefore all their races were hard grind – with faster than 1.36 or 3.34 pace needed. Similarly, he would not want Steve Cram in front of him with 400m to go and would adapt accordingly. One of Seb's famous statements at the time was “Speed hurts, sustained speed kills”.

Leading into major championships when would you begin to taper for them and would this involve reducing sessions, mileage, etc?

Over the winter Seb would average approximately 65/70 miles a week. This was pacey mileage (never running slow mileage). He would however sometimes go on a ‘therapeutic’ run for an hour after a period of hard work.

At the end of the track season Seb would take 3 or 4 weeks off and do nothing, beginning the next season at the end of September with steady mileage and attention to drills. There would be a focus on cross country, road and indoor competitions until March/April when track work would start. Seb would use flats, like marathon shoes, and he advocates “spikes being used much more sparingly and the track being used much more sparingly”.

Seb would have one long run a week of an hour to 1 ¼ hours and reduce his 7/8 mile runs to 4 ½ - 5 mile runs instead.

Seb's once weekly power lifting session would be maintained throughout the competition period. His steady state



running would be much higher than people would expect.

Key Sessions?

Seb recommended 300m repetitions as a good distance for both 800m and 1500m runners. He knew he was in good shape when he could do 8 x 300m with 20/25 second jog recovery over 100 metres in 36 seconds.

Before his world record in '81 he also did a 6 x 800m sessions with 45 second recovery averaging 1.50/1.51 (with one rep at 1.47!)

Seb also believed that speed work is often confused with speed endurance work. A speed work session could be 3 x 150m with 15 minute recoveries. Endurance athletes may think that if they had only done as little as that in training it would not be enough – but you lose the effect if you make it a speed endurance session.

Similarly what was your least favourite session?

The 8 x 300m session! But Seb even persuaded Daley Thompson to try it for 6 weeks and it improved his 1500m time.

Apart from Max VO2 Treadmill Tests did you use any other scientific tests?

Cybeck testing, CPK work. Lactate testing but nothing invasive like muscle biopsies. One might guess Seb has 50:50 fast and slow twitch fibres but he thinks he has more white fibres than red.

Seb's VO2 max was not particularly high – In the low 70's and he therefore had good economy of effort. His father did not have to do anything to his stride, but did correct his arm action by getting him to drop his arms.

At your peak how much of your success would you put down to your conditioning/strength programme?

Seb did a daily conditioning session using his own body weight and helped build up his muscular endurance in his legs with 2000 or 3000 single leg squats. He also did specific weights, specific circuits and a variety of hill work to improve his overall conditioning.

Your illness and the 1984 Los Angeles Olympics?

In 1982 Seb would train well and then feel completely exhausted, but in 1983 his energy levels were up and down and he felt lethargic and tired and nothing could

be identified from tests as causing the problem. Three weeks before the World Championships Peter contacted his medical advisor, who examined Seb's lymph glands and found them to be badly infected and swollen as a result of toxoplasmosis which Seb had probably picked up in Italy in 1982. These had to be removed and between August and Christmas Seb did not run a step. In November he began conditioning work again and with only 6 months to go before Los Angeles he was allowed to start training again with 2/3 mile runs with the younger athletes.

In the Trials Seb was beaten by Peter Elliot, but he then suffered a stress fracture so Seb was picked. At the Olympics Seb believed that all the 800m races helped him get race fit, and then he had to contend with three 1500m races. Prior to the Olympics Seb had spent 4 weeks in Chicago with Joe Newton and trained at the high school. He then went to the Olympic village 2 weeks before the start with Daley. His father came over and watched him training. His last session of 4 x 400m with 3 or 4 min recoveries saw him achieving 50 seconds for each rep to which John Walker commented – "he will win"!

Seb had two races 1.45 and 1.44 then a day off and then the final 1.43. This was followed by another day off before the 1500m started.

Seb believes it is a shame that athletes don't double up anymore – just training for 800m is not enough to get through. Wilson Kipketer's world record for 800m is 1.41.11, but he could not run 3.42 for 1500m. He also felt that reducing the rounds in Championship races was to make them less of an endurance test, and favours the 400m type runner in the 800m. Seb also felt that because there is now a major Championships every year that it is not feasible to do them all. He believes there is too much pace making in races and not enough race scenarios where the athlete has to think on their feet.

Domestically leading into 2012 which athletes stands out for you?

Lisa Dobriskey/Jenny Meadows also Marilyn Okoro and Andrew Osagie.

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

Nothing happens overnight – it is a tough sport be tough –especially in world terms – being mentally tough is a great asset and part of training.

Other pieces of advice from the talk:-

- Lots of Fartlek work whether true fartlek or controlled fartlek is good for you.
- Don't warm down too slowly
- Conditioning needs to be carried on the whole year round and not stopped in March/April
- Favourite stadium Zurich
- Cross-Country a key ingredient for endurance runners including middle-distance runners.
- Domestic racing is important and international athletes have a responsibility to it. There has been a change of mind set where athletes think that they deserve to be looked after more.
- Seb gave up all other sports at 15 to concentrate on his athletics only playing social cricket.

Fact File

SEB COE

Personal Bests

- 400m: 46.87 secs. (Relay leg:45.5s)
- 800m: 1:41.73 secs.
- 1000m: 2:12.18 secs.
- 1200m: 2:48.10 secs.
- 1500m: 3:29.77 secs.
- Mile: 3:47.22 secs.
- 2k: 4:58.84 secs.
- NB: 500 (62.4); 600 (75); 3k (7:54.37i)

World Records

- 800 metres indoor: 2
- 800 metres outdoor: 2
- 1000 metres: 1
- 1500 metres: 1
- Mile: 3
- Total: 9

Championship Medals

- OLYMPICS:
 - 2 Gold (1500m)
 - 2 Silver (800m)
- EUROPEAN:
 - 2 Gold (800mi/800m)
 - 1 Silver (800m)
 - 1 Bronze (800m)

Total:- 8

Anthony Whiteman

◀◀◀ Alistair Aitken

I last interviewed Anthony Whiteman for the BMC News, Volume 3 issue 2 in Autumn 1996 and, it was the year he set a new British Milers Club Best of 3:56.35. That broke Tim Hutchings's 1982 mile record of 3:56.6.

All these years later, on April 17th, we talked before the National 12 Stage road relay in Sutton Park. At the age of 38, having completed his international career, he still had the fire and enthusiasm for the sport. At Sutton Park he took Shaftesbury Harriers from 47th to 35th on Leg 2 for the 9th fastest of the 406 recorded times.

As a matter of interest he set M35 British Indoor records of 1:52.82 in Sheffield on 13/2/10 and 1500m with 3:50.72 in London on 27/2/10.

Regarding the National Road Relay, 12 Stage Championships, he said beforehand "My club Shaftesbury have a great tradition with the event. Unfortunately now the team is not as strong as it once was. This was one of the events I missed being in the team and, running a fast leg"

His philosophy now is something special to him and, if one also considers his Mother Anne ran 2:59.54 for 2nd in the World Vets Marathon at one time. 'We have got the genes. We grow old gracefully!'

Anthony Whiteman still like a challenge though, as he shows in his work with 'Camp Kelly' but he insists with racing now 'I don't plan anything. If we have the Camp Kelly meeting before the BMC at Sports City I will be in that. I have not any racing plans. That is what athletes have when they have a career. This is me, enjoying the fact I can still run. Enjoying the process of running as much as competing. You need to feel alive. You are a long time retired. When you are a long time retired you wish you could run!'

'Technically I am a vet now at 38. A great kind of blanket to have. I can always say I am a vet now.'

'I am involved in a mentoring process with 'On Camp Kelly' dealing with younger athletes. I am winding them up in races. You don't want to be beaten by an old man! In the event, hopefully, it motivates them not to get beaten by 'The Old man' and train a little harder. There are a few athletes in the country who are going to make sure they don't run too slow because I will be right there, enjoying myself, behind them and enjoying the fact they have had to run quite hard to beat me.'

Many, many, years ago when Anthony Whiteman was 17/18 he attempted a half marathon and ran 1:15

'I was a bit scared of the distance. There were a group of athletes running just under 6 minute miling. I stayed with them as long as I could then, when I felt I was close to the finish, I ran the last 3 miles in 5.30. The people I had been with at '10' said that was such a mature way to run. You are the youngest in the group of us old guys who ran too fast too early. You have run the right sort of race. I guess learning how to run is important'

When I was at the Jubilee Cup in Hendon two or three seasons ago, Anthony Whiteman, was doing a 400m in a relay for Shaftesbury!

'A miler is a 'Jack of All Trades'. You have got to be strong enough to run a Half Marathon at a good pace. Plenty of good milers have done that and, to be able to keep up with the guys in the relay too. That is why I like to get to train with 400m runners and with marathon runners.

In Catania in August 1997 Anthony Whiteman won the World University Games 1,500 Final in 3:43.57 from Carlos Garcia (Spain) 3:43.97 and Antoni Travassos (Portugal) 3:44.14 so his memory of that time was quite vivid

'It was weird. I talk about it now. It was the day Princess Diana died the night before. The morning of the race there was a rumour going through the team that we were going home and were being pulled out, as a mark of respect. I said my Final is tonight! I was clear favourite and I wanted to win the race. Once I won the race it was a muted kind of celebration. It was deemed disrespectful of me charging round the track because the way the team was.

I kind of remember it more for those reasons. It was good from an athletic position to win the race, especially in a season I had not been selected for the World Championships. I felt that was wrong not being selected but, having vindicated myself by running 3:32.43 beating Nouredine Morceli (on the 16th of August) in Monte Carlo That Monte Carlo race sticks in my mind. I remember with 100m to go passing him. That was emotional because, there was someone who was one of the reasons why you did the sport. He was the

connection to me from myself to Sebastian Coe, Steve Ovett and Steve Cram because he was racing those guys, when he was young, and was taking the records they set.'

'It was the connection between me and him and running 3:32. That to me was a rival as a top distance runner. I was actually part of that discussion in passing that athlete. It was not like he was running particularly badly. He was still running well but I had run well enough to beat him.

'I ran 3:32 three times in separate years (1997 3:32.34; 1998 3:32.69 in Zurich and 3:32.43 in Monte Carlo in 2002.)

I can remember being surprised when Tony ran 1:45.8 to win the Grand Prix 800 in London in August 2000.

'It was a surprise 1:45.8, as I had run so many 800's when I ran 1:47--on my own. Sit me on a track in May and I would always do that. If I am in a race and not pushing the pace, relaxed with good athletes around me.

'That Crystal Palace race was the only opportunity I had of being in a race where the runners were 1:44/1:43 guys.' 'I was in a discussion on a panel with Tim Hutchings and Eamonn Martin. Tim stood up and said he believed I could have run 1:43. I actually agree with him. I never got enough races of that standard to find out.'

'3:32 was probably my limit over 1500 and I think I achieved that over a number of occasions but I never stepped off the track and said. 'That was the best 800 race I could ever do'.

'I think a nice Summer's evening on the Mediterranean coast, in a race where it was won in 1:42 and I was in good shape, I would have forced myself to stay with pace and that was the sort of race I wanted.'

'I had a discussion with young 'talented' Michael Rimmer who managed not to run 1:43 in a race where everyone else ran 1:43 because, he completely

messed up the race, You have got to look at why you did that?. Those opportunities which are 2 or 3 in your career NOT in 2 or 3 years but, in your whole career you get to do that!'

'I am lucky, as on three occasions (over the 1500) I found I could get the best out of myself because everything was perfect.'

Commonwealth Games
2002: Anthony Whiteman



Michael Rimmer Interview

The man born in Merseyside on the 3rd of February 1986 was a good second in the Barcelona, European 800m Final but his silver lining, to my mind is his impressive record of five titles in the AAA's/ British Championship Final (2006-2010 inclusive). Something none of our illustrious collection of 'World Class' two lap men have ever achieved in the long history of the Championships but he is entirely realistic about his speciality event, the 800 metres.

"It is a very difficult race. Incredibly difficult to time that kick to the last 30 metres. It can be almost impossible to do that so, you have got to save something for it."

In London, on the 13th of July in the Grand Prix, he was out of the frame in 1:46.51 but pointed out 'I got badly boxed and though I moved out I had no momentum and could not do anything about it.'

Another problem with the 800, which I did a lot of at club level in my 20's, is that you don't know if you are going to have a good one or not till you are on the line at the start and he agreed "Sometimes, quite often you do. I think you can even know in the warm up, when you do a couple of strides whether you are going to have a good one or not."

With that in mind he admitted he still had a lot to prove over the distance first but might try, after 2012, to go back and do the 1500, with the extra challenge and training needed. He said 'I ran 4:35 as an 11 year old, which was a **British age record** at the time so I did start out as a 1500m runner!' (He ran 3:41.1 as a PB in April this year).

There was no doubt that Michael Rimmer has faith in his coach NORMAN POOLE 'He is very astute in terms of tactics. A very good tactician. We studied really hard, rigorously, leading up to the Europeans, watching the tapes of Coe, Cram and McKean and took little pieces from that. We go through it and what we think is best then, he lets me get on with it. He is very good at standing back. He is quiet and waits for me to approach him and talk and not clinging in any way.'

Liverpool Pembroke Sefton runner Michael Rimmer, is lucky enough to have good training partners. 'A good little group at the moment. Nial Brooks, 4th in World junior and Tom Lancashire, who leans strongly towards the 1500 partly because of his cross country ability.'

It was interesting to note that Michael Rimmer's best times for 800 for the last three years were 2008 1:44.68; 2009



Birmingham June 27, 2010: Michael Rimmer wins the men's 800m

1:46.13; and up to August 2010 1:44.49 (PB in Lausanne in June) and yet, as put to me in the Winter by George Harrison, the North London coach and ex-talented distance runner 'It's ridiculous that Rimmers' funding was cut as several sprint relay runners were funded who did not perform as well but, Mike Rimmer had his funding withdrawn when he was injured?'

Rimmer explains:-

'I was quite surprised as well as it was the first time last year I did not post a personal best, Every single year up until I was 23 I did a personal best but just that one year I happen to get injured and ill!'

I would have thought that was the time you want the support?

'Exactly!. The time you want the support and some help is when you are struggling. I was quite baffled but IAN STEWART did a great job in terms of sticking up for me and saying this is crazy and that there should be a level of funding for people who obviously have got **potential** but have got injured. As you say when I get injured that is the time I was dropped which was a bit strange!'

He continued 'I don't know if there is going

to be a new set of guide lines right now but I think that is something that needs looking at. I think for sure.'

As an 800 runner over the years he obviously must have already had a lot of experience. When I talked Paskar Owor of Belgrave Harriers (*On the 8th of August*), who has run 800 for Uganda at the Big Games several times he said the 800 was virtually a sprint all the way and he is going to turn to the 1500 to try and make the 2012 Olympics but in Rimmer's case it must make a tremendous difference to doing the event that he can run 1:44 for the distance, which he has achieved a few times where as Owor's best over many years is 1:47.90 sometime ago?

'Every time I step on the track I feel I can run 1:44 now.'

I chipped in saying depending on how the race was run though!

'Exactly! In Stockholm recently the first lap was very slow and I was in second place at the finish in 1:45.1, after a slow start so, I think I can race 1:44 any way now. I am hoping there is more there and 1:43 sometime.'

The AAA's/ Euro Trials he won in 1:47.22.

'I was in the perfect position to handle anything. That was similar, in part, to the Europeans really. I was not really fussed if it was slow. I knew I would be there. Just trying to win the Gold (*Final in the European 1 Marcin Lewandowski (Poland) 1:47.07; 2 Michael Rimmer (GBR) 1:47.17; 3 Adam Kszczot (Poland) 1:47.22.*).

I wondered would Michael Rimmer do the Commonwealth in New Delhi?

'I did aim for it at first but 2009 being such a year of turmoil I don't want to go there and, maybe, get injured or something but use this year as a good springboard for next year. I am going to have a good rest. Looking forward to having a nice holiday somewhere I think. Have that break.'

How did it all begin for Michael Rimmer '8 or 9 I started running. Quite young really but like any other athlete I was football mad, especially in the Liverpool area everyone's football nuts round there so that was the

first sport I got into. It was quite apparent when I was playing football I was quick and had a good engine, On Sports day you could see I stood out from the rest. My Dad Alan was an athletics nut, similar to yourself, and watched it for years and years. He has always secretly, maybe, wanted me to be an athlete. We discussed and argued about my athletics as I was growing up, as we are both so very interested in the sport **but** he has been a massive influence on me. He took me down to the local club Southport Waterloo AC and it all started from there really. I did a bit of cross-country but only once a week. He did not push me too hard but he wanted me to realise my talents. He drove me around here, there and everywhere. I got the best of everything. A credit to my Father in all that.'

Michael Rimmer has been placed in Europa Cup's, been to the Olympics and World Championships but what stands out in his racing life as most satisfying?

'The thing that changed it for me was the English schools (*1:58.14 at Sheffield on the 9th of July 2000*)- I was 16 at the time. It was my real first breakthrough. It is like the Olympics for youngsters. I was playing football at the time but that was the moment I knew athletics was for me really. I like the game. I enjoy the feeling of being an individual and doing it on your own. You have got to make the moves yourself and not rely on other people. That was a turning point for me. That still stands out the first English schools.'

Other one's that stand out? 'Monaco in 2008 when I did my first 1:44 (*1:44.68 on 21/7/08*)-I had been peppering the 1:44 for a long time. It seemed as though it was never going to come so it stood out for me. Before that I made a massive breakthrough in 2006. I was struggling in my junior years running 1:48 That one race at Watford I knocked 2.9 seconds off my PB. A stand out performance' (*BMC 1:45.47 on the 26/7/06*).

'Watford is good with the weather with masses of personal bests streaming through. Watford seems the place to run I think. **The BMC** have done a good job there and there is no pressure everyone is there just to run fast.'

What sort of training does Michael Rimmer feel helps him greatly? 'The most important thing I have found since moving up to Norman's, the most beneficial for me is the hill work. I do 70 miles a week in the Winter, which is standard and what has worked for me is hills. Variations of different hills. 10 by a minute uphill, Sets of 10 by 30 seconds, even in the Summer short hills, just to keep that strength which has helped my finish this year over the last 150. If I ever end up being a coach, which I would love to do, that is certainly one thing I would pick up and take over to my coaching. Some of the hill work is very important I think. I was talking to Borzakovski, he does a lot of hill work as well. It seems an important factor. It is dynamic power. Being in the gym and squatting and all those sort of things do help but in terms of movement and putting down some power for all the muscle fibres, you are using your whole quad, that is beneficial.'

It certainly will be interesting to follow the exciting future for Mike Rimmer, a likeable character, for quite a few more years to come.



Michael Rimmer at Bergen, June 20, 2010

for Middle Distance

In the last issue of BMC News it was stated that you would strength/resistance train to produce better running economy, to reduce injuries and to improve speed potential. Sometimes the evidence from the experts is confusing. It is important for the coach and the athlete to decide what it is they want to improve. What is clear is that there needs to be a good base level of work in the early stages and that training needs to be individualised. Individual strengths and weaknesses need to be identified – no two athletes are the same.

Looking at these points in further detail:-

Athletes should weight/strength train because all things being equal a weight trained muscle is more resistant and greater able to generate force. Expert Tudor Bompá maintains that strength is the basis for speed, power and agility. To get technical, it is the timing and synchronisation of muscle contractions which gives muscles specific strength. As mentioned in the last issue, training has to be specific or functional to

what it is hoped to achieve,

Strength can be defined as the ability to lift as heavy a load as possible. In training terms for an advanced athlete this means lifting weights in excess of 75% of one rep maximum in a session. Three to five exercises with 3-6 minutes between sets are recommended. Bompá is emphatic that this is the way to achieve maximum power. On the face of it this is not what middle distance runners want to do. Bompá also maintains that there is a clear connection between maximum strength and the development of power. However, power is the ability to overcome resistance as fast as possible and the connection to speed now becomes more apparent. In training terms this is achieved by lifting weights in the region of 50- 65% with 6-12 reps in a set. This can then be converted to speed with sprint training, drills and plyometric work. In fact some experts advocate combining weight sessions with plyometric work, such as a set of squats followed by a set of

unweighted jumps.

Physiologically we train the slow twitch muscle fibres with endurance work and the fast twitch muscle fibres with strengthening work. Hopefully the connection between strength and speed is becoming clearer.

Female athletes in particular have a negative perception of resistance training. If used sensibly it won't build big muscles! The key issue here for all MD athletes is that we want to develop power without mass. Female athletes in particular are more susceptible to lower limb injuries sometimes because there are knee flexor and hip extensor imbalances which can lead to a high incidence of ACL (anterior cruciate ligament) injuries. Body weight exercises such as squats, sit ups, medicine ball work, jumps and hops can all be introduced. Circuits can be used. This can be relevant and fun if introduced in the right way – a challenge for the imaginative coach. It is not the purpose of this article to suggest particular programmes; there are references

*Watford, June 12, 2010:
Mattias Claesson (Sweden, 107)
wins the men's 'A' 800m*



Watford, June 12, 2010:
Fionnuala Britton (Ireland, 596)
leads from Tina Brown in the
3000m steeplechase



A few more points are worth bearing in mind. Strength training enables runners to maintain form when running and be more efficient in their running action, a clear indication of an improvement in economy. There is an increase in running efficiency and therefore less energy expenditure. Plyometric work improves running mechanics by improving the reactivity of the ankle, foot and pelvic joints.

The case for strength and resistance training is made. Both young inexperienced runners and internationals have much to gain. In terms of reducing injuries, increasing efficiency and improving speed.

References:

Science and Practice of Strength Training by V. Zatsiorsky
Periodisation of Training For Sports by Tudor Bompá
Strength Training for Track and Field by J Cissik (some weight training schedules)
Running Anatomy by Puleo and Milroy (exercises relevant to particular muscle groups).

at the end that may be useful. This approach will lead to confident, strong and effective athletes. Endurance athletes should use strength and resistance training because they strengthen soft tissue areas which protect against injury. It is also important that strength and balance programmes are continued on a reduced level through the competitive season; 'use it or lose it' may be the point here.

Otherwise detraining can take place.

Low impact plyometric exercises can be used with adolescent athletes on a weekly basis – but not depth jumping. Incidentally one of the first athletes to use plyometric work and be successful was the Russian athlete Valeriy Borzov who won the 100m and 200m at the Olympics in 1972.

Zatsiorsky makes a number of important points:-

1. Strengthen muscles at risk of injury if they are weak
2. Strengthen muscles needed for sports movements
3. Advanced athletes should use exercises that are specific and mimic movements used in the sports skill

Clearly exercises must be introduced with the correct technique and safety is vital too. Correct technique is essential if weights are introduced to the programme.



Cardiff August
28, 2010: Carl
Bradbury (124)
on his way to
winning the
men's 'C' 1500m

Where are we going wrong?

The letters column of running magazines have been the recipient of much advice as to how our endurance athletes can achieve world-class. Not the least of this advice is that increased mileage will solve the problem. In fact, one TV commentator during the London Marathon ventured the opinion that in order to run a marathon at world-class it was necessary to run 150 miles a week. However, it is known that a substantial number of British athletes ranked in the top fifty in all the endurance events are averaging a hundred miles a week or more throughout the year. Alas, the UK records for 3k, 5k (until recently) and the marathon have been unchallenged for nearly a generation which also means that at world-class level we are slipping further behind.

There is no mystery that a novice who starts running for 5 minutes daily with no particular structure six days a week and who increase this by 5 minutes per day per week for 12 weeks will improve VO2max (A measure of fitness) by 20% and by another 10% if the process continues to 80 miles a week (16 weeks). At this point physiologists are agreed that further mileage brings little or no improvement to the VO2max. Lydiard discovered this personally when he took his weekly total to 200 miles! The "conversational" running pace must speed up if there is to be continued progress.

Some of the letters and articles have advocated more frequent so-called lactate threshold runs where lactate approaches near maximum concentration in the blood. This can be accurately assessed in a human research laboratory or predicted by a variety of methods. Owen Anderson, writing in PEAK PERFORMANCE suggested that the speed was "20 seconds a mile slower than best 10k pace."

Daniels in 1989 came up with a more precise calculation based on one's best 3k times and the average mile time done in that event.

The physiologist Karvonen believed that
Here is a table that explains this:-

BEST 3K TIME	AVERAGE MILE TIME	ADDITION TO MILE TIME	SPEED OF RUN
7:30 to 8:00	4:03 to 4:18	Add 15 seconds	4:18 to 4:33
8:00 to 8:30	4:18 to 4:33	Add 20 seconds	4:33 to 4:53
8:30 to 9:00	4:33 to 4:48	Add 25 seconds	4:58 to 5:08
9:00 to 9:30	4:48 to 5:03	Add 30 seconds	5:08 to 5:33
9:30 to 10:00	5:03 to 5:18	Add 35 seconds	5:38 to 5:53
10:00 to 10:30	5:18 to 5:33	Add 40 seconds	5:58 to 6:15

ALL training runs should reach the training effect with this formula: take your pulse immediately before a run; deduct this from 200. Take 60% of the result and add to the resting pulse. For example – pulse before run = 60, 60 from 200 = 140, 60% of this = 84. Add this to resting pulse = 144bpm to be registered throughout the run. There are two drawbacks with this method:-

- 1) Not everybody has a maximum pulse of 200bpm
- 2) To be really effective the athlete will have to wear a heart rate monitor or stop and take the pulse after 15 minutes of running

While the maximum pulse can be estimated with the formula of 220 minus age, eg 30 years old deducted from 220 = 190bpm. A more accurate formula is for men – 214 and .8b for every year of age deducted from 214, eg 30 years old, $\times .8 = 24$ deducted from 214 = 190. For women 209 and .7 beats for every year of age, eg 30 years old $\times 7 = 21$ deducted from 209 = 188. With older athletes the difference in calculation becomes more evident.

Hill running is recommended by most British coaches but outings are confined at most to two sessions a week, however, Kenyans run hills EVERY DAY and often one of these runs over 22k starts at 4,000 feet and ascends to 7,500 feet and is completed in 90 minutes. Hill running transforms quadriceps from meagre sheets of muscle into powerful dynamos which can use oxygen at incredibly high rates.

Some research done by Soviet coaches many years ago is worthy of special note. Ninety-four untrained students were divided into nine sub-groups. During the course of six weeks, each group trained three times a week, using only one of the following training methods:-

- 1) Long uniform runs (25-40 minutes)
- 2) Fartlek (running in pace with changing speed for 20-30 minutes)



Watford, June 12, 2010: Emma Jackson (598) wins the women's international 800m

- 3) Repeat runs of 200 to 600 metres at full speed with complete recovery
- 4) Interval sprinting (alternating 40-50 metre sprints with jogging)
- 5) Interval running in series (after 3-4 brief interval rests, a longer rest)
- 6) Extensive interval running (intervals of rest comparatively short and running speed 60-80% maximum)
- 7) Intensive interval running, (repeat 100-200 metres at 80-90 % of maximum and rest interval of 1.5-3 minutes)
- 8) Running up a hill with a gradient of 15 degrees)
- 9) A combination of all the previous outlined secessions)

Up to and after the six weeks, the subjects were extensively physiologically monitored. They were then given time trials at 100, 400, and 800 metres and all showed improvement. In the 400 and 800 metre time trials the hill runners and those in group 7 improved the most. An interesting result was that the steady runners recovered faster after the 400 and 800 metre time trials but performed poorly in the time trials. The conclusion was that endurance runners should divide their training into three equal parts: hill running, steady running and intensive interval training. For many, this

would prove to be a revolutionary change, for instance, a hundred mile a week athlete would spend a third of training time doing steady runs, a third running up hills and a third on the track (33 miles of interval training). A weekly schedule based on this regime could look like this:-

Day 1	Steady run for 60 minutes
Day 2	32 x 200 strides with 100m jog
Day 3	Running up a hill for 60 minutes
Day 4	Steady run for 60 minutes
Day 5	25 x 400 with 100 jog
Day 6	-Running up hill for 60 minutes
Day 7	Steady run for 90 minutes

A week before crucial races the training volume may be reduced by two-thirds.

An important aspect of Kenyan running is that they seldom run on roads using mainly trails or dirt roads, they don't like concrete

or asphalt. This also entails harder running without shock waves up the legs as road running encourages.

Fish and chips and bubble and squeak are almost unknown in a Kenyans diet. Unfortunately young British runners are tempted from the outset with this diet as shops selling this high fat fast food seek premises almost opposite schools to maximise profits. The Kenyans diet is a perfect endurance one, consisting of ugali (corn meal porridge) vegetable stews, beans, spinach, plantains, passion fruit, cabbage and rice. Protein comes via different grains, chicken, milk and the occasional egg. Dietary fat is as spares as slow race performances.

The Kenyan team spirit is a wonder to behold. This is not to suggest that we British have poor spirit. The difference is in its intensity. While UK endurance runners may get together for the odd week-end here and there, before the World Cross-Country

the Kenyans come together for a month at the Mt. Kenya camp and all join in the workouts. The young rub shoulders with the great.

When all is said and done, there is one established fact that seems to have escaped the attention of the endurance fraternity in the UK. It is the result of the painstaking survey undertaken by Professor Tim Noakes of South Africa, when he sought the training differences between the African and European endurance runner. The first devotes a third of his total volume of running to speeds ranging from half-marathon pace to 3k speed. The European allocates only 10% to that zone. In other words, we like running slow in training. Not for us a track session weekly during the winter rattling off 8 x 800 at 13 minutes 5k pace (2:04) with 100m jog recovery/45secs. We would prefer a social club run of 20 miles chatting about this and that all the way!



Cardiff August 28, 2010: Jonathan Williams (19) wins the men's 'C' 800m from Ryan Saunders (26) with Marcus Bridger-Wilkinson (20) finishing third

Commonwealth Games - Delhi

The 19th Commonwealth Games passed off without any problems with security, health issues or top endurance runners – Farah, Rimmer, Meadows – who may well have struggled against the strong African contingent it gave a chance to some new promising youngsters.

WOMEN

800m

This proved to be a fascinating race as Tinta Luka was roared on by the home crowd creating a fabulous atmosphere. Luka carried away by the atmosphere sped through 200m (27) and 400m (57.49) which was to prove her undoing. Another 200m of just over 30 seconds saw Nancy Langat (Kenya) inch into the lead through 600m (87.52). Langat began to struggle too in the home straight because of the swift early pace and just held on (2:00.01) to hold off the fast finishing ex-England athlete Nicky Hamblin (New Zealand) 2:00.05 and Diane Cummins (Canada) 2:00.13. Both of these athletes had stayed off the pace either judiciously or cowardly depending on your



The eventual winner Vivian Cheruiyot (Kenya, 1566) leads in the women's 5000m from Ines Chenonge (Kenya, 1565), Steph Twell (Scotland, 1834), Eloise Wellings (Australia, 1101), Sylvia Kiet (Kenya, 1572) and Freya Murray (Scotland, 1829)

view point. But their tactics were effective. Emma Jackson finished fourth in a personal best (2:00.46) in her first major games just edged out Hannah England by a hundredth of a second, with the tired Luka who was

still second until halfway down the home straight finishing 6th. This completed a great double for Langat.

1500m

All the home athletes qualified comfortably for the final. The final saw Irene Jelegat leading through 400 metres (68.97), and 800 metres (67.19/2:16.16) before Twell (Scotland) took up the running going through the bell (3:03.9) and 1200 metres (3:19.74) with all the potential medallists in contention still. Down the back straight Olympic champion Nancy Langat took up the running followed by her two compatriots, Hamblin and Hannah England beginning to move up from the rear. Langat eased way down the straight to win comfortably (4:05.26) from Hamblin (4:05.97) with the others fading Twell held her form to finish third (4:06.15) and England (4:06.83) with Helen Clitheroe back in eighth (4:08.89). Hopefully this will be a springboard for both Twell and England.

5000m

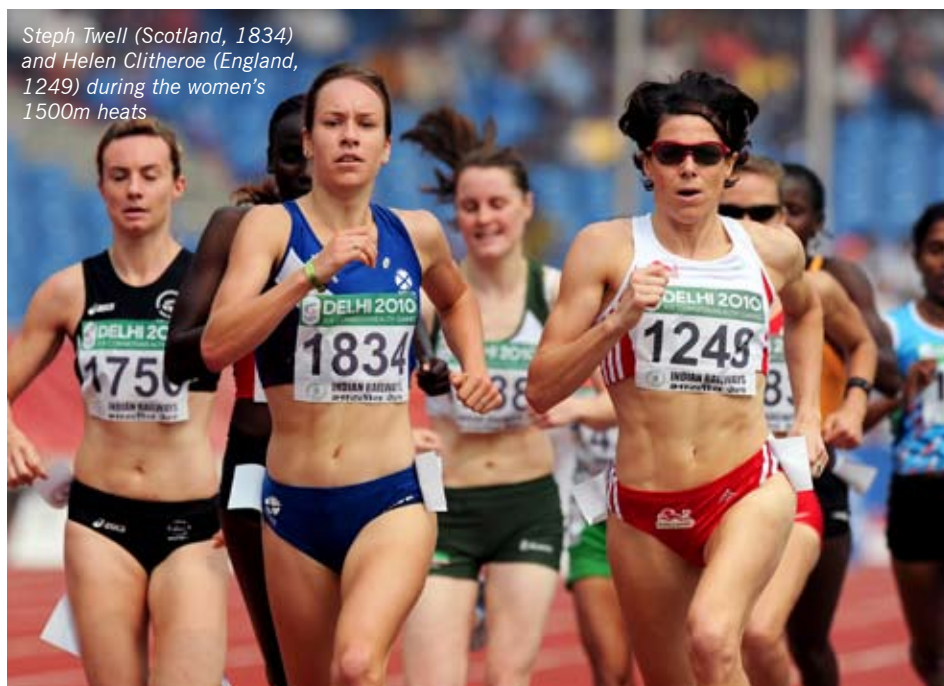
Three top Kenyans, Eloise Wellens (Australia) and Steph Twell were the contenders as the race hotted up after pedestrian kilometres of 3:28.29, 3:24.36, 3:09.59 and 3:07.32s, Twell one would suspect had a chance being the 1500 metre runner but was found lacking for pace as the Kenyans romped through a final kilometre of 2:45.26. Vivian Cheruiyot prevailed (15:55.12) from Sylvia Kibet (15:55.61) and Ines Chenonge third



Emma Jackson (England, 1276) and Hannah England (England, 1261) during the final of the women's 800m



Helen Clitheroe
(England)



Steph Twell (Scotland, 1834)
and Helen Clitheroe (England,
1249) during the women's
1500m heats

(16:01.47) and Twell (16:03.91) 4th. Charlotte Purdue ran a great second race of the championships finishing sixth (16:16.13) behind Wellings and a place ahead of Freya Murray (Scotland) (16:26.22).

10000m

After the Indians had led the early pace with successive kilometres faster than the opening ones in the 5000 metres up to the 6000 metre point Doris Changeywo increased the laps to 75 second pace and the race was over as she took her compatriot Grace Momanyi with her. It was Momanyi (32:34.11) who was to come clear by over 20 metres with a strong last lap from Changeywo (32:36.97). The race for third was far more exciting with young Charlotte Purdue running a gritty race, only succumbing (33:13.02) in the final kilometre to home favourite Kavita Raut (33:05.28) with Freya Murray (Scotland) a slightly disappointing fifth (33:24.59).

Steeplechase

Tina Brown led for the first five minutes of the race (1k 3:13.90) before the three Kenyans passed through 2k (3:17.60/6:31.50) with the Indian Sudha Singh began to move away. The final water jump was the turning point as Mikah Chewya (9:40.96) cleared effortlessly and held off a late charge from compatriot Mercy Njorge (9:41.54) who recovered from a stumble whilst the third Kenyan could fall at this obstacle and still finish a clear third (9:52.51). Helen Clitheroe worked sensibly

through the field to finish a creditable fourth (9:56.37) in a rare excursion at the event this year. Lennie Waite (Scotland) finished 6th (10:02.12) and Tina Brown a position back (10:13.04).

MEN

800m

One of the features of this event was that it meant that seven home countries athletes were able to savour a major games experience and all made the semi-finals and three the final. The ones who exited at the semi-final stage were James McIlroy (N Ireland), Chris Gowell (Wales) Niall Brooks (England) and Andrew Osagie (England) who just missed out on a fastest losers place. The final was led through 400metres in 51.98 by 1:42.98 man Boaz Lalang (Kenya) who slowed to 600 metres (80.14) before kicking away in the home straight (1:46.60) from compatriots Richard Kiplagat (1:46.95) and Abraham Kiplagat (1:47.37). Gareth Warburton was by far the pick of the home country athletes being in medal contention till 50 metres to go finishing a creditable 4th in (1:48.59). Darren St. Clair (1:52.15) in 6th and Joe Thomas 7th (1:52.39) did well to reach the final but found three races in three days too much.

1500m

Only James McIlroy and a disappointing Colin McCourt (England) failed to make the final from large fields in the heats. A strong

final field was led out by Gathimba (Kenya) after a 400m first lap (58.89), through a sedate 800m 2:02.21 and 1200m 3:03.27. World leader Silas Kiplagat took control with 200m to go onto a convincing



Gareth Warburton (Wales)

victory (3:41.78) with a scorching 50s last lap from compatriot James Magut (3:42.27) and defending champion Nick Willis (New Zealand) (3:42.38). Tom Lancashire who had been well placed throughout ran out of legs in the final 50 metres to finish 8th (3:43.58) with Andy Baddeley finishing fast for 6th (3:43.33). Inexplicably he ran at the rear of the field in such a slow run race and was still over a dozen metres adrift at the bell. How you can expect to give people capable of a 50 second last lap such a start staggers belief. James Thie (Wales) finished ninth (3:44.47) and young Alastair Hay (Scotland) 12th (3:44.61).

5000m

The race was uneventful passing through kilometres of 2:49.30, 2:49.38 and 2:45.14 (3k 8:23.82). At this point Moses Kipsiro (Uganda) began to whittle the large group down running the next kilometre in 2:42.69. Subsequent laps of 64.12 and 60.09 saw Birmingham (Australia) and Chris Thompson (England) slip off the three Kenyans and Ugandan. At the bell Kipsiro kicked again with former world champion Eliud Kipchoge and compatriot Mark Kiptoo trying all the new to overtake him. But Kipsiro would not be denied with a 53.01s last 400 metres on the back of a last 800metres in 1:53 and a final kilometre in 2:24.75. to prevail in 13:31.25 from Kipchoge (13:31.32) with Kiptoo (13:32.58) third. Thompson finished a great fifth (13:29.28) in such humid conditions with Lee Emanuel (14:31.38) 19th and Lee Merrien (Guernsey) 14th in 14:19.33.

10,000m

Once again it was Moses Kipsiro (Uganda) against the three Kenyans as he took the field through halfway in 14:03. The Kenyans now began to take their share of the work load with Kipsiro content to be pulled along by them. He took up the running on the penultimate lap to lead into the bell (27.30) and really exploded down the back straight with only Joseph Birich able to contend with the pace. In the home straight Kipsiro (27:57.39) held off the fast finishing Kenyan Daniel Salel (27:57.57) with a 54 second last lap to claim a magical golden double with Birich (27:58.58). The second 5000 metres taking 13:54. Chris Thompson crowned a memorable season finishing

eighth (28:50.47). Andy Vernon was 10th (29:44.91) in his first championships with John Beattie (31:01.67) 15th and Lee Merrien (30:18.59) 14th

Steeplechase

In a strong field Luke Gunn (2:51.32) comfortably led through the first kilometre. The second kilometre was passed in 5:40.65 (2:49.33) with Gunn still in contention and Stuart Stokes in his third commonwealths moving steadily through the field. At this point the three quality Kenyans took off increasing the pace from there on. Again the final water jump was to prove decisive as Richard Mateelong (8:16.39) holding off Ezekiel Cheboi (8:18.47) and Brinin Kipruto (8:19.65) to make it yet another grand slam with the final kilometre taking 2:35.74. Stokes who had targeted this race all season finished a creditable 5th (8:32.34) to add to his fine previous games record of fourth and fifth. Gunn faded to 7th (8:40.44) after his promising start.



Tom Lancashire (England, 1282), Andy Baddeley (England, 137) and Alastair Hay (Scotland, 1825) during the final of the men's 1500m



Darren St Clair (England, 1311) and Joe Thomas (Wales, 1968) during the final of the men's 800m



Leaders soon after the start of the men's 5000m. Tony Wamulwa (Zambia, 1977), Chris Thompson (England), Collis Birmingham (Australia, 1019) and Adian Blincoe (New Zealand, 1753)



Andy Vernon (England) during the men's 10,000m



Luke Gunn (England, 1265) leads from Stuart Stokes (England, 1312) during the final of the men's 3000m steeplechase

NATIONAL ENDURANCE COACHES SYMPOSIUM

Supported by ENGLAND ATHLETICS

**TRAFFORD ATHLETIC CLUB CONFERENCE CENTRE,
LONGFORD PARK STADIUM, RYEBANK ROAD, MANCHESTER, M21 9TA**

SUNDAY 14 NOVEMBER 2010 – 10AM TO 4.30PM

IN THE 'YEAR OF THE COACH' WE CELEBRATE THE ACHIEVEMENTS OF OUR CURRENT BRITISH ENDURANCE COACHES

by presenting Top Coaches together with making awards for BMC Coach of the Year, Outstanding Services to Coaching, Athlete of the Year, Young Athlete of the Year, BMC Academy Club of the Year and Frank Horwill Awards.

Led by Dave Sunderland Head of Endurance England Athletics and BMC News Editor,

SPEAKERS

Dr NORMAN POOLE.

Coach to numerous internationals, including three sub 2 minute 800metres women. Currently has a very successful group of athletes which includes 3 current top ranked athletes

A Keynote address to all British Endurance Coaches.

'Coaching from youth to Major Games Medallist' with a Case Study of Michael Rimmer.

ANDY HOBDELL.

Top coach with 5 athletes in 2010 Top Ten rankings
'Development of Andy Baddeley'

Interview with MICHAEL RIMMER.

European 800 metres Silver Medallist 2010, top ranked Briton for last four years and 6th fastest on UK Alltime list.

**SUITABLE FOR ALL PROGRESSIVE ATHLETES AND COACHES INTERESTED IN EXPANDING THEIR
KNOWLEDGE BUT AIMED AT LEVEL 2 AND ABOVE COACHES**

COST INCLUDING LUNCH AND REFRESHMENTS: BMC Members £10, Other Delegates £20. Cheques payable to BMC
Applications to Pat Fitzgerald, 47 Station Road, Uxbridge, Middlesex, UB8 3AB. Email patfitzgerald@britishmilersclub.com
by Friday 5 November 2010



BRITISH MILERS' CLUB

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

Notice is hereby given that the **Annual General Meeting** of the members of the above-named Club will be held at HOLIDAY INN HOTEL, 61 HOMER ROAD, SOLIHULL, B91 3QD

SUNDAY, 5 DECEMBER 2010 at 2pm

AGENDA

1. Apologies for absence
2. Consideration of Minutes of the Annual General Meeting held 29 Nov 2009
3. Matters arising from them
4. Chairmans Report
5. Financial Report
6. Membership Report
7. Grand Prix Report
8. Regional Reports
9. Election of Officers
10. Any other business

Dated 2 October 2010
David Reader
By order of the Committee

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

Would appreciate advise of attendance to ensure accommodation of numbers

ANNUAL SUBSCRIPTIONS for 2011 are due on the 1 January. Please pay promptly to ensure you receive your membership card for you to benefit from special low members rates for races and courses. Still £20. Send to: British Milers Club, Pat Fitzgerald, 47 Station Road, Cowley, Uxbridge, Middlesex, UB8 3AB.

MORE FROM YOUR RUN



INTRODUCING THE
NIKE+GPS APP
FOR **iPHONE®**

