



# BMC News

OFFICIAL JOURNAL OF THE BRITISH MILERS' CLUB  
VOLUME 9 ISSUE 2 – AUTUMN 2012

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# Contents

2	Contents/Officer	12	Coach Shadowing
3	Chairman's Report	13	European Championships Report
4	Training for 5000m/1000m	16	Olympic Reports 800m/1500m/5k
6	Britain's 4 Great Milers	34	Solihull Nursery
8	BMC Grand Prix Report	35	Mihaly Igloi
10	Are we getting Better?	36	Challenge of the Steeplechase



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Founded 1963



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

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

# Chairman's Report

**BY TIM BRENNAN** BMC CHAIRMAN

Welcome to the autumn 2012 addition of the BMC news.

The summer of 2012 has been anticipated by all British athletics fans from the moment of London winning the Olympic bid. It is behind us now but wasn't it fantastic! For the duration our sport moved to centre stage and suddenly people with no athletics interest (or no sporting interest!) were discussing the ins and outs of every event and scrambling to find tickets. The memories will live long, and we have to hope and work towards exploiting the legacy.

I was in there with the ticket scramblers eventually coming up lucky (and quite a bit poorer) for a couple of athletics finals and one lot of heats. In those events I was able to witness some fantastic performances by our endurance athletes. On the final Saturday the atmosphere was electric as Mo Farah ran his 5000m with waves of noise as the pack lapped the track. The last lap was as dramatic as it gets. With Mo leading but not having opened a gap as he passed our seats with 150m to go and with a mass of Africans on his shoulder. You feared the worse, but Mo now seems

to have the armoury for all situations and of course came home superbly for his historic victory. I also saw the women's 10000m final and 5000m heats. Here we also had brilliant British performances from Jo Pavey and Julia Bleasdale who were 7th and 8th respectively at both distances. Jo after a season away from the track and a readjustment after her marathon disappointment produced some of her finest track form including a PB at the longer distance. Julia was a revelation with two personal best. It was great to see the way they raced each other and took on the field.

As far as the legacy goes, from what I have seen and heard athletics clubs are enjoying a surge of interest from those inspired by the games. Some of these new joiners will stay in the sport and some of them will go on to qualify for and join the BMC. Athletics can be seen as a pyramid and the BMC's job is to help athletes climb that pyramid from good club standard to Olympic high. The wider the base of the pyramid the more who will come through, so increased participation would be great news for the BMC. It will be tough to retain those athletes as clubs struggle to find enough coaches and officials and as the kids are tempted by other sports. Retention

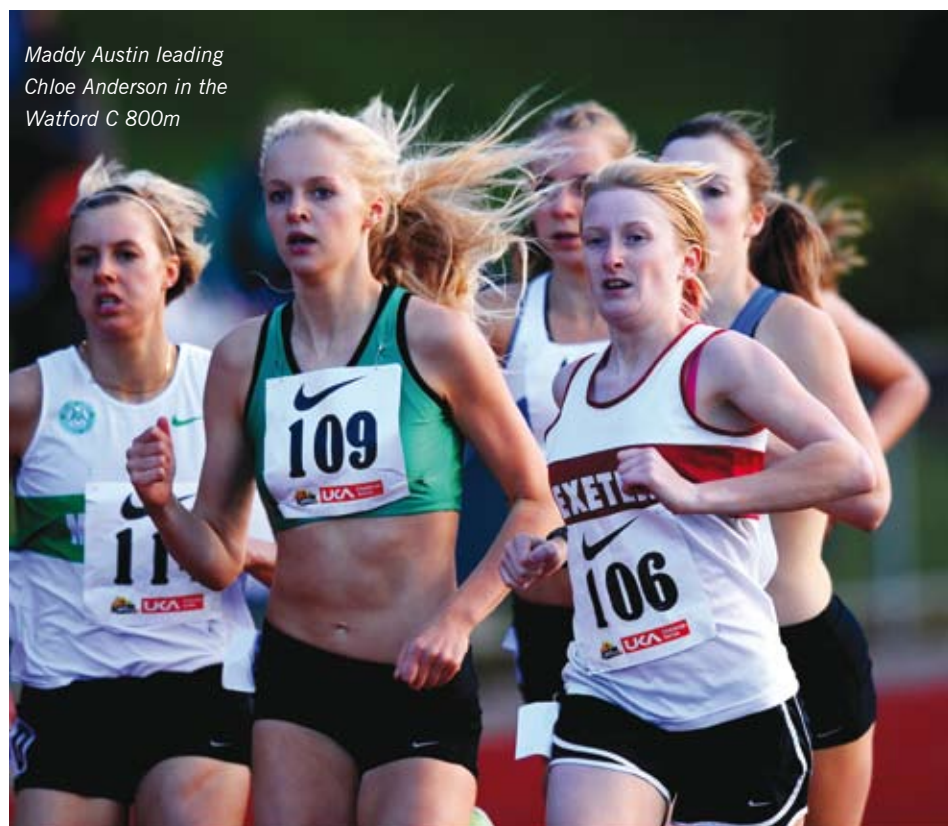
will depend on having the training sessions and competitions that inspire. The BMC can play its part here with our coach education programme which concentrates on practical guidance and recognises that coaching young athletes is a particular speciality with its own demands. Through our academy competitions we can provide a competition that excites the athletes. In 2012 we had a record 773 finishers across 4 meetings.

Another important part of legacy will be on the commercial side. The sponsorship we have had over many years from Nike and in recent years from UKA and McCain enables us to run our competition, academy and coaching program. With McCain ending their involvement in athletics we are currently not certain of what our finances will look like in 2013, and that is a threat to the breadth of our activity. Over the winter we will be working hard to find the funding we need and would welcome any support or ideas that people can offer.

Part of our sales pitch in looking for sponsorship will be to explain the importance of what we provide. We can point to plenty from this season with Ross Murray's breakthrough 1500m at Sports City and Jo Pavey's BMC record breaking return to the track over 5000m at the same venue. We also saw three BMC U20 records at Watford as a new generation develops. We can also point to the 50 meetings we have held and the 4820 athletes who have finished in them, 46% of those walking away with PBs. It is a huge operation run by hard pressed volunteers from within the BMC and from the clubs who we cooperate with. My thanks and gratitude goes to all of those involved.

Best wishes

Tim Brennan



*Maddy Austin leading  
Chloe Anderson in the  
Watford C 800m*

## Cover Photograph

Women's International BMC Race at Watford.

By Mark Shearman

## Printed by:

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

## Photography:

Photographs by Mark Shearman  
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# Training for 5000/10000 metres

BY TERENCE MAHON (USA) – MAMMOTH LAKES

## What are the critical components for international success in long distance running

- Physiological demands
- Neuromuscular demands
- Psychological demands
- Genetic ability

### Physiological Demands

- High VO2 Max (Nature, Nurture)
- High vVO2
- High fractional utilization of VO2 Max
- Large training volume (Day, Week, Year)
- Specific aerobic development
- Low lactate levels at AeT and AnT

### VO2 Max

- In simple terms - this is the size of your aerobic engine. It plays a huge role in athletic success
- Genetic component determines how large an engine you have
- Training component determines your ability to maximize that engine size
- Example: Deena Kastor from 70-80ml/kg over the course of four years of high training volume

### VvO2 Max

- The velocity that can be maintained for ~ 6-9min of exercise. It is sport specific.
- This factor plays an even greater role in athletic success than VO2 Max alone
- A High vVO2 Max determines performance potential from 3,000m to the marathon
- vVO2 Max is determined by a combination of aerobic & anaerobic development as well as neuromuscular power

### Utilization of VvO2

- 100% of vVO2 = 3k performance
- 97% of vVO2 = 5k performance
- 93% of vVO2 = 10k performance
- 90% of vVO2 = 15k performance
- 88-89% of vVO2 = Half marathon performance
- 85% of vVO2 = Marathon performance

### Athlete's Profiles

	Deena Kastor	Ryan Hall
vVO2	4:36	4:06
5k	14:51 (14:41)	13:16 (13:05)
10k	30:50 (30:30)	28:07 (27:11)
13.1	1:07:34 (1:07:29)	59:43 (60:09)
26.2	2:19:36 (2:18:35)	2:04:58 (2:04:36)

### Training Volume

- A typical model of building aerobic base
- 70 Miles per week
- 48 Weeks per year
- 6 Years
- 20,160 Miles of aerobic development

It is necessary to have a large amount of training volume in order to:

- Maximize VO2 capacity
- Increase mitochondria, capillaries, etc
- Improve lactate shuttling mechanisms
- Create low lactate levels at aerobic & anaerobic threshold
- Improve muscle stiffness & tendon compliance

### Training Specificity

- Once the aerobic engine has been developed then training specificity can be maximized
- Training specificity is about getting in as much volume as possible within a given energy system to reach peak results
- Training specificity is challenged each season, each cycle and each year of an athlete's career until no further improvements can be made
- In order to maximize this volume their needs to be both an aerobic and anaerobic buffer in place
- These buffering mechanisms are created by adding in workloads one system above and one system below race pace

### Examples of Evolving Training Specificity in the 5k

- Year 1: 25 x 200 @ 5k pace w/ 30sec rest
- Year 2: 12 x 400 @ 5k pace w/ 1min rest
- Year 3: 10 x 600 @ 5k pace w/ 90sec rest
- Year 4: 6-8 x 800 @ 5k pace w/ 2min rest
- Year 5: 5-6 x 1k @ 5k pace w/ 2:30-3min rest
- Year 6: 4-5 x 1200 @ 5k pace w/ 3-3:30 rest

### For the Mature Athlete Training Specificity Can Also Evolve Within the Training Season As Fitness Improves

- 12 x 800 @ 10k pace w/ 90sec rest
- 10 x 1k @ 10k pace w/ 2min rest
- 8 x 1200 @ 10k pace w/ 2:30 rest
- 6 x mile @ 10k pace w/ 3min rest
- As the race distance increases the reliance upon the aerobic system becomes greater & greater
- In order for success to take place vVO2 must be maintained while the aerobic & anaerobic thresholds must be further challenged
- However - the challenge is not to go faster, but to go further in the system without increasing lactate levels too much
- Therefore the standard 20min AnT run eventually has a goal of becoming a 40min AnT run while maintaining the same effort throughout

### Half Marathon and Marathon Times

- The rapid increase in speeds over the half & full marathon distance is taking place because further emphasis is created on workouts that directly impact these events
- Today's norm in marathon training is to engage in 30k tempo runs at or very close to marathon pace
- This is followed by the aerobic support run of 40k that is run at one energy system slower (approx. 15-20sec per mile)
- In addition the anaerobic threshold runs have moved up to 15k of sustained running or 20k of intervals (approx. 15-20sec/ mile faster than marathon pace)
- Either before or during training the athlete will touch on VO2 work to make sure that vVO2 max is fast enough to reach the respective long distance goals
- All in all this makes the complete marathoner that is now

reaching times that are comparable to shorter distance performances on the track

### Neuro-muscular demands for long distance runners

Although peak power output is less of an issue in regard to long distance running it still plays an important role over the latter stages of these events - especially the finishing kick!

Supplementing aerobic training with resistance work will force the body to recruit more muscle fibers and will aid in...

- Decreasing ground contact time
- Improving flight time
- Improving the use of the proper mechanical levers
- Improving running mechanics by instilling proper neuromuscular firing sequences

### Improvements in muscle strength & speed can be supplemented via...

- General strength training
- Specific strength training
- Low amplitude plyometrics
- Limited volume of high amplitude plyometrics

### TRAINING GOALS:

- Injury prevention (esp. W/ increase in training loads)
- Improvement in running economy
  - Decrease excessive pronation/ supination
  - Increase muscle stiffness
  - Increase & maintain distal leg lift during swing phase
  - Create triple extension upon take off to maximize use of prime movers

### Psychological demands

As race distances increase from 5k on to the marathon the personality profiles change (or need to be adapted) to fit the event. All distance races require that the athlete understands the process of "Delayed gratification" in order to reach peak performance.

There are few shortcuts

- It takes time to build up the aerobic engine (often upwards of 6-10 years)
- It takes time to develop effective racing strategies to perform well under various competitive & climatic conditions
- As race distances increase the need for recovery from race to race as well as within training increases as well.
- Since an elite athlete will often only run a handful of 5k's, 3 top level 10k's and at best 2 top level marathons per year - the need to get it right in training is even greater. Patience is rewarded and haste is often lost on the side of the road

### In Regard to Racing...

- 5,000m track races are often aggressive and quite physical. The athlete needs to exhibit patience under fire to not get rattled by pushing and jostling for a spot on the rail
- 10,000m track races are similar, but require a greater awareness of pace to survive to the last 1k and still have a finishing kick. Running in lane 2 for most of the race can prove costly for those athletes that have trouble running in a pack
- As runners take to the road in the longer distances there becomes the issue of not having a single leader as attacks can come from anywhere across the road. An athlete can't have tunnel vision and hope to survive in an elite field
- In the marathon you may have all of the above, but know we have the addition of the necessity of managing fueling &

hydration strategies along the course. Races are now won or lost by improper hydration or lack of attention at water stops late in the race

Genetic ability as with most athletic endeavors - genetics plays a huge role in determining who will succeed at the top level and who will not

- Muscle fiber composition
- Cardiovascular capacity
- Tendon elasticity
- Body composition
- Blood/ hormone profiles

...and more are for the most part all about the genes

- Who you come from & where you come from will play a major role in athletic performance
- This is not to say that those with less talent can't reach the podium by training hard & training smart - it is rather to say that those with both talent & dedication do have their advantages
- In my opinion the best approach to take is that science has always been a step behind understanding what creates peak performances
- The mind & the body are plastic in nature and thus can be bent to fit the goal if the drive is great enough and there are enough ingredients in the mix. There will always be the anomaly that makes us question the rules!



Nick McCormick running  
his heat in London

# Britain's four great milers

By David Cocksedge

SEB COE, STEVE OVETT and STEVE CRAM. These three men have set six world records at the mile between them, plus five at 1500 metres. They have also won one World title, three Olympic titles, four European gold medals and four Commonwealth titles over distances from 800 to 5000 metres. Impressive, or not? The fourth great English miler is Yorkshireman Peter Elliott, and his stats are also listed below. Note that Steve Ovett and Peter Elliott share the same birthday (9th October), seven years apart, and that all four men were born between 29th September and 14th October.

I also suggest that these stats are quite

revealing. They show just how sparingly Seb Coe raced over 1500m/mile during the peak of his career. But he raced very effectively: of his (only) seven marks under 3:55 for a mile, three of them were world records, and all of those three were inside 3 minutes and 49 seconds! Yes, absorb that, you young milers of today....

Cram has six marks under 3:50 for a mile to Ovett's five; Coe's four; but Ovett racked up an impressive win/loss record: nineteen 1500 performances between 3:30.77 and 3:34.95 (1977 to 1986) without defeat, plus 15 mile marks between 3:48.40 and 3:55.01 (1977 to 1985) whilst only losing twice. Cram (11 years) had a longer career

at the top, and thus incurred more losses. But the 'Jarrow Arrow' has an worthy set of marks - 20 performances between 3:29.67 and 3:34.96 for 1500 metres, plus 17 marks between 3:46.32 and 3:54.00 for one mile from 1980 to 1991.

An indication of how slow major races tend to be is the fact that the only two Championship marks get into these listings: Coe's winning time of 3:32.53 (with Cram clocking 3:33.40 behind him) at the 1984 Los Angeles Olympics; and Peter Elliott's 3:33.39 at the 1990 Commonwealth Games at Auckland, New Zealand.

(\*: World Record; +: en route to mile)



## Steve Ovett (09.10.1955)

### Mile

3:48.40*	(1)	Koblenz 26 August 1981
3:48.8*	(1)	Oslo 1 July 1980
3:49.25	(1)	Oslo 11 July 1981
3:49.57	(1)	Crystal Palace 31 August 1979
3:49.66	(1)	Lausanne 14 July 1981
3:50.23	(2)	Rieti 9 September 1981
(Winner - Sydney Maree 3:48.83)		
3:50.49	(1)	Oslo 23 August 1983
3:51.56	(1)	Brussels 22 August 1980
3:52.71	(2)	Crystal Palace 9 September 1983
(Winner - Steve Cram 3:52.56)		
3:52.8	(1)	Oslo-Stovner 20 September 1978
3:52.84	(1)	Crystal Palace 25 August 1980
3:52.99	(1)	Cork 8 July 1986
3:54.08	(1)	Berlin 17 August 1979
3:54.69	(1)	Crystal Palace 26 June 1977
3:55.01	(1)	Edinburgh 23 July 1985

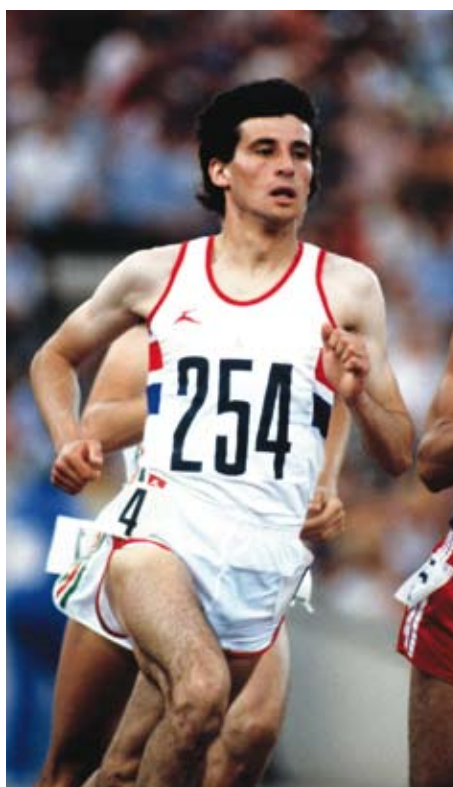
### 1500 metres

3:30.77*	(1)	Rieti 4 September 1983
3:31.36*	(1)	Koblenz 27 August 1980
3:31.95	(1)	Milan 8 July 1981
3:32.09*	(1)	Oslo 15 July 1980 (Equalled Record)
3:32.11	(1)	Brussels 4 September 1979
3:32.7+	(1)	Oslo 1 July 1980
3:32.9+	(1)	Koblenz 26 August 1981
3:32.95	(1)	Koblenz 3 September 1983
3:33.34	(1)	Lausanne 14 July 1981
3:33.78	(1)	Koblenz 6 August 1986
3:33.81	(1)	Oslo 28 June 1983
3:34.0+	(1)	Crystal Palace 31 August 1979
3:34.1+	(1)	Oslo 11 July 1981
3:34.45	(1)	Dusseldorf 3 September 1977
3:34.50	(1)	Oslo 28 June 1984
3:34.50	(1)	Paris 22 July 1986
3:34.63	(1)	Oslo 3 August 1981
3:34.7+	(1)	Rieti 9 September 1981
3:34.95	(1)	Rome 5 September 1981



Steve Cram (14.10.1960)

3:46.32* (1)	Oslo 27 July 1985
3:48.31 (1)	Oslo 5 July 1986
3:48.85 (1)	Oslo 2 July 1988
3:49.49 (1)	Crystal Palace 12 September 1986
3:49.65 (1)	Koblenz 29 August 1984
3:49.95 (3)	Zurich 19 August 1981 (Winner - Seb Coe 3:48.53*)
3:50.38 (6)	Oslo 11 July 1981 (Winner - Steve Ovett 3:49.25)
3:51.43 (1)	Gateshead 27 June 1986
3:51.58 (4)	Oslo 1 July 1989 (Winner - Abdi Bile 3:49.90)
3:52.11 (1)	Djakarta 3 October 1991
3:52.17 (3)	Oslo 10 July 1993 (Winner - Noureddine Morceli)
3:47.78)	
3:52.56 (1)	Crystal Palace 9 September 1983
3:52.65 (2)	Berlin 10 September 1991 (Winner - Morceli 3:52.40)
3:52.97 (2)	Sheffield 15 September 1991 (Winner - Peter Elliott 3:52.10)
3:53.8 (2)	Oslo 1 July 1980 (Winner - Ovett 3:48.8*)
3:53.82 (1)	Crystal Palace 3 June 1980
3:54.00 (1)	Cannock 20 September 1986
<b>1500 metres</b>	
3:29.67* (1)	Nice 16 July 1985
3:30.15 (1)	Brussels 5 September 1986
3:30.95 (1)	Brussels 19 August 1988
3:31.34 (1)	Oslo 27 June 1985
3:31.43 (1)	Zurich 19 August 1987
3:31.66 (1)	Brussels 26 August 1987
3:33.03 (2)	Sheffield 16 September 1990 (Winner - Peter Elliott 3:32.69)
3:33.06 (1)	Knarvik 4 September 1983



3:33.06+ (1)	Oslo 5 July 1986
3:33.13 (1)	Budapest 20 August 1984
3:33.40 (2)	Los Angeles 11 August 1984 (Winner - Seb Coe 3:32.53)
3:33.66 (1)	Zurich 18 August 1987
3:33.7+ (3)	Oslo 2 July 1988
3:34.05+ (1)	Oslo 4 July 1987
3:34.08 (1)	Brussels 24 August 1984
3:34.18 (1)	Brussels 13 September 1981
3:34.67 (3)	Zurich 7 August 1991
3:34.74 (5)	Zurich 13 August 1980
3:34.81+ (3)	Zurich 19 August 1981
3:34.96 (4)	Monaco 3 August 1991

Sebastian Coe (29.09.1956)

3:47.33* (1)	Brussels 28 August 1981
3:48.53* (1)	Zurich 19 August 1981
3:48.95* (1)	Oslo 17 July 1979
3:49.22 (3)	Oslo 27 July 1985 (Winner - Steve Cram 3:46.32*)
3:52.93 (2)	Crystal Palace 23 July 1983 (Winner - Steve Scott 3:51.56)
3:54.5 (1)	Coventry 16 June 1985
3:54.6 (1)	Crystal Palace 4 July 1984

#### 1500 metres

3:29.77 (1)	Rieti 7 September 1986
3:32.03* (1)	Zurich 15 August 1979
3:32.19 (1)	Zurich 13 August 1980
3:32.39 (1)	Zurich 22 August 1984
3:32.53 (1)	Los Angeles 11 August 1984
3:32.8+ (1)	Oslo 17 July 1979
3:32.94+ (1)	Brussels 28 August 1981
3:33.27+ (1)	Zurich 19 August 1981
3:33.42+ (3)	Oslo 27 July 1985
3:34.05+ (2)	Zurich 16 August 1989
3:34.32 (1)	Hengelo 27 June 1986



And England's fourth great miler is:

Peter Elliott (09.10.1962)

Below are Peter Elliott's best times at 1500/mile, including his swift winning time at the 1990 Commonwealth Games in Auckland.

#### 1500 metres

3:32.69 (1)	Sheffield 16 September 1990
3:32.94 (2)	Brussels 19 August 1988
3:32.94 (2)	Brussels 13 September 1991
3:33.0+ (1)	Oslo 14 July 1990
3:33.23 (1)	Rieti 8 September 1987
3:33.39 (1)	Auckland 3 February 1990
3:33.4+ (1)	Oslo 6 July 1991
3:33.78 (1)	Vigo 23 July 1991
3:33.8+ (4)	Oslo 2 July 1988
3:34.12 (1)	Rovereto 21 August 1990
3:34.20* (1)	Seville 27 February 1990 (World indoor record)
3:34.72 (1)	La Corunna 5 August 1987

#### Mile

3:49.20 (2)	Oslo 21 July 1988
3:49.46 (1)	Oslo 6 July 1991
3:49.76 (2)	Oslo 14 July 1990
3:51.80 (1)	Battersea Park 27 May 1990
3:52.10 (1)	Sheffield 15 September 1991
3:52.91 (1)	Manchester 9 September 1990
3:52.93 (3)	Gateshead 28 August 1989
3:53.4 (1)	Harlow 20 August 1989
3:53.85 (3)	Athens 7 September 1990
3:54.22 (2)	Gateshead 27 June 1986
3:54.46 (1)	Hendon 1 October 1989
3:54.58 (2)	Crystal Palace 11 July 1986
3:54.62 (1)	Rotherham 12 June 1992

# The BMC Grand Prix

By Kevin Fahey, Tim Brennan, Steve Mosley

A MASSIVE total of 642 personal bests underlined the success of the 2012 British Milers' Club Grand Prix season.

Those PBs were delivered in 136 races across five meetings from Sport City in May to the grand final incorporated into the UK Athletics Inter Counties Championships at Bedford last month.

There were a total of 1,363 finishers – though obviously many appeared in more than one of the Grand Prix meetings – with the clearly structured grading system appealing to all abilities, from good club runners to Olympians, all eager to test themselves in a highly competitive environment.

In Olympic year our aims had to be to help as many of team GB in their preparation as possible but also to see our younger membership progressing on the road to being the Olympians of the future. The break through runs of Ross Murray and the return to the track of Jo Pavey plus the large turnout of Olympic competitors for Solihull as their last race before the games show we achieved the former. It also resulted in two BMC senior records. We also had three U20 records so the future looks bright for Rio and beyond.

As well as the hundreds of personal bests numerous records were broken during the summer. The trend was set in the opening Grand Prix meeting at Sportcity in Manchester when Ross Murray, who is a student at St Mary's College in west London and coached by Craig Winrow, smashed his personal best and set a new British Milers' Club record, eclipsing Andy Graffins 2002 best, as he won the A race in a time of 3mins 36.68secs.

That carved almost four seconds from the time he set at the BMC meeting in Stretford at the end of May and set him on course to win a place in the British team for the Olympic Games in London.

That same evening Exeter Harriers' Jo Pavey, racing on the track for the first time in two years, won the 5000m in a time of 15mins 13.8secs which was also a new BMC record – and launched her return to the track and her fourth Olympic Games in London.

At Watford four BMC records were broken by Portugal's Sara Moreira in the 5000m (15:08.33, BMC all comers), Jessica Judd in the 800m (2:01.9, BMC U20), Zak Seddon in the 3000m steeplechase

(8:38.07, BMC U20) and Pippa Woolven in the 3k 'chase (10:11.86, BMC U20).

In addition 16-year-old Tonbridge AC runner Sean Molloy went top of the UK All Time Rankings for under 17 men, eclipsing Mark Sesay's record, with a sparkling personal best of 1mins 48.24secs.

Judd and Seddon's times also lifted them to No 2 in the All Time Rankings for under 20 athletes while Emelia Gorecka (5000m, 15:34.21) and Woolven climbed to third spot in the All Time lists with their performances.

Back up north to the Trafford Stadium, Manchester and that witnessed a world record as 40-year-old Tony Whiteman clocked a time of 3mins 42.02secs to break the World Masters record of 3:42.65 set by Russian Vyacheslav Shabunin in 2010.

Also Stephen Morris set a new British record as the 23-year-old from Cardiff, who is coached by Chris Moss, broke four minutes for the first time with a PB of 3:58.94 to break the T20 record for athletes with learning difficulties.

Then at Solihull Jack Crabtree, of Trafford

AC, set a new UK Age 15 record of 3mins 52.06secs, eclipsing James Shane's previous best of 3:52.68, to finish eighth in the D race. Crabtree carved 2.54secs off his previous best which he set the previous month at the BMC Grand Prix in Watford and means that he has improved by over eight seconds this summer.

Crabtree's effort was one of two age group records that evening with 48-year-old Clare Elms of Dulwich bettering her own UK W45 record with a superb time of 4:32.63 for ninth place in the 1500m C event.

The first four meetings were a tough act to follow and as it turned out the combined meeting with the Inter Counties at Bedford was something of an anti-climax. The BMC format depends on knowing in advance who is entered so that the races can be seeded and the right pacemakers recruited. By incorporating the inter counties entries we lost control of that and found that half of those entered were not actually running. This led to a lot of disruption on the night as races ended up with too few competitors.

## Season Stats

**Strength in depth – Totals of of sub-1:50, 3:45, 2:10, 4:20, 14:30, 16:30,**

	2008	2009	2010	2011	2012
Men	138	153	166	174	182
Women	119	134	137	159	139
<b>Total</b>	<b>257</b>	<b>287</b>	<b>303</b>	<b>333</b>	<b>321</b>

## Personal Bests

	Venue	Races	Finishers	PB's	%
GP1	Sports City	27	281	84	30%
GP2	Watford	30	350	133	38%
GP3	Trafford	24	192	77	40%
GP4	Solihull	30	328	136	41%
Final	Bedford	25	212	46	22%
	<b>TOTAL</b>	<b>136</b>	<b>1,363</b>	<b>476</b>	<b>35%</b>

## The 2012 Racing Program

### Olympic Qualification

Jo Pavey	5000m	15:14.19	UKA "A" standard (15:20.00)
Ross Murray	1500m	3:36.69	UKA "B" standard (3:38.00)
Jessica Judd	800m	2:01.09	UKA "B" standard (2:01.30)

### European Championships Qualification

Jo Pavey	5000m	15:14.19	Standard: 15:25.00
Ross Murray	1500m	3:36.69	Standard: 3:39.00

### World Junior Championships qualification

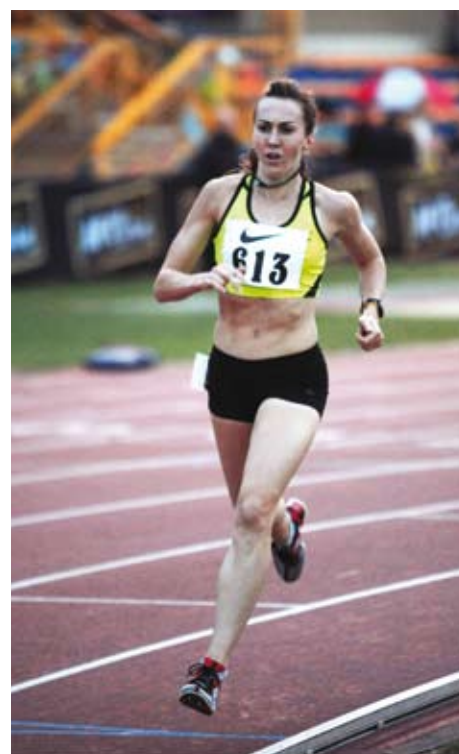
Charlie Grice	1500m	3:42.87	Standard: 3:44.00
Jessica Judd U20	1500m	4:15.12	Standard: 4:18.00
Sean Molloy U17	800m	1:48.24	Standard 1:48.50
Jessica Judd U20	800m	2:01.09	Standard 2:05.00
Emelia Gorecka U20	5000m	15:34.21	Standard 16:05.00)
Zak Seddon U20	3000m SC	8:38.07	Standard 8:50.00
Pippa Woolven U20	3000m SC	10:11.86	Standard 10:20.00

### BMC Records

Sara Moreira	5000m	15:08.33	BMC all comers
Jessica Judd	800m	2:01.9	BMC U20
Zak Seddon	3000m SC	8:38.07	BMC U20
Pippa Woolven	3000m SC	10:11.86	BMC U20

### UK All Time Rankings

Sean Molloy U17	800m	1:48.24	Rank 1
Jessica Judd U20	800m	2:01.09	Rank 2
Emelia Gorecka U20	5000m	15:34.21	Rank 3
Zak Seddon U20	3000m SC	8:38.07	Rank 2
Pippa Woolven U20	3000m SC	10:11.86	Rank 3



Megan Brown on her way to winning the 1500m Grand Prix at Bedford

Andrew Richardson (26) prevails from Ed Aston (9) in the 800m A race at Watford



# Are we Getting Better?

By Tim Brennan

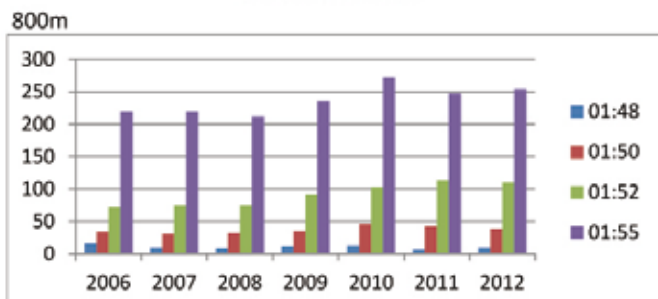
The aim of the British Milers Club is to improve UK middle distance standards and so at the end of the season we look back and see how the standards compare year on year. A noticeable trend is the continual rise in the numbers achieving the standard set by UKA for the national championship invite. Across the men's and women's 800m/1500m/5000m 483 achieved this compared to 343 back in 2006. At the fast end of the rankings the best improvement has come in the women's 5000m with 14 ladies running under 15:45 compared to 4 last year. 8 did so in BMC races. The rankings are led by Jo Pavey, Julia Bleasdale and Barbara Parker who all set their season bests in the Olympics, fantastic preparation by them and their coaches.

Notable in the Junior men's events was the number breaking 1:50 for 800m. Eight people achieved this in 2012 which is easily the best in the last 7 years. All 8 broke 1:50 in BMC races. The men's 5000m is also an event where things are going well at the top end with seven under 14:30 all in BMC races. In the men's 1500m the season continued a gradual year on year rise in the depth at 3:55 and 4:00. In the women's events it is very much a consistent picture with the numbers similar to previous years.



Hannah Walker leads a competitive 5000 metre race at Bedford with eventual winner Sarah McCormack in 4th place

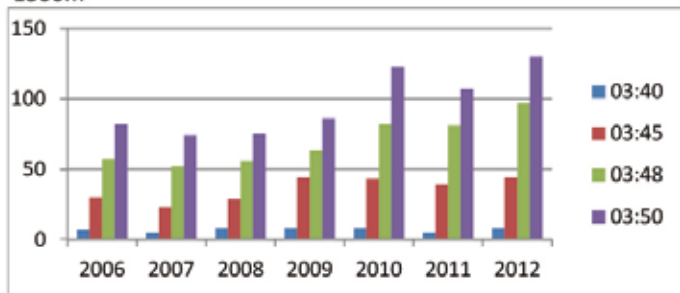
SENIOR RANKINGS



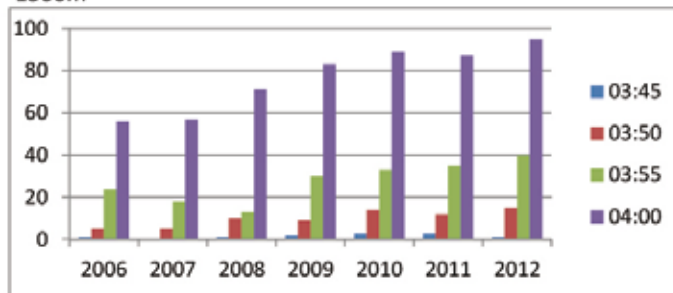
JUNIOR RANKINGS



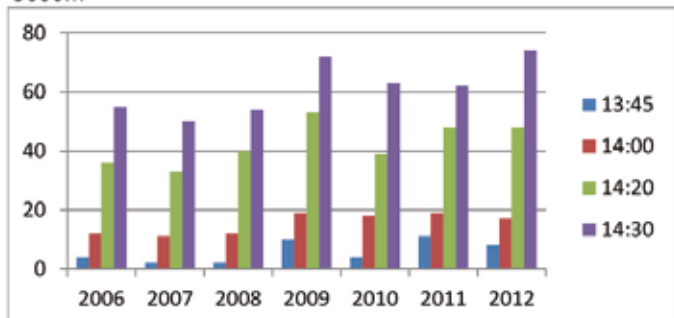
1500m



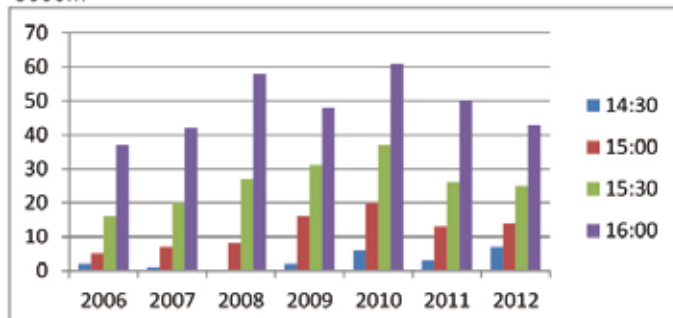
1500m



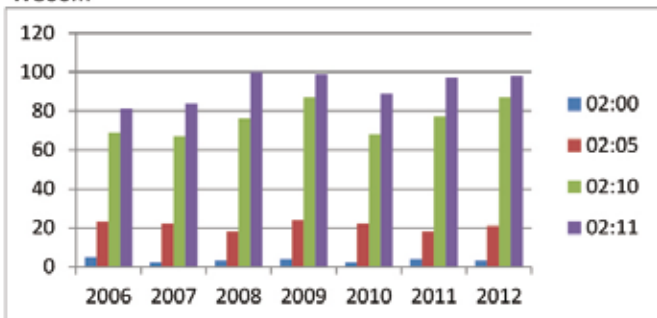
5000m



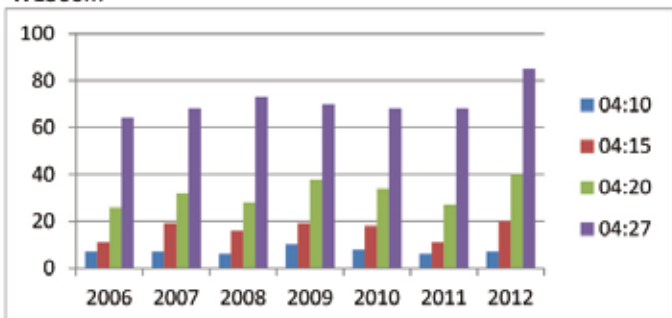
5000m



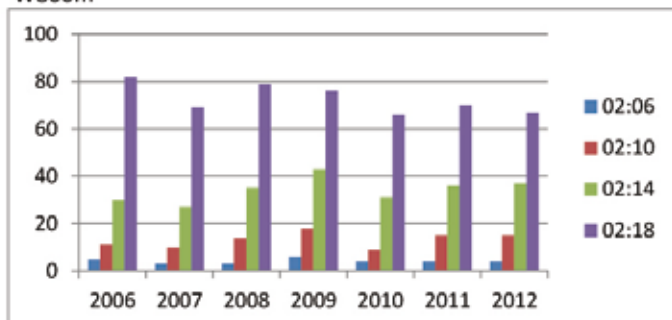
W800m



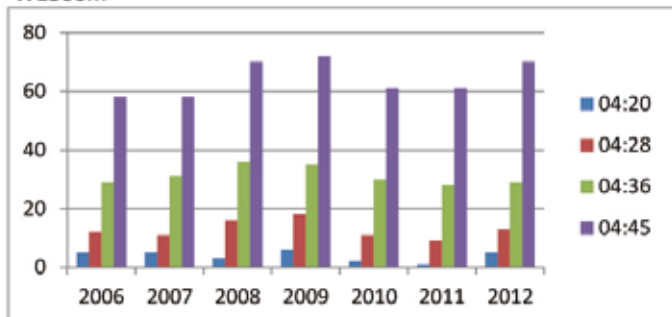
W1500m



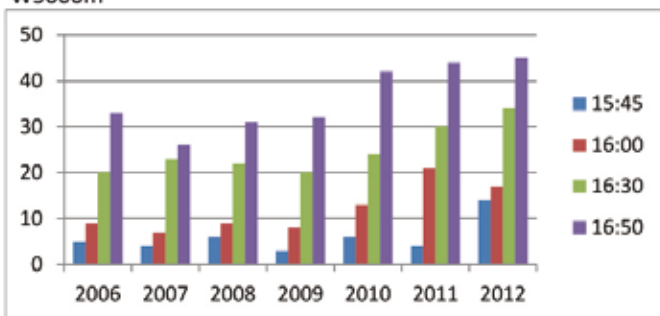
W800m



W1500m



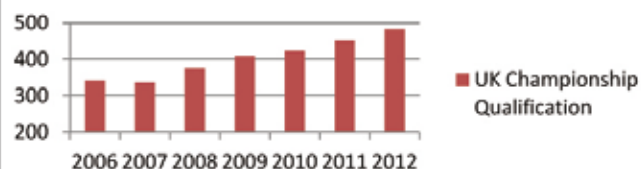
W5000m



Thomas Chamney a strong winner of the Men's 1500m Final at Bedford



### UK Championship Qualification



# BMC Coach Shadowing Initiative

## DR. MATT LONG. ENDURANCE COACH

Having taken the opportunity to shadow both Dave Sunderland and Norman Poole in recent months as part of the BMC's great scheme to develop coaches as advertised in the last edition of this publication by Rod Lock, I'd like to share my insight with you and encourage you as fellow coaches to grasp a golden opportunity with both hands.

Dave Sunderland invited me to shadow his squad who conveniently were working out in my home town of Burton-on-Trent in April. His squad included athletes of the calibre of former European 800m bronze medallist Sam Ellis. I sensed Dave thought I might learn more from taking an active part in assisting him and I was duly assigned timing duties at the 200m point as he briefed his young hopefuls on a how they were going to embark on a series of 200m repetitions with a reduced recovery. I felt like I needed a lie down just listening to what they were about to embark on but I recovered my senses and duly began operating my stop watch. I had previously had the pleasure of assisting Dave with Staffordshire team management duties at an English schools cross country in Leeds several years ago. I had read his books on high performance middle distance and endurance running and felt I knew them off by heart. I'd also heard him speak at conferences and had listened to his podcasts on UKA's UCoach site. What on earth more could I learn from him? Far from being a waste of time I began to observe the very things that the theory books won't and can't tell you. Where was Dave standing during the session and why in terms of spatial dynamics? How did he make appropriate interventions during the session? Did he do this didactically by barking out orders for his athletes to be goal focused or did he do it by asking them intrinsic questions about process to do with their cadence or foot strike? How did he motivate the athlete who was having the proverbial bad day at the office? Did he pull her out of the session or get her to refocus by modifying her workload? I saw all of this. I saw the social practice of an elite coach at work. I saw a man crafting and shaping his athletes in the very same way as a sculptor works with wood.

Next port of call, I made the journey from the Midlands up to Wythenshawe

in Manchester on a wet and windy May evening to visit Norman Poole's squad which contained a plethora of talented athletes with international representative honours such as Beijing Olympian Tom Lancashire. Feeling a little awe struck I had the opportunity of taking time out before the formal session to sit down with Norman and to discuss his philosophy of coaching. I was able to question him by making reference to some of his work which has been published in this very journal over the years. As well as a 'behind the scenes' insight into his guiding principles, as a man of great humility Norman took the time out to explain that despite his international reputation that he himself had found it difficult to establish himself initially as a coach after his days as a gifted miler. As a person struggling to make the transition from 'club coach' to 'performance coach' I found this to be greatly uplifting and encouraging in a moral sense.

One of the things which any formal scheme engenders is a number of positive unintended consequences. One of the things Norman was able to facilitate for me was the opportunity to talk with former

Great Britain international representatives John Davies and Paul Roden who were assisting on the evening. By this stage I felt as if I'd had the proverbial main course and that Norman was throwing in a couple of desserts for good measure and that the tab was being picked up by the BMC! As I drove home soaked and saturated like a drowned rat that evening I got in just after midnight and fired off an email to my mentor on the Area Coach Development Programme, Geoff James. It read, '180 miles and a five hour round trip in the car. I may be coming down with pneumonia but it was worth every minute of it!'

As you are reading this piece you will be a fan of BMC News. As a coach you may subscribe to a range of national magazines which you can buy in your local high street. Some of you will access UKA's UCoach online and others may take up the opportunity of attending England Athletics conferences and workshops. All good stuff but I challenge you to find a better scheme which gives you a free handle on one of the great intangibles of our sport - you can't touch it, you can't read it and you can't buy it - that great intangible is the cultural craft of coaching.



*Coaching session in progress*

# European Championships

## Helsinki June 27th – July 1st

This was the first European Championships to go to every two years and as a consequence it clashed with the London Olympics. This obviously affected the standard in some of the endurance events. However, despite the poor weather there were some outstanding performances and races. From a British perspective the team of 22 – five who subsequently went to the Olympic Games - comprised a mixture of athlete's fine tuning for London, others entering the last chance saloon for Olympic selection and development athletes who were gaining the experience at a major games. The UK came away with three medals - one gold from defending champion Mo Farah in the 5k, a pleasing silver for Jo Pavey – her first ever European medal - in the 10k and a further silver medal to developing athlete Lynsey Sharp in the 800m.

### Men

#### 800 metres

Britain's two athletes both made it to the semi-final stage. Gareth Warburton desperately seeking the Olympic A standard looked impressive in dominating his heat to lead through in 51.61s and 87.45s to narrowly miss the standard as he won in 1:45.80s. The following day in the semis he tried to repeat the race plan going through in 51.54s and 78.91s before succumbing to the pace and finished last in 1:47.37s. However, his bold effort was rewarded with a deserved Olympic selection. Muktar Mohammed ran well in both his heat 1:48.84s (2nd) and semi-final 1:47.13s (3rd) but was just found short of speed with the first 2 and the 2 fastest losers to qualify. It required 1:46.88s to qualify.

In the Final Bosse of France led through in a sedate 55.17s and 82.79s before Yuri Borzakovski (Russia) ran a sub 27sec last 200metres (1:48.61s) to hold off the fast closing Andreas Bube of Denmark (1:48.69s) and in his first ever European Championships claim the Gold. Bosse (1:48.83s) held on for the Bronze

#### 1500 metres

Britain's two representatives failed to make the Final. James Brewer did not even make the start unfortunately having to withdraw ill. Tom Lancashire after a long winter of



*Mo Farah leading the field on the way to defending his 5000m European title*

illness found the quick late pace a little too much finishing 10th (3:47.80s) in his heat but it was good to see him back at this level. The final was not of a high standard but was a great race. After sedate splits of 62.60s, 2:09.53s it still only required a 54s lap by Hendrik Ingebrigsten (Norway) to win in 3:46.20s from Cavalho (France) 3:46.33s and Bustos (Spain) 3:46.50s. Unfortunately Nava (Finland) a likely winner was tripped as the race began to pick up pace. This can always be a likely outcome in a slow run race.

#### 5000 metres

Mo Farah in a strong field became the first ever athlete to defend this title in securing Britons 7th title. Rybakov (Russia) led through 2:42.45s and 5:30.32s before Farah went through 3k in 8:17.50s. and 4k in 11:03.15s. He then began to pick up the pace finishing with a 53.7s last lap to finish in 13:29.91s – quicker than 2 years ago – from Arne Gabius (Germany) 13:31.83s and Polat Arikan (Turkey) 13:32.63s. Farah looked in shape to give a good account of himself in London!! Rory Fraser in his first big race ran solidly for 14th in 13:51.05s

with Mitch Goose carrying an injury finished 23rd and last in 14:21.91s

#### 10,000 metres

Compared to previous Championships this was an average field with a similar result. In pouring rain the field went through 5k in a pedestrian 14:21.93s. and it was left to a last lap tussle with Polat Arikan (Turkey) gaining his second medal with 28.22.27s from the top ranked European Daniele Meucci (Italy) 28.22.73s and the ever reliable Anatoliy Rybakov (Russia) 28.22.95s. in third place. The race was run 21.59s quicker over the second 5000metres. Keith Gerrard finished a creditable 9th – out of 21 starters – but found himself isolated once the pace quickened finishing with 28.57.97s.

#### Steeplechase

Britons 3 representatives all failed to make it to the Final which proved to be the slowest for over 50 years! With only 7 athletes to be eliminated from 22 starters we could have hoped for perhaps more. In heat 1 James Wilkinson 8:39.19s finished 8th with Rob Mullett 8:48.38s 10th, with

both running as expected. Luke Gunn who had an outside chance of London selection saw it disappear when he took a nasty fall early in the race. It took 8:37.82s to qualify.

The final as most of the longer distances races at these Championships was taken out at a modest pace with kilometres of 2:59.49s and 5:57.21s. The race then exploded with Mahiedine Menkihissi-Benabbad (France) finishing in a very swift 2:36s final kilometre to win in 8:33.23. However, he was pressured all the way by Victor Garcia (Spain) 8:35.87s who unfortunately fell at the final barrier, being subsequently passed by Tarik Agdag (Turkey) 8:35.24s for the silver medal, but gamely holding on for the bronze.

## Women

### 800 metres

In one of their strongest events Briton had three entries. However, Jenny Meadows pulled out on the day of her semi-final. In a strong entry the qualifications for the Final were difficult being the first two and two fastest losers from three semi-finals. In the first semi-final Lynsey Sharp ran an intelligent and controlled race to come home a comfortable 2nd (2:01.88s) behind Arzhakova (2:01.28s) to qualify for the following days final. In the second semi-final Jemma Simpson ran strongly to finish 3rd (2:01.64s) but out of the automatic qualification places, behind Arzamaava (2:00.54s) and Lobanova (2:01.60s). Surprisingly the 3rd semi-final was a tactical affair being won in only 2:02.48s by Maracheva which meant some good athletes were eliminated and Jemma qualified as fastest loser for the Final.

Irina Maracheva (Russia) set a scorching pace in the Final passing through 400m in 57.29s and 600 metre in 87.34s. With 150 metres to go her compatriot and European indoor 1500m champion, Yelena Arzhakova (Russia) struck and came home to take the gold in 1:58.51s. However, behind her there was mayhem down the home straight as athletes began to pay for the early pace and Lynsey Sharp 7th entering the finishing straight ran a tremendous home straight to take the silver medal in a personal best of 2:00.52s, with Maracheva (2:00.66s) taking the bronze. The 1-2 replicated the positions in last years European U23 Championships, and Lynsey emulated her Fathers silver medal in the 200 metres (1982). Jemma finished a creditable 7th in 2:02.14s in making her second championship final.

### 1500 metres

Briton had two competitors entered but Lisa Dobriskey withdrew before the Championships leaving just Charlene Thomas. Unfortunately not at her best Charlene finished last, in her heat and this was compounded by her subsequently being disqualified. The final saw the Turks again to the fore and the improvements shown this year leave one asking questions. The 700metres was passed at a gentle pace before the race exploded into life the closing speed being electric with a last 800metres of 2:03, last 400 metre in 57s and the last 300 metres in 43.03s! The winner Cakir (Turkey) who has previously been banned prevailed in 4:05.31s. Second was Garnze

Bulut (Turkey) 4:06.04s, who has improved an astonishing 17 seconds this year (39s in the steeplechase!) with Anna Mischenko (Ukraine) 3rd in 4:07.74s.

### 5000 metres

Briton had three competitors declared but only two started as Steph Twell withdrew injured whilst on the track prior to the race starting. Once it did commence – it was the slowest race ever- the first 3 kilometres (9:16.74s) were run at a very solid pace. The last lap took 63.5 seconds but in truth the excitement was reserved for the home straight with the eventual winner Olga Golovkina (Russia) 15:11.70s passing Sara Moreira (Portugal) 15:12.05s who was



*Lynsey Sharp powering to her European 800m Silver Medal in Helsinki*



Julia Bleasdale who finished 4th leads eventual winner Golovkina in the European 5k

Below: Jo Pavey on her way to her European 10k silver medal

also passed for silver medal by Lyudmyla Kovalenko (Ukraine) 15:12.03s. Also in the mix and in a medal position in the home straight was Julia Bleasdale who finished a tantalising 4th in a personal best of 15:12.77s. This has been a great breakthrough season for her but she now needs to acquire some finishing speed. The remaining British competitor Helen Clitheroe not in her best shape finished 16th out of 18 starters in 15:49.13s

## 10,000 metres

European Cross Country Champion Fionnuala Britton (Ireland) set a solid pace through 5000 metres in 15:59.85s. It wasn't until 7000metres that the race came to life when Dulce Felix (Portugal) took control of the race by inserting a 72 second lap to build up a substantial lead. This moved paid off when she held onto the gold medal from a fast closing field to come home still well clear in 31:44.75s. The fastest finisher of all was Jo Pavey who should have perhaps had the confidence to go earlier. Jo celebrated her first ever and richly deserved European medal, a silver, with 31:49.03s with Olga Skrypak

(Ukraine) taking the bronze in 31:51.32s. The two other British athlete's ran well with Charlotte Purdue 6th (32:28.46s) and Gemma Steel 9th (32:46.32s) in a field of 15 starters. Although one of the slowest races in the Championships it was noticeable – apart from Jo's great medal – as in the men's race for negative splits with the second half being run 14.95s quicker.

## Steeplechase

Britons sole competitor Hattie Archer (nee Dean) after an injury plagued build up ran a seasons best of 9:57.10s in the quickest of the two heats to finish 10th and last of the athlete's who finished. Just a couple of seconds shy of qualifying which took 9:55.58s.

As with the men's event and is usually the case the last kilometre determined the outcome of the medals. After reaching 2 kilometres in 6:31.92s, it took only just over 3 minutes including a 66 seconds last 400 metres for the final kilometre. Gulcan Mingir (Turkey) 9:32.96s just held off Svetlana Schmidt (Ukraine) 9:33.03s with Anjtte Moldner-Schmidt (Germany) 9:36.37s taking third.



# Olympic report – London 2012

The UK had a total of 26 endurance entrants at the London Olympics comprising of 14 Women and 12 Men. Four of the athletes doubled – Farah, Pavey, Bleasdale (All 5k/10k) and Parker (5k/Steeplechase) – which made a total of 22 actual individual participants. There were some highs and lows during the Games. There were notable performances from Mo Farah, Jo Pavey, Julia Bleasdale and Andrew Osagie. Whilst others

Chris Thompson, Mara Yamauchi, Eilish McColgan, Claire Hallisey, Stuart Stokes, Scott Overall and Nick McCormick through a variety of reasons – in most cases injury -did not perform to their best. Whilst others Hannah England, Lisa Dobriskey and Michael Rimmer were also playing catch up after delayed starts to their seasons.

The UK had a total of 7 top eight placements – Farah twice, Pavey twice,

Bleasdale twice and Osagie – with two others – Dobriskey and Weightman – making their Finals. Four other athlete's – Lynsey Sharp, England, Ross Murray and Andy Baddeley – made their semi-finals, with the rest failing to progress or make the top 15 (Marathon). The following are the individual event reports, courtesy of England Athletics and UK Athletics. The events not published through lack of space will appear in the Spring edition.

## Men's Olympic 800m

By Jenny Harris

### Medallists:

**Gold:** David Lekuta Rudisha (KEN)

1:40.91 WR

**Silver:** Nijel Amos (BOT) 1:41.73 WJR

**Bronze:** Timothy Kitum (KEN) 1:42.53

### Continental Breakdown:

Europe 18

Africa 16

Asia 7

America 11

Oceania 3

56 athletes in 7 heats

2 DQ

1 DNS

1 DNF – Tafouk Makhloufi (heat 5)

## Introduction

IAAF/UKA – 'A' standard: - 1:45.60

### Overview

David Lekuta Rudisha from Kenya, 2011 World Champion and World Record Holder (1:41.01) at 800m and beaten only once in his last 45 races went into the race as a hot favorite to win Olympic gold. The Kenyans are strong in this event with 4 athletes in the top 10 for 2012 leading up to the Olympics – but it was two fellow countrymen outside the top 10 – Anthony Chemut (pb 1:43.96) and Timothy Kitum (pb 1:43.94) the young silver medallist from the 2012 World Juniors who were selected to contend the Olympic 800m.

It was perceived that the main threat to Rudisha, who coming into the race was a full two seconds quicker than anyone else, would be from Mohammed Aman from Ethiopia (the only man to have beaten him in 2011) and perhaps Nijel Amos from Botswana – the 2012 World Junior 800m Champion (pb 1:43.11) who was 2nd in the 2012 rankings in the lead up to Olympics.



European/  
Olympic 800m  
runner Gareth  
Warburton

### Finalists:-

David Lekuta RUDISHA	KEN
Nijel AMOS	BOT
Timothy KITUM	KEN
Duane SOLOMON	USA
Nick SYMMONDS	USA
Mohammed AMAN	ETH
Abubaker KAKI	SUD
Andrew OSAGIE	GBR

### British Athletes' Selection

3 athletes represented Great Britain.

Andrew Osagie began the 2012 season

well with a bronze in the World Indoor Championships and then ran a series of good times under 1:45:60, easily achieving the 'A' standard before winning the Trials in Birmingham to ensure comfortable selection. Michael Rimmer, who had put the injuries from 2011 behind him and gained an 'A' standard 1:44.86 at the Diamond League in Doha on the 11th May also joined Osagie along with Gareth Warburton who had achieved an 'A' standard 1:44.98 at the Diamond League in Oslo on the 6th June.

## Progression of finalists and GB athletes through the rounds:-

Heats 1, 2, 3, 4 and 7 were won in similar times 1:45.51 – 1:46.05 with heats 5 and 6 slower 1:48.05 and 1:47.34. Fastest qualifiers came from Heats 3 (1) and 4 (2) – 1:46.03/1:46.24 and 1:46.29.

Marcin Lewandowski was also put through to the semi-finals after appealing for being impeded.

### Heat 1:

Nijel Amos won this heat in 1:45.90. He looked comfortable and had a good finish to take lead in the last 50m.

### Heat 2:

David Rudisha dominated this heat, looking relaxed, but front running – winning in a time of 1:45.90. Andrew Osagie was in 5th position until the final bend and had a strong finish to come 3rd to qualify for semis in a time of 1:46.42.

### Heat 3:

Abubaker Kaki won this front running all the way in 1:45.51, with Timothy Kitum close behind – 1:45.72.

GB athlete Gareth Warburton (29, 186cms + 72Kg –SB/PB 1:44.98 on 7/6/12) was 5th - a position he maintained throughout the whole heat, finishing in a time of 1:46.97 (so close to being a fastest qualifier) but he did not have the same finishing speed as the four ahead of him.

### Heat 4:

Nick Symmonds won this in 1:45.91 with a decisive attack down the final back straight.

### Heat 5:

This was the slowest heat (no finalists came from this heat).

GB athlete Michael Rimmer (26, 185cms + 67Kg- SB 1:44.86 on 11/5/12) was leading through 400m but the pace was about 3 seconds off the previous four heats' 400m splits and he was unable to kick down the home straight, finishing 5th in a time of 1:49.05.

### Heat 6:

Mohammed Aman won this heat in 1:47.34, keeping to the outside of the pack until coming through in the final few meters.

### Heat 7:

Duane Solomon won this heat with a dominant front run in 1:46.05.

### Semi 1:-

Abubaker Kaki continued to demonstrate his preference to front run and win in 1:44.51, with Nijel Amos (2nd) pushing him all the way to the line, finishing in 1:44.54.

### Semi 2:

David Rudisha also won this with a controlled run from the front in a time of 1:44.35, with Andrew Osagie (2nd) in 1:44.74 - Osagie had been 5th at the bell,

appearing to change gear within 30-40 metres of the finish by shortening his stride and increasing his cadence to overtake Nick Symmonds (3rd) to ensure automatic qualification to the final.

### Semi 3:

Mohammed Aman kicked down the home straight to win in 1:44.34, despite Duane Solomon front running for 750m (3rd), with Timothy Kitum (2nd) finishing very strongly in 1:44.93.

Therefore the two fastest qualifiers after the first two who qualified automatically were Nick Symmonds from Semi 2 in 1:44.87 and Duane Solomon in Semi 3 in 1:44.93.

## The Final:

### This was without doubt the greatest men's 800m race ever.

Not only did David Rudisha win in a new World Record of 1:40.91, but Andrew Osagie – the first British man in 20 years to make it to the final, ran a time of 1:43.77 - the fastest ever 8th place finish in an 800m race. To put it into perspective Osagie's time would have won him the gold medal at each of the three preceding Olympic Games and he goes to No.4 on the UK all-time list behind Lord Coe, Steve Cram and Peter Elliott. In fact all the runners set positional world records. Nijel Amos in 2nd also set a World Junior Record of 1:41.73 and the remaining six all set Personal Bests, apart from Abubaker Kaki who set a new National Record and Seasonal Best.

Described as almost unbeatable (having won 35 races before Aman beat him at the end of 2011 – Rudisha had been unbeaten to date in 2012) the pace was blistering from the start with Rudisha covering the first 200m in approximately 23.40 seconds (the only sub 24 second for 200m in the course of the heats, semis and final) and he clearly had his sights on the World Record.

Both Kaki and Aman tried to go with the pace in 2nd and 3rd but Rudisha continued to pull away to push for gold and the World Record. At 600m Amos overtook the two athletes, who then appeared to begin to suffer from the earlier pace and Amos took silver, with Kitum (the youngest athlete in the final) pushing hard for bronze. Both Aman and Kaki, faded fast to finish 6th and 7th - with the USA athletes overtaking them, finishing strongly in 4th - Solomon and 5th – Symmonds and with Osagie finishing 8th – achieving his first time under 1:44.00.

Interestingly it has been reported that Rudisha, himself a former World Junior Champion, let his young team mate Kitum

know of his intention to attempt the world record and to therefore not go with his pace – probably ensuring the younger athlete did not run at a pace that would have seen him produce too much lactate and fade before the finish – as was the case with Kaki and Aman.

Rudisha is extraordinarily talented, needing no pace makers to achieve his world records, and much of this is down to his tactic of front running with his long strides, a graceful and fluid running style, often with a slight forward lean and high backside mechanics – maintaining his technique from start to finish. What is also impressive is that this World Record came after 3 rounds of races – two on consecutive days, with a rest day before the final.

## Technical Observations

The demands of the 2 lap 800m race mean that you need an athlete with both 400m speed combined with the strength and stamina needed to run a fast 1500m. The stamina required for the second 400m is drawn from the weekly mileage all middle distance athletes cover in the course of their training and in many cases a considerable part of this training will take place at altitude – the benefits of which include an increase in haemoglobin mass allowing more oxygen to be transported around the body. David Rudisha went to school in Iten (2,350m above sea level) in 2005 to be coached by Colm O'Connell and so has a history of training at altitude. Also, interestingly Colm O'Connell discovered Rudisha when he was competing in a junior decathlon 400m event – so he has come from a multi-event background.

Looking at the finalists where Personal Best times have been recorded in 2011/2012 the following 400m/1500m times can be seen by the finalists:

	400m	1500m
David Rudisha	45.50	
Nijel Amos	45.94	
Timothy Kitum	-	
Duane Solomon	45.98	
Nick Symmonds	47.45	3:36.04
Mohammed Aman	-	3:43.50
Abubaker Kaki	3:31.76	
Andrew Osagie		

Abubaker Kaki however, also has a history of competing in 4 x 400m relays.

## Conclusions

There is a clear correlation between fast 400m times and good performances in this Olympic 800m race.

Rather than specialising in just one

distance advice to coaches can be given to try and increase athletes' personal bests amongst the range of 400/800/1500m. Is this the case? Rather now that athletes are not doubling up like they used to in the past, where even greater endurance would be a key part of getting through the rounds, is it the 400m/800m type of athlete who will now do best in 800m races or in another four year cycle will it be the 800m/1500m type of athlete who prevails? Certainly it is clearly demonstrated that those with the fastest 400m times are currently producing the best 800m times in the world – as shown in this the greatest men's 800m race in history.

World Record: 1:41.01 - David RUDISHA - 2010

Olympic Record: 1:42.53 - Vebjorn RODAL - 1996

World Rankings in 2012

<b>Final</b>					
09/08/12 at 20:00 - 23°C					
200m	23.40	23.40	David Rudisha	KEN	
400m	49.28	25.88	David Rudisha	KEN	
600m	1:14.30	25.02	David Rudisha	KEN	
800m	1:40.91	26.61	David Rudisha	KEN	
<b>Semi 1</b>					
07/08/2012 at 19:55 - 21°C – First 2 + 2FL					
200m	24.24	24.24	Abubaker Kaki	SUD	
400m	51.01	26.77	Abubaker Kaki	SUD	
600m	1:17.88	26.87	Abubaker Kaki	SUD	
800m	1:44.51	26.63	Abubaker Kaki	SUD	
<b>Semi 2</b>					
200m	24.01	24.01	David Rudisha	KEN	
400m	51.30	27.29	Yuriy Borzakovskiy	RUS	
600m	1:17.81	26.51	David Rudisha	KEN	
800m	1:44.35	26.54	David Rudisha	KEN	
<b>Semi 3</b>					
200m	24.41	24.41	Duane Solomon	USA	
400m	51.18	26.77	Duane Solomon	USA	
600m	1:17.72	26.54	Duane Solomon	USA	
800m	1:44.34	26.62	Mohammed Aman	ETH	

<b>Heat 1</b>					
06/08/2012 at 10:50 - 21°C – First 3 + 3FL to Semis					
200m	25.95	25.95	Fabiano Pecanha	BRA	
400m	52.68	26.73	Fabiano Pecanha	BRA	
600m	1:19.99	27.31	Fabiano Pecanha	BRA	
800m	1:45.90	25.91	Nijel Amos	BOT	
<b>Heat 2</b>					
200m	24.65	24.65	David Rudisha	KEN	
400m	52.70	28.05	David Rudisha	KEN	
600m	1:20.32	27.62	David Rudisha	KEN	
800m	1:45.90	25.58	David Rudisha	KEN	
<b>Heat 3</b>					
200m	24.71	24.71	Abubaker Kaki	SUD	
400m	52.18	27.47	Abubaker Kaki	SUD	
600m	1:19.48	27.3	Abubaker Kaki	SUD	
800m	1:45.51	26.03	Abubaker Kaki	SUD	
<b>Heat 4</b>					
200m	26.42	26.42	Andreas Bube	DEN	
400m	52.53	27.11	Andreas Bube	DEN	
600m	1:19.69	27.16	Adam Kszczot	POL	
800m	1:45.91	26.22	Nick Symmonds	USA	
<b>Heat 5</b>					
200m	27.01	27.01	Moussa Camara	MLI	
400m	55.49	28.39	Michael Rimmer	GBR	
600m	1:22.19	26.7	Hamada Mohammed	EGY	
800m	1:48.05	25.86	Hamada Mohammed	EGY	
<b>Heat 6</b>					
200m	24.93	24.93	Anthony Chemut	KEN	
400m	53.44	28.51	Anthony Chemut	KEN	
600m	1:20.93	27.49	Anthony Chemut	KEN	
800m	1:47.34	26.41	Mohammed Aman	ETH	
<b>Heat 7</b>					
200m	24.01	24.01	Duane Solomon	USA	
400m	50.36	26.35	Duane Solomon	USA	
600m	1:17.59	27.23	Duane Solomon	USA	
800m	1:46.05	28.46	Duane Solomon	USA	

						Heat		Semis		
	Name	Country	Lane	Time		Time	Place (ht)	Time	Place (ht)	PB
Gold	David Lekuta RUDISHA	KEN	4	1:40.91	WR	1:45.90	1 (2)	1:44.35	1 (2)	1:41.01
Silver	Nijel AMOS	BOT	5	1:41.73	WJR	1:45.90	1 (1)	1:44.54	2 (1)	1:43.11
Bronze	Timothy KITUM	KEN	3	1:42.53	PB	1:45.72	2 (3)	1:44.63	2 (3)	1:43.94
4th	Duane SOLOMON	USA	7	1:42.82	PB	1:46.05	1 (7)	1:44.93	3 (3)	1:43.44
5th	Nick SYMMONDS	USA	8	1:42.95	PB	1:45.91	1 (4)	1:44.87	3 (2)	1:43.78
6th	Mohammed AMAN	ETH	6	1:43.20	PB	1:47.34	1 (6)	1:44.34	1 (3)	1:43.50
7th	Abubaker KAKI	SUD	9	1:43.32	NR	1:45.51	1 (3)	1:44.51	1 (1)	1:42.23
8th	Andrew OSAGIE	GBR	2	1:43.77	PB	1:46.42	3 (2)	1:44.74	2 (2)	1:44.48

*Olympic 800 metres  
Finalist Andrew Osagie  
in London*



# Women's Olympic 800m

By Dave Sunderland

**800 Metres (Heats: 8th, semi-final: 9th, Final: 11th)**

Over forty athletes declared for six heats with the first three and six fastest losers progressing to three semi-finals, the following day where the first two and two fastest losers went through to the final after a days rest. The composition of the event was made up of 14 from Europe; 13 from Africa; 11 from the Americas; 2 from Asia and none from Australasia.

Magiso, fourth ranked among the entrants with 1:57.48 this year, was the a notable non-starter due to injury but the other six fastest with times of inside 1:58 – Jelimo, Montañó, Savinova, Arzhakova, Jepkosgei and Poistogova – all made it through to the final,

The heats proved a surprising mixture of quick and pedestrian heats. Montano led through heat 1 in 55.55 seconds to post the quickest heat winning time of 2:00.47 secs. With Koech (Kenya) making the semi-finals by right in heat 5 with 2:08.43 secs. (Last 200mts for the winner Lupu (Ukraine) 27.33secs!) Heat 3 also allowed three athletes to qualify with times slower than 2:07 secs. Due to the no show of the the 3 quickest runners in the field after declaring the previous evening! The slowest fastest loser required 2:03.85secs.

The fastest semi-final winner, though, was the unpredictable Caster Semenya. She hadn't run faster than 1:59.18 in her seven races this season and in her final pre-Olympic test, in Monaco, she had finished 9th in 2:01.67 ... yet here she ran a quick 1:57.67. to take semi-final 2 and ensure that the two fastest losers – first 2 plus 2 from 3 semi-finals – Jepkoskei-Busienei who led through 400metres in 57.36secs and 600mts in 88secs. and Montano came from this semi-final. The other two semi-finals were won respectively by the defending champion Jelimo in a tactical race with 400mts passed in 60.15secs and 600mts in 90.51secs and the world champion Savinova in a quick 1:58.57secs, splits in this semi-final were 57.80secs and 88.50secs.

Montano ensured a fast run final by taking the field through the first lap in 26.70 (200metres) and 56.31(400 metres), although not as quick as her heat 55.55 (25m up!) She was followed by Jepkosgei, Jelimo and Savinova while Semenya was at the back of the field. Jelimo, the defending champion, struck decisively from 300m out, spreadeagling the field and was the leader at 600m in 1:25.89 and was still ahead entering the final straight. However, she was beginning to tighten up and ultimately just missed out on the medals. World champion Savinova (who has won consecutive European, World Indoor and European Indoor and World outdoor



*Lynsey Sharp in the Olympic 800m semi-final in London*

				Heat		Semi							
	Name	Country	Time	Time	Place (ht)	Time	Place (ht)	PB	SB	Height	Weight	Age	
Gold	Mariya Savinova	Russia	1:56.19	2:01.56	1 (2)	1:58.57	1 (3)	1:55.87	1:57.24	172	60	26	
Silver	Caster Semenya	S Africa	1:57.23	2:00.71	2 (1)	1:57.67	1 (2)	1:56.35	1:59.58	178	73	21	
Bronze	Ekaterina Poistogova	Russia	1:57.53	2:01.08	2 (6)	1:59.45	2 (1)	1:57.93	1:57.93	175	65	21	
4th	Pamela Jelimo	Kenya	1:57.59	2:00.54	1 (4)	1:59.42	1 (1)	1:54.01	1:56.76	170	56	22	
5th	Alysia Montano	USA	1:57.93	2:00.47	1 (1)	1:58.42	4 (2) FL	1:57.34	1:57.37	170	59	26	
6th	Elena Arzhakova	Russia	1:59.21	2:08.39	2 (5)	1:58.13	2 (2)	1:57.67	1:57.67	167	54	22	
7th	Francine Niyonsaba	BRI	1:59.63	2:07.57	1 (3)	1:58.67	2 (3)	1:59.11	1:59.11	161	56	29	
8th	Janeth Busienei	Kenya	2:00.19	2:01.04	1 (6)	1:58.26	3 (2) FL	1:56.04	1:57.29	158	48	28	
											169	59	24.375

titles), with her cool racing brain, overhauled Jelimo with around 80m to go and strode to victory in a world-leading 1:56.19, the second quickest time of her career, two days before her 27th birthday. Semenya moved through along the straight in her usual cumbersome style from sixth to second in 1:57.23 without ever seriously threatening the winner.

The winner (Coach: Vladamir Kazarin) consolidated her standing as the outstanding 800 metre runner in the World at present.. Just to make the Russian team is a Championships within it's self with two medalists and the European Champion in sixth, and 9 other women under 2 minutes and 1:57.82 secs ranking only sixth (11th in the World)!!!

In bronze medal position, Poistogova clocked a pb of 1:57.53 as she edged past the exhausted Jelimo a few strides from the line. Niyonsaba, at 19 in her first year of 800m running, became Burundi's first-ever Olympic finalist and took 0.01 off her national record in her semi-final.

The lessons from the event were two fold. One that you have to have both a tactical awareness and great pace judgement as displayed in exemplary fashion by Savinova – she was the only woman to run under 30 seconds for the last 200 metres.. Secondly, there is no woman at the present time who can decimate a field from gun to tape a la Rudisha. Therefore all the early protagonists Montano, Jepkoskei-Busieni, and also Jelimo paid for their early pace and ultimately their lack of pace judgement, all of them missing out on the medals. The ability to have as small a differential between each of the 400 metres segments, whilst remaining in relative contention to the leaders is one of the keys to success in world class Women's 800 metres running. Seven of the finalists ran under 2 minutes.

From a British perspective our only representative Lynsey Sharp made the semi-finals. She ran a mature controlled heat to finish an easy second behind the defending champion Jelimo (2:00.54) in 2:01.41secs. In the semi-final she found herself at the back of the field after what turned out the slowest first lap (60.15) of the three semi-finals and made little impression on the last circuit as the pace picked up finishing in 2:01.78 whereas 1:59.45s was required to qualify automatically. Defending champion Jelimo and the future bronze medalist Poistogova taking the these two places.

1	Mariya Savinova RUSSIA	1:56.19
2	Caster Semenya RSA	1:57.23
3	Yekaterina Poistogova RUSSIA	1:57.53 pb
4	Pamela Jelimo KENYA	1:57.59
5	Alysia Montaño USA	1:57.93
6	Yelena Arzhakova RUSSIA	1:59.21
7	Francine Niyonsaba BURUNDI	1:59.63
8	Janeth Jepkosgei KENYA	2:00.19

#### World Rankings

Lead	1:56.76	Pamela Jelimo (Kenya)
3rd	1:57.46	Ekaterina Kostetskaya (Russia)
5th	1:57.67	Elena Arzhakova (Russia)
10th	1:58.53	Yuneisy Santiusty (Cuba)

#### World Record

Jarmila Kratochvilova	CZE	1:53.28	1983
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#### Olympic Record

Nadyezhda Olizarenko	Russia	1:53.45	1980
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## Splits

### Final – 11/08/2012, 20:00, 20°

200m	26.70		Alysia Montano	USA
400m	56.31	29.61	Alysia Montano	USA
600m	1:25.89	29.76	Pamela Jelimo	KEN
800m	1:56.19	30.30	Mariya Savinova	Russia

### First 2 + 2 Fastest Losers to the Final

### Semi 1 – 09/08/2012, 19:30, 24°

200m	29.19	29.19	Ektarina Poistogova	Russia
400m	1:00.15	30.96	Eleni Filandra	Greece
600m	1:30.51	30.36	Pamela Jelimo	KEN
800m	1:59.42	28.91	Pamela Jelimo	ALG

### Semi 2

200m	27.57	27.57	Aysia Montano	USA
400m	57.36	29.79	Aysia Montano	USA
600m	1:28.00	30.64	Janeth Busiane	KEN
800m	1:57.67	29.67	Caster Semenya	Safrica

### Semi 3

200m	28.14	28.14	Margarita Matsko	Kaz
400m	57.80	29.66	Margarita Matsko	KAZ
600m	1:28.50	30.7	Margarita Matsko	KAZ
800m	1:58.57	30.07	Mariya Savinova	Russia

### Heat 1 – 08/08/2012, 11:30am, 23°

#### First 3 Plus 6 Fastest Losers to the Final

200m	26.71	26.71	Alysia Montano	USA
400m	55.55	28.84	Alysia Montano	USA
600m	1:27.22	31.67	Alysia Montano	USA
800m	2:00.47	33.25	Alysia Montano	USA

### Heat 2

200m	28.28	28.28	Maria Aydin	Turkey
400m	1:00.23	31.95	Alice Schmidt	USA
600m	1:31.29	31.06	Alice Schmidt	USA
800m	2:01.56	30.27	Mariya Savinova	Russia

### Heat 3

200m	29.28	29.28	Genzeb Shumi	BRN
400m	1:08.06	38.78	Genzeb Shumi	BRN
600m	1:38.91	30.85	Francine Niyonsaba	BRI
800m	2:07.57	28.66	Francine Niyonsaba	BRI

### Heat 4

200m	29.28	29.13	Eleni Filandra	Greece
400m	59.21	30.08	Eleni Filandra	Greece
600m	1:29.59	30.38	Pamela Jelimo	Kenya
800m	2:00.54	30.95	Pamela Jelimo	Kenya

### Heat 5

200m	30.04	30.04	Elenea Arzhakova	Russia
400m	1:08.70	38.66	Elenea Arzhakova	Russia
600m	1:41.03	32.33	Natalie Lupu	Ukraine
800m	2:08.35	27.32	Natalie Lupu	Ukraine

### Heat 6

200m	27.89	27.89	Janeth Busiane	Kenya
400m	58.71	30.82	Janeth Busiane	Kenya
600m	1:30.62	31.91	Janeth Busiane	Kenya
800m	2:01.04	30.42	Janeth Busiane	Kenya

# Men's Olympic 1500m

By Alasdair Donaldson

## Medallists:

**Gold:** Taoufik Makhoulfi (ALG) 3:34.08

**Silver:** Leonel Manzano (USA) 3:34.79

**Bronze:** Abdalaati Iguider (MAR) 3:35.13

## Continental Breakdown:

Europe: 16 Competitors

Africa: 16

Asia: 4

North America: 5

South America: 1

Australasia: 2

## Introduction

### Overview

Asbel Kiprop of Kenya, the defending Champion led the rankings with a personal best of 3:28.88 achieved in Monaco going into the Games. As the defending Champion and with several high profile wins behind him this year and last, when he added the World Title to his Olympic one, Kiprop was certainly the man to beat.

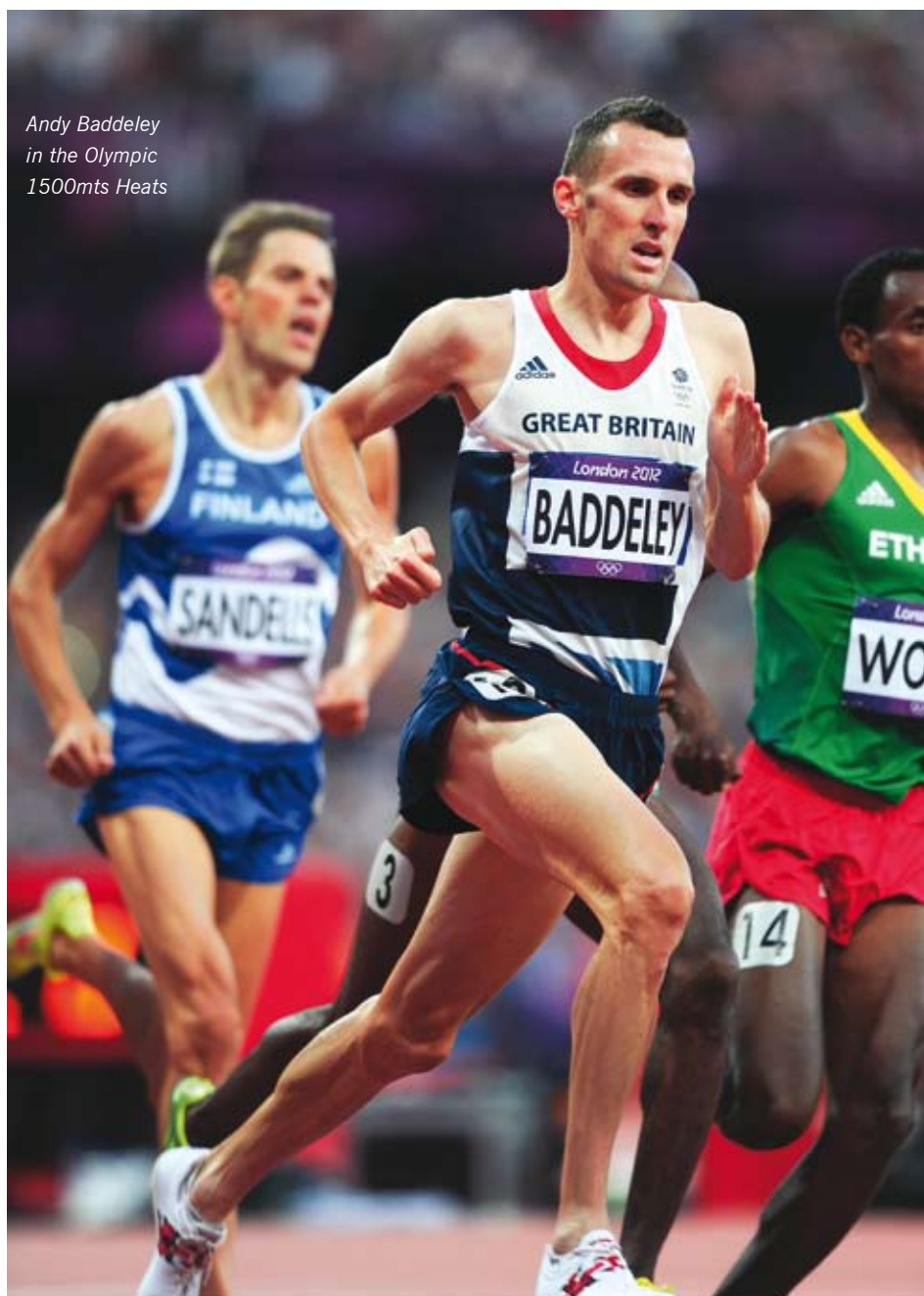
Kenya had a strong triumvirate for the race with Silas Kipligat and Nixon Kiplimo Chepseba following Kipligat in second and third in the World rankings. However with Kenya dominating the top 20 of the World rankings with 10 athletes it was likely that some of those lower ranked athletes would come through to make the final and potentially challenge for the medals.

Nick Willis of New Zealand, silver medallist last time around, had also been in pb shape coming in 3:30.35 in that same Monaco race and at 5th in the rankings together with his championship experience (he was also Commonwealth Champion in 2006) he would be another of the ones to watch.

## British Athletes Selection

Andrew Baddeley and Ross Murray were both selected for Team GB on the basis of their first two placing in the Olympic trials in Birmingham and as the only specialist 1500m runners with the A Standard; Mo Farah actually topped the rankings with 3:34.66 but he was otherwise occupied with the 5000m and 10,000m at the games.

For Baddeley this year has been somewhat of a return to form following a disappointing 2011 where he failed to make the team for a major championships for the first time since the 2005 World Championships. His best time of 3:35.19



Andy Baddeley  
in the Olympic  
1500mts Heats

this year is less than a second outside of his lifetime best and early season victories in the States together with wins in Lille and at the trials suggested that he was in shape to match his eight place finish in Beijing.

Ross Murray by contrast was to be competing in his first Major Championship at senior level having previously competed at the 2009 European Junior Championships, where he had finished sixth. He came into 2012 having shown great potential for a number of years but being thwarted by a number of injuries and with a best time of 3:43.51 from 2010. However he opened his season with a dominant 3:40 run in late April in Manchester, before returning to Manchester a month later to record a big breakthrough with 3:36. However eight days after he really took the step forwards onto the big

stage with a run of 3:34.76 in Hengelo, recording an Olympic A standard. After finishing second to Baddeley in the trials and then second over the mile at the Crystal Palace Diamond League he came into the Games in good shape.

## Athlete Statistics

The average age of the top eight performers in the final was only 23.25years and the spread of age was relatively small, ranging from 21 through to 27years of age. At 24 the winner Makhoulfi was very much in his prime, while silver medallist Manzano at 27 was the oldest man in the top eight with bronze medallist Iguider also older than the average at 25. Interestingly Manzano and Iguider were the only two athletes in the top eight who had previously competed in an Olympic Games, suggesting that experience

was a worthwhile quality to have in the final, although not essential with Makhloufi demonstrating in his first Games.

As a further marker of experience the average number of years since an athlete had first appeared on the IAAF rankings list was 6.75. With only four years on the rankings Makhloufi was the equal most inexperienced man in the top eight, while Manzano (8years) and Iguder (9years) were two of the most experienced, behind only Gebremedhin of Ethiopia who first appeared in the rankings 10years ago, despite being only 23years of age.

Makhloufi also stood out from the rest when it came to body composition. At 70kg he was the heaviest man in a top eight where the average was only 60.6kg and his BMI is 22.6, again substantially over the average of 20.1. By contrast Iguder at only 50kg and with a BMI of 17.7 was the smallest man in the top eight by quite some way, with the next lightest weighing in at 56kg (Kipligat of Kenya), while Gebremedhin of Kenya (the tallest man at 182cm) had the next lowest BMI of 18.7.

Although not one of the pre championship favourites Makhloufi had the second fastest lifetime best of all those in the top eight at 3:30.80 (achieved in Monaco when finishing fifth) behind only Silas Kipligat who had run 3:29.27 in Monaco 2010 and 3:29.63 in Doha earlier this year. The remainder of the top eight had bests of 3:31 or 3:32, with the exception of Centrowitz of the USA who had run 3:34.46 (but has since run 3:31.96 in Lausanne) and the Norwegian Henrik Ingebritsen who ran a pb of 3:35.43 when placing fifth in the final and came into the Championships with a best of 3:36.39 which he had achieved in Stanford, USA, in April this year.

What we can see from the above analysis is that while the statistical data make for some interesting reading when it comes down to performance on the day the number of years experience or weight of an athlete are no substitute for being in form when it matters most.

## The Races

### Final

Tuesday 7th August 2012, 9:15pm GMT  
15deg C, 88% Humidity

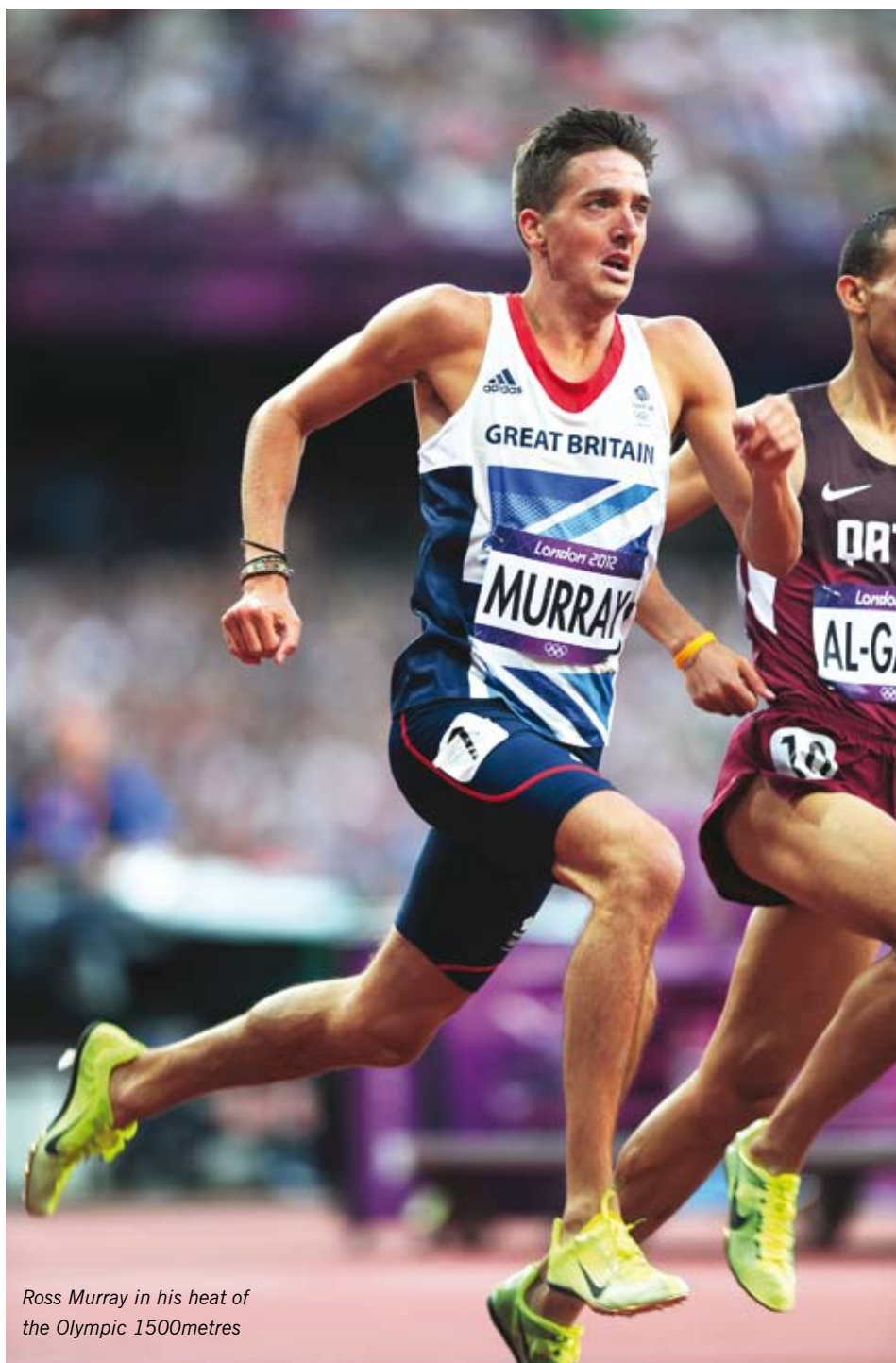
As is common the final turned out to be a very scrappy affair with the lead changing hands several times throughout the race. The race set off at a reasonable pace in 58.30 seconds with the field closely bunched with Mansoor Ali leading the pack at that stage. A slightly slower following

lap in 60.33 led by Kenya's Chepseba and passing through 800m in 1:58.63 and led to a great increase in pace over the following lap. By 1200m another Kenyan Silas Kipligat was at the front but not without several changes of leader in the preceding lap as they covered the 400m in 56.09 seconds to bring them through the 1200m mark in 2:54.72. From this stage Algeria's Makhloufi struck out for home, opening a sizeable gap to take a very clear and comfortable victory in 3:34.08 from the USA's Manzano in 3:34.79 and Iguder of Morocco in 3:35.13.

Makhloufi had ensured that he was never too far away from the front, sitting around

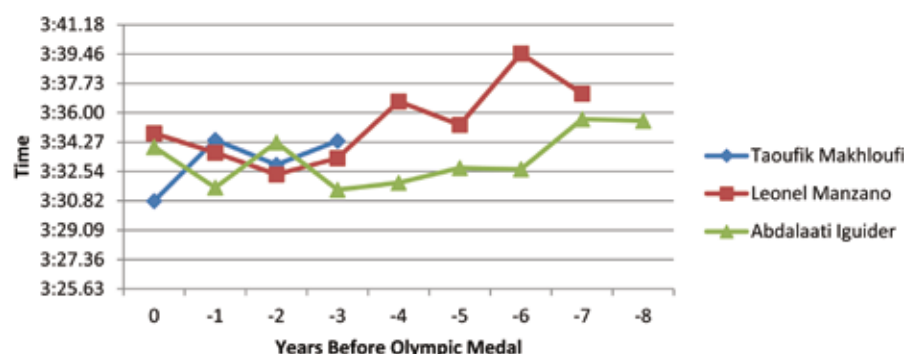
5th/6th through the first two laps and always within a few tenths of the leaders. He made a significant thrust towards the front in the home straight on the penultimate lap, pushing his way through to the front as the athletes hit the bell. He then promptly lost the lead as Kipligat and Gebremedhin fought back. However at 300m to go he took off and was then never seriously challenged as he covered the last 300m in a swift 39.2 seconds, having covered the last circuit in 52.7 seconds.

By contrast the silver medallist Manzano played a far more conservative game, sitting towards the back of the pack for the majority of the race, placing 9th or 10th for



*Ross Murray in his heat of the Olympic 1500metres*

## Men's 1500m Medallists Performance Funnel



the majority of the race and only moving higher than this through the last 300m of the event. His last 300m and 400m splits at 39.1 and 52.7 were exactly the same as Makhoulfi but he started from further back and in effect Makhoulfi took the victory through his positioning in advance of this. If Manzano could have produced such speed over the closing stages had he been more involved in the early stages and the pushing and bunching at the front would remain to be seen but I suspect he was able to produce the finish he did and gain the silver medal through a more conservative use of his energies in the initial stages than many of his more fancied rivals.

Moroccan Iguider ran the race more like a yo-yo, moving up and won the field at various stages, being placed 3rd after the first lap but then back in 6th at the bell and 7th by 300m to go he then came through strongly over the last 300m, but did not have enough in the tank after perhaps using up an excess of energies over the first half of the race to gain positions which he was not then able to hold. His final lap of 53.5 seconds was the difference between him and the silver medal, while also being quick enough to hold off all other challengers.

American Centrowitz just missed out on adding a medal to his bronze medal from the 2011 World Championships in Daegu, perhaps as a result of being too prominent in the early stages and ensuring that he was always at the place the action was at, failing by just 0.04 seconds to catch Iguider. Perhaps one of the most impressive finishers was fifth placed Henrik Ingebrigtsen of Norway, the recently crowned European Champion. He has really come of age on the international circuit this summer after beginning season with a best of 3:38.61, he ran a lifetime best of 3:35.43 in the final suggesting there is likely more to come. Additionally he had failed to qualify from his heats at both the 2010 World Junior Championships and the same

year's European Senior Championships so this year has seen him make some very impressive strides forwards in all aspects of performance.

The Ethiopian Gebremedhin and Kenyan Kipligat who finished in sixth and seventh places respectively perhaps lost their chance to medal by being overly competitive in the first half of the last lap, trying to keep ahead of and then with Makhoulfi meant that both athlete lost form completely over the final 100m and slipping back through the field as many others swept through.

Gold and silver medallists form the previous Games Kiprop and Willis both failed to match their performances this time around. Defending champion, rankings leader and gold medal favourite Kiprop trailing in last in 3:43.83, nearly 5 seconds off the back, having never really got involved in the race. Kiprop was reported to have been suffering with a hamstring injury which he picked up at the Kenyan training camp in Nairobi.[1] Willis came into the final off the back of a personal best of 3:30.35 in Monaco and despite being the oldest man in the final was expected to figure highly. Despite doing his best to be involved throughout the race, without making any energy burning moves, was unable to live up to his own expectations and finished down in ninth position.

### Semi Finals

Sunday 5th August 2012, 8:15pm GMT  
18deg C, 68% Humidity  
1st 5 plus 2 fastest losers

### 1st Semi

Fast first 200m and then really slowed up. The third lap then really picked up with a 55.96 second lap, then followed by a 39.08 second last 300m. The race was very scrappy throughout and was a constant battle, with Kiprop staying at the front and trying to cover any move which came to challenge him. However Makhoulfi ran out

a very comfortable winner, coming through strongly after making a "kick" for home from 320m to win the race in 3:42.24, leaving the rest to battle it out for the three remaining places alongside them. Hamza Drioch the World Junior Champion from Qatar had looked like making the Olympic final at only 17years of age but was tripped slightly with 210m to go and could not regain his pace or place, trailing home in 11th position in 3:49.40; fortunately none of the rest of the field went with him.

A lack of racing at this level showed for Ross Murray who was pushed and shoved and generally moved around a great deal. He initially settled in at the rear of the field but after 200m made a very sudden surge towards the front, stopping at the shoulder of the leaders. From that point forth he tried to cover every move until, perhaps with much of his energy already used up, he started to lose position coming into the final 600m. He was ninth at the bell and running on the outside of the second lane, but by this point there was little more he could do against the class of field he faced here. All in all Games will have been a good learning experience for him, he coped very well with his heat and his progress this year had been outstanding. Another year racing on the international circuit will do him a great benefit.

### 2nd Semi

Following on from a slow first heat initially Mansoor Ali and then Chepseba of Kenya decided to make it a quicker race, covering the first lap in 56.03 seconds with Chepseba then opening up a gap of up to 10m, perhaps mindful of his trip in the heat and wishing to keep clear of the field. He covered the next two laps in 58.64 and 58.09 seconds to reach the 1200m point in 2:52.76, nearly nine seconds quicker than the first semi final and setting up seven athletes to be able to qualify (qualifying being set at first five plus two fastest losers). With a large number of athletes still in contention (the well strung out group having bunched somewhat with 500m to go) at this stage the pace did not relent with the Moroccan Iguider taking up the pace in the final 200m and demonstrating his finishing prowess to prevail in 3:33.99. Chepseba was rewarded for his endeavours in bringing the field through with an automatic qualifying position in forth, while Willis and Centrowitz both ran very controlled and conservative races to qualify comfortably in 3rd and 5th positions respectively.

Britain's Baddeley was the first athlete to miss out finishing in 8th position in 3:36.03 and missing out by 0.63 seconds. Having run a his usual race from the back



without extending themselves except for the German Schlangen who had a dip finish with Ruiz of Spain to take the final spot by one hundredth of a second.

Like the first heat five of these athletes eventually progressed through to the final, including the re-instated Chepseba. Iguder would go on to take the Bronze medal with Centrowitz fourth and Ingebrigtsen fifth, and Willis eventually finishing ninth and Chepseba 11th.

## Tactical Lessons

It is particularly noteworthy that when looking at the final there were many ways to run the race, with the three medallists all adopting very different approaches. It would seem however that on the day of the race Makhloufi was in a different class to the rest of the field and could potentially have won the race in any way he chose. Manzano certainly took the conservative approach to racing and it paid off handsomely for him. Others who adopted such a tactic did not demonstrate such strength or finishing pace to come through the field in the same way.

An interesting observation from the heats and semi finals is that where the race was won in under 3:40 it was necessary to be able to run around 41 seconds flat for final 3000m of the race. If the race was won in over 3:40 then it was necessary to be able to run the last 300m in around 39seconds. For coaches looking to prepare athletes for this competitive environment these statistics are certainly worth bearing in mind.

Where this sets the final apart from the heats that although the final was won in 3:34.08 the last 300m was run in 39.36 seconds (39.2 for the winner) demonstrating that to actually win a medal in the final you have to be able to produce the sort of pace required off a slow pace in the heats and semis off a far quicker pace in the final; it was the speed of the last 700m in the final which really set it apart from the final and the ability to run under 1:50 for the last 800m.

It is also apparent in these races that unless an athlete is prepared to go out and set a pace for themselves that the races will be likely to vary in pace quite substantially across each race and between the heats and semi finals within an event. Preparation for every type of race is therefore very important for all coaches and athletes.

World Record	3:26.00
Olympic Record	3:32.07

## 1500m Split Analysis

Splits				
Final				
	Total Time	Lap Time	Athlete	Country
400m	58.30	58.30	Belal Mansoor Ali	BRN
800m	1:58.63	60.33	Nixon Kiplimo Chepseba	KEN
1200m	2:54.72	56.09	Silas Kiplagat	KEN
1500m	3:34.08	39.36	Taoufik Makhloufi	ALG

### Taoufik Makhloufi Splits (taken by stopwatch form video)

58.5	58.5	6th place	
1:59.0	60.5	6th place	
2:55.0	56.0	3rd place	
3:34.2	39.2	1st place	52.7 last 400m, in 1st place @ bell

### Leonel Manzano Splits

59.0	59.0	9th place	
1:59.1	60.1	10th place	
2:55.6	56.5	9th place	
3:34.7	39.1	2nd place	52.7 last 400m in 10th place @ bell

### Abdalaati Iguder

58.5	58.5	3rd Place	
1:58.7	60.2	4th Place	
2:55.0	56.3	7th Place	
3:35.0	40	3rd Place	53.5 last 400m, in 6th place @ bell

### Semi 1 – Qualification First 5 + 2 FL

400m	63.73	63.73	Asbel Kiprop	KEN
800m	2:07.20	63.47	Asbel Kiprop	KEN
1200m	3:03.16	55.96	Asbel Kiprop	KEN
1500m	3:42.24	39.08	Taoufik Makhloufi	ALG

### Semi 2

400m	56.03	56.03	Nixon Kiplimo Chepseba	KEN
800m	1:54.67	58.64	Nixon Kiplimo Chepseba	KEN
1200m	2:52.76	58.09	Nixon Kiplimo Chepseba	KEN
1500m	3:33.99	41.23	Abdalaati Iguder	MAR

### Heat 1- Qualification First 6 + 6 FL

400m	58.65	58.65	Florian Carvalho	FRA
800m	1:57.37	58.92	Egor Nikolaev	RUS
1200m	2:54.12	56.75	Mohamad Al-Garni	QAT
1500m	3:35.15	41.03	Taoufik Makhloufi	ALG

### Heat 2

400m	57.81	57.81	Niclas Sandells	FIN
800m	2:00.03	62.22	Niclas Sandells	FIN
1200m	2:58.57	58.54	Dawit Wolde	ETH
1500m	3:39.42	40.85	Mohammed Shaween	KSA

### Heat 3

400m	59.51	59.51	Nixon Kiplimo Chepseba	KEN
800m	2:03.50	63.99	Nixon Kiplimo Chepseba	KEN
1200m	3:01.27	57.77	Nicholas Willis	NZL
1500m	3:40.92	39.65	Nicholas Willis	NZL

# Women's Olympic 1500m

By Jenny Harris

## Medallists:

**Gold:** Asli Cakir Alptekin (TUR) 4:10.23

**Silver:** Gamze Bulut (TUR) 4:10.40

**Bronze:** Maryam Yusuf Jamal (BRN) 4:10.74

## Continental Breakdown:

Europe: 22

Africa: 11

Asia: 5

America: 5

Oceania: 3

46 athletes in 3 heats

1 DNS

1 DNF

## Introduction

IAAF/UKA – 'A' standard: - 4:06.00

The 2012 1500m rankings leading up to the Olympics were led by Mariem Alaoui Selsouli from Morocco, with a time of 3:56.15 achieved in Paris – but she tested positive for the diuretic furosimide and therefore could not take part in the Olympics. She had already been banned for a doping offence from 2008-2011. Second in the rankings was Abeba Aregawi from Ethiopia in 3:56.54, and 3rd Asli Cakir Alptekin in 3:56.62 European Champion 2012 (who received a doping ban from 2004 -2006) who therefore were the likely contenders to win gold at the London 2012 Olympics. Also quite possibly challenging them would be the Russian athletes Ekaterina Kostetskaya 3:59.28 and Tatyana Tomashova 3:59.71, double World Champion(2003/2005), who won the silver medal at the 2004 Olympics in Athens (who also received a doping ban from 2008- 2011). Russia is very strong in this event with 9 athletes in the top 16 in the 2012 rankings leading up to the Olympics.

## British Athletes' Selection

Three athletes represented Great Britain. The back in form Lisa Dobriskey, 4th at the last Olympics in 2008 in Beijing, and silver medalist at the 2009 World Championships, but who had suffered from recurrent injuries in the past few years and a recent serious health issue, recorded the fastest time by a British athlete in 2012 of 4:02.13 in Paris on the 6th July. Selected with her were Laura Weightman, also coming back from an injury plagued 2011, with a personal best time of 4:04.88 in the Netherlands on the 27th May, together with the 2011

World Silver medalist Hannah England who ran 4:04.05 at the same meeting in the Netherlands, but who was badly spiked in her achilles tendon . Sadly the injury, involving a month off running, was to play havoc with her Olympic preparations.

## Progression of finalists and GB athletes through the rounds:-

There were 3 heats:-

### Heat 1

This was the toughest heat and therefore was the fastest heat. The pace was fairly decent from the start, with Hannah England going to the front for the first 300 meters – she kept close to the inside of the track, a position she maintained throughout the race to ensure the shortest distance. Tatyana Tomashova then took up the lead followed by Abeba Aregawi, and two times World Champion Maryam Yusuf Jamal (2007/2009) from Bahrain (formerly from Ethiopia)following behind. The pace remained fairly constant with Tomashova leading at the bell, but with 200m to go Aregawi went to the front for a decisive strike home, finishing in a fast 4:04.55.

There was a battle for the remaining automatic qualification places for the semi-finals with less than a second separating the five athletes who were Tomashova, Jamal, the Kenyan Hellen Onsando Obiri, Hannah England and Hilary Stellingwerff of Canada – the last automatic qualifier's time being 4:05.79.

### Heat 2

This heat could not have been more different to the first heat with the first two laps run cautiously in 70.18 sec and 72.69 secs. The leaders through 400m were Nuria Fernandez from Spain and Siham Hilali from Morocco with Dobriskey hugging the curve in 8th place. At the bell the Australian athlete Kaila McKnight went to the front, but with 150m to the finish the race began in earnest with Lisa Dobriskey going round everyone to accelerate home to win in 4:13.32 with the next five automatic qualifiers finishing within half a second of this time. They were Hilali, Cakir-Alptekin, Fernandez, McKnight and Jennifer Simpson from the USA. There were no fastest losers who qualified for the semis from this heat.



*Laura Weightman and Lisa Dobriskey contesting the Olympic 1500metres Final*

### Heat 3

This heat included the 2012 World Indoor Champion Gienzebe Dibaba from Ethiopia, Morgan Uceney from the USA – ranked no.1 in the world in 2011 and Kostetskaya. The early pace was set by Faith Chepngetich Kipyegon from Kenya and Dibaba with laps of 70.71, and 67.48 and then a very fast 61.73. Uceney, in 3rd with Kostetskaya 4th started to fade. Laura Weightman, who had started near the back, moved to the middle of the pack by the bell. At the bell the previously little known Gamze Bulut, but European Silver medalist in 2012, made her move with 300m to go to win with relative ease in a time of 4:06.69 with Uceney 2nd, Natalia Kareiva of Belarus 3rd, Kostetskaya 4th and Mimi Belete 5th with Laura Weightman ensuring automatic selection in 6th in 4:07.29.

Two fastest qualifiers also came from heat 3 Nicole Sifuentes from Canada and Zoe Buckman of Australia, with four athletes from Heat 1 – Shannon Rowbury from USA, Lucy Van Dalen from New Zealand, Lucia Klocova from Slovakia and Corinna Harrer from Germany. Fastest loser times qualifying for the semi finals ranged from 4:06.73 to 4:07.83.

### Semi Final 1

This semi-final included Cakir-Alptekin, Kosteckaya, Uceney, Dobriskey and England. The early pace was set by Kosteckaya and Uceney with laps of 66.05 and 69.27 with Harrer in 3rd and Cakir-Alptekin in 4th, although the athletes were tightly bunched. England was positioned in about 8th with Dobriskey at the back for the first two laps before she started to make a move on the outside to sensibly ensure she was lying in 3rd with one lap to go. At the bell Belete took the lead with England slipping to the back of the field. Cakir-Alptekin struck coming off the bend to lead down the straight to finish in 4:05.11, closely followed by Kostetskaya, Uceney, Dobriskey and Rowbury who finished in 4:05.47 as the last automatic qualifier. Unfortunately Hannah England could not get back to the leaders and finished in 9th in a time of 4:06.35 to go out of the competition, which surely had come just a little too early for her to be back at her peak following her injury.

### Semi Final 2

This was a tough semi-final including Aregawi, Tomashova, Jamal, Bulut and Weightman. The early pace was set initially by Jamal then Tomashova took

over going through 400m in a faster lap than the first semi-final in 65.58 with Obiri from Kenya in 2nd, Bulut in 3rd, ahead of a well strung out field, with Weightman in about 7th place hugging the inside lane. Bulut hit the front with about 600m to go and at the bell it was Bulut 1st, Aregawi 2nd but with 200m to go Aregawi struck and overtook Bulut, with these 2 athletes pulling clear of the rest of the field at the finish. Aregawi won in 4:01.03 followed by Bulut, Tomashova, Jamal and Obiri – the automatic qualifiers for the final.

As the second semi-final was faster than the first the two fastest losers came from this heat – except that there was a tie for the second slot. The three athletes therefore who went through to the final as fastest losers were Kareiva 4:02.37 and then Klocova and Weightman who were both timed at 4:02.99 – an excellent personal best for Weightman.

### The Final

This was a slow run tactical race, with the first lap run very slowly in 75.12, with no one really wanting to push the pace. This was quite a surprise as there were quite a few sub 4 minute athletes in the final. Bulut who had just turned 20 led the field through 400m with Jamal behind and the two British athletes at the back of the field. Bulut led through 800m (a 68.85 lap), again followed by Jamal and Rowbury.

At the bell the group was still tightly bunched. The slow pace should have suited the likes of Dobriskey who have a good kick, but she appeared to lose her rhythm when avoiding Morgan Uceney who fell just after the bell when she was tripped up and Dobriskey could not get back into contention. In a sad twist of fate this was not the first time Uceney has fallen – she was tripped in the final of the World Championships last year with 500m to go and this must have been another devastating blow for her.

Bulut quickened the pace and was still leading through 1200m (a 62.91 lap), but with about 275m to go Cakir-Alptekin, Aregawi and Jamal overtook Bulut with Cakir-Alptekin stretching the lead to three or four metres to push to the line and win in 4:10.23. She covered the last lap in 58 seconds and last 300m in 43.35. The battle for silver was won by Bulut who pushed hard to claw back Jamal (bronze) and Aregawi who was fading fast and who in fact was overtaken at the line by Tomashova (4th). 6th was Rowbury, 7th Kareiva and 8th Klocova.

Considering Dobriskey's health problems it was remarkable that she actually made it to the start line at the Olympics and perhaps the three rounds required at the Olympics tested her stamina too far and she finished 10th in 14:13.02. This was perhaps also the case for Weightman, who finished in 11th place – but her pb of 4:02.99 in the semi-finals means she will be an athlete to look out for in the future.

## Olympic Women's Technical Observations

1500m races are often quite tactical and this was certainly the case with this Olympic Final. It is difficult to compare the athletes in this 1500m race as many of the athletes had come from different event backgrounds – some moving up from 800m, with one moving up from 400m hurdles and Cakir-Alptekin actually moving down from 3000m steeplechase and perhaps this is where her stamina has come from, but clearly good speed across a range of distances is helpful, but also ensuring good stamina – particularly when 3 rounds are involved.

The winner Cakir-Alptekin was always a contender for gold and it was the first ever Turkish gold medal in Olympic history. The surprise result came from the second of the Turkish athletes, Bulut, who has improved her time by roughly 17 seconds from her best time in 2011, who interestingly also comes from a steeplechase background. However if there is a lesson to be learned from this final it is that although inexperienced, Bulut was able to control the race from the front ensuring it was a slow pace so that both she and Cakir-Alptekin who clearly had speed reserve could use their kick for home. Were they running as a team and was this a tactic they had agreed on? The point is that both Bulut and Cakir-Alptekin had positioned themselves at the front or near the front before the bell in order to strike effectively for home – a tactic we saw Mo Farah use in the 10,000m and 5,000m. At world level, running at the back risks not only giving the leaders who have similar or better sprint finishes a head start, but at the back you are likely to be the slowest to react to any movement or change of pace at the front and then have a wall of athletes to try and pass.

Again all tactical scenarios would need to be practiced by the athletes as well as ensuring once again that an athlete has a fast final 400m in their weaponry and perhaps we should try harder to encourage participation in steeplechase!

# Men's Olympic 5000m

By Alasdair Donaldson

## Medallists:

**Gold:** Mohamed Farah (GBR) 13:41.66

**Silver:** Dejen Gebremeskel (ETH) 13:41.98

**Bronze:** Thomas Pkemei Longosiwa (KEN) 13:42.36

## Continental Breakdown:

Europe: 8 Competitors

Africa: 22

Asia: 4

North America: 5

South America: 1

Australasia: 3

## Overview

Coming into the 5000m Mo Farah had already won the 10,000m title on the previous Saturday night (four days previously). Farah was the reigning world champion having claimed the gold in Dageu over 5000m; an occasion when he had failed in his bid to win the 10,000m, gaining the silver.

The world rankings for 2012 coming into the event were dominated by Kenyan and Ethiopian athletes, each country holding five of the top ten places. Every one of the top ten positions had been achieved at the Paris Diamond League event in early July. Farah was ranked 11th, having won the Eugene Diamond League event on 2nd June, a race where he had won from Koech, who went on to finish third in Paris. With the nature of Olympic competition there would only ever be a total of three Kenyan and three Ethiopian athletes in the field which meant that the strength of the two African nations would not be fully realised inside the Olympic stadium, they also had 15 of the top 20 in the world.

The winner of that race in Paris was Gebremeskel of Ethiopia and he would go into the race as one of the strong favourites, especially with Farah having already run the 10,000m. Gebremeskel had also won in Oslo, while in addition to Kenyan Koech's second in Eugene and third in Paris he had triumphed in Zurich so looked to be another of the serious contenders for the title.

The American Duo of Galen Rupp and Bernard Lagat would both also be serious contenders; Rupp having taken second behind Farah over the 10,000m a few days before and also third in the Eugene race showing he was on top of his game. Lagat meanwhile had run under 13 minutes and came in with a great championship pedigree having previously gained Olympic

Silver in Athens and Bronze in Sydney (both over 1500m), as well as a string of World Championship medals, most notably the 1500m and 5000m double in Osaka in 2007 and the silver medal at the 2011 Daegu World Championships. If it was to come down to championship racing experience then the 37 year old Lagat would be the man to beat.

## British Athletes Selection

Mo Farah came into the championships as Britain's most successful male endurance runner of the last 30 years, if not ever, having won the European 5000m and 10,000m double in 2010, the World 5000m Gold and 10,000m silver in 2011 and then retaining his European 5000m earlier in 2012.

The British record holder at 5000m and 10,000m was unbeaten outdoors in 2012 although not having run as quickly as in 2011 over 5000m. However his unbeaten record, including a fine victory over 1500m in California in May in 3:34.66, proved that he would be a contender.

Nick McCormick has flitted between the 1500m and 5000m over the last six years, after initially reaching national senior prominence with a 3:33.9 clocking over 1500m back in 2005. This year he has trained largely in Australia alongside Nic Bideau's squad and has made a concerted move to the 5000m. His qualifying performance came in Heulva, Spain, in early June and he then cemented his place in the team with a second place finish in a slow British Olympic Trial.

Chris Thompson (who competed in the 10,000m) and Tom Farrell had also achieved the A standard in Palo Alto, California in April but due to stress fractures neither was able to confirm their place in Team GB over 5000m.

## Athlete Statistics

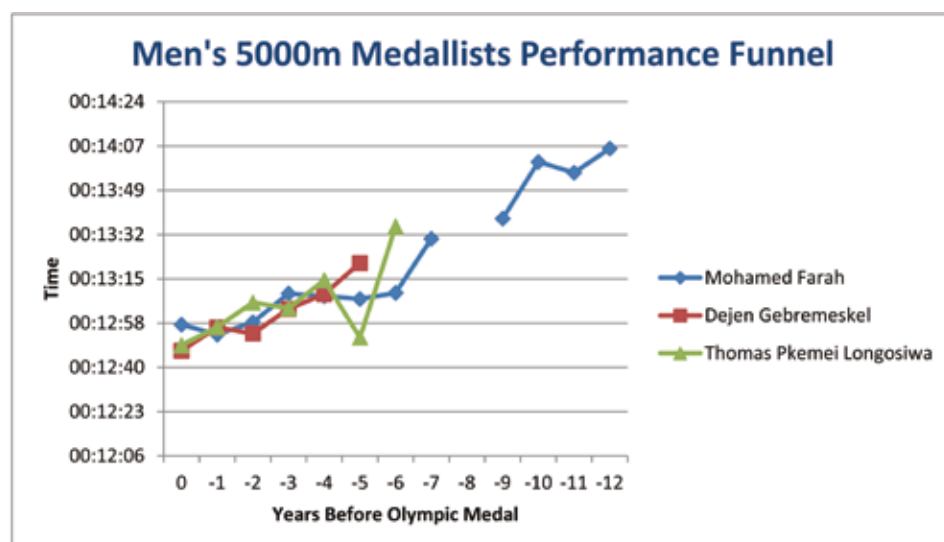
On average the top eight finishers in the 5000m final had competed in one previous Olympic Games and had nearly 10 years of performances on the IAAF rankings lists. The Champion, Mo Farah, having competed in Beijing, where he finished sixth in his heat and failed to progress to the final, while bronze medallist Longosiwa had finished 12th in Beijing. Silver medallist Gebremeskel was making his Olympic debut while the evergreen American Bernard Lagat, who finished fourth had competed in both Beijing and Athens, his highlight being a silver medal over 1500m in 2004.

Lagat at 37 was 10 years older than the average and has appeared on the IAAF rankings for 16 years, having originally competed for Kenya. Farah was the next most experienced with 13 years on the IAAF lists, having first been listed as a 16 year old.

Champion Farah was the heaviest of the top eight performers and also had the highest BMI at 65kg and 21.2, respectively, while his 175cm height was a fraction below the average of 175.1cm. By contrast silver medallist Gebremeskel had the lowest BMI at only 16.7 as against the average of 19.1. The range in BMIs of 4.5 demonstrates that there is a spread of athlete body types competing at the top level, although no one would class Mo Farah as a big man.

Gebremeskel held the fastest time of those in the top eight at 12:46.81 with a spread in times down to 13:09 for both Barrios and Iguider, who had already won the bronze medal in the 1500m. Farah with 13:53.11 was only ranked fourth of those in the top eight on lifetime bests.

It is very interesting that two coaches in the final each coached two athletes with Alberto Salazar working with both Farah and the USAs Galen Rupp who finished seventh





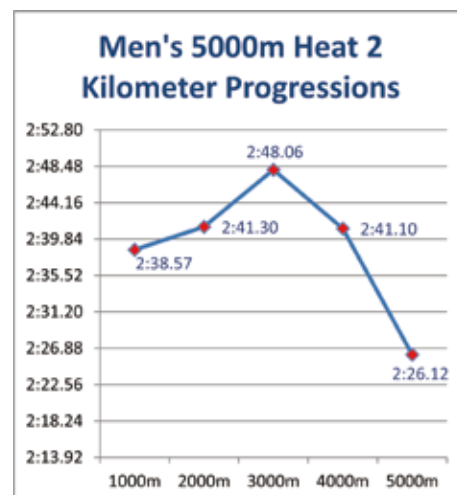
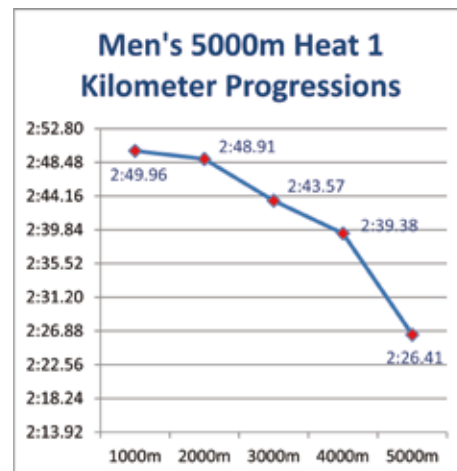
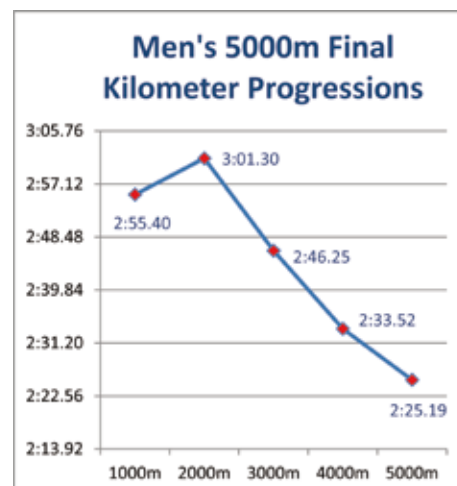
Olympic 5k  
Champion  
Mo Farah

on this occasion but had been runner up to Farah in the 10,000m earlier in the week. James Li the long time coach of Bernard Lagat was also coach to eight placed Barrios of Mexico (whose father Arturo is a former world record holder over 10,000m).

51.1% of the athletes taking part in the heats of the 5000m were competing for African nations, with Europe being the next biggest contributor at 18.6%. This was reflected by the number of African's in the top eight with 50% of the athletes competing for Africa Nations. Interestingly

North America contributed 37.5% of the top eight (3 athletes) despite having only 11.6% of those in the heats (5 athletes). If you take into consideration that both Farah (GBR) and Lagat (USA) were born in Africa then African Born competitors make up 75% of the top eight.

Although the athletes previous athletic history did vary it is interesting to note (please see Performance Funnel graph below) that from four years out from the games the three medallists performance profiles were very similar, a time when they



had all run around the 13:10 mark. It would seem that before then they were on different paths, with Farah having run his first recorded 5000m (on IAAF website) as far back as 12 years ago in 2000. We can conclude from this data that while previous racing performances may not have been absolutely essential to gaining a 5000m medal, it is certainly advantageous to have been running at a high international level, and approximately 10seconds inside the Olympic A qualifying time, four years out from the games.

## The Race

### FINAL

Saturday 11th August 2012, 7:30pm GMT  
19deg C, 64% Humidity

A very slow race set off at a somewhat pedestrian pace of 2:55.40 for the first kilometer with the lead changing hands several times but no one putting in any sustained drive to increase the tempo significantly. During this first kilometer Mo Farah sat at the back of the pack out of trouble, running in a very relaxed manner as others jostled for position. The 1000m mark was his cue to move to the front of the pack and show everyone that he was there and that he wanted to assert some authority. As soon as this happened Lamong of the USA decided to take it on and not allow Farah to dominate proceedings, at which point Farah settled into the pack around fourth or fifth for the next few laps.

The next kilometer passed in 3:01.30 with Lamong still at the front but from this point forth the Ethiopians and Kenyans decided to get their men to the front, appearing to work as teams and running together at the front of the field. The pack was still very much together as it passed the 3000m point in 8:42.95 but things began to get moving. Just before the 1000m to go point Farah came onto the shoulders of the Ethiopians sharing the lead as the fourth kilometer was covered in a much swifter 2:33.52. At this stage all of the eventual medallists were in the top six, as they had been for much of the race, with the others fighting it out between them.

Farah re-took the lead with 700m remaining with training partner Rupp joining him at the front 100m later, as they appeared to form a blockade to allow themselves to control the race approaching the bell. However as the bell came the challengers came in waves and Rupp quickly lost position, while Farah maintained his leading spot on the inside of the track. As the challenges continued to come from the Kenyan's Ethiopians and Morocco's Igider Farah held his position coming into the home straight where he continued to fight them off, before eventually pulling clear in the final 40m to win in 13:41.66. Gebremeskel, who earlier in the home straight looked as though he would sneak through for the win claimed the silver medal and Longosiwa battled back to take the bronze.

An interesting guide to the closing stages of the race comes from Farah's closing splits. He covered the final mile in 3:57.4, the final 1000m in 2:25.19,

to then move and run the final 800m in 1:54.0, with a 52.9 final 400m. Looking all the way back to the 1972 Games and Steve Prefontaine's claim that he would win because he could run the last mile in under 4 minutes, it would appear that 40 years on the same qualities are still required, even though the world record has improved by nearly 40 seconds in the intervening period. Prefontaine incidentally finished fourth in that final, the rest of the field being able to produce similar closing performances, in actual fact on that occasion Lasse Viren ran a 4:04 mile to win in 13:26.4.

### HEATS

Wednesday 8th August 2012, 10:45am GMT

19deg C, 64% Humidity

1st 5 plus 5 fastest losers

#### 1st Heat

A large group started out at a fairly relaxed pace covering the first three kilometers in 2:55.40, 3:01.30 and 2:46.25, to take the group through in 8:42.95. At this stage there was a large group with the lead changing between a number of athletes. From here the pace really began to pick up, as the graph demonstrates, with the fourth kilometer being covered in a quicker 2:39.38 as the group began to break up very slightly. Coming into the final 1000m there were still 14 athletes in the main group vying for the top five qualifying positions; with 450m to go the group was down to 12 but at this stage things really broke up as the main protagonists struck for home, with only six left in contention by the final 200m. The final kilometer was covered in 2:26.41 as Ibrahimov of Azerbaijan took the honours in 13:25.23.

The scramble down the home straight accounted most significantly for Edwin Soi of Kenya who was 10th ranked on the World Lists and had qualified as one of the top Kenyan performers. 10,000m champion Farah looked tired and short of his normal finishing pedigree as he came through in third position.

#### 2nd Heat

Having seen a slow first heat Australian Craig Mottram took on the pace to make it an honest pace and give the maximum number of athletes the opportunity to qualify for the next round, going through the first 1000m in 2:38.57, 11 seconds quicker than the first heat. He led it through to the 1600m point when he stepped aside to allow someone else to share the workload. Rupp of the USA took it on for 800m (passing 2000m in 5:19.87, 2:41.30 for

the 1000m section) and then stepped aside and the pace really began to slow dropping outside 65 seconds per lap for the first time. Reacting to this and not wanting to let his hard work go to waste Mottram once again hit the front at the 3000m mark and picked the pace back up, the race having gone through in 8:07.93 after a 2:48.06 1000m segment. Within a lap of Mottram's injection of pace Kipsoro of Uganda took the pace on and Mottram looked to be finished. Nick McCormick the British competitor had until this stage stayed in contention with the main group but around the 4000m mark he started to drift off the back of the group. He would eventually go on to finish in 12th position and out of the qualifying spots.

The pace continued to build through the last 1000m, which was covered in a very swift 2:26.12 to bring the winner, Gebremeskel, home in 13:15.15. The final 1000m of this heat was 0.29 seconds quicker than that of the first heat, despite being ten seconds quicker overall. As a result all five of the "fastest losers" came from this heat. Rupp with the 10,000m still in his legs was very aware that they were well inside Heat ones time as he cruised home in sixth place, outside of the automatic qualifying positions but very comfortably qualifying by time. Mottram the early pacesetter and the man responsible for ensuring so many qualified through this heat eventually faded to come home in 16th place in 13:40.24.

Not only was this to prove the faster heat, but six of the top eight finishers in the final came out of this heat.

## Tactical Lessons

It is certainly worth noting that a striking feature of the race splits was the need to have the ability to finish the race, be it a heat or a final, with a last kilometer in the 2mins 25/26 seconds range; this was the case in both heats and the final. It is also particularly noteworthy that it is not just the final 1000m, but in fact the last 2000m where the race always picked up in pace. Referring back to the race analysis section and the three graphs of the race splits it can be seen that no matter what pace the race went out at the pace in the penultimate and final 1000m sections was quicker than that of the third kilometer.

Coaches must note that this is most likely to be the way that a Championship final over 5000m will be run, with no one really wanting to take the pace on and commit themselves early in the race; where Mottram took the burden of trying to set a fast pace in heat 2 he did so at his own expense and

he was unable to keep it going, sacrificing himself for the benefit of others. That said if one of the ranking leading athletes had adopted this tactic early in the race then they may have been more able to lead the race through at a pace which achieved the objective of making the race fast enough to ensure maximum chances of qualification, without sacrificing themselves.

It is also clear to see that in this style of race, unlike on the Grand Prix circuit, the lead is likely to change many times during the race and this has a knock on effect further down the field where athletes must be prepared for others to be constantly jostling for position. As we saw previously Farah stayed at the back in the final for the first 1000m before moving to the front and asserting his authority briefly and then settling back into the pack. It is also noteworthy that all of the eventual medallists were within the top six with 1000m remaining, showing that being too

far off the pace at the business end of a slow run race leaves athletes with too much to do. If the leaders are all going to run around 2:25 for the last kilometer and you are two seconds behind them with 1000m to go then you would have to have the capacity to run a 2:23 closing kilometer, which may be asking too much in the majority of races, and mean that you are leaving too much to do.

The two heats were run in different ways with heat one being a more "traditional" gradual start which just got faster and faster the whole way through the race, whereas the second heat started off quickly, before slowing up and then picking up again through to the end. As such it is essential that athletes are prepared to be able to perform in all kinds of races and be adaptable in all scenarios so that they can maintain contact with the qualifying positions. Grand Prix style races are not the place to practice such tactics and it is

very difficult to find races of this style and quality outside of the major Championship environment so these skills must be honed through the athletes training.

*All statistics with regards to the athletes are gathered from the IAAF, Olympic and Tiljastopa websites and their accuracy may be questionable with all data being self reported. As such some of the reports on height, weight and therefore BMI may not be as accurate as we would like them to be.*

World Rankings		
Lead	12:46.81	Dejen Gebremeskel
3rd	12:48.64	Isiah Kiplangat Koech
5th	12:49.04	Thomas Pkemei Longosiwa
10th	12:55.99	Edwin Cheruiyot Soi

World Record	12:37.35
Olympic Record	12:57.82

Name	Country	Time	Heat		PB	SB
			Time	Place (ht)		
Mohamed Farah	GBR	13:41.66	13:25.64	3 (1)	12:53.11	12:56.98
Dejen Gebremeskel	ETH	13:41.98	13:15.15	1 (2)	12:46.81	12:46.81
Thomas Pkemei Longosiwa	KEN	13:42.36	13:15.41	3 (2)	12:49.04	12:49.04
Bernard Lagat	USA	13:42.99	13:15.45	4 (2)	12:53.60	13:15.45
Isiah Kiplangat Koech	KEN	13:43.83	13:25.64	2 (1)	12:48.64	12:48.64
Abdalaati Iguider	MAR	13:44.19	13:15.49	5 (2)	13:09.17	13:09.17
Galen Rupp	USA	13:45.04	13:17.56	6 (2)	12:58.90	12:58.90
Juan Luis Barrios	MEX	13:45.30	13:21.01	9 (2)	13:09.81	13:13.54

#### Splits Final

					Mo Farah Splits from Final	
1000m	2:55.40	2:55.40	Isiah Kiplangat Koech	KEN	2:56.9	2:56.9
2000m	5:56.70	3:01.30	Lopez Lomong	USA	5:56.9	3:00.0
3000m	8:42.95	2:46.25	Yenew Alamirew	ETH	8:43.8	2:46.9
4000m	11:16.47	2:33.52	Dejen Gebremeskel	ETH	11:16.6	2:33.2
5000m	13:41.66	2:25.19	Mohamed Farah	GBR	13:41.7	2:25.1

#### Heat 1

1000m	2:49.96	2:49.96	Isiah Kiplangat Koech	KEN
2000m	5:35.87	2:48.91	David McNeill	AUS
3000m	8:19.44	2:43.57	Hagos Gebrhiwet	ETH
4000m	10:58.82	2:39.38	Hagos Gebrhiwet	ETH
5000m	13:25.23	2:26.41	Hayle Ibrahimov	AZE

#### Heat 2

1000m	2:38.57	2:38.57	Craig Mottram	AUS
2000m	5:19.87	2:41.30	Galen Rupp	USA
3000m	8:07.93	2:48.06	Craig Mottram	AUS
4000m	10:49.03	2:41.10	Moses Ndiema Kipsiro	UGA
5000m	13:15.15	2:26.12	Dejen Gebremeskel	ETH

# Women's 5000m

By Dave Sunderland

## 5000 Metres (Heat 7th, Final 10th)

Thirty six athletes competed in two heats with the first 5 plus 5 fastest losers advancing to the Final. The heats were comprised of 18 athlete's from Europe; 10 from Africa; 5 from Americas; 3 from Asia (No Chinese athlete's) and none from Australasia.

Having already destroyed Kipyego and Cheruiyot in the 10,000m, Tirunesh Dibaba (originally a reserve for the 5000m) looked all set to complete a second Olympic distance double, especially after producing a 60.68 last lap and 2:46.86 final kilometre ahead of Defar in a 14:58.48 heat. The other Ethiopian, Burka, took the other heat ahead of Cheruiyot and Kipyego in 15:01.44 with a 2:47.80 last kilometre and a 63.10 last lap. The slowest qualifier by right required 15:05.38 secs., and the slowest fastest loser required 15:06.38 secs. A time that would have made 5th position in the Final!

Again disappointingly, as in Beijing, the final was slower than the heats. Although playing into the hands of the big kickers from Ethiopia and Kenya, the other finalists did nothing to prevent themselves ending the race with not even a pb to show for their efforts. Pavey, a month short of her 39th birthday, led for the first kilometre in 3:07.58 and if that was not lethargic enough the next two kilometres took 3:09.77 (6:17.35, Romagnolo leading) and 3:10.40 (9:27.75 Pavey again). The dawdle finally came to an end on the ninth lap when surprisingly Dibaba went ahead and the fourth kilometre was covered in 2:57.06 (12:24.81). At the bell it was Dibaba from Defar and Cheruiyot, but instead of her anticipated sprint to victory Dibaba found herself outpaced not only by Defar but also by Cheruiyot. Clocking 60.20 for the last lap and 2:39.44 for the last kilometre, Defar triumphed by 3m over the Kenyan World champion in 15:04.25 with Dibaba paying the price for having to take the lead too soon taking bronze.

After the Ethiopians and Kenyans took 1-6, as in the 10,000m Pavey and Bleasdale were again the first European finishers in 7th and 8th. As in the 10000 metres. Having already made huge progress this year, Bleasdale was possibly the most improved British athlete at the Games (taking her 10,000 metres

best from 31:29.57 to 30:55.63 and 5000m from 15:10.06 to 15:02.00).

Jo Pavey and Julia Bleasdale lead out the Olympic 5000m Final



## Splits

Final					
10/08/2012 – 20:05pm 23					
1000m	3:07.58	3:07.58	Jo Pavey	UK	
2000m	6:17.35	3:09.77	Elena Romagnolo	Italy	
3000m	9:22.75	3:10.40	Jo Pavey	UK	
4000m	12:24.28	2:57.06	Tirunesh Dibaba	Ethiopia	
5000m	15:04.25	2:39.44	Meseret Defar	Ethiopia	
Last Lap: 60.00 secs					
Heats (First 5 + 5 FL)					
Heat 1					
07/08/2012, 10:55am – 17					
1000m	3:01.05	3:01.05	Kayoko Fuskushi	Japan	
2000m	6:04.17	3:03.12	Kayoko Fuskushi	Japan	
3000m	9:08.13	3:03.96	Kayoko Fuskushi	Japan	
4000m	12:11.62	3:03.49	Kayoko Fuskushi	Japan	
5000m	14:58.50	2:56.88	Tirunesh Dibaba	Ethiopia	
Last Lap: 60.5 sec. 7PB's					
Heat 2					
11:19am – 17					
1000m	3:02.06	3:02.06	Niya Hitomi	Japan	
2000m	6:05.92	3:03.86	Niya Hitomi	Japan	
3000m	9:11.41	3:05.49	Niya Hitomi	Japan	
4000m	12:13.64	3:02.23	Molly Huddle	USA	
5000m	15:01.45	2:57.91	Gelete Burka	Ethiopia	
Last Lap: 63.09 secs. 8PB's. 1NR					
Last Qualifier by Right: 15:05.38s					
Last Fastest Loser: 15:06.38s					

Jo Pavey after the disappointment of not making the marathon team followed up her fine performance in the European Championships with two more outstanding runs in the twilight of her career. Barbara Parker as in the Steeplechase failed to get through her heat running 15:12.81secs for 9th in her heat just ahead of the European cross-country champion Britton of Ireland.

Defar (28), (Coach: Dr. Yilma Berta) who preceded Dibaba as world record holder for the distance, thus became the first woman to win a second Olympic 5000m title, having finished first in Athens (when Dibaba was also third) and third in Beijing. Apparently she is planning to step up to the marathon she has run a 67:45 half marathon

Dibaba now has three Olympic 5000metre medals. Whether she suffered from a lack of training – she started the season very late – or the hard track affected her normal reliable sprint finish as was shown in both her heat and 10000metre final it is hard to say.

All three Britons acquitted themselves very well indeed. Jo Pavey 7th (15:12.72) and Julia Bleasdale 8th (15:14.55) replicated their 10k Final positions. To make two Olympic Finals and have such high positions on the World's greatest stage cannot be over stated. Well done to both! Barbara Parker whilst not making the Final ran far better than in the Steeplechase and set an admirable personal best of 15:12.81. It took 15:06.38s to make the final. Despite Heat 1 being the quicker heat, heat 2 was more competitive with 4 of the 5 fastest losers coming from this heat.

1	Meseret Defar ETHIOPIA	15:04.25
2	Vivian Cheruiyot KENYA	15:04.73
3	Tirunesh Dibaba ETHIOPIA	15:05.15
4	Sally Kipyego KENYA	15:05.79
5	Gelete Burka ETHIOPIA	15:10.66
6	Viola Kibiwot KENYA	15:11.59
7	Jo Pavey UK	15:12.72
8	Julia Bleasdale UK	15:14.55

#### World Record

Tirunesh Dibaba	14:11.15	Ethiopia	2008
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#### Olympic Record

Gabriela Szabo	14:40.75	Rumania	2000
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#### World Rankings

Lead	14:35.62	Vivian Cheruiyot (Kenya)
3rd	14:39.53	Viola Kibiwot (Kenya)
5th	14:43.11	Sally Kipyego (Kenya)
10th	14:49.26	Mercy Cherona (Kenya)

## Solihull – The Olympic nursery

### By Tim Brennan

The BMC Solihull Grand Prix 2012 was staged only two weeks before the start of the Olympic athletic competition and British Olympians Hannah England, Barbara Parker, Eilish McColgan, Andy Baddeley and Michael Rimmer all wound up their preparations for London in the meeting. This was a fine turn out and showed the benefit of the timing of the meeting.

A glance back though through the history of the Solihull meeting shows a long history of 2012 Olympians competing at the meeting and demonstrates the part the BMC competition structure has played in so many athletes development. Most notable for this was the 2006 results. It is worth reflecting on this meeting as it illustrates nicely the way in which athletes can develop and move through the distances over a 6 year period.

In the 2006 meeting double Olympic gold medallist Mo Farah won the 1500m with a 3:39.27 time, whilst two of his fellow 5000m finalists competed over that distance **Moses Kipsiro** winning in 13:36.66 and **Mumin Gala** finishing 5th in 13:55.01. Mo's 10000m GB teammate Chris Thompson finished 3rd in the race in 3:41.33

Meanwhile Andy Baddeley was winning the 800m in a personal best of 1:46.62 whilst Michael Rimmer was unable to replicate his 1:45.47 breakthrough run at Watford a couple of week before the Solihull meet and DNFD. In the women's race Lisa Dobriskey finished 3rd in 2:02.95 her best time for two seasons.

In the women's 1500m Jo Pavey the top European in both the Olympic 5000m and 10000m won in 4:05.91. This is still the fastest ever time in a BMC women's only race. Hannah England at 19 years of age finished 7th in a 14:18.80 PB whilst also setting a PB was 15 year old Eilish McColgan with 3:38.97 for 13th in the C race.

The 2012 Olympic marathon was also well represented at Solihull 2006 with the fact that two competitors were in the 1500m showing there is no substitute for speed. Lee Merrien was 8th in 3:42.75, Freya Murray was 9th in 4:19.0, whilst in the 5000m Mara Yamauchi set a then BMC record of 15:28.58.

In total 11 of team GB 2012 were competing at this Solihull meeting, so let's hope that somewhere from amongst the cast of Solihull 2012 there will be at least the same number in Rio 2016.



*Mo Farah completing his Olympic double in the 5000m*

# Mihaly Igloi

BY BRENDON BYRNE

Mihaly Igloi was one of the great middle distance coaches of the 1950s and 1960s. He has been remembered less than coaches such as Arthur Lydiard, Percy Cerutti and Franz Stampfl but his record has been truly outstanding. His athletes broke 49 world records, 45 American records and even 157 Greek records. (Igloi had a spell in Greece too, but to be fair since Phedipides, there hasn't been a great deal to get excited about in Greek middle distance running).

He competed in the 1936 Olympics himself over 1500 but it was his outstanding record with athletes such as Lazlo Tabori, Sandor Iharos and Istvan Rozsavolgyi that brought him to fame initially. Iharos set world records over 1500m, 300m, 2 miles and 5000m. Not too surprisingly his athletes didn't do too well at the Melbourne Olympics at the time of the Russian invasion. His second career in the USA brought him a great deal of success. Jim Beatty was the first man to run a sub 4 minute mile indoors as well as breaking the two mile world record both indoors and out. Bob Schul also broke the world two mile world record with 8mins 26.4 secs and won the 5,000m in the 1964 Olympic Games in Tokyo.

Igloi's training methods developed at the same time as one of the all time greats Emil Zatopek. Zatopek, as outlined in an earlier article would typically run 5-10x 200m, 20-40 x 400m and 5-10 200m in a session. Igloi took interval training to new levels by introducing sets of repetitions. His sets of repetitions consisted of short intense bursts which introduced a high oxygen debt. Any endurance training that might lower speed was not allowed. "Training at a fast pace over many short repetitions makes it easier to run at a slower pace over longer distances". Distances used were 100m, 200m, 300m 400m and rarely 1200m and 1800m.

Igloi planned the training from day to day depending on how the athlete felt. Igloi decided how the athlete felt! The stop watch was not usually used except as a check. "The athlete is surprised at the variety and this is psychologically easier on the athlete".

By all accounts Igloi, if not secretive, was far from being informative. Oddly there do not seem to be available any of the schedules he used that he used at the LA Track Club in the USA.

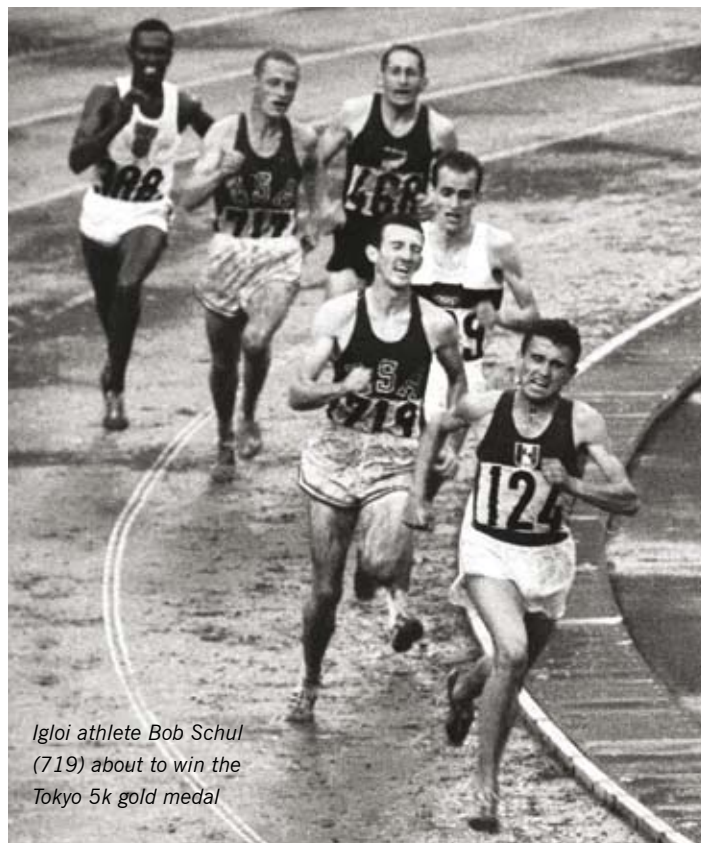
However, included here are some samples of sessions that Igloi's athletes did in Hungary.

## Sandor Iharos

- Day 1 5x 400m average 57 secs
- Day 2 25x100m
- Day 3 15x100m, 10x300m ave 45 secs, 6x600m ave 1 min 37 secs
- Day 4 40x 100m
- Day 5 14x100m
- Day 6 am 12x100m and 5x 100m fast  
pm 5,000 race

## Istvan Rozsavolgyi

- April
- Day 1 2x (4x 300m) in 45 secs jog 100m recovery  
10x 100min 15-18 secs jog 50m recovery  
6x300m in 45 secs jog 100m recovery  
10x 100m 14 -18 secs
- Day 2 5x (5x200m 27-28secs) jog 100m recovery. 6x100m ave 15 secs 50m jog recovery
- Day 3 10km fartlek



*Igloi athlete Bob Schul  
(719) about to win the  
Tokyo 5k gold medal*

- 15x100m jog 50 m recovery
- Day 4 5x 300m light, 5x300m fast, 5x300m very fast, 5x 300m light, 10x100m ave 16 secs, 6x300m at 80%, 10x 100m fast, 10x100m light
- Day 5 10x (10x100m) one set fast and one set at a lively rhythm, walk 400m between Sets
- Day 6 10x150m at a moderate speed, 2x(3x400m in 55-56 secs) jog 300m and walk 400m between sets.  
10x100m light, jog 50m  
10x 100m fast jog 50m  
10x100m light jog 50m  
Walk 400m between sets
- Day 7 light cross country run.

Igloi went to the USA after the Russian invasion of Hungary in 1956 and eventually worked at the Los Angeles track club. He would be at the track for sessions between 5am and 9am and again between 5pm and 9pm. Athletes approached Igloi for training, not the other way around, and his approach was clear as Jim Beatty observed "I am the coach, you are the athlete, you will do what I say". Sessions could last for up to two hours and it was calculated that athletes could run up to 70 miles in a week on the track.

Beatty said "He would bring you not only to your goals but also to greater goals he saw in you. Nobody questioned him about training or race tactics". This certainly gives us a flavour of the man

People who tried to copy his methods invariably failed. As Jan Mulak observed Igloi's system was based on his ability to sense his athletes reaction and adjust loads to individual differences. It is interesting point that since the 1950s Hungary hasn't had a great deal of success in middle distance events. Igloi surely deserves to be remembered as one of the great middle distance coaches of the past.

**Reference:** MihalyIgloi's Training Methods by Jan Mulak (Run Run Run 1964)

# Try the 'chase?

**By Les Crouch**

A score of years ago a number of middle distance runners, of varying class, gave this event a try. The figures shown here indicate their best "flat" times. Apart from Mark Rowland none would have considered themselves near to World class. However the performances achieved after they switched would have more than comfortably enabled them to hold down places in the 2012 team. Indeed we would surely be looking at such performers to close on top eight places in major championships.

The marks achieved would not be a given if to-days runners of similar flat ability switched. It requires something more to be able to hurdle, to cope with the disruption to the normal pattern of running etc. But these men did it to good effect and it is to be hoped that others could succeed. The times of the PB's shown were spread over varying periods from a couple of years up to eight , even nine years in some cases.

Mark Rowland – 8:07.96

800 1:49.48, 1500 3:34.53, 1m 3:52.99, 3k 7:46.52i/7:49.82, 5k 13:21.83

Colin Reitz....8:12.11

800 1:50.0, 1500 3:37.55, 1m 3:55.41, 3k 7:44.0, 5k 13:37.31

Tom Hanlon – 8:12.58

800 1:49.5, 1500 3:38.08,, 1m 4:00.1, 3k 7:51.31, 5k 13:39.95

Graeme Fell – 8:15.16

1m 3:57.5, 3k 7:42.26. *NB Other bests set after move to Canada*

Eddie Wedderburn – 8:18.32

1500 3:41.6, 1m 4:00.82, 3k 7:51, 5k 13:40.61

Roger Hackney – 8:18.91

1500 3:43.5, 1m 3:58.77, 3k 7:49.47, 5k 13:44.04

Dennis Coates – 8:18.95

1500 3:45.5, 1m 4:00.7, 3k 7:45.29, 5k 13.53.54

Other athletes are on the all-time list down to 8:25 and there are only two entries this CENTURY!



*Bedford Grand Prix Steeplechase winner Ben Nagy leading from runner up Samtar Farah*

## The Challenge of the (Steeple)Chase

**BY DAVID SUNDERLAND**

To some the Steeplechase may seem an easy option for endurance athletes who have not been successful at other events. Those who have tried this route soon come to the conclusion it is far from the easy option they thought. Specialist Steeplechasers know that it is a specialist event that demands a great deal of running, technical and mental ability. The following is a look at what it takes to be SPECIALIST Steeplechaser.

### THE CURRENT WORLD SITUATION

**World** – Shaheen (Qatar)7:53.63 (2004)

**Sub 8 minutes** – 9 Athletes – 30 performances – 10 (Shaheen)

**European** – Tahri (F) 8:01.1(2009) 11th All Time

**UK Record** – Mark Rowland 8:07.96 (47th All Time)

**World** – Galinka (R) 8:58.81(2009)

**Sub 9 minutes** – 1 (9m 10s = 14 performances by 7 athletes)

**European** – Galinka – 5 sub 9m 10s

**UK Record** – Helen Clitheroe – 9:29.14 (56th)

### A look at the steeplechase event

- A SPECIALIST EVENT
- REQUIREMENTS
- TECHNICAL IN PUT
- TRAINING FOR THE EVENT
- CONDITIONING
- MENTAL TOUGHNESS

### Requirements of the event

- RANGE – 1500m > 5000m
- TECHNIQUE – A good sound, solid, efficient technique is essential.
- PROGRESSIVE PROGRAMME – Over a number of years both from a technical and development perspective.
- MOBILITY/RHYTHM/COORDINATION – Is an essential part of the training programme
- MATURITY – As an athlete matures as a person and with the event they should become stronger, more technically proficient and should understand the event more.
- MENTAL TOUGHNESS – Chasers have to be strong mentally and fearless.

- SPECIALISATION – To be successful they must specialize at the event and not dabble. The other events are there to support the Chaser not the other way round.
- TYPES OF TRAINING – See below

### Training for the chase

- NORMAL MIDDLE DISTANCE TRAINING – 3 ENERGY PATHWAYS -
- PHYSICAL PREPARATION – All round conditioning, strength and core work
- STRENGTH-ENDURANCE – Circuits, Hills, Repetitions etc.
- POWER – Plus elastic strength – Hills, Plyometrics, Bounding, Skipping, Hills etc.
- EVENT SPECIFIC TRAINING – Using Hurdles in repetition/interval sessions
- ECONOMY OF EFFORT – Technical training important from an early age and throughout the season and the athlete's career.
- TECHNIQUE TRAINING – Building up a good sound efficient technical model, and constantly working on the model

## Training priorities – technical

- BASIC HURDLING DRILLS
- COORDINATION EXERCISES
- USE HURDLES RAISED PROGRESSIVELY
- USE BOX WORK/SAND PIT – To simulate introduction to Water Jump
- NORMAL TRAINING INCLUDING HURDLES – see below
- IN TRAINING SESSIONS use the following – 200m + 1 BARRIER; 400m + 2 BARRIERS; 600m + 3 BARRIERS Etc.
- TURNABOUTS – 60 metres in and out turnabouts (120m total) over hurdles
- 400m HURDLE SESSIONS – Training at speed and hurdling on a bend,

## Simulation training for the chase

- ECONOMY/RELAXATION/HURDLES – Always work on technique, rhythm and relaxation and do when fresh
- RETENTION OF TECHNICAL MODEL – Putting the Technical Model under pressure to retain the points above during intense repetition training
- HURDLE AT RACE PACE – So that it becomes second nature
- ON A BEND – As in a race
- WHEN FATIGUED – To simulate the last kilometer – key part – of the 3k @ Chase.
- HURDLE IN A GROUP – race simulation so that the barriers come on you quickly and the athlete has to adapt.
- HURDLE WITH BOTH FEET – To prepare for eventuality in a race if unable to get a free run at the barrier.
- HURDLE BLIND – In a group hurdle the barrier at the last minute as the group – none steeplechasers – splits in front of you.
- NOTE WATER JUMP POSITION – Whether on the inside or the outside of the track – stadiums vary.

## Types of chase training

- DIFFERENTIALS + Hurdles – Different distances with each half of the repetition run at different speed eg: 600 metres first half in 46 seconds the second half in 44 seconds.
- PACE INJECTORS + Hurdles Over 600 metres the first and last 200 metres are run at an even pace but the middle 200 metres is run quicker eg; 31 secs/28secs/21 secs
- PACE INCREASES + Hurdles Over 600 metre each 200 metres increases in pace eg: 32 secs/30secs/28secs
- TIRED SURGES + Hurdles – 400

metres at a strong pace, then a 100 metres stride and then a 100 metres flat out.

- REPETITION TRAINING + Hurdles – Normal repetition training including hurdle/barriers.
- HURDLING STRESSED – Include Hurdles on the last couple of repetition when the athlete is getting fatigued. They then have to refocus on the hurdles as well as the speed of the repetition.
- COMBINATIONS – Oregon/Skipping/ Step Running then into a session with or without Hurdles with tired legs.
- The aim throughout is:- EXHILARATION NOT EXHAUSTION – TRAIN NOT STRAIN
- Progressions
- TECHNICAL MODEL – Work constantly on creating a good efficient, sound technique.
- DIFFERENTIALS – CHASE/FLAT – Work hard on improving the differential between the athletes 'Chase 3k time and their flat 3k time (See Below)
- CONDITIONING – INCLUDING MENTAL – Important part of the training programme.
- RELAXATION – Essential especially in the later stages of the event. Therefore it must be worked upon in training.
- REGENERATION – Recovery/Rest/Sleep/ Rehydration/Refueling are essential
- LEARN THE EVENT – Greater experience will help the athlete understand the demands of the event and how their body adapts and copes with it.
- FINAL KILOMETRE – This is where it all happens the athlete must be prepared and trained to be able to raise their pace in the last kilometer to be able to compete successfully.

## Differentials – of world's and UK's best 'chasers

### MEN

- SHAHEEN 21.17s
- GARDERUD 21.20s
- BOULAMI 17.18s
- MALINOWSKI 26.70s
- BARMASAI 19.32s
- RONO 33.30s
- KOECH 22.44s
- SANG 16.98s
- KIPTANUI 28.98s
- KARIUKI 18.16s
- TAHRI 28.00s
- MAHMOUD 22.36s
- ROWLAND 21.74s
- HANLON 21.27s
- REITZ 27.31s

### WOMEN

- GALINKA 15.85s
- DOMINGUEZ 38.52s
- INZIKURU 28.75s
- ZARIPOVA 13.89s (Indoor 12.13s i)
- CHEYNA 24.65s
- VOLKOVA 11.93s!
- DEAN 31.42s
- PARKER 42.27s
- CLITHEROE 49.33s
- (Dave Bedford 42.40s – only attempt both UK Records)

### DIFFERENTIALS

- Men 21-22s
- World Record Greatest Differential -33s+ (Rono)
- Women 23-24s
- World Record Greatest Differential – 28s+ (Inzikuru)
- 3k + 35s or 2 mile time.
- Africa (Kenya) dominate Men's event
- Europe (Russia) dominate Women's event

## Skill development learning

1. Hurdle-jog over 3 – 10 hurdles 10m apart
  - (a) either leg alternate
  - (b) one leg leading
2. Hurdling – jog over ( as above )
  - (a) isolated trail legs
  - (b) alternate legs
3. Bench – Barrier (0.3m from hurdle)
  - (a) step on / over
  - (b) 1 step approach, then 3 step, then 5 step
  - (c) systematic reduction in bench height
4. Hurdle Running (straights & Bends)
  - 3 stride
  - 7 stride
  - Normal spacing
5. Repeat 3. & 4. For water jump – landing into sand.



3000m Steeplechase winner Emily Stewart takes the water jump at Bedford

The barrier/water jump is split into 3 distinct phases the approach; the clearance and the run off. It is key that the centre of gravity is kept as low to the barrier/water jump as possible.

The approach should be rhythmical – can use check marks – so that the barrier is approached at speed and can be attacked.

The clearance whether hurdling, foot on, tap on tap off should be achieved as quickly as possible. Time in the air is time wasted. Therefore a low centre of gravity over the barriers is essential with the eyes dominating the head position by looking beyond the barrier or water as the case may be.

This rhythm and speed then allows the athlete to run off the barrier/water jump. This means that once the lead leg hits the ground/water the trail leg accelerates through so that the athlete is instantly back into their running with a minimum of effort. With the water jump whether foot on or hurdling the drive off

or over should ensure that the athlete lands at the end of the water to be immediately back into their running with no collapsing – lack of core strength – or over rotating – eye position.. Time in the air is time wasted and efficiency and economy are the key.

## Steeplechase – limiting factors

1. Technique – All the year round.
  - need to hurdle off either feet
  - Hurdle clearance technique
  - flight
  - foot on
  - Water Jump Clearance
  - flight
  - foot on (in !)?
2. General Endurance – Essential
3. Event Specific Endurance – Using hurdles in specific interval/repetition sessions
4. Mobility – Essential
5. Strength – Core. All round strength are key
6. Strength Endurance – Particularly in the legs to ensure the constant break in

rhythm does not fatigue the athlete too much and too quickly.

7. Speed Strength – Power essential for the event.

## INDIVIDUALS

ATHLETES PROFILE – STRENGTHS/  
WEAKNESSES – DICTATES TRAINING  
PRIORITIES AND PLAN

## Conclusion

- IT IS A SPECIALIST EVENT IN ITS OWN RIGHT
- IT IS A TECHNICAL EVENT
- STRENGTH AND POWER ARE KEY
- RUNNING ECONOMY/EFFICIENCY ARE ESSENTIAL WITH THE CONSTANT BREAKS IN RHYTHM
- IT IS A COMBINATION OF ALL THE ABOVE
- BUT MENTAL STRENGTH IS ALSO ESSENTIAL
- ARE YOU UP TO THE CHALLENGE?

# Thoughts on racing abroad

## BY LES CROUCH

There has been recently some talk of the need, or perhaps desire, for athletes to compete abroad to achieve better performances. It is rarely that simple but a look back when “we” had some sort of supremacy in middle distances seems to support that view. It must be remembered of course that if you are toward the top of the ladder more chances will appear and of course there was a different event structure in place.

Shown here are the venues at which the names athletes achieved their fastest performances, commencing with the fastest.

## 800m

- Seb Coe. Florence, Oslo, Cologne, Berne, Zurich, Oslo, Oslo, Koblenz, London, London, Stockholm, Brussels, London, London, Zurich, Stuttgart, Oslo.
- Steve Cram. Zurich, Rieti, Edinburgh, Zurich, Oslo, Nice, Birmingham, London.
- Peter Elliott. Zurich, Rome, Oslo, Rieti, Seoul, Rieti, Zurich, Zurich.
- Tom McKean. London, Zurich, Malmo, Cologne, Stockholm, Birmingham, Stockholm, Stuttgart

## 1500m

- Seb Coe. Rieti, Stockholm, Zurich, Zurich, Zurich, Zurich, L.A., Oslo, Brussels, Zurich, Oslo.
- Steve Cram. Nice, Brussels, Brussels, Oslo, Oslo, Sheffield, Knarvik, Oslo, Budapest, L.A., London, Oslo.
- Steve Ovett. Rieti, Koblenz, Budapest, Oslo, Oslo, Koblenz, Koblenz, Lausanne, Koblenz.
- Peter Elliott. Sheffield, Brussels, Brussels, Rieti, Auckland, Oslo.
- Steve Crabb. Oslo.

One might also be able to guess which town might be described as a favourite. As of this period then “have plane ticket will run fast” seems to be borne out. No doubt its tougher now with increasing competition for lanes from Africa, and far more less meetings than in the golden days above, but getting into a “paced” overseas race still has virtues but getting down to 1.45/3.34(?) to catch the promoters eye seems to be a first step.

# Hamza Driouch

## BY DAVID COCKSEGE

Here's the young lad who is going to challenge the Kenyans at 1500 metres/Mile within the next two years. World Junior Champion **Hamza Driouch**, born 16 November, 1994; 1.78m tall and weighing 61 kg. He is a former Moroccan who now races for Qatar. Coached by Jama Aden, Driouch has run 1:46.39 for 800m 2:17.44 for 1000m, 3:33.69 for 1500m, and 3:50.90 for a mile. He won the 2012 World Junior 1500m title in Barcelona in 3:39.04, breaking the race wide open with a third lap of 52.71 sec!

Ten men clocked inside four minutes in the Emsley Carr Mile at Crystal Palace this year and 18-year-old Charlie Grice from Brighton was among them, placing tenth in **3:57.90** to take third spot on the British Junior (under 20) all-time list. Grice was born on 7 November, 1993.

Only Graham Williamson (3:53.15) and Steve Cram (3:57.03) - both in 1979 - have run faster among British Juniors.

The previous best by a Junior from Brighton (in Sussex) was 3:59.4 by Steve Ovett in the BMC Brigg Mile at Haringey in July 1974.

On the comparison chart published by TFN, Charlie's time is worth 3:40.3 for 1500 metres.

Hopefully this was some compensation for Grice failing to make the 1500m final at the World Junior Championships at Barcelona a few days previously.

That race was won impressively by Hamza Driouch (Qatar) in 3:39.04 including an amazing **52.71** sec third lap!



# AGM Agenda

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, 9 DECEMBER 2012 at 2pm

## AGENDA

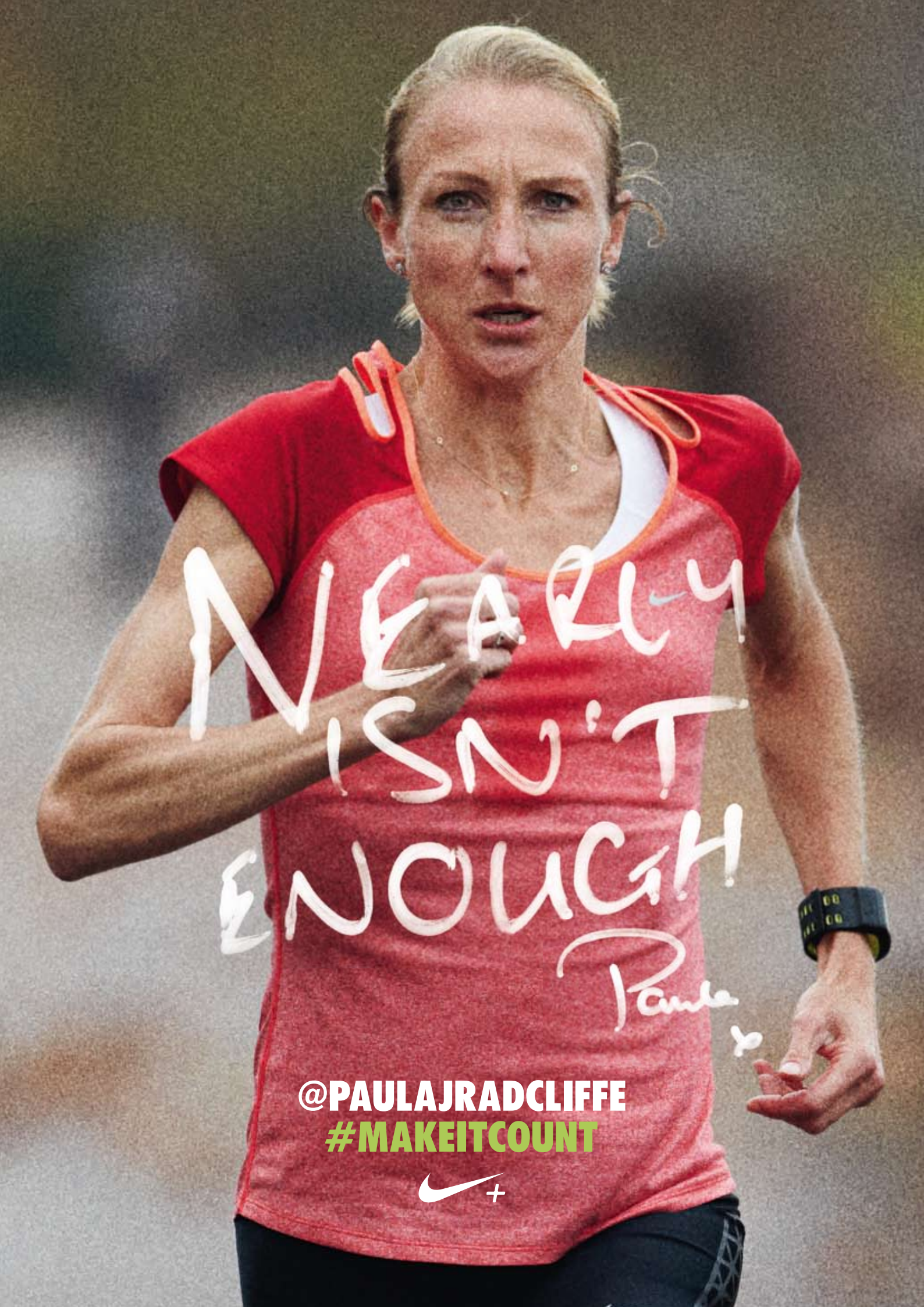
1. Apologies for absence
2. Consideration of Minutes of the Annual General Meeting held 20 November 2012
3. Matters arising from them
4. Chairmans Report
5. Financial Report
6. Competition Report
7. Academy & Coaching Reports
8. Election of Officers & Life Member
9. Any other business

Dated 15 October 2012  
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 2013** 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.

A full-body photograph of Paula Radcliffe, a British long-distance runner, captured in motion during a race. She is wearing a red short-sleeved athletic top with orange trim around the neckline and sleeves, and black running shorts. Her hair is blonde and pulled back into a ponytail. She has a determined expression on her face. Overlaid on the image is large, white, hand-painted style text that reads "NEARLY ISN'T ENOUGH!". Below this, in a smaller, cursive white font, is the word "Paula" followed by a small heart symbol. At the bottom of the image, there is a white Nike swoosh logo with a small plus sign to its right.

NEARLY  
ISN'T  
ENOUGH!  
Paula

**@PAULAJRADCLIFFE**  
**#MAKEITCOUNT**

