



# BMC News

OFFICIAL JOURNAL OF THE BRITISH MILERS' CLUB  
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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 Notes

## The British Milers' Club – 50 Years and running

BY TIM BRENNAN BMC CHAIRMAN

The BMC is celebrating a significant anniversary this year. The club was founded in 1963 with the object of raising British Miling to world supremacy and to assist all those interested in this aim. It was a lofty ambition but one which was reached in the early to mid-1980s with BMC men Coe, Ovett, Cram and Moorcroft holding world records from 800m to 5000m. Then in 2004 Kelly Holmes won double Olympic medals in Athens.

In 1963 the athletics world was very different the lead men in the world came from the Antipodes with Peter Snell, Herb Elliot, Murray Halberg and Ron Clarke dominating medals and world records. For women athletes the longest championship distance was 800m. The administration of the sport in the UK was dated, stagnant and saw the BMC as a threat. This was the world into which the BMC was born and set about its ambition with a battling spirit of determination. To the credit of the founders women's middle distance was part of the club from the start and mile races were a feature from the early days; the authorities granted permission to stage them on condition that an ambulance was standing by at the end! Fortunately Frank Horwill the founder of the BMC and other committee members of the time were not shy of a battle and thanks to them reform and improvement came.

Elsewhere in this magazine Dave Cocksedge documents more of the early history. Between then and now we have had good times and bad. A low point being when the committee had to have a whip round in order to have enough cash to stage the next competition.

Fortunately the club has survived and prospered where other event specific clubs have come and gone. Today we are a core part of the sport and an enormous debt of gratitude is owed to those who have helped and guided the club through the last 50 years.

### Then and Now

A strength of the BMC has been to evolve while keeping to the core principals. These principals are to provide appropriate graded

competition, to educate coaches, and to get athletes training together. As an organisation we look very different from 1963 but the principals remain the same, and what we have endeavoured to do is apply these to the current climate.

In 1963 the joining standards were set deliberately tough to keep the BMC as an elite organisation. The club could then sell itself as an organiser of elite races.

When we made the decision in the 1990s to lower the membership standards it helped the club to kick on and to expand our activities. In the 1960s the club was proud to have staged 60 or so races hosted in meetings organised by others. Last year we staged 522 races and 9 dedicated BMC meetings. Membership climbed in the first five years to reach 250, today we are 1800.

So can we learn from our history? Perhaps as the size of the club has increased we have lost some of the sense of team and belonging. No doubt some of today's members see us more as a provider than a club to which they should contribute. At one time our most successful athletes of the day were invited to be president of the club for a year. Moorcroft, Ovett, Coe all took a turn and made the time to contribute president's messages to the BMC News. Today we sometimes hear that an athlete

believes 'they have outgrown the BMC' even though they have not enjoyed the success of the above.

We may also have lost some of the directness with which we deal with athletes. The message that we expect people who have accepted to run in races to actually turn up is well known but still some treat it rather casually. A couple of years ago I organised a meeting at Watford and was contacted by Sky Sports who were keen to cover the meeting as one of our up and coming 1500m runners was running. The athlete withdrew on the day at a point too late to contact the TV station. That sort of thing has a knock on effect when we are seeking sponsorship and media coverage. This year we have lost a hefty part of our sponsorship with the McCains deal coming to an end. If we are to attract new sponsorship for the collective good it will require us to deliver what we commit to and that in turn means members committing to honour the invitations they accept. Back in 1976 we were more direct. Below is an extract from the BMC News of Autumn 1974 a magazine I received when I joined the club as a young athlete in March 1975. The article was by Frank Horwill and was titled 'The B.M.C. Spirit'.

Times have changed and the type written

The motto of a B.M.C. member should be 'SERVICE BEFORE SELF', this means keeping your end of the bargain. If you write from the north of England and complain that you don't get any invites to the south and then when you get one and accept it and fail to turn up, you don't expect any mercy from us. If your reason for non-appearance is not valid, forget about any more races from us for two years. In fact, forget about paying your subs next time round, so that we can chuck you out. The B.M.C. is not for your kind. If you are a moaner who thinks that your 75p. entitles you to £75 worth of race invites and a letter every month from your Regional Secretary, asking how he can be your servant, forget it. The B.M.C. is not for you.



article of 1974 looks dated, but it's a tough message is worth repeating

## What's going on

As a supplement to this magazine we are publishing a collection of articles by BMC founder Frank Horwill. This has been painstakingly compiled by Brendan Byrne and edited by David Lowes. This is both a commemoration of Frank and also an excellent source of coaching information. We are pleased to make this available free to BMC members and in anticipation of high demand have produced sufficient to sell to non-BMC members at a price of £10. Part two will be published with the Autumn addition.

We have been busy during the winter with our academy training course being held at the fine facilities at Spinkhill. This is a great course that everyone who attends enjoys and speaks highly of. We have also

held our National Coaches Symposium at Saint Marys' University with the coaches of our most successful 800m and 1500m runners last year speaking in the shape of Dave Sunderland, Craig Winrow and Norman Poole. Hopefully this is the start of a growing relationship with Saint Mary's and we will back on the 13th April for a training day.

On the competition side we are gearing up for the summer season after our indoor ventures in Sheffield and Glasgow. You will find on the website a larger than ever selection of races.

Finally you will see in this magazine and through the year some celebrations of our half century. The Bannister watch on the cover of this magazine has been designed for us by Paul Collicutt. It will also be used for a special commemorative t-Shirt. Our Grand Prix meeting at the home of the four minute mile Iffley Road Oxford will include a celebration of the anniversary.

We are very proud that the BMC is '50 years and running' and wish all athletes the best of luck for the coming season. We hope that it will be a memorable one for you and for the club.

Best wishes

Tim Brennan

**Cover:** Stopwatch used for First Sub Four Minute Mile by Roger Bannister with existing UK National Records. Design by Paul Collicutt, Brighton Phoenix AC.

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# The 50th Anniversary of the British Milers' Club

BY DAVID SUNDERLAND

This year marks the 50th anniversary of the British Milers Club and what an impact the club has made during those years not only in raising the level of middle-distance performances but also providing the facility for a great many athletes to achieve personal bests and qualifying standards for a great many Championships. It has also been instrumental in putting on excellent conferences, training camps, scholarships, education weekends and setting up the successful BMC Academy.

The following is a brief synopsis on how and why the club started and is covered in more detail in Dave Cocksedge's interview with Frank later in the magazine. BMC races from the past are shown throughout the magazine.

In June 1963 Frank Horwill put a notice in AW that a number of athletes and coaches who were disgusted with the standard of British milers had agreed to form the British Milers' club in order to improve the standard of British middle distance running in general and mile running in particular.

A meeting of interested parties was

arranged to be held in the office of Alf Wilkins and the people who attended in addition to Frank and Alf were Maureen Smith (Bonano), Brian Boulton and Brian Buxton and Wilf Paish.. I would call these people Original members and not Founder members. Wilf Paish paid no further part in the running of the BMC.

Alf Wilkins drew up a Constitution and it was agreed that the aim of the Club was to hold lectures, training camps and organise paced races.

The first officers were Roger Bannister (President), Gordon Pirie (Chairman) Alf Wilkins (Vice Chairman) Frank Horwill (Secretary) and Brian Boulton (Members Secretary/Treasurer). Pirie soon dropped out and Alf Wilkins took over as Chairman and held the position for many years until Tony Ward took over and Alf became Treasurer.

The BMC were accepted as a Specialist Club and Alf Wilkins represented the BMC on that committee. The early meetings were at the AAA offices and at Bowater House until Frank was falsely accused of stealing an Ashtray from Bowater House,

by, I think, Maria Hartman. This turned him and the BMC anti the BAAB. Future meetings were held at Brian Buxton's flat in Grays Inn Road in the City.

Frank had the idea of appointing Regional secretaries and these were co-opted onto the Committee. The early regional secretaries were - Gordon Surtees for the North East, Eddie Powell (North West), Tony Saunders for the Midlands. Frank Hartas (South West) and Cecil Smith for the South.

In the early days Frank allotted membership numbers to all members but instead of doing them chronologically he numbered them alphabetically. Therefore for example, Hugh Barrow was number 1 instead of Frank. The first subscription fee was 5 shillings (25p).

Roger Bannister used to give "4 Minute Mile" ties to all athletes who broke 4 minutes for the mile until the numbers grew to large! The first BMC News was published as "The Miler" in 1964.

*"From Little Acorns Mighty Oak Trees Grow"*

# British Milers' Club: the first 20 years

## Interviews with Frank Horwill, MBE

BY DAVID COCKSEGE, BMC MEMBER NO. 754

### 1963 – the BMC is founded

FOLLOWING his famous letter to *Athletics Weekly* (published on 29 June, 1963), Frank was introduced to AAA senior coach (and Chartered Accountant) Alf Wilkins at the Southern Counties AAA Junior & Youth Championships at Wimbledon Park in July. Alf had responded in writing to Frank's proposal about starting a specialist club for milers.

"How many people have you recruited so far?" asked Alf.

"You're the first!" replied Frank.

And so, in spirit, the British Milers' Club was born.

Seven dedicated people met subsequently at Alf's London office at Margaret Street, London W1. They were Frank, Alf, Maureen Smith (nee Bannano), John Thresher, Brian Boulton, Brian Buxton and National Coach Wilf Paish. "There were so few chairs in there that I had to sit on the floor", recalls founding Vice President Brian Boulton. Later meetings were at Brian Buxton's flat in Gray's Inn Road. Sir Roger Bannister was elected President, Gordon Pirie (1931-1991) was Chairman, Frank was the first National Secretary, and Brian Boulton the first BMC Treasurer. Alf recalls that Frank allocated membership numbers in alphabetical order to members - Scotsman Hugh Barrow was therefore BMC member number one - but somehow neglected to give himself a number!

Wilkins later put together a constitution for the BMC. He had some skill in this field, having drawn up a constitution for the National Union of Track Statisticians (NUTS) an organisation of enthusiasts that had been formed on 1 January, 1958 principally to collate the sport's enormous amount of statistics and produce national annual ranking lists in all age groups.

Alf's document spelled out the aims of the BMC: to improve British miling, promote and improve the knowledge of British middle distance coaches and stage races which would be expertly paced thus getting athletes used to carrying a fast pace throughout the 1500 metres and mile distances.

"During the summer of 1963, *Athletics Weekly* was full of reader's letters complaining about the poor state of British

miling", said Frank. "The main complaint concerned a lack of effort - the favoured tactic that year was for runners to jog three laps all bunched together and then sprint the last lap, which led to winning times outside 4 minutes 10 seconds (4:10.0), even though the final lap had been covered in 52-53 seconds, and this was clearly not satisfactory, especially when qualifying standards were required for major events."

In the mile final at the AAA Championships at White City that year, the field dawdled around the first lap in 63 seconds before an impetuous lad from Brighton named Rayfel Roseman dashed ahead and charged into a 40 yards lead. At the 660 yards point, he turned back and gestured angrily to the rest of the field to catch up. But the others refused to close him down and raise their pace until the last lap, where Alan Simpson from Rotherham finally won a rather dismal race in 4:04.9 from Peter Keeling, a man who had agreed beforehand to work with Roseman to set a swift early pace, only to renege on the deal.

Afterwards, Roseman, who had faded away to finish last, spoke angrily to journalists, blasting his fellow competitors as 'spineless sitters', and Frank heartily agreed with him. Then in the subsequent GB v USA match, Simpson inexplicably ran off the track on the third lap during the mile event, raising a great groan from the spectators. It was possibly the lowest point in British miling history.

Frank commented, "Unfortunately that year, no British man managed to run inside four minutes for the mile which in those days was raced much more frequently than the 1500 metres, especially in Britain and the USA. Others wrote in to AW, stating, 'Get off the backs of our milers. When the chips are down, they will come up with the goods.' I was not so sure about that.

"Now I personally felt very strongly about Britain becoming a second rate miling nation; which to me was a very depressing state of affairs for a country which had produced the world's first sub four man in Roger Bannister in 1954. In my letter I wrote something along the lines of, 'It's all very well complaining about the poor form of our milers; but let's get together and do something about it, and form a specialist

club to improve our standards for both men and women.' I had a chat with Senior Coaches Alf Wilkins and Tony Elder about this, and they felt the same as me, stating that the formation of a specialist club for the event and putting on paced races all over the country was a good idea.

"Anyway, I had thirty-five replies to my letter and I wrote back to all of them, inviting them to join me in forming the club at Alf's London office one Friday in July, 1963. Six people besides me turned up, and they are the original founder members. We formed a steering committee, elected officers, gave the club its name, and debated and thrashed out the club's constitution.

### BMC entry standards

"We also decided on entry standards that would be quite elitist - I did not want any Tom, Dick or Harry joining. This was to be an organisation for dedicated athletes of a good standard and also senior AAA coaches. The original standards for active members were 4 minutes, 20 seconds for senior men; 4:30 for Juniors (under 20 years of age); 4:40 for Youths (under 17), and 4:50 for Boys (under 15). For women, there was just one qualifying time, which was 5 minutes, 20 seconds for the mile because the 1500 metres or mile was not at that time an established international event for females." (Note: women did not race over 1500 metres in the Olympic Games until 1972).

"We also decided that Senior AAA coaches could join as non-active members, and as the membership grew over the next few months we started on the task of appointing regional secretaries in the south, south west, Wales, Northern Ireland and also in the north east and north west and Scotland. We then established guide-lines for each area. Any athlete needing a coach was referred to the secretary in his or her area, who would see to it that they received coaching advice or were put in touch with a local coach whenever possible."

### Training Days

"Also, each area secretary was a AAA Senior Coach, tasked with organising once a month training days in their area, in which all local members could train together and share

coaching/training advice and knowledge. Non-members could also attend these training days held once a month in the winter and spring. The most successful one I attended was in the north west at Stockport where 175 athletes took part and it was necessary to mark out another track on the grass to accommodate all the interval training sessions taking place on that memorable Sunday.

"Recently, however, I attended a training course at Hillingdon, organised jointly by us and England Athletics. The BMC handled the lectures, which were fine - Conrad Milton gave an excellent lecture on race preparation and I talked about nutrition and my five pace training system. Then we had 'Question Time', fielding questions from the floor for 45 minutes. I was simply ASTOUNDED when one coach stated that he required that any questions put to him should be submitted in writing first, giving him the time to research valid answers. This man actually admitted that he was not capable of thinking on his feet, providing simple answers to questions put to him on the spot. I was speechless - this was just incomprehensible to me.

"Unfortunately the paarlauf training session in the afternoon at Hillingdon was close to being a shambles. In fact, it was a disaster. The coaches there did not have the FAINTEST idea on how to organise a three-man relay. I would have graded the runners into three groups - sub 4 minute 1500 men; those capable of 4 minutes to 4:10; and those with pb's from 4:11 to 4:30 - and then selected one from each group to go into each team, so that every three-man team had an 'A', 'B' and 'C' runner handing over to each other in whichever order they decided.

"Now to me, this suggests that because training days are rarely held anymore, we have lost the art of organising them, and that cannot be a good thing.

### **BMC invitation races**

"The BMC's other aim was also to hold high standard invitation mile races alongside established meetings, such as trophy meetings, graded meetings and matches between clubs or counties/areas. We advertised in the athletic press that we could put together top class fields and that athletes' expenses would be paid by arrangement with us, the event sponsors and the organisers. For example, we organised the Chubb Trophy mile staged every July at the City Charities Meeting

at Motspur Park, and this soon became a prime event to which athletes would kill for an invitation."

*(Note : on Wednesday, 23rd July 1969 four men clocked inside four minutes in the BMC Chubb Mile at Motspur Park led by John Kirkbride (3:58.0), whilst Walter Wilkinson also ran inside four in a BMC race at Stretford the same evening - five BMC men therefore ran sub four minute miles on one day on 25 July 1973 Nick Rose won the BMC Chubb Mile in 3:58.4; possibly the last sub four minute mile run on a cinder track in Britain. Behind Rose, 17-year-old Steve Ovet from Varndean Grammar School in Brighton clocked 4 minutes exactly; just 0.2sec in front of Phil Banning, a future Welsh National Coach. The following year, on 17 July 1974, Ovet won the BMC Brigg mile at Haringey in the European Junior record time of 3:59.4)*

Frank continued: "Now we had a setback in 1966, when we organised a mile race at South Shields. Though we had two good runners - Neil Duggan and Derek Graham - who thankfully put on a good race, two thirds of the field failed to show up, which was intensely embarrassing for us, as we had advertised a top class field and promised the sponsors a good race in depth. One spectator who had noted this threatened us with contravening the Trade Descriptions Act, and it became obvious that we had to take swift action on this matter.

"So we decided to add a rider to the usual race invitation form, which began, 'You are invited to race in XXXX event at XXXX on XXXX, and expenses will be paid at XXXX pence per mile. If you do not reply to this invitation within 14 days, we will assume that you do not wish to take part.'

"The rider stated, 'If you do accept, then you MUST race. The only reasons for not racing we will accept are (a) proven injury before the event; or (b) international selection on the day of the race. Please sign the acceptance slip below indicating that you agree to these conditions.'

"The National Committee decided that any athlete who accepted a race invitation and then failed to turn up without a reasonable explanation would not be invited to any of our races for one year; and that system holds to this day. But athletes now are very rarely disciplined in this way because in fact, men and women are queuing up around the block to run in our races all over the UK every summer.

"At some venues nowadays, there may be

as many as ten BMC graded races at both 800 and 1500 metres for athletes in a wide range of ability - for men, from sub 1:48 to 2:00 (800) and sub 3:40 to 4:20 (1500); and for women from sub 2 minutes to 2:20 (800) and 4 minutes to 4:30 (1500). Occasionally, we also still hold races over 1 mile (1,609 metres or 1,760 yards) which is the only Imperial race distance still recognised for competition by the IAAF (International Association of Athletic Federations), the world governing body for the sport.

"In later years the BMC set standards for 880 yards/800 metres and now we now often hold graded races over 3000 and 5000 metres as well as 3000 metres steeplechase. We agreed to help the specialist Barrier Club which encountered financial difficulties during the 1970s and turned to us to put on some barrier races to enable British steeplechasers gain qualifying standards for major events.

"Looking ahead, thanks to our computer whiz-kid, Dr. Tim Grose, we overhauled and modernised our setup in the new century, allowing members to enter races; and anyone interested can view BMC activities and check our calendar of upcoming events on our thriving website.

"Whilst I was away lecturing in South Africa in the 1990s it was also decided to lower BMC entry standards - something I would have opposed at the time, but in retrospect I can see that it was an excellent idea, allowing us to broaden our membership base, and increase the number of races we hold every year, including the Grand Prix concept, which has been successful beyond my wildest dreams. Now, hundreds of athletes every year rack up personal bests in BMC races all over the country, and, when it comes to organising races, we really are the cat's whiskers..."

### **Draw for pacing**

"Back in the 1960s, we soon gained a reputation for being as good as our word. If the BMC promised a top class field of runners, the sponsors and event organisers could be certain that we would deliver. We also developed a system for pacing, using a simple draw. We asked all athletes to take the lead and run hard to ensure a good pace in designated sections of each race. For example, if an athlete drew number one, he or she would pace the first lap; number two would lead the second lap, and number three would pace the third lap. After that, it was



every man (or woman) for themselves as they all tore up the last lap and tried to win.

"Any athletes who did their duty in this way would be excluded from the draw for the rest of the season, allowing them in future races to benefit from pacing set by others who had previously not been included in the draw. Thus all active members were committed to front running, or haring, as it was known, at some point during the track season.

"Now this system, in the main, worked very well, and in 1968 Alf was able to inform the BMC committee that NUTS statistics proved that the standard of British miling had soared during our five years of existence.

"However, one chap from Tonbridge, a writer and schoolteacher named Brian Mitchell who had a rather inflated opinion of himself, was not impressed with our efforts. He wrote in one of his books that, '*The BMC has much to answer for in persuading youngsters that running fast is all that the sport has to offer.*'

"That remark irked me considerably and I was intending to take legal action against the man until members on the BMC National Committee persuaded me that it was not worth the effort or the legal fees that would be involved. As committee member Malcolm Coomber said, 'Mitchell has criticised our organisation, not an individual in the BMC, and he is entitled to his opinion, even if we all know that he is talking out of his backside.'

"Anyway, as Mitchell died soon afterwards there was a rumour that I had consulted a local witch doctor and put the curse of the BMC on him!"

#### **BMC exhibition races**

"During the seventies we also branched out into putting exhibition races on at major events outside athletics meetings, such as the FA Cup Final - something we managed to do on two successive years. In 1973 Brendan Foster won a 3000 metres race on the hallowed turf at Wembley in 8:10.6 during half-time in a memorable match between Leeds United and Sunderland. I referred to these as 'BMC Exhibition races' - times would not be fast, but they were excellent for PR purposes. Foster pleased a lot of Sunderland fans that day by racing in their colours; and they went on to score an amazing victory over Leeds with the only goal of the game. The following year, he won again at Wembley in 8:05.0, beating the European 5/10km champion Juhaa



Vaatainen.

"We pulled off those stunts at the FA Cup Final thanks to an innovative chap named Cecil Smith from Harlow in Essex. Cecil organised similar events before he jetted off to become a leading athletics official in Canada, which I am afraid was our loss and Canada's gain.

"I also organised a 3000 metres race at the Oval Cricket Ground during the tea break when Surrey hosted Middlesex. We had two good races in 1975 and 1976 won by Glen Grant and Paul Williams, which were well received. I handed over organisation of this event to you (David Cocksedge) in August 1977, and though we assembled a good field of 14 runners, rain stopped play, and Surrey Cricket Club would not allow the race to proceed. Even though the grass pitch, though slightly wet, was perfect for distance running, the authorities decided that if there was no cricket played that afternoon, they would not be a race, either.

"In June 1969 we put together a top class women's mile race at Leicester in conjunction with Leicester Coritanian AC. This was won by Mia Gommers of Holland in 4:36.8; the first (and still the only) BMC race to result in an individual world record time."

(Note: Gommers clipped 0.2sec off

the 1967 world record held by BMC member Anne Smith (1941-1993) who was coached by Gordon Pirie (1931-1991), Olympic silver medallist in 1956 and another early BMC member. Maria Francesca Philomena Hoogakker Gommers was born in Stein, Limburg on 26 September, 1939 and also set a world 1500 metres record of 4:15.6 at Sittard, Netherlands on 24 October, 1967).

#### **Dick Quax wins 1973 BMC Brigg Mile**

Frank continued: "I'll never forget July 1973 when we organised the Brigg mile at its old venue at Broomfield Park, near Palmers Green in North London. Two New Zealanders - Dick Quax and Tony Polhill - turned up to give the field an international flavour. They had just arrived in Europe, and needed a race to blow out the cobwebs after their long flight. I warned Quax that the back-straight at Broomfield Park featured a slight hill; and do you know what he said? He replied, 'Well, Frank, if it's uphill one way, it's downhill the other!'

"After shedding the two pacemakers at halfway, he and Polhill burst ahead, rushing through the bell (1,320 yards) in 3:01. Quax then charged away to win in 3:57.0, a new ground record with Polhill chasing

him home, clocking 3:57.4 in second place." (Note: Quax ripped no less than 8.1 seconds off the ground record previously set by Malcolm Browne of Essex Beagles). Frank recalls, "I heard the chief timekeeper excitedly telling his colleagues, 'In all my years of timing races here I never thought that I'd ever see anyone run inside four minutes for the mile on this track, and now two men have done it!'"

"That night, I treated the two Kiwis to dinner at my favourite restaurant, the *Primavera* in Golders Green, North London. Among other things, we discussed Dick's potential at 5,000 metres, as he intended to move up in distance. He told me his best times for 800, 1500 and 3000m. I jotted them down on a napkin, then did a quick calculation and said, 'You are capable of thirteen-twelve, comrade.'"

"Polhill said, 'Crikey Dick, that would be a world record!' Sure enough, Quax broke Emile Puttemans' world record with 13:12.9 (13:12.87 on automatic timing) in a 5000m race at Stockholm in 1977!"

(Note: *Therodorus Jacobus Leonardus 'Dick' Quax* was born in Alkmaas, Netherlands on 1 January, 1948, and was silver medallist in the 1976 Olympic 5000m at Montreal behind Lasse Viren. His personal bests included 27:41.95 for 10,000 metres and 2:10:47 for the marathon. He became a politician in New Zealand when he retired from athletics).

#### **Nos Galan and road mile races**

Frank concluded, "Now somehow we never really got into organising road mile races, which became very popular in the 1980s, but we did provide the field for the Nos Galan Road Mile on several occasions, and in 1972 two of my athletes - Clive Thomas and Robin Barrett - finished first and second.

"The Nos Galan road races, organised by a livewire local headmaster named Bernard Baldwin, MBE, were held every New Year's Eve at Mountain Ash in Glamorgan, South Wales, and the occasion was always very atmospheric. The 4 miles was the main event. It started in the old year at 11.50 pm on 31st December and finished (for the leading runners, at least) in the new one at around 00.10 am on 1st January. Nowadays this has become a 5 kilometres road race, and I hear that they get entries of around 800 runners every year, crammed into the narrow village streets; but the race now starts at 9 pm - they no longer run into the New Year.

"The BMC was also at one time involved - in conjunction with other specialist clubs - in organising road races in the City of London on New Year's Day. The Road Runners' Club put on a 10 miles event, the British Sprint Club held races over 100 yards; the British Race Walkers' Association had a 5 miles race walk, and we put together fields for the men's and women's road mile which included age group races. These were run in the afternoon on New Year's Day and as it was usually freezing cold, conditions were rarely conducive to running particularly fast.

"We advertised 'The first sub-four minute mile to be run in London's famous Square Mile!' but as the course was on a square city block with four very sharp turns it was quite a tall order. In 1976 Glen Grant won the City of London Road Mile in 4:02.9 by four seconds from Kevin Steere, and that was pretty special. On a straight course without turns I am sure that Glen would have gone inside four minutes that day."

"After the races concluded I would usually repair with my squad of athletes to a nearby friendly hostelry in the city where I would warm myself up by belting down several brandies!

#### **Foster, Ovett and Coe in BMC races**

"Over the years, many big names have benefited from our races. Brendan Foster had a breakthrough in a BMC mile race at South Shields in 1970, which put him on the first rung of the ladder. He won in 4:06.1 which qualified him for the AAA Championships, where he ran well enough to get into the English team, and went on to secure a bronze medal in the Commonwealth 1500 metres behind Kip Keino and Dick Quax at Edinburgh that year.

"In December 1970, Steve Ovett, then aged 15, ran his first serious 1500 metres race in a Boys event we organised at Crystal Palace. He was the reigning English Schools Junior Boys 400m champion, but showed his potential at miling as he improved all the way from 4:43.0 to 4:10.7 in only his second race at the distance. Steve produced his trademark finishing burst to outkick one of my athletes - Paul Williams, the Southern Boys (Under 15) Champion at the distance that year.

"I also remember 15-year-old Seb Coe, breaking 2 minutes for the first time with 1:59.9 for 5th place in a BMC Youths & Boys 800 metres race at Cophall Stadium, Hendon in June 1972. American Dave

Wottle (Olympic 800 Champion at Munich that year) had been televised racing in a battered old golf cap and young Seb was obviously influenced by that, because I remember him toeing the line wearing a green baseball cap on his head.

"I met a future BMC Chairman in Peter Coe (1919-2008) for the first time that day, also. He had driven Seb down from Sheffield for the race, and we talked briefly about training methods. Peter, a former racing cyclist, was keen to absorb all the coaching knowledge he could. We corresponded after that, and Peter later adopted my five pace training system as he famously coached his son to two Olympic titles and eleven world records, indoors and out.

"Lord Coe has recently recalled how I got the boys together before just before the start, and gave them a pep talk. I said, 'Look here lads, the BMC has not paid for you to come down here and fuck about, so get stuck in!' I'm glad to say that they did!"

#### **Specialist Clubs Committee**

"Backtracking a little bit; I was invited to attend a meeting of a new organisation called The Specialist Clubs Committee in 1965 and this meeting was held at Bowater House, in the Knightsbridge area of London where Dame Marea Hartman had lent us her office. (The BMC also used Bowater House for National Committee Meetings until I had a major falling out with Ms. Hartman in 1971, but that's another story!)

"Now just after the chairman, Commander Collins, cordially welcomed me to the committee, one chap who described himself as the secretary of a High Jump organisation known as the Whip and Carrot Club (and I later found out was Sir Arthur Gold, 1917-2002), stood up and said, 'Mr Chairman, I object to the BMC joining the Specialist Clubs Committee as we are an organisation for technical events only. In my view, racing on the track is not 'technical' by any stretch of the imagination!'

"There was a general discussion about this and then Collins called for a vote, which favoured the BMC. We were in; but curiously Arthur Gold abstained when he saw that his objection was not going to carry the day. I could see that he was a committee animal; highly skilled in background politics and boardroom infighting. That was my first clash with the man who later became General Secretary of the BAAB.

"At the end of the meeting I made a



mental note to myself - 'This fellow Gold is a nasty piece of work and a man to be watched closely!'

"At my third meeting of the Specialist Clubs Committee, it was announced that the Courage Brewery Company was handing out its' annual 'Courage Awards' to deserving specialist clubs. Now this was actually a piffling amount, something like a hundred quid (£100) to each club, and the total amount was around a grand (£1,000), I believe; but many of the specialist clubs were far from rich, and needed the money to hire venues to hold coaching courses etc, and in those days, when we all worked on shoestring budgets, we could make a hundred pounds go pretty far.

"Sure enough, as I expected, Arthur Gold duly stated, 'Mr Chairman, this award from Courage is for the specific purpose of promoting field events only, which really do need help in this country, because they are largely neglected by the media and therefore hold little public interest. Now the British Milers' Club has lucrative deals with sponsors and can afford to pay expenses to its members. In my view the BMC does not need this money.'

"Once again, he was pitting himself against us. There was another discussion, and this time we lost the subsequent vote. The upshot was that the BMC did not receive any cash from the Courage company, because Arthur Gold had effectively excluded us, using his skills as a veteran committee room politician. I realised that, compared to him, we (BMC officials) were just beginners at this game.

"Soon after this, Gold was appointed Secretary of the BAAB and immediately proposed that the Specialist Clubs Committee had now 'served its' purpose' and should be dissolved! He proposed that all cash reserves held by the individual specialist clubs should be donated to charity. I was frankly astounded by his sudden turn-around.

"Anyway, he swiftly wrapped up the Whip and Carrot Club and donated around £50 that the club held in a Post Office account to a charity of his choice. Other clubs did the same whilst some (including the BMC, the Road Runners' Club, the Hammer Circle and the British Sprint Club) decided to continue, but the Specialist Clubs Committee as an umbrella organisation for event clubs was effectively finished.

"I heard later that the Whip and Carrot Club re-formed as the High Jumpers' Club

of Great Britain thanks mainly to my old friend Ron Murray who also coached his own squad of athletes at Crystal Palace.

"Coaches on the SCC who had landed jobs in the new AAA Coaching Scheme felt that they could do more for their events without working through a specialist club, and dropped out. The new national coaching setup appointed what was known as 'staff coaches' for each area. These men/women worked alongside the professional National Coaches. The staff coaches were not salaried, but could claim expenses from a central budget for travelling around their local areas and liaising with the National Coaches.

"I couldn't help feeling that some of these people were more into self-aggrandisement than working for a sport they loved. They sat on the SCC as long as it served to promote their careers; and quickly abandoned it when they had achieved staff coach status. Typical of these types was Charles Elliott, a Southern Counties AAA staff coach, and (I believe) a founder member of the Barrier Club. He said to me shortly after the formation of the BMC, 'Oh yes, I read about this new specialist club in AW. I immediately thought - here is someone out to make a name for himself!'

"I have never forgotten that remark. It struck me as a very curious thing to say, and at the time I was quite annoyed that Charlie immediately assumed without even knowing me that I was more into self-promotion than simply trying to help athletes and promote British miling."

### Clashing with the 'blazerati'

"Anyway, within a few years the BMC was a nationwide organisation, and this was viewed with alarm by the hierarchy - in those days this was the Amateur Athletics Association of England and Wales and the international body known as the British Amateur Athletics Board which had people like Sir Arthur Gold (1917-2002) and Dame Marea Hartman (1920-1994) who sat on the committees of both organisations.

"The 'blazerati', as some called them, were always a suspicious bunch and inevitably some of them saw us as a threat to their power. Administration officials became concerned about the BMC paying expenses to athletes and duly summoned us to a meeting at the AAA offices in London to discuss the matter.

"I attended the meeting with Harry Wilson (1926-1999) and Peter Orpin, who were now serving on the BMC National

Committee as Vice Presidents. Facing us was the Southern, the Midlands and the Northern Secretaries along with the AAA Secretary, plus the towering figure of BAAB Chairman Harold Abrahams, (the 1924 Olympic 100 metres champion who was later immortalised in the 1981 Oscar-winning film *Chariots of Fire*).

"I soon found out that Abrahams (1899-1978) was especially anti-BMC, and the man was also a hypocrite. During his active days whilst studying at Cambridge University he spouted the Corinthian virtues of amateurism whilst writing glowing reports of his own performances as a 'Special Correspondent' for the London *Times* newspaper, for which he was paid. When he retired from sprinting and long jumping, he became an 'amateur' administrator and sternly opposed the idea of elite athletes earning money for competing; whilst he continued to write articles and report on events for the newspaper that paid him. In my book that made him an Olympic class hypocrite!"

Back to the meeting. "AAA Secretary Barry Willis opened the discussion, saying, 'We all appreciate the good work that the BMC has done, but there is a feeling that certain amateur rules may have been contravened, and we are here to look into that.'

"He then produced one of our leaflets, which stated that 12 athletes had been paid expenses to race an invitation mile in the Midlands. Whilst the runners had received the cost of third class rail travel to and from the venue, the BMC had not sought permission from the AAA area secretary involved (in this case Mike Farrell) to hold the race in his area and pay expenses, and that was ruled to be strictly out of order.

"We were told that in future each time we had assembled a field of runners for an upcoming race, we had to inform the AAA Area Secretary concerned, submitting full details. That person would then decide if we could proceed with our race. Now straight away I realised that this involved an awful lot of extra work: having gone to the time and expense of getting a field of runners together for a willing sponsor, we then had to seek permission to hold the race from the AAA Area Secretary in that particular region.

"This meant more paperwork and time-consuming letter-writing for the BMC National Secretary, or Area Secretary, and also more paperwork for the AAA Area Secretary. The whole setup smacked of needless petty officialdom to me.



"Now some AAA Area Secretaries, such as Arthur Kendal in the South, looked on us favourably and had no objection to us holding invitation races with paid expenses; whilst other areas in the country were unfortunately deeply suspicious of us.

"I warned everyone at the meeting that this would involve a ton of extra work for all concerned, but in the end we had to agree to this cumbersome arrangement. However, in time, as I suspected, the whole thing rebounded on the authorities: AAA Area Secretaries soon found out how much extra work it entailed for themselves as the BMC had something like 50 races a year taking place all over the UK, including Northern Ireland. Eventually they gave us carte blanche permission to hold races with expenses paid in any region without any letter-writing involved. In the end, common

sense prevailed."

#### **Butting heads with Harold Abrahams**

According to Frank, there was a acrimonious exchange towards the end of this meeting...

"Harold Abrahams then started questioning us on specific details of expenses we had paid athletes for the women's mile at Leicester in 1969. He obviously wanted to know if we had paid Mia Gommers illegally for racing in Britain and breaking the world record. I suspect that, like mostelite 'amateur' athletes in those days, she had been paid an agreed fee 'under the table', but if so, that had been an arrangement between herself, her coach and the meeting sponsors, and was nothing to do with us.

"I said to Abrahams, 'Surely that does not concern you. This is a 'three-A's' meeting.

The Women's AAA have their own rules and they will decide if we can continue to organise women's races and how much we are allowed pay the athletes in expenses.'

"Abrahams glared angrily at me and snarled, 'Don't try and be funny with me, little man!'

"That did it - I lost my rag. 'Who the bloody hell do you think you are talking to?' I shouted back, rising to my feet.

"Harry Wilson then very wisely calmed me down and proceeded to tell the meeting - as an example of positive things the BMC did - how we had recently helped an athlete from Oxfordshire. Here was a talented young lad who needed competitive opportunities which his own club could not provide. The BMC had stepped in, and by inviting him to our races, had enabled him to bring his mile time down from 4:13 to 4:02 which gained him an international vest. It was exciting for everyone concerned to watch this lad develop, said Harry.

"Abrahams suddenly interrupted him, sneering sarcastically, 'Oh, dear! You'll have me weeping in a minute! Now, where's my violin?'

"I jumped out of my chair again and told Abrahams that if he cracked just one more sarky remark, I would smash him in the mouth, even if he was a former Olympic champion and 28 years older than me!

Barry Willis then hastily suggested that Abrahams take a seat further away from me to prevent any violence occurring in the hallowed corridors of the AAA headquarters in London. The old ogre then moved away, muttering to himself, 'Ha! I'm saying no more on this matter.'

"Very loudly, I replied, 'Good!'

"After this, the Midlands AAA secretary, Mike Farrell, brought up a complaint against the BMC that he had received from one of his own (Birchfield Harriers) club members. This chap had accepted a race invitation from our Midlands Secretary, George Gandy, but did not turn up for the event. When Gandy wrote to him, informing him that he was being suspended for his discourteous conduct, the little turd went snivelling to Farrell, claiming that the BMC was 'victimising' him!

"I told Farrell that all BMC members, on joining the club, agreed to abide by our regulations and above all we had one hard and fast rule: any member who failed to appear without a valid excuse after accepting a race invitation in writing was barred from our races for the rest of the

season. If members did not like this rule, they could pursue a rule change through democratic channels, or they could resign. After some discussion, Farrell accepted the logic of that.

"When we got outside the room after the meeting, Harry Wilson turned to me and said, 'My God! That man Abrahams is evil!' He got no argument from me - I was in total agreement with him on that score."

#### Juhaa Vaatainen v. 'Boss Hogg'

In August 1971 the European Athletics Championships were held in Helsinki, Finland. Londoner Dave Bedford (Shaftesbury Barnet), the International Cross Country champion (who incidentally ran his best time of 4:02.9 in the 1969 BMC Chubb Mile), had made a dramatic breakthrough that July, setting a new European 10,000 metres record of 27:47.0 in winning the AAA Championship event on a cinder track at Portsmouth during the GB v France international match, and he went into the European event in Helsinki as favourite for the 25 laps title. (Note: in 1973 Bedford set a world 10,000 metres record of 27:30.80 in the AAA Championships at Crystal Palace).

Unfortunately for Dave, he came up against two great athletes in Jurgen Haase from East Germany and a Finn named Juhaa Vaatainen, both of whom were in superb form. The 1971 European 10,000 metres event, on the first night of the Championships on 10th August, was an unforgettable race. In a fantastic finishing sprint, Vaatainen outkicked Haase, covering his last lap in 53.8sec to win in 27:52.8 with Bedford, who had been leading at the bell, fading to 6th place. As the Finn and the East German sprinted flat out to the finish line, Finnish spectators set off loud thunder flashes that lit up the night sky around the Nurmi stadium. Vaatainen went on to complete the double by winning the 5000 metres title four days later, defeating the pre-race favourite Jean Wadoux of France, thus cementing his name among Finland's great stable of distance runners.

*Juhaa Vaatainen (born in Oulu, Finland on 12 July, 1941) was an interesting character. Before turning to distance running, he started athletic life as a sprinter with a best 100 metres time of 10.8 seconds. He was also supple and rugged enough to run 400 metres hurdles in 53.6sec and he won the Finnish National Junior title at this event in 1960.*

*His other personal bests included 22.1 for 200m, 1:48.4 for 800m and 7:53.4 for 3000 metres. During the 1970s he set Finnish records of 13:28.4 for 5000m and 27:52.78 for 10,000 metres.*

*On retiring from athletics in 1975 Vaatainen went into politics in Finland, where he espoused strongly nationalistic, if rather right-wing views. Always a larger-than-life character, he sported a fierce moustache with mutton-chop sideburns, and made good friends with several members of the British athletics team including Dave Bedford and Ray Roseman.*

In the Spring of 1974 Vaatainen accepted an invitation to run in the BMC organised 3000 metres race at the FA Cup Final at Wembley. Frank saw this as an opportunity for the Finn to lecture BMC members on his training, and welcomed him to London.

Frank recalled, "I met Vaatainen at Heathrow airport and drove him to the ESSO Hotel near Wembley. He wanted a run after his flight so on the way I took him to Parliament Hill where he proceeded to strip off and embark on a training spin. 'Hmm, nice little park!' he remarked after an easy one hour run around Hampstead Heath. He showered in his hotel room when we arrived there, and I enjoyed a drink in the bar with him later where we had a long chat.

"That night, he was the guest of honour at a special dinner we had arranged near his hotel. He was introduced to several BMC officers, and we all sat down to an excellent meal. Now like most Finns, Vaatainen liked his alcohol, and after eating heartily he was soon making short work of a large bottle of whiskey on the table, which he was washing down with a succession of beer chasers - the waiters had a job keeping up with him.

"Sitting opposite Vaatainen was Harry Wilson with one of his athletes, a very attractive young lady named Sue Gough. Harry, (nicknamed 'Boss Hogg' because of his resemblance to the corrupt mayor of Hazzard County in the popular 1970s 'Dukes of Hazzard' TV show), was an excellent middle distance coach who often had a bevy of trackside beauties around him, and of course made his coaching name with Steve Ovett.

"Now Vaatainen was obviously quite taken with Harry's female companion. Pretty soon he leaned across to Sue and said, in a stage whisper, 'You must get together with me later, darling - in my hotel room.'

"Ms Gough was not enthusiastic. 'Oh

no,' she protested. 'I'm with Harry here. I couldn't possibly go to your hotel with you!' Vaatainen was aghast. He looked over at Harry. 'What?' he sneered, 'this old guy? I thought he was your grandfather!'

"Of course Harry had overheard this insulting remark and was not at all amused. As the conversation flowed around the table, he saw his chance when Vaatainen, his tongue now thoroughly loosened by alcohol, suddenly banged his fist on the table and declared, 'I am the greatest distance runner that Finland has ever produced!'

"Harry spoke up, 'Wait a minute', he said, 'What about Paavo Nurmi? He won nine Olympic gold medals for Finland before you were even born!'

"At that, Vaatainen, now flushed red in the face, stood up, reached across the table and grabbed Harry's collar with both hands. **'I AM FINLAND'S GREATEST RUNNER EVER!'** he shouted very loudly right in Harry's face, stopping conversation in the restaurant. All eyes in the place were now on the pair of them, and there was a deathly silence in the room.

"To his credit, Harry did not back down. He calmly reached for a glass with his right hand, and said slowly and deliberately, 'You may be Finland's greatest runner, but that will not stop me from smashing this glass over your skull. Now let go of me before I do it.'

"Harry was not very big in stature, but he was no coward. One look at him and you could see that he meant it. Vaatainen saw it too. He angrily released Harry and sank back in his chair.

"Before this could escalate into an embarrassing brawl between one of Britain's best coaches and a double European Champion, I quickly defused the situation by proposing a toast to all the great Finnish distance-running champions of the past and present. Half an hour later we were all gossiping and laughing together, hopefully having put that potentially nasty moment behind us.

"By the time we left the restaurant, Vaatainen was leglessly drunk and had to be folded into a taxi to get him back to his hotel. He did not remember much of what had happened the next morning, but that was his introduction to 'Boss Hogg' and the British Milers' Club!"

*(Note: On Saturday, 4th May 1974, Brendan Foster won the BMC 3000 metres race at the FA Cup Final in 8:05.0 from Vaatainen (8:13.0) and Tony Simmons*



(8:13.6). Foster went on to win the European 5000 metres title in Rome that year and also set a world record of 7:35.1 for 3000 metres on his home track at Gateshead).

### **British milers rule the world**

By the Autumn of 1982, male British middle distance running was riding the crest of a wave. BMC members Steve Overt (800m) and Seb Coe (1500m) were Olympic champions, Dave Moorcroft had set a world record at 5000 metres and Steve Cram had won the first of his collection of European and Commonwealth titles. Coe and Overt had also broken world records at 800, 1000m, 1500m and the mile, and Cram would go on to break three more world records in 1985. Frank's dream of 19 years earlier had become reality: in the arena of middle distance running, British men ruled the world.

### **Unrest in BMC National Committee**

But by now there was serious unrest among senior BMC officials, however. Several officers who held top coaching posts outside the club were concerned with Frank's formation of a 'BMC South Committee', which they viewed as a breakaway rebel movement not answerable to the National Committee. Frank also proposed joint BAAB/BMC coaching courses in the build-up to the 1984 Olympics in Los Angeles but discovered some resistance to the idea from staff and national coaches, even though some of them sat on the BMC National Committee.

Another area of concern was the tone of some of the editorial content in BMC NEWS, which was often highly critical of the governing body and the UK Coaching Committee. Harry Wilson was also displeased with Frank's less-than-flattering review of his latest book. (In later years, BMC Chairman Peter Coe (1919-2008) proposed to have an entire issue of the club's bi-annual magazine collected together and pulped because British Coaching Director Frank Dick had seen an advance copy and been enraged over a controversial article written by Frank).

"To me, the situation was very similar to what had happened to the Specialist Clubs Committee years before," recalled Frank. "People who had secured positions for themselves in the hierarchy felt that they could further their coaching careers without the BMC. History was repeating itself. For reasons best known to themselves,

these people decided collectively that they would not contribute any more to the administration of the club. But they waited until the club's Annual General Meeting at Harlow in October before dropping this bombshell on the rest of the membership.

"Now it was always the routine that at the September committee meeting immediately before the AGM, all officers and prospective officers would let us know their intentions regarding the year ahead. If anyone wanted to resign from their post, now was the opportunity to let us know so that we had time to hopefully groom someone else for the job before putting it to the vote at the AGM.

"All officers holding leading positions in the club indicated at that meeting that they wished to remain, with the single exception of Ray Williams, who to his credit was honest enough to announce that he would be stepping down as BMC Treasurer due to pressure of work - fair enough, I felt - he had done a sterling job for the club since 1976, and had also acted as my very efficient assistant coach, helping me take sessions with my large squad of athletes at Crystal Palace Stadium on Sundays and Tuesdays. So we went into the AGM at Harlow on 18th October 1981 knowing that the club required a new Treasurer, and we had to do something about appointing another one.

### **Mass walk-out at the AGM**

"Then at the AGM on that fateful Sunday afternoon, when the time came for the election of officials, we were suddenly faced with a crisis. First, Chairman Harry Wilson calmly informed the membership that he would not be standing for re-election. Then the National Secretary, named Mike Tollitt, stated that he was not willing to serve another term either.

"Then the Membership Secretary (Paul Williams), the Vice Chairman (Neville Taylor) and two Vice Presidents who sat on the National Committee quickly followed suit, stating that they did not wish to carry on, either. Ray Williams, of course, had already told us that he would not serve another term; so we also did not have a treasurer. It was a mass walk-out. The BMC was going to be left rudderless."

(Note: One BMC Vice President has stated that Frank had given members of the National Committee an assurance that he would dissolve BMC South and cease public criticism of the UK Coaching Committee, but when it became clear

during the AGM weekend that he was not going to do either, these officers decided together that they could no longer continue to serve on the BMC National Committee).

Back to Frank: "Realising what was happening, I jumped up out of my chair, shouting, 'I know what's going on here!' Then, turning to the members, I said, 'Tim (Hutchings), propose me as Chairman and someone else please second me, so we can proceed with the election of willing officers and put a stop to this farce!'

"I then walked to the front of the hall as Tim proposed me as chairman, seconded by you (Dave Cocksedge). We went ahead and elected an entirely new National Committee with votes from the floor." (Note: At the AGM, Frank was elected Chairman, Tim Hutchings BMC Treasurer and Philip Llewellyn Membership Secretary. David Cocksedge took on the job of National Secretary at the subsequent National Committee meeting at Golders Green on 30 October, 1981).

Frank recalled: "Hopefully we had narrowly averted a disaster, but I must confess that the whole business had shaken me up badly, and I wondered if we had enough experienced people to continue to the high standard that we had set. I was also worried if any of our vital regional secretaries would be willing to stay on when they heard about what had happened at Harlow.

"But on reflection later that evening I also felt that though the new young BMC management team lacked experience, we were a determined band, and with my guidance we could hold to the framework and somehow keep the club afloat; continue to hold committee meetings, organise races and training days, recruit new members and continue to produce the BMC NEWS twice a year. If it was a case of 'sink or swim', I felt, then we were going to have to learn to swim.

"We did not have much money in the kitty and we lacked a sponsor; but I felt that we had the guts, the nerve and the determination to survive. Some of us were also fuelled by anger on witnessing the mass walk-out by senior members who were prepared to abandon the club. All we needed was a little good luck to see us through the next few months."

The rest is history!!

(Frank Horwill interviews recorded by David Cocksedge at Greenwich and Battersea Park; August and September, 2011)

# Britain's four minute men

COMPILED BY DAVE COCKSEDEGE/

3:46.32	Steve Cram	Oslo 27 Jul 1985	3:56.36	Steve Martin	Gateshead 5 Aug 1986
3:47.33	Seb Coe	Brussels 28 Aug 1981	3:56.38	Mike McLeod	London (CP) 31 Aug 1979
3:48.40	Steve Ovett	Koblenz 26 Aug 1981	3:56.49	Mo Farah	London (CP) 6 Aug 2005
3:49.20	Peter Elliott	Oslo 21 Jul 1988	3:56.49	(i) Neil Speight	Boston MA 28 Jan 2006
3:49.34	David Moorcroft	Oslo 26 Jun 1982	3:56.5	John Kirkbride	London (CP) 10 Jun 1972
3:49.38	Andy Baddeley	Oslo 6 Jun 2008	3:56.5	Paul Davies-Hale	Harlow 20 Aug 1989
3:50.32	John Mayock	Oslo 5 Jul 1996	3:56.6	Walter Wilkinson	Leicester 3 Jun 1971
3:50.64	Graham Williamson	Cork 13 Jul 1982	3:56.65	Paul Larkins	Birmingham 7 Jul 1987
3:51.02	John Gladwin	Zurich 19 Aug 1987	3:56.7	James Espir	Cwmbran 15 Aug 1981
3:51.31	Tony Morrell	Oslo 14 Jul 1990 (10)	3:56.71	Chris McGeorge	Cork 5 Jul 1988 (60)
3:51.57	Jack Buckner	Koblenz 29 Aug 1984	3:56.8	Ian McCafferty	Reading 11 Jun 1969
3:51.76	Steve Crabb	London (CP) 14 Aug 1987	3:56.80	(i) Mark Draper	New York City 23 Jan 2010
3:51.90	Anthony Whiteman	Nice 16 Jul 1998	3:56.83	Simon Fairbrother	Gateshead 17 Aug 1990
3:52.02	Nick McCormick	Oslo 29 Jul 2005	3:56.9	Ron Speirs	Philadelphia 30 Apr 1977
3:52.44	John Robson	Oslo 11 Jul 1981	3:56.95	Sean Cahill	London (CP) 31 Aug 1979
3:52.50	Mike East	Sheffield 21 Aug 2005	3:56.95	David Clarke	London (CP) 11 Jul 1982
3:52.75	Matt Yates	Oslo 10 Jul 1993	3:56.99	Alan Salter	London (CP) 9 Jul 1985
3:52.77	Ross Murray	London (CP) 14 Jul 2012	3:57.07	Neil Ovington	London (CP) 11 Jul 1986
3:52.98	(i) Chris O'Hare	New York C 16 Feb 2013	3:57.15	Gary Taylor	Cork 5 Jul 1988
3:52.99	Mark Rowland	Rome 10 Sep 1986 (20)	3:57.2	Derek Ibbotson	London (WC) 19 Jul 1957 (70)
3:53.20	Ian Stewart II	Koblenz 25 Aug 1982	3:57.2	Michael Openshaw	Hexham 29 May 1998
3:53.39	Tom Lancashire	London (CP) 14 Aug 2010	3:57.3	Ian Stewart I	Reading 11 Jun 1969
3:53.64	Kevin McKay	Oslo 22 Jul 1994	3:57.30	Tom Carter	London (CP) 6 Aug 2005
3:53.82	Gary Staines	Portsmouth 17 Aug 1990	3:57.42	Colin Ridding	Cork 5 Jul 1988
3:53.85	Rob Harrison	Nice 15 Jul 1986	3:57.43	Steve Halliday	Gateshead 25 Aug 1989
3:54.2	Frank Clement	Oslo 27 Jun 1978	3:57.46	Barry Smith	London (CP) 8 Aug 1990
3:54.30	David Strang	Oslo 22 Jul 1994	3:57.49	Nick Rose	London (CP) 8 Aug 1990
3:54.39	Neil Horsfield	Cork 8 Jul 1986	3:57.5	Mike Wiggs	Dublin 5 Jul 1965
3:54.53	Tim Hutchings	Edinburgh 31 Jul 1982	3:57.5	Graeme Fell	Vancouver 1 Jun 1983
3:54.70	Andrew Graffin	London (CP) 23 Aug 2002 (30)	3:57.6	Adrian Weatherhead	London (CP) 31 May 1975 (80)
3:54.80	James Brewer	London (CP) 25 Jul 2009	3:57.6	Ian Gillespie	Exeter 16 Jun 1998
3:54.9	Adrian Passey	Harlow 20 Aug 1989	3:57.62	(i) Lee Emanuel	Bloomington 29 Jan 2010
3:55.0	Jim McGuinness	Dublin 11 Jul 1977	3:57.65	Geoff Turnbull	Birmingham 16 Jul 1986
3:55.3	Peter Stewart	London (CP) 10 Jun 1972	3:57.68	John Whetton	London (WC) 31 Jul 1965
3:55.37	Tom Mayo	London (CP) 8 Aug 2003	3:57.7	Ray Smedley	Philadelphia 27 Apr 1974
3:55.38	Rob Denmark	Portsmouth 12 Aug 1990	3:57.71	(i) James Thie	New York City 15 Feb 2003
3:55.41	Colin Reitz	Edinburgh 31 Jul 1982	3:57.74	Andy Green	London (WC) 3 Jul 1965
3:55.68	Alan Simpson	London (WC) 30 Aug 1965	3:57.8	Malcolm Edwards	Greze d'Azelle 19 Sep 1987
3:55.80	Geoff Smith	Cwmbran 15 Aug 1981	3:57.81	Paul Lawther	Cork 13 Jul 1983
3:55.84	Neil Caddy	Sheffield 25 Aug 1996 (40)	3:57.85	(i) Chris Gowell	Fayetteville 8 Feb 2013 (90)
3:55.9	Brendan Foster	London (CP) 10 Jun 1972	3:57.86	Mike Kearns	London (CP) 26 Jun 1977
3:55.91	Gary Lough	London (CP) 27 Aug 1995	3:57.88	(i) Clifton Bradeley	Cosford 9 Mar 1985
3:55.96	David Lewis	Oslo 23 Aug 1983	3:57.90	Charlie Grice	London (CP) 14 Jul 2012
3:56.0	Jim Douglas	London (CP) 10 Jun 1972	3:58.01	Stan Taylor	London (WC) 18 Aug 1962
3:56.04	Mike Downes	Koblenz 25 Aug 1982	3:58.01	(i) Johan Boakes	Fayetteville 25 Jan 1991
3:56.04	(i) Richard Peters	Boston MA 14 Feb 2013	3:58.05	David McMeekin	London (CP) 30 Aug 1976
3:56.1	Neil Duggan	San Diego 11 Jun 1966	3:58.20	Chris Warburton	London (CP) 25 Jul 1998
3:56.19	Ian Hamer	Cork 5 Jul 1991	3:58.20	(i) Tom Farrell	Fayetteville 26 Jan 2013
3:56.29	(i) Andy Keith	22 Jan 1994	3:58.23	Alan Mottershead	London (CP) 18 Sep 1979
3:56.31	(i) Ricky Stevenson	23 Jan 2010 (50)	3:58.27	(i) Jason Dullforce	Birmingham 14 Mar 1982 (100)

3:58.28	Adrian Callan	Swansea 13 Jul 1986	3:59.30	Eamonn Martin	Oslo 23 Aug 1983
3:58.35	Chris Mulvaney	Burnaby 14 Jun 2005	3:59.36	David Heath	Belfast 17 Jul 1989
3:58.39	Matt Barnes I	Cork 25 Jun 1996	3:59.37	Peter McColgan	Birmingham 19 Jul 1986
3:58.48	Matt de Freitas	Portsmouth 5 Jun 1993	3:59.37	(i) Rob Mullett	Seattle 13 Feb 2010
3:58.5	Bob Maplestone	Philadelphia 25 May 1973	3:59.4	Bill McKim	London (WC) 22 Jul 1964
3:58.5	Spencer Barden	Hexham 29 May 1998	3:59.4	Roy Young	London (MP) 14 Jul 1971
3:58.55	(i) Matt Gillespie	Boston MA 26 Jan 2013	3:59.43	John Keyworth	Villanova 14 Jul 1984
3:58.6	John Boulter	London (MP) 24 Jul 1968	3:59.48	James McIlroy	Solihull 5 Sep 1998
3:58.61	(i) Scott Overall	Bloomington 29 Jan 2010	3:59.5	Gareth Brown	Swansea 25 Aug 1984
3:58.62	Steve Emson	London (CP) 31 Aug 1979 (110)	3:59.56	Glen Stewart	Sheffield 25 Aug 1996 (160)
3:58.66	Matt Shone	London (CP) 6 Aug 2005	3:59.57	Matt Barnes II	Stretford 11 Aug 2007
3:58.68	Steve Flint	Birmingham 26 May 1980	3:59.58	(i) Colin Hume	Murfeesboro 5 Mar 1983
3:58.68	Ciaran Murphy	Cork 24 Jun 1995	3:59.58	(i) Tim Bayley	Seattle 16 Jan 2010
3:58.7	Allan Rushmer	Ruston 26 Aug 1967	3:59.6	Pat Chester	London (Br) 12 Aug 1988
3:58.7	Norman Morrison	Leicester 31 May 1971	3:59.6	Craig Mochrie	Mansfield 28 Aug 1989
3:58.77	Roger Hackney	Swansea 13 Jul 1986	3:59.6	(i) Steve Green	Ames 4 Mar 1994
3:58.8	Roger Bannister	Vancouver 7 Aug 1954	3:59.61	Malcolm Plant	London (CP) 31 Aug 1979
3:58.8	Tony Settle	Belfast 29 May 1976	3:59.64	Jermaine Mays	London (CP) 25 Aug 2007
3:58.8	Lawrence Spence	Gateshead 12 Sep 1977	3:59.67	Mark Kirk	Swansea 17 Jul 1986
3:58.8	Stephen Howard	Haverford 14 May 1997 (120)	3:59.7	Philip Tulba	London (TB) 19 Aug 1998 (170)
3:58.83	John Nuttall	London (Cr) 14 Aug 1991	3:59.74	(i) Kris Gauson	South Bend 5 Mar 2011
3:58.85	Chris Sly	London (CP) 8 Aug 1989	3:59.79	Jon Wild	Hot Springs 1 Apr 1995
3:58.87	Tom Buckner	Portsmouth 5 Jun 1993	3:59.8	Chris Chataway	London (WC) 28 May 1955
3:58.9	Brian Hewson	London (WC) 3 Sep 1958	3:59.8	Rayfel Roseman	London (MP) 23 Jul 1969
3:58.9	Ron Martin	Williamsburg 11 May 1974	3:59.8	Ken Newton	Gateshead 12 Sep 1977
3:58.9	Simon Muggleston	Oxford 19 May 1990	3:59.8	Steve James	Nottingham 9 Jun 1984
3:58.95	Mark Scrutton	Gateshead 10 Jun 1984	3:59.8	Maurice Benn	London (WC) 3 Jun 1968
3:58.96	Tony Harris	London (WC) 3 Jul 1965	3:59.82	(i) Ben Reese	Ypsilanti 14 Feb 1997
3:59.01	Nick Hopkins	Portsmouth 12 Aug 1990	3:59.86	Allen Graffin	London (CP) 5 Aug 2000
3:59.02	David Sharpe	London (CP) 27 May 1990 (130)	3:59.86	(i) Ross Millington	Bloomington 28 Jan 2011 (180)
3:59.05	(i) Gavin Thompson	Notre Dame 7 Feb 2004	3:59.9	Gordon Pirie	Dublin 23 Sep 1960
3:59.1	Ron MacDonald	Gateshead 1 Sep 1975	3:59.9	Chris Mason	Philadelphia 30 May 1970
3:59.1	Ashworth Laukam	Coventry 16 Jun 1985	3:59.9	Davey Wilson	Belfast 30 May 1991
3:59.13	(i) David Forrester	South Bend 3 Mar 2012	3:59.90	Ken Penney	London (He) 14 Jul 1991
3:59.14	(i) David Proctor B	oston MA 21 Jan 2007	3:59.9	Joe Dunbar	London (Pe) 18 Sep 1991
3:59.16	Glen Grant	London (CP) 19 Jul 1976	3:59.91	Darrius Burrows	Solihull 5 Sep 1998
3:59.17	Billy Dee	London (He) 14 Jul 1991	3:59.92	Tony Leonard	Gateshead 8 Jul 1979
3:59.18	Lee Merrien	London (CP) 6 Aug 2005	3:59.94	Jon Richards	Cork 7 Jul 1987
3:59.18	Steve Davies	London (CP) 25 Aug 2007	3:59.97	(i) John Evans	Boston MA 26 Jan 1991
3:59.24	Mike Berisford	London (WC) 18 Aug 1962 (140)	3:59.98	Richard Ashe	London (CP) 31 Aug 1996 (190)
3:59.24	Derek Graham	London (WC) 26 Aug 1966	4:00.0	Mike Blagrove	London (WC) 3 Sep 1958
3:59.25	Mike Coltherd	London (CP) 25 Aug 2007	4:00.0	Rod Finch	Exeter 22 Aug 1993
3:59.26	(i) Mitch Goose	New York City 17 Feb 2012			
3:59.28	Andrew Geddes	Birmingham 7 Jul 1987			
3:59.29	Alistair Currie	London (CP) 2 Aug 1985			
3:59.3	Ken Wood	London (WC) 19 Jul 1957			
3:59.3	Bruce Tulloh	Wanganui 27 Jan 1962			
3:59.3	Andy Carter	London (CP) 10 Jun 1972			
3:59.3	Tim Redman	Coventry 16 Jun 1985			
3:59.3	Mark Howard	Portsmouth 1 Jul 1989 (150)			

**Notes:**

I: indoor mark

London (Br): Bromley (Norman Park)

London (CP): Crystal Palace

London (Cr): Croydon Arena

London (Pe): Perivale

London (WC): White City

London (WS): Wormwood Scrubs

London (TB): Tooting Bec

London (BP): Battersea Park

London (Ha): Haringey

London (So): Southgate (Broomfield Park)



# BMC Academy

THE annual Academy Residential Course was held last autumn from 26-28 October 2012, at our usual venue of Spinkhill, near Sheffield. With 70 eager athletes, coaches and staff the weekend was another resounding success with its balance of training, drills, gym-based sessions, lectures, quizzes and the usual morning run before breakfast.

Three years ago, we had a coach travel halfway round the world just to attend the course, coming all the way from Japan just to learn the BMC way of doing things! This time we were honoured to have two distinguished guests, travelling not quite so far, but a long journey all the same. Coach Gunnar Pall Joakimsson and his athlete, the talented 16-year-old Anita Henriksdottir, were greeted by all and I'm sure they both benefitted greatly. Anita finished in fourth place in the World Junior championships in Barcelona over 800m and this year has already set a new Iceland record indoors and participated in the European Indoor championships in Gothenburg where she made the semi-final before exiting there.

With coaches and athletes making the effort to travel these huge distances, it shows how highly our courses are thought of. If you haven't been before, fill in the application form on the full page advert and we'll see you at Spinkhill on 25-27 October this autumn!



*Academy Athletes enjoying a training session. Photo: David Lowes*



# Residential, Training and Educational Weekend

Mount St Mary's, Spinkhill

Friday 26 to Sunday 28 October 2012



## FRIDAY 26 OCTOBER

19.30-20.30 Allocation to rooms and buffet available

20.30 **COURSE WELCOME, introduction to staff & Course Overview** – THEATRE

20.40-21.40 **UNDERSTAND YOUR TRAINING FOR BETTER PERFORMANCES** David Lowes – THEATRE

21.40-22.30 **'BMC OLYMPIC QUIZ'** - THEATRE

22.30 **BEDROOMS**

22.45 **LIGHTS OUT**

## SATURDAY 27 OCTOBER

07.10 **RISE AND SHINE**

07.30 **MORNING RUN** on grass – 20-30 minutes easy run (dependent upon fitness)

08.00 Shower and change

08.20 **BREAKFAST**

09.00-09.45 **COACHING & ATHLETE PRACTICE – NEW INTERVAL TRAINING** Matt Long – THEATRE

10.15-12.00 **GROUP SESSION WITH YOUR SQUAD LEADER** (Workload dependent on age, fitness and ability)

12.30 **LUNCH**

14.00-14.50 **STRENGTHENING AWAY FROM THE TRACK** David Lowes/Coaches – THE GYM

15.15-16.30 **STRENGTHENING AT THE TRACK - DRILLS & LEG STRENGTH** David Lowes/Coaches – TRACK

16.30-18.00 **RELAXATION**

18.00-19.00 **SUPPER**

19.30-20.00 **THE ICELANDIC WAY. ANITA HENRIKSDOTTIR PROGRESSION** Gunnar Páll Jóakimsson – THEATRE

20.05-20.40 **WINTER TRAINING** Rod Lock – THEATRE

20.40-20.50 **BREAK**

20.50-21.15 **HEART RATE AND YOU** Coaches - THEATRE

21.15-22.30 **'YOUR SHOUT' – GROUP TASKS** - THEATRE

22.30 **BEDROOMS**

22.45 **LIGHTS OUT >>PUT YOUR WATCHES BACK ONE HOUR<<**

## SUNDAY 28 OCTOBER

07.00 **RISE AND SHINE**

07.30 **MORNING RUN** on grass – 20-25 minutes easy run on grass (dependent upon fitness)

08.00 Shower and change

08.20 **BREAKFAST**

09.00-10.00 **WAKE-UP THE BODY & MIND SESSION** - GYM

10.15-11.45 **MASS WARM-UP - 'BMC MASS FARTLEK' + RELAY** – GRASS

12.15 **LUNCH**

13.15 **COURSE OVERVIEW + Q&A SESSION** – THEATRE

13.45 **PRESENTATION OF AWARDS and Course Conclusion** – THEATRE

14.00 (Latest) **DEPART**





# Kick-start your winter now!

## RESIDENTIAL TRAINING COURSE

Mount St Mary's, Spinkhill, Sheffield

Friday 25th-Sunday 27th October 2013

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

**WEEKEND INCLUDES:** TRAINING, MEALS, LECTURES, ADVICE, PRINT-OUTS, TOP QUALITY COACHING AND MUCH MORE

**COST:** £85 BMC MEMBERS, £105 NON-BMC MEMBERS

**£75 BMC COACHES, £90 NON-MEMBER COACHES**

**£70 BMC ATHLETES TRAVELLING MORE THAN 200 MILES ONE WAY**

Cheques should be made payable to: **BRITISH MILERS' CLUB.**

Application forms **MUST** include a stamped addressed envelope stating age and current personal best times to:

Sam Hodges, 170 Norwood, Beverley, East Yorkshire HU17 9JA. Tel: 01482 867978

**BOOK NOW OR BE DISAPPOINTED!** (Applications close October 1, 2013).



## REGISTRATION & BOOKING FORM Mount St Mary's 25th-27th October 2013

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

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

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Date of Birth/Age: \_\_\_\_\_

Gender: \_\_\_\_\_

Telephone/Mobile: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Academy Member: Yes No \_\_\_\_\_

Membership Number: \_\_\_\_\_

### Emergency contact details

Name of Parent/Guardian: \_\_\_\_\_

Emergency Contact No: \_\_\_\_\_

Who is authorised to take and collect your child at this activity?: \_\_\_\_\_

Does your child suffer from any of the following?

☐ Asthma ☐ Skin Problems ☐ Diabetes ☐ Epilepsy

☐ Fainting ☐ Heart Problems ☐ Migraines ☐ Allergies

Other: \_\_\_\_\_

Is your child currently on medication or have any injuries?

☐ Yes ☐ No If yes, please specify: \_\_\_\_\_

Do you consider your child to have a disability?

☐ Yes ☐ No If yes, please specify: \_\_\_\_\_

What is your child's Ethnic origin?

☐ White ☐ Mixed Race ☐ Asian ☐ Black ☐ Chinese

☐ Other

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

☐ Yes ☐ No

Club: \_\_\_\_\_

Special Dietary requirements (please state): \_\_\_\_\_

Please state pb's (for squad allocation):

800m \_\_\_\_\_ 1500m \_\_\_\_\_ 3000m \_\_\_\_\_

### For Coaches Only:

What is your current UKA coaching level? \_\_\_\_\_

Please enclose photocopy of licence.

Do you have a UKA CRB certificate? ☐ Yes ☐ No

Please enclose photocopy of certificate.

(If no, please contact administrator (contact details above).

**For Parents:** BMC courses involve vigorous, but beneficial athletic training, to a high standard. Please confirm that your child is physically fit and capable of participation in this training over the duration of the course. Please note a physio/masseur (if available) will only treat a person under the age of 18 if a chaperone is present. Do you give permission for your child to be treated? ☐ Yes ☐ No

I confirm that consent is given for my child to attend the BMC activity and I agree to the conditions laid out below\*. ☐ Yes ☐ No

Signed \_\_\_\_\_ Date \_\_\_\_\_

The BMC cannot be held responsible for any improper use of mobile phones including photography. Please note that inappropriate language or actions will not be tolerated.

\*Information used in this form will be used to monitor and evaluate BMC activities. All information will remain confidential and no reference to individuals will be made in written or verbal reports. It is your right to decline for your child to be excluded from this evaluation. I have read and understood the above information and agree for my child or myself to participate further in this study, if so requested.

[www.britishmilersclub.com/academy](http://www.britishmilersclub.com/academy)

**RUN**



# 2013 BMC Awards – Nomination Form

This year we have changed the process of how we decide who should receive our annual awards. For the first time every BMC member is now entitled to nominate any individual who they think should be considered.

To nominate someone for the 2013 awards, please complete the following form and send it on to Pat Fitzgerald before 10th September, 2013. The BMC will then consider every nomination before making the awards.

## Award Categories and conditions:

- 1. BMC Athlete of the Year**
  - a. Must be a paid up member of the BMC for the current year.
- 2. BMC Young Athlete of the Year**
  - a. Must be a paid up member of the BMC for the current year.
  - b. Must be under 20 in the year of competition.
- 3. BMC Coach of the Year**
  - a. Must be a paid up member of the BMC for the current year.
- 4. BMC Outstanding Services to Coaching Lifetime Award.**
  - a. Must be a paid up member of the BMC for the current year.
- 5. Frank Horwill Award for Outstanding Services to the BMC**
  - a. Must be a paid up member of the BMC for the current year.
  - b. Must have been a member of the BMC for at least 10 years.
- 6. BMC / Horwill Research Scholarship Award**
  - a. Individuals interested in this award should nominate themselves using the separate Scholarship process.  
(See website for more details).



2013 BMC AWARD NOMINATION FORM	
Award category you wish to nominate for:	
Name of nominee:	
Reasons for nomination:	
Your name:	
Your email:	
Your phone number:	

NB. Nominations should be made without the nominee being aware.

# Steve Ovett's Medal

COMPILED BY TIM BRENNAN

When BMC founder Frank Horwill passed away on January the 1st last year the sad news spread rapidly round the athletics community. On the other side of the world Steve Ovett picked up on the news from his home in Australia and was in touch the very same day. He wrote:

'Just heard the sad news about Frank. What a loss to our sport, one of the great characters and coaches of an era that sadly we will all miss.

I can still picture, very vividly, cold winters nights at the Crystal Palace track hearing Franks whistle blowing at regular intervals as his athlete slogged their way through one of his killer sessions. Or attending one of the BMC camps and being regaled by Frank for not trying hard enough even though we were all semi- conscious at the time with exhaustion.

Frank and a few other coaches were in my mind solely responsible for pulling British Middle Distance running up to a level which matched and occasional beat the rest of the world.

I for one was really pleased when Frank received his MBE, outspoken, anti-establishment and sometimes politically incorrect no one deserved it more!

These are few memories, there were many many more which will not be forgotten and I am sure others will also remember Frank for the laughter and pain but above all his love for the sport which he gave his life to.

Steve'

Steve's fine tribute joined the many others on the BMC website but this was not the end of the story and the day after Frank's funeral I received another email:

'I hope the send-off for Frank went well.

However I am a little disappointed as I sent you something that I think Frank would have liked and had a bit of a chuckle, all be it ethereally, if it had arrived in time.

It seems that even though I sent it over in good time, British customs decided that import duty had to be paid and I believe that you may have received a docket along those lines.'

The mail was intriguing, It was certainly sad that the parcel had not arrived for the



funeral but what was it that Frank would have chuckle over? Maybe an old t-shirt or a photo from a BMC training camp?

When I eventually received the parcel what I found was something rather more substantial. On 1st of July 1980 at the famous Bislett Stadium in Oslo, Steve had set a world mile record of 3.48.8. The parcel contained the IAAF medal awarded to Steve in recognition of this achievement. This was a piece of British middle distance history hard earned by Steve; for sure Frank would have been smiling broadly. Earlier in the meeting the previous holder of the record Seb Coe had set a 1000m record of 2:13.40. These races received huge media interest as another chapter in the great rivalry that was building up to head-to-head races at the Moscow Olympics.

A note accompanied the medal:  
'I know it is a little late but I'd like Frank to have this. In a way he deserves it more than I. His vision dreams and selfless commitment along with those of Harry, Dennis and all the others made all that I accomplished possible.'

As well as Frank, Steve was referring to his own coach Harry Wilson and to Dennis Watts who coached Anne Packer to an Olympic 800m title. Together they were the co-authors of 'The Complete Middle Distance Runner', a great reference book.

The medal was a great tribute to Frank and to all coaches. The BMC wanted to reflect

*Above: Craig Winrow receives his BMC Coach of the Year Award for 2012 from his former Coach BMC President Norman Poole.*

*Left: BMC President Norman Poole receives his BMC Outstanding Services to Coaching Lifetime Award from BMC Chairman Tim Brennan" This award on a wooden plinth incorporates Steve Ovett's IAAF medal for his first World Mile Record which Steve has kindly donated.*

*Photos: David Sunderland*



the sentiments behind the gift and with Steve's permission we have had it mounted and will award it annually as a life time achievement award for services to coaching.

The first occasion to present this came with our 2012 awards, and at our coaching seminar in March Norman Poole was the recipient. Norman has coached men and women to an international standard over a period of 25 years and been prepared to share his knowledge with other coached and athletes. As BMC president he is a great choice as the first winner.



# BRITISH MILERS' CLUB



## 50th ANNIVERSARY GRAND PRIX SERIES 2013

See [www.britishmilersclub.com](http://www.britishmilersclub.com) for Entries, Timetables, Seedings, Information and Results

DATE	VENUE	EVENTS	CONTACT	TELEPHONE
Sat 18 MAY	Solihull	800, 1500, 5000, Men & Women. 3000 s/c Men	Steve Mosley	029 2030 6733
Sat 1 JUNE	Sports City	800 Men	Mike Deegan	07887 781913
		1500 Men	Jon Wild	07947 157785
		800 & 1500 Women	John Davies	07967 651131
		3000 s/c M & W, 5000 M & W inc UK U20 W Champs	Dave Norman	07868 783818
Sat 29 JUNE	Watford	800, 1500, 3000 s/c, 5000 Men. Seniors	Tim Brennan	01628 415748
		800, 1500, 3000 s/c, 5000 Women. Seniors	Pat Fitzgerald	01895 811822
Sat 20 JULY	Oxford	800, 1500, Invitation Miles. Men & Women,	Chris McGurk	chris.mcgurk@wadh.ox.ac.uk
		3000 Women & 5000 Men.	Chris McGurk	chris.mcgurk@wadh.ox.ac.uk
Sat 17 AUG	Trafford	800, 1500, 5000, Men & Women. Seniors & U20s	Steve Green	stevegreen2011@live.co.uk
		3000 s/c Men Seniors & U20s	Steve Green	stevegreen2011@live.co.uk

### GRAND PRIX

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

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

Members who have not achieved the senior qualifying standard in the year of competition should enter 7 or more days in advance and will be able to run if space is available.

Non members should enter as much in advance as possible and will be able to run if space is available after all members and invited athletes have been catered for.

Final seeding and entry acceptance will be between 7 and 2 days before the competition date.

### WE EXPECT FROM ATHLETES THAT THEY WILL:-

- Enter the races by the deadlines set.
- Be truthful about their current form and fitness.
- Turn up for races that they have entered.
- Inform the organiser in good time if for any reason they cannot compete and the reason why they can't compete.
- Run at the pace stated for their race and not attempt to slow a race.
- Be prepared to take the initiative if a pacemaker is running too slowly.

### PRIZES

For 2013 the top prize of £1,000 applies at each of the Grand Prix fixtures over 800m, 1500m, 3000m, 5000m, and 3000m Steeplechase. The prize money is determined by finishing position and time. This means a potential total prize fund of over £50,000. See website for full information.

### BMC NIKE GRAND PRIX FINAL

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

Men and Women 1500m - Winners and runners up guaranteed an "A" -race.

### PACEMAKERS

The BMC is looking for pacemakers for its 2013 race series. The BMC is able to pay fees for pacemakers.

Those interested should contact Tim Brennan on 01628 415748 or via the BMC website.

### OVERSEAS ATHLETES

The BMC welcomes overseas entries in its Grand Prix races particularly those of an international standard.

Contact Tim Brennan on 01628 415748 or enter via the website.

## THE BEST OF BRITISH FROM THE BMC





# BRITISH MILERS' CLUB



## PB CLASSICS, GOLD STANDARD, ACADEMY AND REGIONAL FIXTURES 2013

All entries should be made on our website [www.britishmilersclub.com](http://www.britishmilersclub.com)

BMC ACADEMY YOUNG ATHLETES PB CLASSICS (Age Groups U13, U15, U17 & U20)						
Entry Fee for BMC Members £3, Non Members £5.						
Mon 6 May	Millfield	M800, 1500, 3000 mixed	6.15pm	Steve Mosley	029 2030 6733	
Mon 6 May	Millfield	W800, 1500, 3000 mixed	6.15pm	Steve Mosley	029 2030 6733	
Sat 11 May	Corby	M & W 800, 1500, 3000, U17 1500 s/c	6.00pm	Paul Hayes	hayespaul43@yahoo.co.uk	
Sat.18 May	Milton Keynes	M & W 800, 1500, 3000, U17 1500s/c & U18 & above 2000s/c	6.00pm	Jim Bennett	jim_bennett@btinternet.com	
Sat 20 July	Iffley Road, Oxford	1 Miles including Peter Coe & Frank Horwill Miles	5.30pm	David Lowes	07930 318651	
Fastest of U15 & U17 PB Classic 800m and 1500m in May to be invited to Frank Horwill & Peter Coe Mile races at Oxford on 20 July						
ACADEMY RACES FOR YOUNG ATHLETES ARE INCLUDED IN REGIONAL RACES						

OTHER BMC RACES							
MONTH	DATE	VENUE	EVENTS	TIME	CONTACT	TELEPHONE	STANDARD
APRIL	Wed 17	Birmingham Univ	600/1200	7.45pm	Paul Hayes	hayespaul43@yahoo.co.uk	Regional
	Mon 29	Durham (Maiden Castle)	800	7.30pm	David Lowes	07930 318651	Regional
	Tue 30	Exeter	800/1500	8.00pm	John Knowles	07850 812229	Regional
MAY	Wed 1	Ealing	600/3000	7.45pm	Pat Fitzgerald	01895 811822	Regional
	Wed 8	Birmingham Univ	800/1500	7.45pm	Paul Hayes	hayespaul43@yahoo.co.uk	Regional
	Wed 8	Brighton Withdean	800/1500/1500 s/c	7.00pm	Neville Taylor	01403 790800	Regional
	Tue 14	Trafford	800/1500	8pm	Steve Green	stevegreen2011@live.co.uk	Gold Standard
	Wed 15	Watford	800/1500	7.30pm	Rupert Waters	rupert.waters@tiscali.co.uk	Gold Standard
	Mon 20	Durham (Maiden Castle)	1500	7.30pm	David Lowes	07930 318651	Regional
	Tue 21	Exeter	800/1500	8pm	John Knowles	07850 812229	Regional
	Wed 22	Eltham	800/1500/3000	8pm	David Reader	davidreader@britishmilersclub.com	Regional
	Wed 29	Birmingham Univ	800/1500	7.45pm	Paul Hayes	hayespaul43@yahoo.co.uk	Regional
JUNE	Mon 3	Durham (Maiden Castle)	800	7.30pm	David Lowes	07930 318651	Regional
	Tue 4	Trafford	800/1500	8pm	Steve Green	stevegreen2011@live.co.uk	Gold Standard
	Wed 12	Watford	800/1500	7.30pm	Rupert Waters	rupert.waters@tiscali.co.uk	Gold Standard
	Wed 12	Birmingham Univ	800/1500	7.45pm	Paul Hayes	hayespaul43@yahoo.co.uk	Regional
	Mon 17	Durham (Maiden Castle)	1500	7.30pm	David Lowes	07930 318651	Regional
	Wed 19	Eltham	800/1500/5000/U18 & ABOVE 2000s/c	6.50pm	David Reader	davidreader@britishmilersclub.com	Regional
	Fri 21	Scotstoun, Glasgow	1500/5000	7pm	Norrie Hay	07545 762966	Regional
	Tue 25	Trafford	800/1500	8pm	Steve Green	stevegreen2011@live.co.uk	Gold Standard
	Tue 25	Exeter	800	8pm	John Knowles	07850 812229	Regional
	Wed 26	Birmingham Univ	800/1500	7.45pm	Paul Hayes	hayespaul43@yahoo.co.uk	Regional
JULY	Wed 3	LCS, West London	800/3000	7.45pm	Pat Fitzgerald	01895 811822	Regional
	Wed 10	Watford	800/1500	7.30pm	Rupert Waters	rupert.waters@tiscali.co.uk	Gold Standard
	Mon 15	Durham (Maiden Castle)	800	7.30pm	David Lowes	07930 318651	Regional
	Tue 16	Trafford	800/1500	8pm	Steve Green	stevegreen2011@live.co.uk	Gold Standard
	Wed 17	Eltham	800/1500/3000	8pm	David Reader	davidreader@britishmilersclub.com	Regional
	Tue 30	Exeter	1500	8pm	John Knowles	07850 812229	Regional
AUGUST	Fri 2	Scotstoun, Glasgow	800/3000	7pm	Norrie Hay	07545 762966	Regional
	Tue 6	Trafford	800/1500	8pm	Steve Green	stevegreen2011@live.co.uk	Gold Standard
	Wed 7	Watford	800/1500	7.30pm	Rupert Waters	rupert.waters@tiscali.co.uk	Gold Standard
	Wed 14	Eltham	800/1500 inc Sydney Wooderson 800s	8pm	David Reader	davidreader@britishmilersclub.com	Regional
	Sat 17	Trafford	800/1500	8pm	Steve Green	07551 769534	Gold Standard
	Sat 24	Coventry	800/1500/5000		Paul Hayes	hayespaul43@yahoo.co.uk	Regional
	Tue 27	Exeter	800/1500	8pm	John Knowles	07850 812229	Regional
SEPTEMBER	Wed 4	Watford	800/1500	7.30pm	Rupert Waters	rupert.waters@tiscali.co.uk	Gold Standard

Additional races may be arranged at other venues. Check website for more details or contact the Race Organisers

Please enter at the latest Five days before meeting. No entries on the day.

## 50 YEARS RUNNING & STILL THE BEST OF BRITISH FROM THE BMC

# Research Study - Frank Horwill Scholarship

BY DAVID READER

*Pain is good for you, pain is a cleanser, pain is something that helps you grow . . . The [training] intensity meant that you were a pretty formidable competitor when you got onto the track because you trained that way".*

(Herb Elliot)

Anyone who has taken part in a high intensity training session will know that training hard often means experiencing intense pain. Some people avoid hard training because it is painful; others, like Herb Elliot, embrace pain because it toughens them and makes them a better competitor. We want to discover why some runners think negatively about pain and whether there are ways in which coaches can change athletes' thoughts about pain.

Recent research has shown that psychological variables can influence the pain experience. Scholars have identified "pain catastrophizing" as one of the strongest psychological predictors of pain. Catastrophizing is a process where individuals focus excessively on pain sensations, exaggerate the threat values of pain, and perceive themselves as unable to cope with pain. People who catastrophize tend to do three things: They ruminate about their pain ("I can't stop thinking about how much training hurts"), they magnify their pain (e.g., "I'm afraid that something serious might happen"), and they feel helpless to manage their pain ("There is nothing I can do to reduce the intensity of my pain").

Coaches need ways to reduce such catastrophic thinking because athletes who catastrophize are missing out potentially useful training regimens (e.g., high intensity interval training). Consequently,

we are exploring catastrophic thinking and ways of reducing pain catastrophizing. There are an increasing number of studies demonstrating individual differences in attention to pain experiences. Evidence from these studies suggests that some attentional strategies are better than others are in managing perceived pain and some attentional strategies may help reduce catastrophizing. In order to test these hypotheses the purposes of the current study are to:

a) Examine the relationship between pain catastrophizing, allocation of attention to pain, and performance in a sample of competitive runners.

b) Explore differences in attention to pain and pain catastrophizing between genders, high performance, and low performance athletes (based on BMC standards).

We ask athletes to complete a short battery of questionnaires that examine these variables. Participants can complete pencil and paper versions of the questionnaires or they can complete an online version of the questionnaires. Participation in this study will require no more than 30 minutes of a participants time. Coaches and athletes can use the results of this study to understand pain and the way one attends to painful stimuli. Ultimately, coaches can use the results of this study to change coaching and help athletes participate in intensive training.

The data collection commenced this winter 2012-2013. If you would like to take part in this research or know of groups of athletes who could be interested, please contact Martin I. Jones via email at [mjones2@glos.ac.uk](mailto:mjones2@glos.ac.uk).

## About the researchers

### John K. Parker

BSc MSc PhD CPsychol AFBPsS  
CSci

John K. Parker is a BPS Chartered Psychologist, BPS Associate Fellow, a Chartered Scientist, and a Senior Lecturer in Sport and Exercise Psychology at the University of Gloucestershire. John completed his undergraduate degree in psychology at University College Worcester, his MSc in Cognitive Neuropsychology at Oxford Brookes, and his PhD in Psychology at the University of Gloucestershire. In addition to his academic acumen, John is also a seasoned athlete. John represented England in Masters International Cross Country championship, Dublin, 2010 and won a team silver medal. John won gold in the 5K 2010 British Masters Athletic Federation championship and silver in the 10KM 2010 British Masters Athletic Federation championship. More recently, John won the 2011 Gloucestershire road race series, and the 2012 Tewkesbury half marathon.



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### Martin I. Jones

BSc MSc PhD CPsychol AFBPsS CSci  
Martin I. Jones is a British Association of Sport and Exercise Sciences (BASES) Accredited Sport and Exercise scientist, a British Psychological Society (BPS) Chartered Psychologist and BPS Associate Fellow, a Science Council Chartered Scientist, and a Senior Lecturer in Sport and Exercise Psychology at the University of Gloucestershire. Martin completed a sport and exercise science

undergraduate degree at Leeds Metropolitan University, an MSc and PhD in sport and exercise psychology at Loughborough University and a two-year postdoctoral research fellowship in sport psychology at the University of Alberta, Canada.

Martin has written numerous peer reviewed journal articles and book chapters, and has presented research at a number of international and domestic conferences. In the past several years, Martin has provided psychological support to elite athletes, coaches, national governing bodies, and businesses.



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# 2013 BMC Horwill Research Scholarship

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

## Background

The BMC is looking for individuals to help us progress middle-distance running by conducting a creative and innovative piece of research. We believe that one way in which we can support this aim is to offer a scholarship of up to **£2000** to help at least one individual pursue a selected topic. The scholarship has been in place now since 2008 and we are currently funding active research.

Coaches, research students, or lecturers may be interested and are welcome to apply. The Scholarship is open to all BMC members, but we are also opening the application process up to non-members so that we can cast the net far and wide.

## How to apply?

The application process is a simple two stage exercise. The first step is to complete an application form which is available from the BMC website. This is to be submitted to the BMC by the closing date. The

second stage will involve short listing the best applications and then holding short interviews. After this we will inform the successful candidate of our decision and support them to conduct the research in the months and years ahead. The findings will be widely distributed to all BMC members and if appropriate, beyond.

## Why the Frank Horwill Scholarship?

The late Frank Horwill MBE was the founding member of the BMC in 1963. As well as working tirelessly for the Club, Frank became extremely well known for his work on research and collating research from around the world on middle-distance and endurance running. In order to safeguard his tradition, this scholarship has been established.

## How do I apply?

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

The closing date for completed applications is 1st May, 2013.



Jessica Coulson, the eventual winner contests the lead in the European Under 23 Cross Country in Budapest

## BMC Horwill Scholars

### 2009 Dr Jon Oliver

That a simple field based measure, utilising heart rate and ground contact time, will be able to accurately monitor and predict endurance performance

### 2010 Richard Taylor

Links between physical training, aspects of immunity and infectious symptoms throughout an annual training cycle in highly trained endurance athletes.

### 2011 Aaron Thomas\*

An evaluation of the mechanical and physiological factors associated with fatigue in middle-distance running.

### 2012 Dr Martin Jones & Dr John Parker\*

Examining mindfulness and pain catastrophizing in competitive runners.

*"I was greatly surprised and honoured to have this BMC research project linked to my name. Over the past sixty years most of the research conducted into endurance running and its allied subjects has been from Sweden, the Soviet Union, USA and Germany. Much of this has been conducted on PE students and not established runners for convenience sake. These research projects are to be conducted on athletes who have aspirations and this will give the results added credibility. It is hoped that this BMC project will continue in its format and encourage others to join the ranks of Astrand, Gerschler, Costill, Daniels and Noakes."*

Frank Horwill MBE, 2008

\*Currently being undertaken.



# Lactate: Friend or Foe?

**DR YANNIS PITSILADIS MMEDSCI., PHD, FACSM**  
**College of Medicine, Veterinary and Life Sciences**  
**Institute of Cardiovascular and Medical Sciences**  
**University of Glasgow Glasgow, Scotland**

Dr Yannis Pitsiladis spends a large part of each year based in East Africa (Ethiopia and Kenya) doing testing and research on the elite athletes of this area for WADA (The World Anti-Doping Agency) and for his own personal research.

The following paper dispels the long held belief that the build up of lactic acid is the main reason for athlete fatigue in high intensity competition and training.

Dr. Pitsiladis firstly looked at the theory behind the common held belief of the effects of lactic acid and through a series of questions presented the modern view on lactate.

- The first two questions he asked were does lactate acid cause physical pain and fatigue? The answer was NO.
- Secondly he asked does your athlete produce lactic acid? The answer again was NO

It has been accepted for a long time that the lack of oxygen in the muscles leads to lactic acid which in turn leads to fatigue. As stated by AV Hill in the 1920's "The oxygen intake may attain its maximum and remain constant merely because it cannot go any higher owing to the limitations of the circulatory and respiratory system" Hill also stated "...At higher speeds the requirement of the body for oxygen...cannot be satisfied...lactic acid accumulates, a continuous increasing oxygen debt being incurred, fatigue and exhaustion setting in"

The assumption here was that oxygen delivery alone limits VO<sub>2</sub> max. However, WH Owles showed alterations in the lactic acid content of the blood as a result of light exercise and associated changes in the CO<sub>2</sub>-combining power of the blood and in the alveolar CO<sub>2</sub> pressure. Owles' experiment on himself showed an increase in the concentration in venous blood after walking for 15-30 min at various speeds. This was the first step forward in establishing what

is now referred to as the **Anaerobic Threshold** ...it established that there was "a critical metabolic level" (later termed the "Owles' point") above which an increase in blood lactate occurred" This theory in conjunction with OBLA (Onset of Blood Lactate) which occurs over 4mmoles has been the accepted for years.

"Lactate is the end product of the glycolytic sequence under anaerobic conditions and diffuses through the plasma membrane of the cell to the surroundings as waste. When muscle cells of higher animals function anaerobically during short bursts of exceptionally vigorous activity, lactate escapes from muscle cells into the blood in large quantities and is rebuilt to glucose in the liver during recovery"

"Other findings support the original hypothesis of Hill and Lupton (1923) that lactic acid is formed during exercise in the presence of tissue hypoxia; this process allows anaerobic mechanisms for ATP generation"

A field test by Conconi being an example.

**Conconi: Determination of the anaerobic threshold by a non-invasive field test in runners**

**Methods:** Running on a 400m track 12-14km/h n=210 runners Determined Anaerobic Threshold using blood lactate Anaerobic Threshold also determined using deflection in heart rate

**Results:** Good agreement between two methods Anaerobic Threshold predicted actual race performance

**Conclusion:** "...that Anaerobic Threshold is critical in determining the running pace in aerobic competitive events."

As concluded by James A Davis (1985): "...the anaerobic threshold concept has been the subject of controversy during recent years. However, much of the debate has centred, not on the fundamental concepts, but on the descriptor of the concept. Regardless of semantic arguments, there is good reason to believe the anaerobic threshold concept will have enduring importance. Firstly, it has widespread utility because it can be measured noninvasively, using specific pulmonary gas exchange criteria. Secondly, it can be used to accurately predict exercise tolerance. ...applications as diverse



*Already to the front  
of the field European  
Junior Cross Country  
Champion in Budapest*

as determining the physiological potential of marathon runners and providing differential diagnostic information for patients with cardiopulmonary impairment."

This was supported by Karl Wasserman et al in his paper: Anaerobic threshold and respiratory gas exchange during exercise:-  
 "The findings support the original hypothesis of Hill and Lupton (1923) that lactic acid is formed during exercise in the presence of tissue hypoxia; this process allows anaerobic mechanisms for ATP generation"

But G A Brooks (1985) countered: "The anaerobic threshold hypothesis fails because it requires the acceptance of three separate and invalid assumptions. ...1) muscle lactate production results from oxygen-limiting ATP production; 2) changes in blood lactate concentration are due solely to changes in muscle lactate production; and 3) pulmonary ventilation tracks blood lactate level....Finding the inflection points in lines on graph paper is not likely to contribute to our understanding of metabolic and cardiopulmonary integration. Furthermore, insistence on the validity of the AT hypothesis is speculative at best, and at worse contributes to misunderstanding among those least prepared to interpret the literature"

The reasons for Lactate production are:-

- Glycolysis proceeds faster than the mitochondria can process pyruvate
- Reduced cytosolic nicotinamide adenine dinucleotide (NADH + H+) cannot be reoxidised quickly enough by the mitochondria
- NOT LACK OF OXYGEN

Brooks went onto say: "The concentration of lactate in the blood is the result of (1) those processes which produce lactate and contribute to its appearance in the blood and (2) those processes which catabolize lactate after its removal from the blood. Consequently the concentration of lactate in the blood provides minimal information about the lactate production in muscle. ... Lactate produced in skeletal muscle as a direct result of increased metabolic rate and glycolytic carbon flow...studies on dog gracilis muscle in situ clearly indicate that lactate production occurs in contracting pure red muscle for reasons other than an O<sub>2</sub> limitation..."

Dr. Pitsiladis supports the theory that an athlete produces lactate but not lactate acid and that this is an aid not hindrance to performance and that the fatigue is caused by acids within the body.

Muscles are the consumers of Lactate. When the Lactate production rate exceeds removal - known as Lactate clearance - the Intra and Extra Cellular Shuttles (Brookes 2000) ensure clearance through the Liver (Non-Exercising Muscle) and the Oxidative Fibres (Exercising Muscle). This process is aided by Mono-Carboxylic Transporters (MCT's) of which there are nine. These carry protein MCT1 (which relates to muscle oxidative capacity) for uptake and MCT 4 for release. The Lactate co-transporter is one lactate to one H<sup>+</sup>. The MCT density and activity is increased through training.

Therefore, a recent view of **Lactate metabolism is:-**

- (T) Blood lactate increases during exercise due to hypoxia
- (R) Blood lactate increases despite adequate O<sub>2</sub> why:

- increase in glycolysis
- increase in sympathetic drive
- increase recruitment of glycolytic fibres
- production LA > LA Removal

- (T) Muscle - lactate producer but also
- (R) Muscle - lactate remover
- (T) Lactate not converted to glycogen but
- (R) Lactate converted to glycogen
- (T) Lactate diffuses through muscle membrane and
- (R) Lactate transported via mono-carboxylate transporters (MCT)

**Mathews and van Holde 1996, Biochemistry Textbook States:-**

"Until recently it was thought that lactate accumulation in skeletal muscle was largely a consequence of anaerobic metabolism, which occurs when the need for tissues to generate energy exceeds their capacity to oxidize the pyruvate produced in glycolysis. Recent metabolic studies, including <sup>31</sup>P NMR analyses of the levels of phosphorylated intermediates in living muscle cells during exercise, suggest that lactate is actually an intermediate and not a metabolic "dead end". These studies show that even in fully oxygenated muscle tissue, as much as 50% of the glucose metabolized is converted to lactate"

Dr. Pitsiladis then posed another question. "If your athlete produces lactate but not lactate acid. Does producing lactate cause acidosis?"  
 "The answer is NO.

Similarly, he posed the question "does lactate cause fatigue" The answer is again NO.

In fact "If muscle did not produce lactate, acidosis and muscle fatigue would occur more quickly and exercise performance would be severely impaired"

Lactate is also an efficient energy source for the brain.

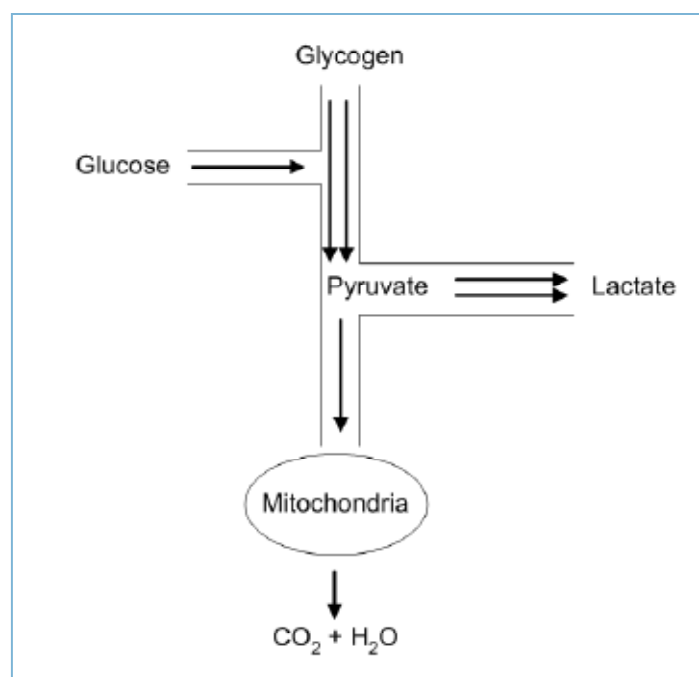
Lactate... and the Lactate threshold are a measure of fatigue but NOT the cause of fatigue and ... and also a measure of training intensity.

It is important we know this information for:-

- Scientific validity
- Education (e.g. metabolic acidosis and not lactic acidosis )
- Strategies and training methods to retard and slow down the process of exercise-induce metabolic acidosis

Dr. Pitsiladis also recommended the use of lactate sports drinks such as Xecute and Cytomax.

Therefore in conclusion the age held belief that Lactate was a Foe has been replaced with the belief that Lactate is indeed a Friend.



# High-intensity exercise in a middle distance context

BY MATT LONG AND JAMIE FRENCH

Since the start of athletic competition, coaches have attempted to create innovative methods of preparing athletes to perform at their optimum. Long term preparation is now known as Periodisation with different activities being performed in the weeks and months leading up to a competition (Bompa and Haff 2009). In terms of activities immediately prior to competition, evidence suggests warm ups can both reduce injury (Thacker, Gilchrist, Stroup and Kimsey 2004) and increase performance (Young and Behm 2003). Whilst many of the practices seem not to be new and have been implemented by coaches over a period of time, the effectiveness and scientific underpinnings are only now being understood.

## RAMP principles

Good coaching practice advocates that all aspects of a warm-up should ordinarily be 'dynamic' rather than 'static' with the following 'RAMP' principles being advocated by Jeffreys (2007):

### **Raise:**

The aim is to raise body temperature, heart and respiration rate, blood flow and joint fluid viscosity. This may be the traditional jog around the track.

### **Activate:**

The key muscle groups.

### **Mobilize:**

The key joints and ranges of motion used in the forthcoming exercise.

### **Potentiation:**

Increasing the intensity of an event specific activity to facilitate subsequent improvements in performance.

## Experimental Research

In the context of the above, High Intensity Warm-Ups (HWU) may improve competitive performance in middle distance events. Stephen Ingram, Barry Fudge and Jamie Pringle from the English Institute of Sport and Andrew Jones of Exeter University (2013) conducted research using an experimental design with a sample of 11 highly trained adult (national and international level) athletes. Subjects volunteered to run two 800m time trials on separate days during their 'competition' phase of the periodisation cycle.

The 'control trial' was characterised by a more traditional 'active' warm-up which involved a (1) 10 minute self-paced jog, (2) mobility drills and (3) strides. Alternatively, the 'intervention trial' was underpinned by the following practice of HWU 'priming exercise' principles.

With the provision of an appropriate recovery period between warm up and time trial, (aligned with regular call room time) the results of the two aforementioned experiments pointed towards enhanced performance over 800m for 7 out of 11 athletes with an average improvement of 1.2s when using HWU. As a result of testing the volume of Oxygen consumed between the two trials it is suggested that the increase in performance is due to the speeding of V02 kinetics and greater oxidative energy contribution to total energy transfer. The research also suggests that athletes performing HWU experienced a higher state of mental readiness although there were no specific tests to measure this. (See Long and French, 2013).

## Primary data collection

A triangulation of both face to face and telephone semi-structured interviews were conducted with a sample of 5 persons – namely one physiologist and four coaches/coach educators. During interview, Loughborough based Dr. Barry Fudge who advises double Olympic champion Mo Farah, confirmed that the experimental research had demonstrated that the practice of the high intensity warm-up had effectively increased the amount of Oxygen the body is able to consume, particularly at the start of the race, and was therefore instrumental in producing energy in the most efficient way possible. The psychological effects of this practice cannot be underestimated as Fudge confirmed that participants reported a greater "race readiness" after the HWU, indicating that the effects may not be solely metabolic.

Athletes completed the specific element of the warm up 20 min prior to running the time trial. The main aim of the study was to manipulate oxygen kinetics, this has a window of around 40 minutes, after that and the effect begins to wear off.

So you would ideally do the specific warm up element at least 20 min prior to a race (anything shorter and you are not giving the muscle time to get back to normal and

eliminate any acute fatigue) and within 40 minutes in order to get the effect.

## World class performance

Frank Horwill scholarship winner Aaron Thomas was able to link the physiological principles to his coaching practice by stating that, "From a physiological point of view HWU is about priming the enzyme systems. It's about stimulating the metabolic pathways to work". He confirmed that the coaching of his wife Charlene Thomas (Wakefield/Leeds Met University AC) involved utilisation of HWU. Thomas won the European team championship 1,500m in Stockholm in 2011 and has a PB of 4m05.06s set in Warsaw in 2009 in the Janusz Kusoncincki Memorial race. Aaron pointed out that the Moroccan Hicham El Guerrouj (1,500m and 5,000m Olympic gold in Athens, 2004) was an exponent of this method of warming up. The world record holder for the 1,500m (3m26.00s), one mile (3m43.13s) and 2,000m (4m44.79s) reputedly ran 300 metres at race pace some 20 minutes prior to competition. Additionally BMC President Dr. Norman Poole, confirmed that his work with 2010 European 800m silver medallist Michael Rimmer was underpinned by these principles.

Former endurance running coach for UK Athletics, until 2000, Malcolm Brown, MBE, currently coaches various members of the British Triathlon squad based at Leeds Metropolitan University's High Performance Centre. The man who was Olympic Performance Manager for the 2012 Olympics Games said that when coaching middle distance running, "I encourage my athletes to get onto the track in the final minutes before competition. In the 800m specifically, I tell them to find their respective lane(s) and to practice running from the start to the breaking point after 100m. I ask them to do this at their intended race pace. This is something which they repeat 4 times before the actual event itself". Having played a pivotal role in guiding Alistair and Jonathan Brownlee to Olympic gold and bronze respectively, Brown continued, "I deliberately get them to practice these 4 x 100m runs as specified in lane as much for the psychological effect as the physical effect. There is something psychological about 'claiming your lane' in the race. By repeating it 4 times it becomes ingrained. It's a process of habituation".



The description of this habituation effect evokes mental images or the analogy of the proverbial cat marking its territory. There is something territorial about the mind set and body language of the athlete in the minutes before competitive battle.

## Long term athlete development

The principles apply equally for junior athletes as UKA Tutor Colin Lancaster who works with predominantly under 17 athletes reflected that, "I used to get athletes doing an active warm up culminating in 60 metre strides before competition. I decided to change this as I realised through observation that their 1st repetition in training was relatively 'sluggish' compared to their second. Switching them to 2 x 200m at race pace with 2-3 mins in between, was a more productive way of warming up and they reaped the benefits in competition around 10 minutes after the second effort". Whilst the research tends to focus on adult athletes, the same physiological and psychological principles may apply, although at this stage we can not be sure. At the very least we can see that the long term and learnt practice of HWU may prepare athletes of a lower chronological, biological and training age to learn how to chain an effective warm up relatively early in their careers, thus establishing a model of good practice for later career development in athletics.

## Discussion

One has to remember that specificity should be an inherent principle of warm-ups and because athletics is multi-disciplinary, a high degree of variance between event types should be expected. HWU is a high intensity dynamic exercise compatible with the principle of potentiation which may have a super-maximal effect with enhanced competitive performance sometimes being

referred to as the post-activation potentiation effect (PAP). This suggests that warm ups for events that require high intensity efforts may need high intensity warm ups to fully prepare the body for competition.

As well as specificity, what is interesting is the complex interplay of the relationship between physiology and coaching practice. In a previous interview, the aforementioned Dr Barry Fudge was emphatic in stressing, "Whilst physiology has provided some big breakthroughs which have undoubtedly contributed to endurance running in our country, in many ways the coaches are the original innovators and then the sports science catches up with them. Don't forget that there's things coaches were doing a decade or so ago which produced results and which are only just being understood by the physiologists of today" (see Long, 2012). Certainly the coaches in the sample which have underpinned this research have been utilising HWU methods well before the experimental research added credence to their exploratory practices.

One has to note the sheer diversity in terms of how coaches may attempt to induce the potentiation effect. The method used by Malcolm Brown for example utilises the final part of HWU much closer to competition than in the aforementioned experiment by Ingram et al. (2013). This is precisely why in order to retain the principle of athlete-centredness, one cannot and should not even attempt to specify a predetermined time frame for HWU to take place. It is to be negotiated between coach and athlete and is also very much dependent on the demands of the said competition. Effecting a clearly set and time phased HWU may be much easier to produce at a BMC Grand Prix race compared to an Olympic final for instance where the athlete is shepherded between warm up track and call room and so on. Coaches and athletes have to

retain the principle of adaptability in learning how to improvise when conditions dictate. HWU involving a 200m sprint may have to be performed by said athlete at a major championship on the warm up track up to 40 minutes before competition and the 100m strides on the track advocated by Brown may have to be shortened due to officials intervening as these runs are undertaken.

## Conclusions

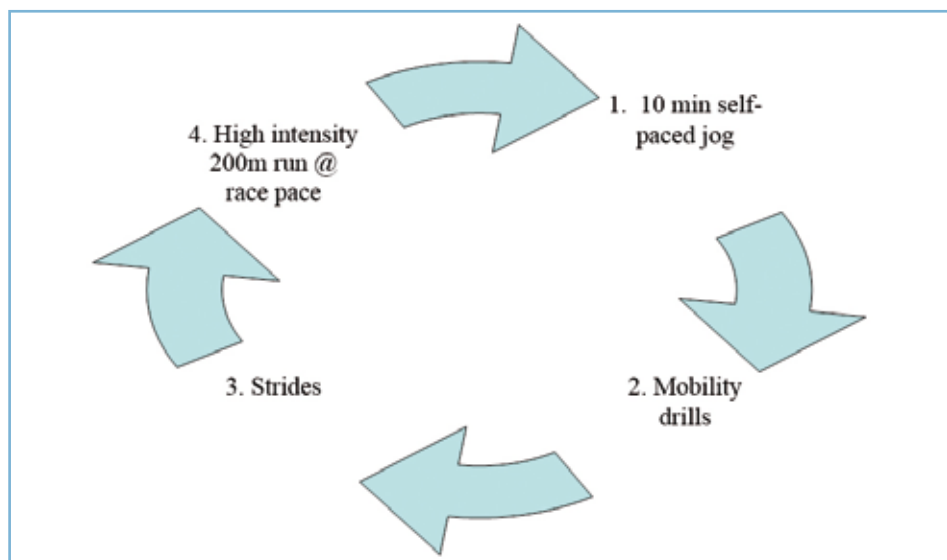
1. High Intensity aspects to warm ups has priming effects which are mental as well as just physiological. It becomes almost impossible to disaggregate the two.
2. In order to retain the philosophy of athlete centeredness we should therefore see coaching and athlete practices of HWU as being diverse and plural rather than singular and monolithic.
3. This research clearly challenges both athlete and coach to consider the more precise nature of exactly how their warm up is 'dynamic'

## References

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# Stress Fractures

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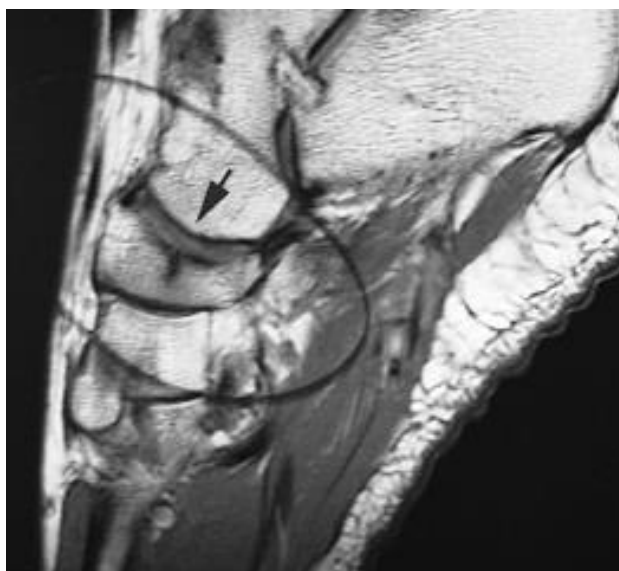
**British Athletics**

Bone stress injuries and stress fractures are a common injury in track and distance runners and can cause significant loss of training time, often at crucial stages of the season. Stress fractures are defined as a partial or complete bone fracture that results from repeated application of a stress lower than the stress required in order to fracture the bone in a single loading. The annual incidence of stress fractures in track and field athletes is estimated to be 3.9 per 1000 hours of training with a prevalence of 76% and 10 – 20% of consultations in sports medicine are for stress fractures<sup>1</sup>. It is important to diagnose stress fractures early so that they can be managed appropriately. If they are managed too conservatively this will result in unnecessary loss of training time and equally if higher risk stress fracture sites are not managed appropriately then they will not heal properly and it can take much longer for the athlete to return to running<sup>2</sup>.

Stress fractures occur as a result of an overuse injury to bone. Sometimes they are due to fatigue within normal bone which is unable to adapt and repair quickly enough to cope with the repetitive biomechanical stresses and forces imposed through regular running<sup>3</sup>. This can happen when runners build up their volume and intensity of training too quickly and is often seen when athletes return to training after a break.

The other reason why stress fractures occur is due to bone insufficiency or 'weak bones'<sup>3</sup>. In this situation, an athlete may have gradually built up their training over a 2-3 month period to a reasonable volume e.g. 40-50 miles per week. Due to underlying metabolic bone disease with low bone mineral density or osteoporosis,

## MRI scan of a navicular stress fracture



## Anatomical Distribution of Stress Fractures in Runners (Ovara et al 1978)

- 1. Sacrum 0.1%
- 2. Femoral neck 4%
- 3. Femoral Shaft 2%
- 4. Fibula 14%
- 5. Cuboid bone
- 6. Metatarsals 23%
- 7. Pubic Arch 2%
- 8. Patella
- 9. Tibia 55%
- 10. Calcaneum
- 11. Navicular
- 12. Sesamoid bone

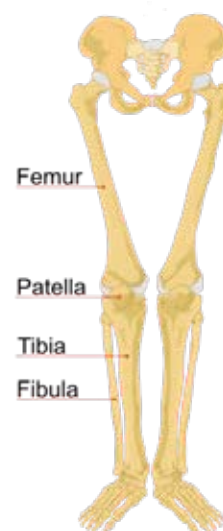


Table 1<sup>4</sup>

Grade	X-ray	Bone Scan	MRI
1	Normal	Mild unicortical uptake	Positive STIR
2	Normal	Moderate unicortical uptake	Positive STIR and T2
3	Discrete Line	Activity in 50% of bone width	Positive T1 and T2
4	Fracture / Periosteal reaction	Bicortical uptake	Fracture line

Extrinsic (environmental) <sup>3</sup>	Intrinsic (to the athlete)
<ul style="list-style-type: none"> <li>● High mileage</li> <li>● Inadequate recovery/rest periods and training with fatigued muscles</li> <li>● Running Pace</li> <li>● Hill running (particularly downhill)</li> <li>● Harder training surface</li> <li>● Footwear (weak evidence that shoes play any role)</li> </ul>	<ul style="list-style-type: none"> <li>● External rotation of the lower limb</li> <li>● Bone anatomy: femoral anteversion, leg length difference, genu varum and valgum(bow legged and knock kneed), narrow tibia(shin)</li> <li>● Muscle: small calf girth</li> <li>● Female sex</li> <li>● Older age (&gt;20)</li> <li>● Poor nutrition, particularly low calcium intake and low overall energy intake</li> <li>● Smoking</li> <li>● Previous bone stress injury</li> <li>● Aerobic fitness and sporting experience</li> <li>● Family history of bone stress injury or osteoporosis</li> </ul>

Table 3 Stress fractures at low and high risk of non-union<sup>3</sup>

Low risk of non-union	High risk of non-union
<ul style="list-style-type: none"> <li>● Femoral neck (medial cortex – lower and inner border)</li> <li>● Tibial shaft (posteromedial cortex) – Inside edge of shin</li> <li>● Distal 2nd to 5th metatarsals</li> <li>● Calcaneus</li> <li>● Fibula</li> <li>● Pubic Ramus</li> <li>● Cuboid</li> <li>● Cuneiform</li> </ul>	<ul style="list-style-type: none"> <li>● Femoral neck (superior cortex – upper and outer border)</li> <li>● Tibial shaft (anterior cortex) – Front of shin</li> <li>● Proximal 2nd and 5th metatarsals</li> <li>● Navicular</li> <li>● Proximal second metatarsal</li> <li>● Talus</li> <li>● Medial malleolus (inner bony prominence of ankle)</li> <li>● Sesamoids</li> </ul>

the structurally abnormal bone cannot adapt and repair itself to withstand the repetitive stresses and strains involved in normal training loads and this results in a stress fracture.

The commonest sites for stress fractures in runners are the tibial shaft (the shin), the navicular and the metatarsal bones in the foot. Other less common sites in runners include the femur (shaft and neck), sacrum, fibula, patella, talus, sesamoid, calcaneus, cuboid and the lower back (*Figure 1*).

## Diagnosis

A stress fracture should be considered in athletes with progressively worsening localised bone pain which comes on with running. It is important to look for risk factors for bone injury as described below. As things progress, the pain starts to come on earlier within training sessions and runs and the pain can persist after runs and during day to day activities such as walking. Sometimes pain in bed at night is a feature but this is not that common. It is important to know what volume of training the athlete is doing and how quickly this has been built up. There is often a sudden increase in volume or intensity of training with lack of rest days. The common risk factors should be asked about and examined for. A dietary history is important in male

and female athletes and a menstrual history is very important in female athletes. Occasionally, there may be a family history of osteoporosis.

Clinical examination of athletes with a lower limb or pelvic stress fracture usually reveals localised bony pain on hopping and this is a useful screening test. There is often focal bony tenderness at a specific site. Pelvic, neck of femur and lower back stress fractures can be a bit more difficult to pick up on clinical examination but can be confirmed through imaging. Early diagnosis through imaging helps to grade the bone stress injury, initiate appropriate management and minimise the time to return to running.

## Investigations

Magnetic resonance imaging (MRI) is the most sensitive and specific imaging modality for diagnosing stress fractures<sup>3</sup> (*Figure 2*). It is important that the correct sequences are used to look for bone marrow oedema (STIR weighted sequence). MRI scans are also useful for excluding other soft tissue causes of localised pain. The other advantage of MRI is that it does not expose the patient to ionising radiation. There is a huge variation in the cost of paying privately for these scans and current rates vary from £195 to £500+. In most parts of the UK, it

is difficult to get an MRI scan done quickly in the NHS for sports medicine related problems.

Plain x-rays (radiographs) are usually not that helpful although a discrete fracture line and/or reaction to the lining of the bone can sometimes be seen (*Figure 3*).

Radioisotope bone scans are sensitive for stress fractures but not specific i.e. they may also be positive in cases of infection, joint inflammation or cancer.

Computerised Tomography (CT) scans may be useful to establish the extent of a stress fracture and to plan surgery e.g. navicular stress fractures. A positive MRI scan but negative CT scan indicates a stress response which has a better prognosis.

Ultrasound Imaging may be useful in the diagnosis of metatarsal stress fractures where it can show a break in the cortex (lining) of the bone.

CT SPECT is a combination of CT and a nuclear imaging test where the images are superimposed on each other. It can be useful in some cases when the MRI scan is negative or inconclusive but the index of suspicion for stress fracture remains high.

DEXA scanning measures bone mineral density (BMD) and is an important investigation for screening athletes at risk of osteoporosis e.g. female athlete triad, stress fractures with a low volume of training, post



menopausal runners with stress fracture, family history of osteoporosis. In athletes identified with low BMD (Z score < -1.0) and those with features of female athlete triad, DEXA scans should be repeated annually to see if the BMD is improving.

Blood testing for vitamin D status is important as if low this can delay healing and will increase the risk of further bone stress injuries. Vitamin K deficiency can be a risk factor for stress fractures but this is an expensive test and is not routinely tested for at first presentation. Other blood tests used to investigate amenorrhoea (no periods for >90 days) are thyroid function tests, prolactin, FSH, LH and oestradiol levels.

### How are bone stress injuries graded?

Grades 1 to 3 are called stress reactions and grade 4 is a stress fracture. This distinction is important for management as stress reactions take less time to heal and the athlete can return to running several weeks sooner (**Figure 4**).

### Female Athlete Triad

Women with the 'Female Athlete triad' are especially at risk of bone stress injury (**Figure 5**). This condition affects many female endurance runners with low body weight/BMI. It consists of low energy availability with or without disordered eating, amenorrhoea (loss of regular menstruation/ no periods for >90 days) and low bone mineral density / osteoporosis. Athletes with disordered eating or conditions such as anorexia or bulimia need specialist medical input. For more information on this important

## Plain x-ray showing tibial stress fracture (dreaded black line)



condition have a look at this useful website: [www.femaleathletetriad.org](http://www.femaleathletetriad.org)

### Management

Stress fractures with a low risk of not healing properly can be managed conservatively in primary care (GP and a local physio) by stopping running. Table 2 outlines stress fractures at low and high risk of not healing properly (non union). The more serious the stress fracture the longer the athlete must rest the limb. The general principle of managing low risk stress fractures is to offload from running for 6 to 8 weeks and then to slowly increase the volume of steady running. During this first 6 to 8 weeks athletes are usually safe to cross train to maintain cardio-respiratory fitness. Commonly used cross training modalities include:

- Deep water running / aqua jogging (**Figure 6**)
- Cycling
- Swimming
- Rowing
- StairMaster
- Cross-trainer (elliptical)
- Nordic Ski

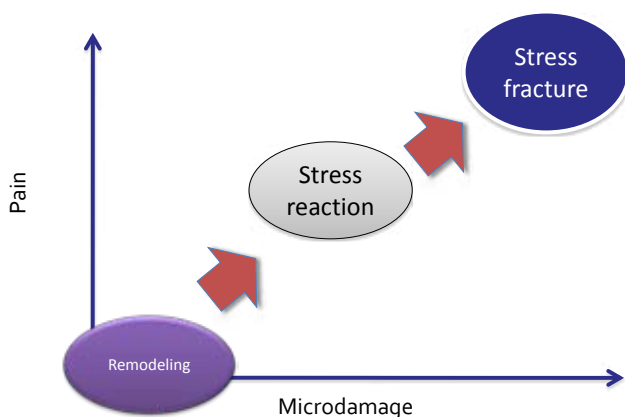
The rate of resumption of running will depend on the athlete and the symptoms but generally most runners will build back up to full training over the following 6 weeks (12 – 14 weeks from initial offload).

With stress reactions(as opposed to fractures) at low risk sites, the offload from running can be cut to 4 weeks followed by a gradual return to full training over the following 4-6 weeks. These time frames are a guide only and can vary significantly depending on any ongoing symptoms or lack thereof, the site and grade of bone stress injury, the athlete's risk factors, personal circumstances / short term goals and availability of other rehabilitation facilities such as Alter G (**figure 7**) and underwater treadmills.

Pain can be managed by the use of simple analgesia such as paracetamol or cocodomol. Anti-inflammatory medication should be avoided as they can delay bone healing<sup>5</sup>. Sometimes crutches are needed for the first 1-2 weeks. Pneumatic bracing with an aircast boot, has been shown to reduce time to return to full activity in some lower limb stress fractures e.g. tibia<sup>6</sup>.

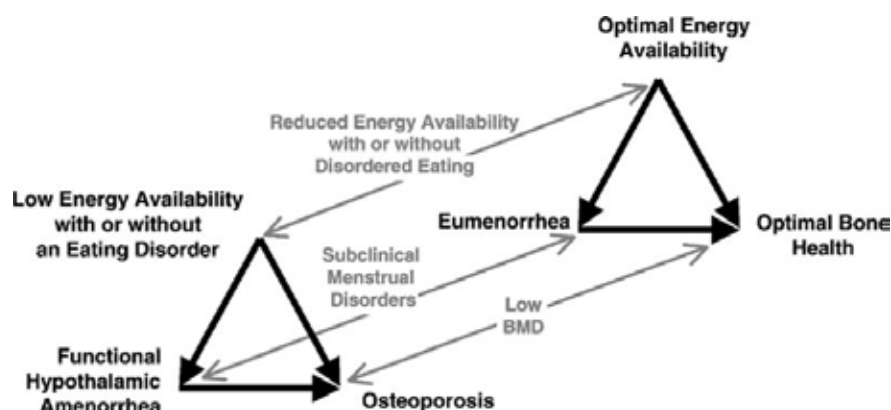
Modifiable risk factors need to be dealt with early to prevent recurrence e.g. vitamin D and calcium supplementation, optimise energy availability in female athlete triad, address any biomechanical

## Bone stress injury: A continuum



Bruckner & Khan 2005

# Female Athlete Triad



- American College of Sports Medicine (ACSM) Position Stand (MSSE 2007)



factors and consider the need for orthotic prescription, appropriate strength and conditioning exercises are very important.

Stress fractures at high risk of non-union require specialist input with a sports physician and/or an orthopaedic surgeon.

Other treatment options sometimes used in elite athletes to expedite return in time for major competitions include the use of Bisphosphonate medication, Parathyroid Hormone, Strontium, Calcitonin, Exogen (pulsed ultrasound), Extracorporeal Shockwave Therapy (ESWT) and Hyperbaric Oxygen Therapy (HBOT). It should be stressed that the evidence base behind these interventions is still growing. They are expensive and some carry a significant risk of side effects. There is no substitute for offloading from running and allowing time for the body to heal itself naturally.

## Prevention

Prevention is always better than waiting until the injury or illness has occurred. Modifiable risk factors should be screened for and addressed. The commonest risk factors for stress fractures seen in UK based runners are vitamin D deficiency, inadequate calcium intake in the diet, low energy availability due to inadequate calorie intake to match calorie expenditure through training, low bone mineral density in female athletes with the female athlete triad, inadequate muscle strength/conditioning and a rapid progression of training volume and / or intensity without adequate time for recovery to allow bone to adapt.

Consider the following:

1. Speak to an experienced coach about

your training schedule. This should involve a gradual progression of running volume and intensity over several months and years with annual periodisation of training. Recovery days need to be built into the weekly running schedule to allow bone time to adapt to the loads placed on it. This is especially important in younger athletes (<20) with an immature skeleton.

2. Ask your GP to check a vitamin D level twice a year in October/November and March/April time and if needed, taking high dose vitamin D3 supplementation if the level is less than 75nmol/L.
3. Take a daily vitamin D supplement e.g. 1000units Vitamin D3 daily
4. Aim to get 1200mg of calcium / day through your diet e.g. milk and other dairy products or through supplementation.
5. Discuss your daily calorie requirement and how to achieve this with a sports nutritionist. Aim for a Body Mass Index >19 kg/m<sup>2</sup>.
6. For female athletes who don't have regular periods, you should ask your GP to arrange a DEXA scan to look for evidence of osteoporosis. This investigation is also important for male and female athletes who have had more than 1 stress fracture or who have other risk factors for osteoporosis. Where low bone density/osteoporosis is identified, you should be advised on management by your doctor.
7. In athletes with the female athlete triad, ideally seek out a consultation with a sports medicine doctor. There are now well over 100 specialists in Sport & Exercise Medicine working across the

UK. In athletes with a possible eating disorder seek medical input early.

8. An appropriate weekly strength and conditioning programme to address core stability, gluteal control, quadriceps, hamstrings and calf muscle strength and endurance. This requires more than a weekly circuit training session. Multidirectional hopping (for as little as 2-3 mins daily) and appropriate loading for the lumbar spine and wrists is also important in preventing stress fractures and in optimising bone mineral density and bone architecture at these sites.

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# Craig Winrow Interview with Kevin Fahey

BY KEVIN FAHEY

BMC Coach of the Year CRAIG Winrow can rightly reflect on a job well done this summer. Andrew Osagie ran a lifetime best I arguably one of the greatest 800m finals ever seen in the Olympic while Ross Murray underlined his emergence as one of Britain's most talented 1500m runners by reaching the semi finals in London.

In addition James Brewer reached both the World Indoor and European Championships though the ultimate prize of joining Murray in London just eluded him.

"I can't be disappointed with the way the season has gone," said Brewer. "It was a really good year.

"Obviously Ross Murray made a big step forward and breakthrough in the 1500m while Andrew has been gradually working towards this level and that is something we now want Ross to follow in the next three or four years.

"Everyone knows that Osagie has had his problems so to reach the final of the 800m at the Olympic Games was a massive achievement.

"He ran to his absolute limit in that final and no-one can ask any more than that. We always felt it was going to be a quick race so we decided to hold back and then pick off some of the others.

"Beforehand I would have said that if Andrew had run 1mins 43secs that would have got him a top five finish. But that is where the standard is at in 800m running so now Andrew needs to become a 1mins 42secs man.

"Ross did nothing wrong in the Olympics. He ran well in the heats but the semi final was the type of race that suited him best at that stage of his career."

As for Winrow's own career he admits that he is fortunate to be in his current position working with such talented athletes at St Mary's University.

A top class 800 runner himself Winrow has worked hard to establish himself among Britain's elite group of middle distance coaches since he swapped his spikes for a tracksuit and whistle in 1998.

"I spent six years at McNeese State University. Louisiana and I served my apprenticeship out there," added Winrow.

"I have been extremely lucky as a coach. To be offered a coaching role straight away in the US was perfect and then I came back home and was lucky to be offered a position at St Mary's.

"There are not many paid full-time endurance coaches in this country and I appreciate that I am in a fortunate situation.

"When I first started I essentially coached what I did as an athlete but I soon realised that you cannot do it that way.

"Over the years I have realised that the content of training programmes is not the big issues. It is dealing with different personalities and characters.

"World class athletes should technically be leading their training and programmes and I'm just there to advise and offer suggestions. They should take ownership and control of what they should do and that seems to work for the guys.

"From the St Mary's point of view we are trying to continue what Mo Farah has done when he was part of the original set-up here at the centre.

"When Andrew came here he was just doing a bit of running and now five-and-a-half years down the line he is in the final of the Olympics.

"That is thanks to St Mary's and the external funding we get from the London Marathon after losing the funding from UK Athletics. We had a difficult few years then.

"But we have come through that and it is very exciting times here now and hopefully we can carry on the momentum that was created by the Olympics.

"I am a massive believer in what we are doing here and I think it should be rolled out at other places in the UK."

## HISTORICAL

### BMC South Races (1980s)

#### **BMC Peter Coe Mile (Youths & Boys) Crystal Palace, 11 September 1985 (inaugural race)**

1, Darren Mead 4:11.3.....8, Glen Stewart (age 14) 4:21.6 (UK Boys Record)

#### **BMC Peter Coe Mile, Crystal Palace, 10 September 1986**

1, Jason Lobo 4:17.1

#### **Dairy Crest/BMC Peter Coe Mile, Crystal Palace, 22 August 1987**

1, Glen Stewart 4:18.34; 2, Philip Healy 4:19.01; 3, Ian Grime 4:19.25; 4, Craig Winrow 4:20.05; 5, Steve Green 4:20.59; 6, Jeremy Arnold 4:21.57

(Full details of the first two Peter Coe Mile races will be in back issues of AW)

#### **BMC Peter Coe Mile Crystal Palace, 6 August 2005**

Jordon West 4:19.40

NB In the senior race that day Mo Farah won setting what is still his mile best of 3:56.49

### FA Cup Final at Wembley Stadium, 5 May 1973

#### **BMC 800m**

1, Rob Herron 1:55.8; 2, Peter Browne 1:55.9; 3, David Cropper 1:56.4; 4, John Davies 1:56.7; 5, A Gibson 1:57.6

#### **BMC 3000m**

1, Emile Puttemans (BEL) 8:10.6; 2, Dave Bedford 8:14.6; 3, Ian Stewart 8:17.4; 4, Tony Simmons 8:18.2; 5, Walter Wilkinson 8:35.6; 6, John Cadman 8:35.6

### Fastest Ever BMC Mile

#### **BMC Nike Grand Prix incorporating The Emsley Carr Mile – Stretford 11 Aug 2007**

1 Joe Rankin (USA) 3:54.25, 2 Mumin Gala (DJI) 3:57.82, 3 Lachlan Chisholm (AUS) 3:57.95, 4 Bernard Kiptum (KEN) 3:58.32, 5 Chris Warburton 3:58.44, 6 Matt Barnes 3:59.57, 7 Stephen Davies 3:59.60

### Steve Ovett's BMC Races

#### **BMC Boys/Youths 1500m, Crystal Palace, 16 December 1970**

4:10.7 (1) (Previous best – 4:43.0!)

#### **BMC City Mile, Motspur Park, 25 July 1973**

4:00.0 (3:44.8 at 1500m) (2) (Winner - Nick Rose 3:58.4)

#### **BMC Brigg Mile, Haringey, 17 July 1974**

3:59.4 (1) (European Junior Record)

#### **BMC 600m, Crystal Palace, 10 May 1976**

1:18.5 (1) (He clocked 48.9 for 400m later that evening)



# Ostler runs in Sir Roger's footsteps

SCOTT OSTLER

Updated 11:50pm, Wednesday, August 8, 2012

Oxford, England

The rain begins falling just as I arrive at the Iffley Road Athletics Track at Oxford University, where Roger Bannister broke the 4-minute mile barrier.

Perfect.

This is the same weather, breezy and drippy, that Bannister encountered in May 1954 when he arrived for his race against time.

He considered postponing his quest but decided to go for it. So if I'm going to run with Bannister's ghost, I can't wimp out.

OK, "ghost" is poetic license. Sir Roger is still alive and in fine fettle at 83.

I have come to run a mile on Bannister's track, to see one of the world's true sporting shrines and pay homage to the great feat.

Bannister came here to break through what fellow runner John Landy called a "cement wall," a barrier psychological and, many believed, physical. Bannister came to prove that man can run a mile under four minutes.

I have come to prove that man who is already creaky and has been training on ale, greasy chips and cream-filled muffins can run a mile under 14 minutes. Why 14? An athlete has to have a goal, and a 10-minute spot from Roger's ghost seems fair.

Bannister, by the way, was never an Olympics hero. But his disappointment at the 1952 Games (he finished fourth in the 1,500 meters) caused him to delay his retirement and turn his attention to the sub-four mile. His feat inspired generations of future Olympians.

For the one-hour journey from London I depart by mid-morning train from Paddington Station, because that's what Bannister did the morning of his fateful run. He was a 25-year-old medical student living in London, returning to his old University to run for a team of amateur athletes in a dual meet against Oxford.

Before leaving London, Bannister sharpened his spikes on a grinding wheel in the medical lab and put graphite on the spikes. So already he had an edge on me.

The track then was cinder - tiny rocks, basically - and the grandstands were packed that day with 3,000 people.

The stands have been downsized to seat 499 and the track has a rubberized surface. Otherwise, the place holds up splendidly, aura-wise. Walking in from narrow Iffley Road to get to the track, I stroll between grass tennis courts and a vast cricket lawn, where a big match is in progress.

Trivia: As a 19-year-old Oxford student, Bannister spearheaded a campaign to renovate and modernise the track, which was built in 1867. Talk about home cooking.

The track area is fringed with green trees, huge hedges and old-to-ancient buildings, so it's easy to slip back to 1954. British pride was at high ebb, with Edmund Hillary having conquered Mount Everest the previous year, and fans were keen to see Bannister take his crack at track's Everest.

Bannister competed with a sense of urgency that day. Other runners, notably Landy and American Wes Santee, were knocking on the sub-4 door. This might be his last chance.

I pay my three-quid day fee at the rec centre's front desk and walk past an alcove of memorabilia from that day in 1954 - the starting bell, a box of cinders from the track, the wooden finishing post.

The snack area is named Cafe Sub 4.

To the track! Bannister had an advantage over me. Two of his teammates served as rabbits, setting the pace. I have no rabbits. I should have a tortoise. I will run alone, on an empty track, just me and the spirit.

The track is now metric, so I back up 9 metres from the start to make my run a true mile over four laps of the track. I hear the imaginary bell, punch the timer on my iPhone, and I'm off.

The run goes well, although I never reach the spiritual place Bannister did that day. On his final lap, he would write, "I had a moment of mixed joy and anguish, when my mind took over. It raced ahead of my body and drew my body compellingly forward."

I wheezed my last lap, my mind lagging behind. I breasted the imaginary tape in 12:04. If only I'd waved off that third croissant at breakfast.

When Bannister finished, the head timer - Harold Abrahams, the famous English sprinter whose story would become "Chariots of Fire" - huddled with the stadium announcer, Norris McWhirter, who delivered a classically British wedding cake of an announcement.

"Ladies and gentlemen, here is the result of event 9, the one mile. First, number 41, R.G. Bannister, Amateur Athletic Association and formerly of Exeter and Merton Colleges, Oxford, with a time which is a new meeting and track record, and which - subject to ratification - will be a new English Native, British National, British All-Comers, European, British Empire and World Record. The time was three ..."

The crowd's roar drowned out the rest.

It was 3 minutes, 59.4 seconds. Bannister held the record for 45 days before Landy broke it. Bannister retired as a competitor later that year, became a doctor, wrote a famous text on neurological diseases, did pioneering sports anti-doping work, and was knighted.

I silently retire from competitive ghost-chasing. No longer in training, I hurry to a quaint pub in downtown Oxford and, to the spirit of Roger Bannister and unbreakable barriers broken, hoist a pint.

## The British Milers' Club and Seb Coe's development

Joined the BMC at the age of 15 years

Age	Event	Time	Pos	Location	Date
15	1500	4:05.9	6	Crystal Palace	13 May 1972
15	800	1:59.9	5	Hendon	03 Jun 1972
16	800	1:56.6	3	Stretford	01 May 1973
16	800	1:56.0	2	Crystal Palace	13 May 1973
18	1500	3:54.0	1	Rawtenstall	30 Apr 1975
19	1500	3:47.4	1	Stretford	28 Mar 1976
19	Mile	4:07.6	1	Crystal Palace	14 Apr 1976
19	Mile	4:05.7	1	Stretford	01 May 1976
19	800	1:47.7	1	Stretford	08 Aug 1976

# Men's Olympic 3000m Steeplechase

## London 2012

BY JENNIFER HARRIS

### Medallists:

Gold	Ezekiel Kemboi	KEN	8:18.56
Silver	Mahiedine Mekhiss-Benebbad	FRA	8:19.08
Bronze	Abel Kiprop Mutai	KEN	8:19.73

### Continental Breakdown:

- Europe
  - Africa
  - Asia
  - North America
  - South America
  - Australasia
- 39 athletes in 3 heats  
2 DNF

### Introduction

IAAF/UKA – 'A' standard: – 8:23.10  
'B' standard: – 8:32.00

### Overview

Kenya have a remarkable history of winning the Olympic Men's 3000m steeplechase, with 7 consecutive wins coming into London 2012 and Kenyan Ezekiel Kemboi (pb 7:55.76) has been the athlete dominating the event in recent years. He was the 2009 and 2011 World Champion and Olympic Champion from Athens in 2004 and was widely considered to be the favorite to win gold. Those also in contention included fellow Kenyans Brimin Kiprop Kipruto (pb 7:53.64 – the 2nd fastest of all time) the defending Olympic Champion from Beijing in 2008 and silver medallist from Athens in 2004, and Abel Kiprop Mutai (pb 8:01.16), the African Senior Champion and former World Youth Champion.

Kenyan athletes had been dominating the 2012 rankings leading up to the Olympics with the top 6 athletes all from Kenya – and in fact they had 12 athletes in the top 20. With the leading 2 athletes in 2012, Paul Kipsiele Koech and Richard Kipkemboi Mateelong not even selected it was Mutai (sb 8:01.67), Kipruto (sb 8:01.73) and Kemboi (sb 8:10.90) who were matched against each other.

If going by the 2012 rankings, athletes from other countries likely to threaten the Kenyans were Roba Gabri from Ethiopia (sb 8:06.16) and newcomer to the event Evan Jager from the USA (sb 8:06.81).

### British Athletes' Selection

Only one athlete represented Great Britain and this was Stuart Stokes, aged 35, in his first Olympics – having not been selected for Beijing in 2008 despite having the 'A' standard. No British athletes achieved the 'A' standard in 2012 but Stokes, who has been competing in the event for more than 20 years, had achieved 2 'B' standards - 8:29.32 in Belgium on the 26th May and 8:29.79 in Spain on the 7th June. Two other British athletes had achieved 'B' standards, but crucially only in one race – Luke Gunn (8:29.22 in Belgium on the 26th May) who was the winner of the Olympic Trials (8:42.20) and Rob Mullet (8:31.62) in the States on the 18th May.

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

There were 3 heats:-

#### Heat 1:

This was the fastest heat. The early lead was taken by Benjamin Kiplagat from Uganda who pushed the pace for the first 1Km. Turkey's Tarik Langat Akdag (previously of Ethiopia) lead the group through 2000m with the young American Evan Jager, the Ugandan Kiplagat, the Kenyan Abel Kiprop Mutai and Mahiedine Mekhiss-Benebbad from France (Olympic silver medalist in 2008 in Beijing, World bronze medalist in 2011 and two times European Champion) in close contention. Jager, using his speed between the barriers, went to the front with 600m to go stringing out the field. Jager would have won this heat had he not chosen to slow down, allowing Mekhiss-Benebbad to win in 8:16.23 ahead of him, with Mutai 3rd and Akdag 4th as automatic qualifiers.

#### Heat 2:

This was the slowest heat. One of the early pace setters was the experienced Italian Yuri Floriani (4 times national champion) but then the lead was taken at 400m by the Ugandan athlete Jacob Araptany who led through both 1000m and 2000m with Floriani, the defending Olympic Champion Kenyan Brimin Kiprop Kipruto, the Australian Youcef Abdi, and the Moroccan Brahim Taleb close behind. With about 600m to go Abdi accelerated to reach the penultimate water barrier first with Kipruto, Taleb and Floriani chasing hard. With 200m to go Kipruto stormed to the front to win in 8:28.62, with Floriani 2nd, Taleb 3rd and a fast finishing Jukka Keskisalo from Finland, taking advantage of Abdi's error at the final barrier, finishing in 4th to make automatic selection. No fastest losers came from this heat.

#### Heat 3:

The early pace was set by Donald Cabral from USA who led through 1000m and 2000m, followed by the Ethiopian Roba Gari, Algerian Mohamed Khaled Belabbas, Pole Lukasz Parszycynski, Spaniard Victor Garcia and Moroccan Hamid Ezzine. Ezekiel Kemboi chose, as he often does, to run the first four laps at the back of the field, slowly working his way up to 4th place with 3 laps to go, where he stayed until the penultimate water barrier attacking the barrier to move up to 2nd behind Cabral. Cabral was ultimately overtaken with 300m to go by Belabbas but Kemboi attacked again with 200m to go, gaining metres over his competitors with his clearances of the last two barriers. Kemboi eased to the outside lane over the finish allowing Gabri to actually win the heat in 8:20.68. Hamid Ezzine came through to take 3rd and Donald Cabral held on to take the 4th automatic qualification place.

**GB athlete Stuart Stokes** – who had missed vital training due to injuries (he had to rely on cortisone injections in his hip, knee, hamstrings and soleus since Christmas) could not produce the form that had seen him selected and finished last in this heat in 8:43.04.

Fastest loser qualifiers for the final came from Heat 1 – Nahom Mesfin from Ethiopia - 8:18.16 and Benjamin Kiplagat from Uganda - 8:18.44, together with Ion Luchianov from Moldova in Heat 3, in a season's best time of 8:22.09.

## The Final

Mutai and Mesfin were the early leaders, but the pace at the start of the race was quite slow and once again the two Americans took the lead at 1000m ahead of a tightly bunched following group. Mutai then quickened the pace with 3 laps to go to lead with Gari, Kemboi, Kipruto, Jager and Cabral following – with Mekhissi-Benebbad back in 9th. Sadly with about 700m to go the defending Olympic Champion Kipruto either tripped, or was caught from behind, losing about 20 meters, which he quickly made up, but in doing so used up too much energy to put him in contention for a medal. At the bell Gari pushed on with Mekhissi-Benebbad moving up to 4th, but with 300m to go Kemboi struck decisively really attacking the barriers, once again crushing everyone on the last lap with a 56 second lap – which may have been faster had he not moved to the outside lane at the finish - winning by just over half a second in 8:18.56 ahead of a fast finishing Mekhissi-Benebbad who claimed his second consecutive Olympic Silver medal in 8:19.08. Mutai took bronze in 8:19.73 ahead of Gari 4th, Kipruto 5th, Jager 6th, Ezzine 7th and Cabral in 8th in 8:25.91. The Ugandan Benjamin Kiplagat who limped in to the finish was unfortunately disqualified after stepping over the inside lane after injuring his knee at the water barrier earlier in the race.

## Conclusions

Whilst clearing the barriers effectively is important – whether it be with hurdling technique or just jumping over the barriers with both legs bent, as displayed by some athletes, it is clearly important to have fast pace between the barriers – and this is where the Kenyan's have an advantage over other countries in that they have such a large pool of athletes to choose from.

American athletes seems to be taking note of this need for considerable pace between barriers and this can be seen by the emergence of Jager Evans as a steeplechaser in 2012. Jager has recorded good times for both 1500m and 3Km and with more experience in the event should improve. His 8:06.81 was only his fifth steeplechase ever and he broke the North American 3000m steeplechase record. He is certainly an athlete to watch over the next four years. His fellow countryman Donald Cabral is also good over both 1500m and 3Km. Here are how their flat times compare with the other finalists who finished ahead of them:-

### 3000m flat

Kemboi	7:49.95 (2011)
Mekhissi-Benebbad	7:44.98 (2010)
Mutai	8:05.16 (2006) (? Relevant)
Gari	7:43.38 (2010)
Kipruto	7:47.33 (2006) (? Relevant)
Jager	7:35.16 (2012)
Ezzine	7:54.65 (2011)
Cabral	7:53.48 (2012)

### 1500m

3:33.86 (2011)
3:35.52 (2011)
3:38.80 (2011)
3:40.03 (2012)

The times for the final were not as fast as some of the heat times, but the final was a tactical race and some of the athletes may have been suffering from tiredness in their legs from the two rounds and the hardness of the mondo track. Replication of the timetabling for the event on the same surface in training or at the Olympic Trials (an opportunity the USA athletes are given) would seem appropriate as part of the preparation for the Olympics, along with preparing for all types of races – fast from the start, or slow with a fast finish etc. As with the 5000m and 10,000m events it is necessary to be capable of a fast final 400m.



Stuart Stokes at last an Olympian in his London heat

# Olympic Endurance Statistics 2012

## 800m – Marathon

To the right are two Charts showing the strongest endurance Nations at the London Olympics. Chart 1 depicts the points scored by country for Finalists (Top 8), scoring 8 points for 1st and 1 point for 8th. 17 Countries in the Men's events had Finalists and 18 Countries in the Women's events with 30 different countries across both the Men's and Women's events.

Chart 2 shows the medal distribution with 7 Countries gaining medals in the Women's events and 9 Countries in the Men's events with 14 Countries represented overall. There were 36 medals available.

Chart 1 – Finalists (1-8)

Men	Country	Points	Women	Country	Points	O/A	Country	Points
1	Kenya	61	1	Ethiopia	61	1	Kenya	101
2	USA	44	2	Kenya	40	2	Ethiopia	91
3	Ethiopia	30	3	Russia	36	3	USA	51
4	UK	17	4	Turkey	15	4	Russia	36
5	Morocco	11	8=	UK	6	5	UK	23

Chart 2 – Medallists

Men	Country	Medals	Women	Country	Medals	O/A	Country	Medals
1	Kenya	7	1	Ethiopia	5	1	Kenya	11
2=	UK	2	2=	Russia	4	2	Ethiopia	7
	Ethiopia	2		Kenya	4	3	Russia	4
	USA	2	4	Turkey	2			



# Women's 3000m Steeplechase

BY DAVID SUNDERLAND

				Heat							
	Name	Country	Time	Time	Place (ht)	PB	SB	Height	Weight	Age	
Gold	Yuliya Zaripova	Russia	9:06.72	9:25.68	2 (3)	9:05.02	9:05.02	175	70	26	
Silver	Habiba Ghribi	Tunisia	9:08.37	9:27.42	2 (2)	9:11.97	9:11.97	174	49	28	NRcd
Bronze	Sofia Assefa	Ethiopia	9:09.84	9:25.42	1 (2)	9:09.00	9:09.00	168	53	24	
4th	Milcah Chemos	Kenya	9:09.88	9:27.09	3 (1)	9:07.14	9:07.14	162	48	26	
5th	Hiwot Ayalew	Ethiopia	9:12.98	9:24.01	1 (3)	9:09.51	9:09.51	173	51	22	
6th	Etenesh Diro	Ethiopia	9:19.89	9:25.31	2 (2)	9:14.07	9:14.07	169	47	21	
7th	Anjtte Moldner-Schmidt	Germany	9:21.78	9:26.57	4 (3)	9:18.54	9:32.14	173	57	28	
8th	Gesa Krause	Germany	09:23.52	9:24.91	1 (1)	9:33.10	9:33.10	167	50	20	PB
								170	53	24.75	

There were 3 heats comprising of 44 athletes. The first 4 plus the 3 fastest losers made it to the Final. Of the 44 starters, 24 came from Europe; 10 Africa; 6 Americas; 3 Asia and 1 from Australasia. It took 9:29.71 by right to qualify and 9:30.06 secs as the Fastest Loser. All of the 5th placed finishers in each of the 3 heats provided the 3 fastest losers. These included the reigning champion and world record holder Gulnara Galkina.

Zaripova adopted the same tactics from last year's World Champs: she led every inch of the way, gradually killing off the opposition. This allowed her to have an

uncluttered view of the barriers, allowing her to accelerate into and out of them and also dictate the pace. The difference this time was that instead of going flat out from the start she was content to run at a controlled pace for two-thirds of the race before producing an extraordinarily fast final kilometre. This she achieved in 2:55.12 secs, with a final lap of 64.58 secs. The key however, was despite all her rivals being with her at the start of the last kilometre was that she destroyed them at each barrier taking metres out of her opponents. She was by far the outstanding technician in the race and this was indeed

a success for technical excellence, and showed in this event the Africans can be defeated.

The 26 year-old had run only one steeplechase this year, leaving world record holder Galkina far behind in the Russian Champs in 9:09.99, close to her best of 9:07.03. Of equal significance was her improved flat speed, as indicated by a 4:01.70 1500m. Several formidable Africans had lined up against her but they all seemed content to allow Zaripova to control the race. She clocked 3:06.24 for the first kilometre and 3:05.36 (6:11.60) for the second before really stepping up the tempo with her relentless final kilometre of 2:55.12. She has 3 coaches (Vladimir Scherbak; Mikhail Kuznetsov; Mikhail Ivanov) and following on her second place in the World Championships in 2009 she has won consecutive major titles – Europeans 2010; Worlds 2011 and Olympics 2012 – to establishing herself as the dominant figure in this event.

Chemos, the previous owner of the year's top time at 9:07.14, tried to challenge Zaripova on the penultimate lap, and this led her to eventually finish out of the medals as Ghribi, the World Champs runner-up, again placed second, this time with a Tunisian record of 9:08.37 which ranks her 6th on the world all-time list. Significantly this was the first ever Olympic medal by a Tunisian woman, while Assefa improved to 9:09.84 for third. Zaripova's time of 9:06.72 was the world's quickest for four years; it's the fourth fastest ever behind 8:58.81 and 9:01.59 by Galkina and 9:06.57 by Yekaterina Volkova.

Cruz fell in her heat, losing at least 20m,



Barbara Parker takes the Water Jump in her Olympic heat

but got up and still took 9.86 sec off her pb. to make the Final. In the Final the defending Champion Galkina dropped out after six laps. The importance of the race is shown by how it affected the attached all time world list – see below 5 of the top 10 and 8 of the top 20 positions been achieved in Olympic year in an event which is still developing.

Britain's two representatives both exited in their heats. Barbara Parker struggled with the pace over the last kilometre finishing 6th in her heat with 9:32.08secs. missing a fastest losers spot by two seconds. Elish McColgan showing no real commitment finished 9th in her heat with 9:54.36secs. over 30 seconds behind the leaders.

1. Yuliya Zaripova	RUSSIA	9:06.72	pb
2. Habiba Ghribi	TUNISIA	9:08.37	
3. Sofia Assefa	ETHIOPIA	9:09.84	
4. Milcah Chemos Cheywa	KENYA	9:09.88	
5. Hiwot Ayalew	ETHIOPIA	9:12.98	
6. Etenesh Diro	ETHIOPIA	9:19.89	
7. Antje Möldner-Schmidt	GERMANY	9:21.78	
8. Gesa Felicitas Krause	GERMANY	9:23.52	

#### World Rankings

Lead	9:07.14	Milcah Chemos
3rd	9:09.61	Hiwot Ayalew
5th	9:22.66	Lydia Chepkurui (Kenya) 27
10th	9:25.68	Zemzem Ahmed (Ethiopia) 27

#### World/Olympic Record

Gulnar Galkina	8:58.81s	Russia	2008
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#### Final

06/08/2012, 21:05, 17°

1000m	3:06.24	3:06.24	Yuliya Zaripova	Russia
2000m	6:11.60	3:05.36	Yuliya Zaripova	Russia
3000m	9:06.72	2:55.12	Yuliya Zaripova	Russia

Last Lap: 64.50 secs

First 4 + 3 Fastest Losers

#### Heat 1

04/08/2012, 11:35, 20°

1000m	3:08.77	3:08.77	Gulnar Galkina	Russia
2000m	6:22.08	3:13.32	Gulnar Galkina	Russia
3000m	9:24.91	3:02.82	Gesa Krause	Germany

#### Heat 2

1000m	3:09.56	3:09.56	Emma Coburn	USA
2000m	6:21.03	3:11.07	Emma Coburn	USA
3000m	9:25.42	3:04.39	Sofia Assefa	Ethiopia

#### Heat 3

1000m	3:08.73	3:08.73	Anjete Moldner-Schmidt	Germany
2000m	6:19.31	3:10.58	Hiwot Aylew	Ethiopia
3000m	9:24.01	03:04.7	Hiwot Aylew	Ethiopia

Qualified by Right: 9:29.71

Qualified as Last Fastest Loser: 9:30.06

Barbara Parker: 6th Heat 9:32.07

Eilish McColgan: 9th Heat 9:54.36

TIME	POS	NAME	AGE	COU	PL	VENUE	DATE
8:58.81	1.	Gulnara GALKINA	78	RUS	1.	Beijing (CHN)	2008
9:05.02	2.	Yuliya ZARIPOVA	86	RUS	1.	Stockholm (SWE)	17.0 2012
9:06.57	3.	Yekaterina VOLKOVA	78	RUS	1.	Osaka (JPN)	27.0 2007
9:07.14	4.	Milcah CHEMOS	86	KEN	1.	Oslo (NOR)	2012
9:07.32	5.	Marta DOMÍNGUEZ	75	ESP	1.	Berlin (GER)	2009
9:07.41	6.	Eunice JEPKORIR	82	KEN	2.	Beijing (CHN)	2008
9:08.37	7.	Habiba GHRIBI	84	TUN	2.	London (GBR)	2012
9:09.00	8.	Sofia ASSEFA	87	ETH	2.	Oslo (NOR)	2012
9:09.19	9.	Tatyana PETROVA	83	RUS	2.	Osaka (JPN)	2007
9:09.61	10.	Hiwot AYALEW	90	ETH	3.	Oslo (NOR)	2012
9:12.50	11.	Jenny SIMPSON	86	US	5.	Berlin (GER)	2009
9:13.16	12.	Ruth Bosibori NYANGAU	88	KEN	7.	Berlin (GER)	2009
9:13.22	13.	Gladys Jerotich KIPKEMOI	86	KEN	2.	Roma (ITA)	2010
9:13.53	14.	Gülcan MINGIR	89	Tur	1.	Sofia (BUL)	2012
9:14.07	15.	Etenesh DIRO NEDA	91	Eth	3.	Stockholm (SWE)	2012
9:14.98	16.	Lidya CHEPKURUI	84	Ken	4.	Stockholm (SWE)	2012
9:15.04	17.	Dorcus INZIKURU	82	Uga	1.	Athina (GRE)	2005
9:16.51	18.	Alesya TURAVA	79	Blr	1.	Gdansk (POL)	2002
9:16.85	19.	Cristina CASANDRA	77	Rou	5.	Beijing (CHN)	2008
9:16.94	20.	Mercy Wanjiku NJOROGI	86	Ken	2.	Doha (QAT)	2011



# European Indoor Championships

## Gothenburg, March 1st-3rd, 2013

British Athletics only took six endurance athletes to these Championships and surprisingly none in the Men's 1500 metres where both Chris Warburton and Charlie Grice had strong claims. These Championships are an ideal place to develop young emerging talent. But it appears that development is no longer part of the selection policy.

### MEN

#### 800 metres

With a full complement of three athletes in this event aspirations were high particularly taking into account their ranking positions.

However, the first shock of the five heats was top ranked Michael Rimmer exiting in his heat (1:51.04), finishing third and out of the two automatic qualifying places his time was not quick enough to make the either of the two fastest losers spots. In his first indoor venture and lacking in speed work Michael found it difficult in a slow run race. However, he is fit and healthy and it augers well for a successful summer season.

Joe Thomas eased through his heat winning in 1:51.11, but found 1:49.14 not quick enough to make the final, in an even



Joe Thomas controlling his heat from the front in his European Indoor Heat



Mohammed Mukhtar on the way to winning his heat at the European indoor Championships in Gothenburg

paced semi-final. This was unfortunate as it was seventh fastest time of the semi-finals. Joe now needs to get some consistency into his racing, particularly with regard to back to back races.

The youngest of our three competitors Mukhtar Mohammed was the model of consistency easing through both his heat, winning in 1:49.43 and making no mistake in his semi-final again easing to victory in 1:49.89. In the Final the Somali born athlete showed a little bit of inexperience in getting boxed as the Spaniard Kevin Lopez led through laps of 26.26 and 30.15 (56.41) followed closely by Adam Kszczot (Poland) who had hit the front with over a lap to go coming home to win comfortably in 1:48.69 his last two laps taking 26.84 and 26.44 (53.25) for negative splits. Lopez held on for second (1:49.31) but Mukhtar did well after extricating himself from trouble to claim a clear and deserved bronze in 1:49.60s. The way he handled the three races in consecutive days is a testimony to his former coaches Jama Aden and his brother Mustafa and he looks set for a further development this summer.





*Laura Muir leading the field in the early stages of the Women's European Indoor 1500 metres*

## WOMEN

### 800 metres

After her injury plagued season it was pleasing to see Jenny Meadows back so quickly at this level and managing to deal with three races in three days with so little background. She was helped a little by the easy qualification from the heats of first 3 plus 3 fastest losers from 3 heats easing home third in 2:02.88. With the first 3 from two semi-finals Jenny left nothing to chance leading through laps of 28.54, 58.65 and 89.43 she came home to win comfortably in 2:01.02, much quicker than the other semi-final. Although a good standard field the hopes were high for the Final. In the final Jenny adopted the same tactics having a clear run from the front she led through the first three laps in 28.72, 30.57 (59.29), 31.03 (90.32) to the 600 metre mark. Whether Jenny ran out of legs or the lack of training caught up with her is immaterial as she was run out of the medals on the last lap. She clocked a last 200 metres of 31.30s (2:01.52s) to finish out of the medals in fourth place. The race was won in a last lap burn up by Natalya Lupu (Ukraine) in 2:00.26 from Yelena Kotulskaya (Russia) 2:00.98 with Marina Arzamasov (Belarus) taking the bronze with 2:01.21. Although Jenny would be disappointed to come fourth in such a manner considering where she was last year this was a brave attempt, and she can only continue to improve.

### 1500 metres

Laura Muir in her first major championships did well to make the final where the qualification from 3 heats was the first 2

and 3 fastest losers. Finishing a strong second (4:12.36) and automatic qualification in her heat Laura did better than some more experienced athletes. The following day was an exhibition of front running from Sweden's import Abeba Aregawi who sped through 400m in 68.01, 800m in 2:13.17 (65.16), 1200 metres in 3:17.97 (64.80) and finished with a last 300metres in 46.50 for a resounding win in 4:04.47. This performance was the stand out performance of the Championships winning by virtually 10 seconds. The rest of the race was a procession with Isabel Macias (Spain) 4:14.19 just taking silver from Katarzyna Broiatowska (Poland) 4:14.30. Laura although she finished last of the starters in 4:18.39, will have gained immeasurably from this experience.

### 3000metres

There were two heats with the first 4 and 4 fastest losers qualifying for the Final. Lauren Howarth finished a comfortable second (9:03.30) in her heat to easily make the final. In the final 12 competitors are too many in the small starting area and Lauren hit the deck at the start and the race had to be restarted. Once the race did start Sara Moreira (Portugal) front ran increasing the pace through each kilometre with 3:13.85, then it increased to 2:59.31 (6:13.16) and a final kilometre of 2:45.34 (8:58.50). She won convincingly from CorrinaHarrer (Germany) 9:000.50 with European Cross Country Champion Fionnuala Britton (Ireland) 9:00.54 being edged into Bronze. Howarth did well to finish 6<sup>th</sup> in 9:04.04, slower than her heat time. What she needs to take away from these championships is that she will need to get stronger and quicker to compete at this level.



*Jenny Meadows leading the Final in Gothenburg. The winner Lupu is in fourth position*





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