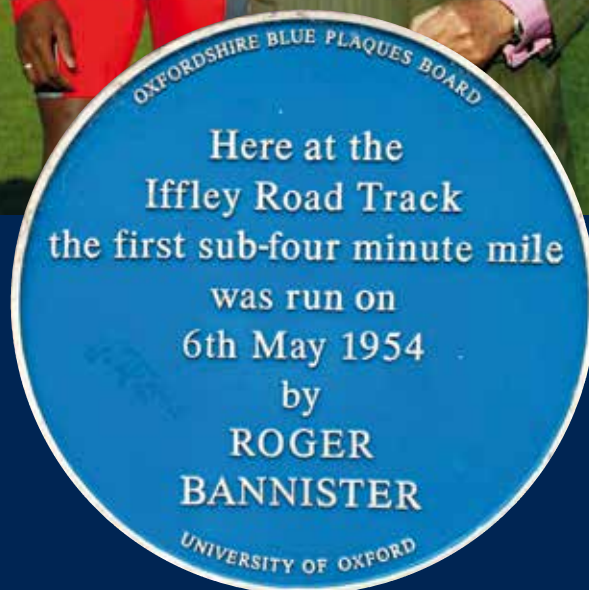
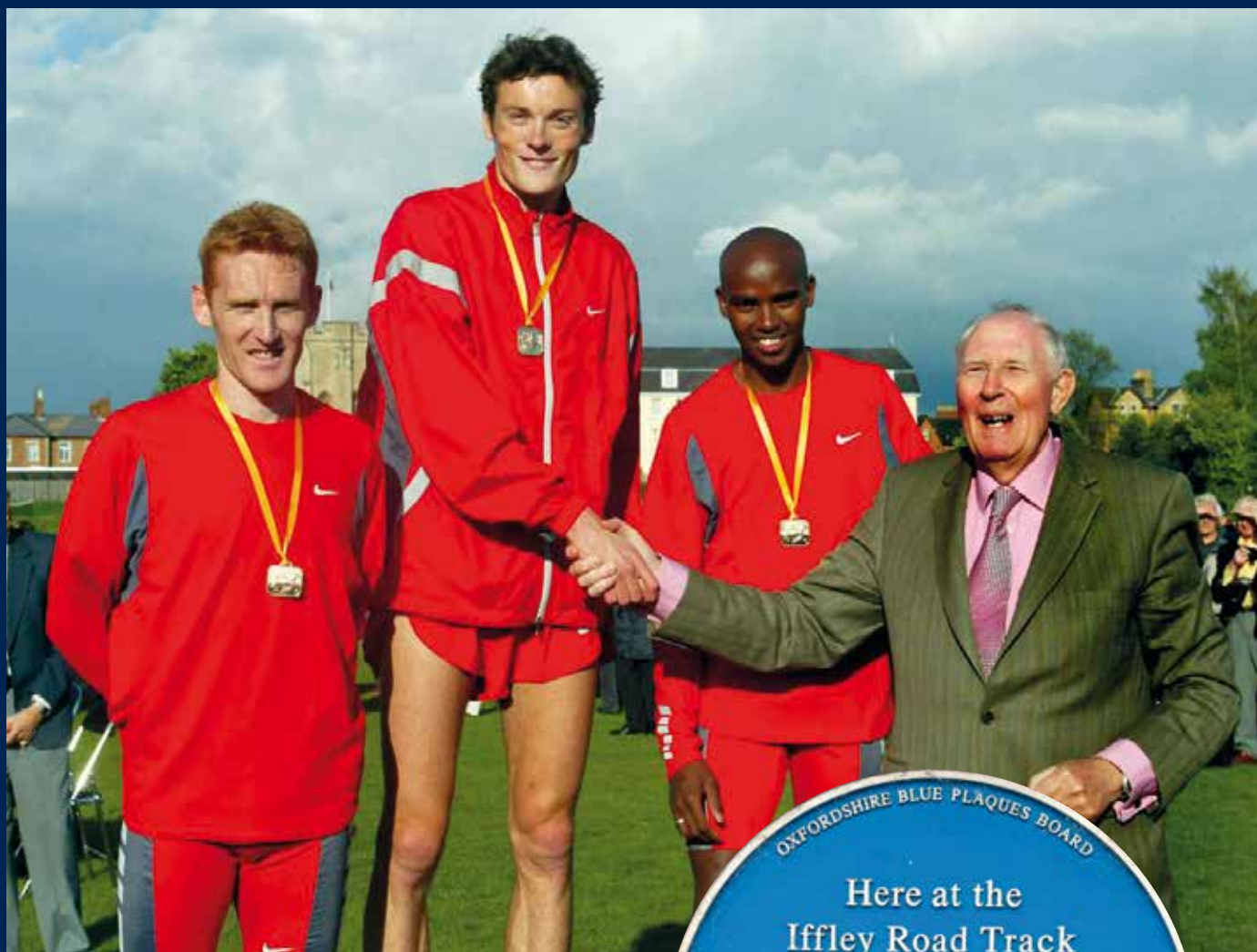




BMC News

OFFICIAL JOURNAL OF THE BRITISH MILERS' CLUB

VOLUME 15 ISSUE 1 – SPRING 2018



Belief Makes Champions

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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.

EDITOR'S INTRODUCTION

With the recent passing of the man who back on 6th May 1954 achieved what some commentators have referred to as the greatest sporting achievement of all time, it's only fitting that his magazine starts and finishes with Sir Roger Bannister himself. Sandwiched in the middle of the man who set the ball rolling in miling terms, how apt it is that we hear not once but twice from the man who at the turn of the millennium was voted in various quarters as being the greatest miler of all time- but then Lord Sebastian Coe always did bring a double kick to proceedings. To have none other than the President of the International Amateur Athletic Federation himself make a significant contribution to this edition, is a sign not only of the esteem which our club is held by one of our Life Members but also signals our clear intent to strive for perfection with this magazine. We want world class interviews, race reports and coach education features for you. Like you we want a personal best every time we publish!

We begin by traveling back in time, exactly three decades as we replay the Seoul Olympics in South Korea in 1988, by chasing Mark Rowland before going 25 laps with Liz McColgan Nuttall. After thumbing or way through some back issues of this very magazine, our aforementioned double Olympic 1500m champion fables our founder Frank.

We get out some polish to shine some silverware in Part 2 as we celebrate two more of our 2017 Award winners. There's a bearded Bud-ding coach for starters before we go on to grill a very well deserving Horwill Services Award Winner.

We have a European Junior Cross Country Champion as our solitary shining light in Part 3 as Harriet Knowles Jones' star continues to burn brightly in 2018.

The hand wrapped interview with Seb Coe is a BMC Present in Part 4 before we celebrate the volunteerism of unsung Scot, Norrie Hay. We then dash over to trackside to report on an indoor season on the boards before our fine Chair Tim Brennan, trumpets the dawn of a new season, with

the centre of our magazine being a regular fixture. We are then mentored by the excellent Emily Dudgeon as the Scottish international offers to take you under her wing.

It's all academic in Part 5 as we have a listen in on the message given at our Spinkhill training weekend, by the evergreen Tony Whiteman and Gemma Bridge before we take a tour of Sweden to look at their miling pedigree in Part 6.

Part 7 should be an education, as we kick off with a world class coach, coach educator and motivational speaker who will give it to you Frank. The sensitive and topical issue of Relative Energy Deficiency in Sport is then considered before Peta Bee offers you some nutritional tips to chew over before you turn up for your next BMC race. Thank Evans for Paul as our two time Olympian and marathon master talks 10k training with you. Brendon Byrne reaches for the book shelf to provide you with a library of information before we salute the late Bob Parker and come full lap back to where we started- Sir Roger Bannister.



Paul Evans gives BMC News a big thumbs up on pages 43-44.

BMC News

BRITISH MILERS CLUB
OFFICIAL JOURNAL OF THE BRITISH MILERS CLUB
VOLUME 19 ISSUE 1 - SPRING 2018

Belief Makes Champions

Here at the Hilly Wood Track, the 1000m miler's master tells you Feb to May 2014 by ROGER BANNISTER

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Photo © Mark Shearman

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CHAIRMAN'S NOTES

SPRING 2018

Welcome to the Spring edition of the BMC News. Many thanks to editor Matt Long for all his good work on the magazine.

Sir Roger Bannister (23 March 1929 – 3 March 2018)

The only place to start these chairman's notes is with the sad parting of the first sub four-minute miler Sir Roger Bannister (See Obituary on page 46-7) In 1963 when the British Milers' Club was founded it was with the aim of returning British mile racing to the world leading level that it had enjoyed in 1954 when Sir Roger achieved his fantastic record and when Derek Ibbotson followed him as a world record holder in 1957. It is therefore true to say that he was both the inspiration for the BMC and for the 1980s generation of British world mile record holders, Coe, Ovett and Cram.

Sir Roger was a great supporter of the club. He was our founding president back in 1963. In 2004 he asked the BMC to organise the mile race in the meeting staged at Iffley Road Oxford to mark the 50th anniversary of his great achievement on the same track. The presentation for that races features on our front cover. Craig Mottram marked the occasion with 3:56.64 performance and in second a twenty-year-old Mo Farah just missed out on his first sub four-minute mile by seven hundredths. It seems very appropriate to feature this photo linking a British running great of the past with one of the present.

Two years ago, I was lucky enough to be one of a small crowd to attend 'An audience with Sir Roger Bannister' at Reading town hall. On that occasion Sir Roger spoke eloquently not only about the four-minute mile, but across a range of subjects. His mind was obviously as sharp as ever and it was easy to see the intellect that made him a successful and respected neurologist. His achievement in this field were something he rated as being more important than his athletic achievements.

Page 46 of this magazine offers a tribute to Sir Roger describing the day he amazed the world, and in the Season Preview on pages 22-23 we describe a 'Bannister Mile Series' which will be another celebration of his life.

Indoor season

The run of British hosted international championships which has gone through the 2012 Olympics, 2014 Commonwealth Games

and 2017 World Championships continued with the World Indoor Championships in Birmingham. It was fantastic to see the 2016 and 2017 BMC Athlete of the year Laura Muir win bronze and silver and the 2015 Athlete of the year, Shelayna Oskan-Clarke win a bronze. (See page 21 for a more thorough review). Laura really keeps the spirit of Bannister alive combining academic studies with athletic success. For those familiar with Alf Tupper 'tough of the track' she also invoked his spirit, with a night shift in Veterinary hospital, two missed flights and a six-hour drive through snow storms to reach the venue. Shelayna is a grounded athlete who has forced her way into world class. Congratulations to both.

The BMC had a small indoor season, an 8:37 UK top ranking by Laura being the highlight. The number of fixtures may be small, but their significance is high, as the December fixtures produced a series of UK topping results. I do hope many BMC members ran cross country, it gives a great base for the summer and is an essential for U20 athletes. (See pages 17-19 where this is discussed in more detail by our Lifetime member Lord Sebastian Coe).

Club Funding

As we go to press we are without a kit sponsor following Nike's decision not to renew their twenty-one-year sponsorship of the club. We remain very grateful for the long-term support they have shown. The club committee took the decision that we would not cut back on our activities because of this, hence the program this year will match or exceed the record breaking program of last year.

We will be dipping into club reserves this season, but thanks to an extremely generous donation by the father of a club member, this will not be as drastic as we had feared. A huge vote of thanks is owed by members

to our anonymous benefactor.

Meanwhile the search for funding has gone on, with numerous contacts with both commercial organisations and governing bodies. Hopefully one of these initiatives will lead to something. Thanks to the success of our members we can show for 2017 five World championship qualifications in our races, plus seventeen European U20 or U23 qualifications. This level of success should make us attractive to sponsors.

2018 Season

As previously mentioned, on pages 22-23 of this magazine is a full preview of the coming season. 2018 will incorporate BMC races at two new meetings at Lee Valley and Milton Keynes which should bring a flavour of the excellent Highgate 'Night of the 10,000m PBs'. There are quite a few similar initiatives springing up, but these are the two the BMC are backing. Across all our meetings we will do our best to make them good entertainment, but do keep in mind that the priority is good racing and the energies of our small band of volunteers will be prioritised on organising excellent seeding and pacemaking. Our venues will be selected for fast times rather than acoustics. A good example of this is Watford. After the last Grand-Prix the neighbouring houses complained about the noise of the commentator and the council barred the use of commentary in the next few meetings! Watford is rightly recognised as one of the best venues for fast times and will be top of our places to organise meetings, but getting a good bit of music going will be a challenge!

Best of luck for the season to all BMC athletes and coaches.

Tim Brennan.



LIZ McCOLGAN-NUTTALL

'THE BEST IS YET TO COME': **LIZ McCOLGAN-NUTTALL** PULLS **MATT LONG** ROUND 25 LAPS OF AN OLYMPIC FINAL:

Friday 30th September, 1988. Seoul Olympic Stadium:

The lap marker displays the number 25 as twenty women edge up to the curved line to contest the inaugural running of the women's 10,000m Olympic final. As the gun fires, the inimitable David Coleman springs into action – 'Ulrich is the first to show and Liz McColgan going up on the inside.'

The opening laps are a tense affair with athletes feeling both themselves and their opponents out. Sensing this, co-commentator Brendan Foster stresses that, it's, 'Important to relax. Just try and let the nervous energy pour out of your system and then concentrate on the task in hand'. Back to Coleman who seems in awe of the richness of talent which is unfolding in front of his eyes. 'Three Russians, one East German, Ingrid Kristiansen, Liz McColgan and two Chinese girls who have been improving at most distances.'

After 6m43s of running, Coleman is informing the audience that reigning world champion – the Norwegian Kristiansen – has had foot a injection and commentator turns coach in advising that she should do a proverbial, 'Brendan Foster type run and put in the hard laps.' You'd almost think there was telepathy between the two with Coleman then exclaiming of the world 5000m, 10,000m and marathon record holder, 'And there she goes...And the race is now on,' before alluding to the clocking of a significantly faster 69s lap.

As Kristiansen makes the long run for home, a concerned Coleman warns viewers that, 'McColgan - invited to race by Kristiansen and doesn't accept the invitation because I suppose she believes that lap was too fast. And her plan will be to work her way back economically and spread the effort'.

18 laps to go- shockingly pre-race favourite Kristiansen limps off the track with a shake of her white gloved fist being indicative of her rueing the luck which meant that an Olympic medal of any colour would be the one blot on an otherwise beautifully scripted career. A shocked Coleman cries out, 'She's in real pain, in terrible trouble'.

5 laps to go and a 24 year-old from the Dundee Hawkhill club is forcing the pace as Coleman acknowledges, 'Tremendous support around the stadium for the British athlete and she looks very, very collected'.

This being said her momentary glancing at the giant screen near where the Olympic flame burns brightly, prompts Coleman to acknowledge that, 'But when it comes down to a very hard last lap, Bondarenko has shown she has the speed and so too does Zhupiyeva'. 28 year old reigning European 3000m champion Olga Bondarenko of Russia is noted for her turn of speed and compatriot Yelena Zhupiyeva is in fine form having taken the silver medal over this distance at the World championships in Rome, one year previously.

3 and a half laps to go and the Team GB athlete sporting the number 231 on her white vest attempts once more to wind the

pace up down back straight. We are now down to one Brit and two Eastern Europeans who will decide on the colour of the medals they will receive as the camera captures coach John Anderson as he roars 'Go on' and implores his charge to drive on and break the field. After exactly 27 minutes of running the trio brush past 1987 World Cross Country Champion Annette Sergent as if the poor Frenchwoman is standing still, as she is lapped.

3 laps to go- and Zhupiyeva begins to waver and Coleman senses this is the Brit's opportunity. 'If she could just get a spurt in she might get the distance she needs' because worryingly she has, 'Not broken



Seoul sunshine. Liz is shadowed by Bondarenko in third. Photo © Mark Shearman



Bondarenko. They reach 9km in 28m09s and Brendan Foster stresses that, 'This is the crucial lap because Bondarenko has got a terrific finish.'

900m to go - and Foster responds to the growing roars of the crowd who are anticipating a monumental climax to 6 miles on the track. 'Liz McColgan is becoming the favourite of the crowd. The Korean observers are seeing the brave run that she has made and they are starting to cheer for her.' There is a perception both in commentary box and crowd that the Brit is doing the donkey work and the Russian is free loading on her efforts.

700m to go - Coleman notes that gradual pressure has been applied by McColgan, 'And still the pressure going on but still Bondarenko is not broken.' He senses the writing may be on the wall. 'This is the worst situation of all for a leader. You have applied pressure and it hasn't worked and now you wonder what the athlete sitting behind has got left on the last lap.'

500m to go - and one can sense Bondarenko growing in confidence. Her body language conveys that like a vulture she is preparing to attack her prey. The bell rings as the split shows 29m58s.

300m to go - and Coleman is already conducting a post-race post mortem. The sense of injustice is audible in his voice as he bemoans that Bondarenko, 'has taken a free ride all the way and is moving out now to pounce.'

200m to go - and the diminutive Russian breezes past her 5 feet 7 inch rival. Coleman's commentary rises to as crescendo as he says, 'And there we go with 200m left and can McColgan respond? The answer is no.' The race is effectively over in an instant as the Russian puts her foot down on the accelerator. Coleman wraps up with the

summary that, 'Bondarenko just waited and waited and its paid off with a gold medal for the Soviet athlete,' as the clock is stopped in a new Olympic record of 31m05.21s with McColgan just three seconds adrift (31m08.44s), well ahead of Zhupiyeva who hangs on to take bronze with 31m19.82s.

Fast forward exactly 30 years and my opening question is to whether this was a silver medal won or a gold medal lost. Now a contented 53 year old, who clocked a very respectable 3hr18m in last year's Stirling Scottish marathon, Liz acknowledges that, 'My goal was the gold medal and I believed I was fast enough to win it.' With the benefit of hindsight, would she have done anything differently? With a sigh she says, 'I kind of did everything right in the final but could not drop Bondarenko enough to kill her kick. I was aware Ingrid dropped out early on and the pace was easy till 5k. After halfway I started to wind it up and the plan was to drop people one by one. It very nearly worked but I just did not have enough legs over the last 600m. I was very, very disappointed with the silver medal.'

Race aside, I want to know did the woman who won a world cross country silver a year before Seoul, manage to enjoy the Seoul Korean version of 'The Greatest Show On Earth'? With a smile she recalls that, 'The village was good and the atmosphere was great. I remember that we got around on bikes and everything over there was catered for.' And what about Seoul as a city? She admits, 'I never went outside the village so cannot comment on that. I just remember lots of concrete but there was this massive and beautiful park to run in. I was not in the village long as stayed at the holding camp.'

In moving on from matters related to 1988, I enquire whether she is a fan of the BMC in full knowledge that I last saw her and daughter Eilish, the 2017 European indoor 3000m bronze medallist, at our Solihull Grand Prix in 2014. Without hesitation, the two-time Commonwealth 10,000m champion acknowledges that, 'BMC races are great, I have used them a lot with my athletes. It is necessary to have the opportunity to race fast in the UK as we don't need to break with our training programme so much because of travel and so on. With BMC races we are certain of good quality runners as all they are all out to gain times rather than caring about winning or losing. The BMC is a great concept and very successful.'

I am aware that she is based in Doha and manages 'Athletic Zones' with husband John Nuttall. I ask her to enlighten me further and am told, 'Athletic Zones is an event company

that delivers the ABC of athletic skills to school children. We provide qualified coaching, competition opportunities and development in athletics'. Is it just for children I want to know? She clarifies that, 'No. We have an adult section which develops general fitness and wellbeing I also deliver presentations on nutrition, training and motivation to be the better 'You'.

Back in our time capsule to 30th September 1988 and as the woman who would go on to receive an MBE four years later is recovering her breath trackside, a microphone is thrust into her face. The sentiments of a nation are captured by the following message of congratulations- 'Liz you won the silver medal but more importantly you won the hearts of everybody for the way you ran the race.' Coach John Anderson has leapt down from his seat and is hugging her whilst assuring us that, 'This is the beginning. The best is yet to come.' BBC coverage then switches back to Steve Rider in the Grandstand studio who with a shake of his head marvels that, 'Never was a silver medal won as hard earned as that. There's plenty more to come from that young lady'. Both coach and journalist were right of course. In the winter after Seoul, she would bag another silver- this time over 3000m over the world indoor boards of Budapest.

Without question, the year 1991 was when her star burned brightest. A winter bronze in the World cross country championships was followed by her becoming the World 10,000m champion in Tokyo in the summer - a coveted gold medal and performance which would prompt Brendan Foster to utter the unforgettable observation that this was the greatest performance he had ever seen from a British endurance athlete and moreover 'It's better than any I have ever read about'. In December of that monumental year she received the ultimate nod of approval, cementing her legacy forever with her coronation as BBC Sports Personality of the Year. In a remarkable display of versatility following a career on track, indoor boards and over the country, she then took to the roads like the proverbial duck to water- victories flooded in at the 1991 New York Marathon, The World Half Marathon championships and Tokyo Marathon a year later and of course at the London marathon in 1996.

She came to national prominence in 1986 in winning her country's only gold medal at the Edinburgh Commonwealth Games but never forget that it was a sunny day in Seoul, 30 summers ago, that set a young woman from Whitfield in Dundee on the path to global stardom.

MARK ROWLAND

SIMON TAYLOR HAS DONE WHAT NO OTHER BRITISH MAN HAS BEEN ABLE TO FOR THE LAST 30 YEARS BY CATCHING UP WITH SEOUL OLYMPIC STEEPLECHASE BRONZE MEDALLIST **MARK ROWLAND**:

With just over 700m to go in the 1988 Olympic steeplechase final Kenya's Julius Kariuki makes his bid for glory, taking team-mate Peter Koech with him. Digging in to follow this decisive break and aiming for glory of his own in the cauldron of the Jamsil Stadium is a long-striding athlete with rolling shoulders and the number 452 pinned to his Great Britain vest.

A lap later the trio are clear of the chasing pack, and nothing can hinder Kariuki's serene progress to Gold in an Olympic record of 8:05.51. For a moment, coming off the final water jump it looks like 452 might challenge for Silver but Koech rallies and Mark Rowland, a 25-year old Brighton Phoenix Harrier crosses the line an Olympic bronze medallist and the new British record holder, setting a standard of 8:07.96 that still stands today and looks set to remain unchallenged for some years to come.

The sands of time and Rowland's own naturally self-effacing nature have blurred the memory of that September afternoon in front of almost 100,000 spectators nearly thirty summers ago but it remains a feat of which he is justifiably proud:

'I suspect it's the stiff-upper lip Englishman in me but I don't like harping on about it.' He says this modestly, speaking to me via Skype from his Oregon Track Club Elite training camp in Potchefstroom, South Africa, a ceiling fan gently rotating in the background to cool the room from the searing heat outside:

'I do remember, don't get me wrong,' he says, before adding, with classic understatement, 'I'm reasonably proud of what I've done, but I'm more grateful that I was with the right people, in the right place at the right time. That sort of thing.'

Rowland was still very much the novice of the field in Seoul, having only seriously attempted the transition to steeplechasing the previous season, and the initial signs were far from promising:

'I was hopeless!' he laughs. 'I was just frightened of it, because those things don't move do they!? When I went to Alan (Storey, his coach) I still wanted to be the best miler in the world but I was just not quick enough. We played around with the steeplechase, experimented with it, but I just used to fall to pieces really. My ankles used to break down off the water jump, I has so many reasons why I should have quit and transitioned to



No barrier to Seoul success. Mark Rowland in the 1988 Olympic final. Photo © Mark Shearman.

5000 instead'. He continues, 'In the World Championships trial in '87 I hit the last hurdle and nearly had a vasectomy! People criticised me and rightly so, I was a possible danger to the rest of the field. Alan hated it, he felt physically sick in '87 watching me hit barriers, but then I ran two back to back at the end of 1987, an 8:26, even though it was awful, and a solo 8:21 in Lausanne'.

It was at this point that specialist hurdles coach John Miller emerged as the catalyst for significant improvement. Storey takes up the story, as it were and is quick to give credit to Miller:

'The first time Mark tried to pop over hurdles it was obvious switching to the 'chase was not a stupid idea, but there was a lot of technical work to be done. Mark wasn't

the smoothest or the most stylish mover, in fact he had some significant biomechanical issues that I clearly didn't have the skills to address, but when John started working with Mark in Portsmouth the drills and the S&C that were beneficial to hurdling also impacted on Mark's basic running, which was a big help!'

With considerably improved technique and a largely trouble-free build-up to the Seoul Games, athlete and coach sensed they could be onto something special in the weeks leading up to the Games:

'I was strong, in great shape and on a roll', Mark says. 'I ran 8:16 at DN Galan in Stockholm, and then in the middle of July I ran a 3:34 1500, and I'd probably run 85-odd miles the week before that but then you had



Mark Rowland made giant strides in 1998.
Photo © Mark Shearman.

this big gap as the Games were so late, so we just had to keep the miles going.'

Despite the lack of races, a 3000m time trial at the GB team's holding camp in Fukuoka prior to travelling to South Korea convinced Rowland and Storey that he was ready to go:

"Alan said, 'As you haven't had any races we have to simulate something.'" Mark recalls, 'We didn't have a 'chase and we didn't have a water jump, so he said 'let's go 1500 on the flat, then do the second half over hurdles. You run round and do that, and we'll do three 400's afterwards'. I set off hard, and all of a sudden came off the bend and there was a hurdle in the way, so that kind of kicked me into gear and I started going flat out," he says, grimacing at the memory. "The plan was to run 8:15 but I ran 8:06, and Alan turned to me and said 'You can run 8:12 in Seoul, but I haven't got a clue how much faster you can go, you have to take into account no water jump and you haven't done the two races beforehand', because the Olympics was three rounds. And then he says 'three 400's?', I look at him, and I'm exhausted and I think 'you're having a laugh aren't you?!', because he's deadpan Storey, isn't he? But after a couple of laps recovery I ran them all in well under-60 so they were pretty swift, and that was pretty much it."

Storey himself concurs, 'Ideally we would have found a short race to help finish things off,' he says, 'but we couldn't even find a meeting. The weather was good, the session went well and the finish time gave us confidence going into the Games. In fact, the Seoul time and the Fukuoka time were

within a second of each other, maybe not a coincidence?'

That confidence turned out to be well founded, but despite the BBC's David Coleman claiming in his race commentary 'this is the man who is going to take forward British steeplechasing into the future', Seoul proved to be the zenith of Rowland's track career. There were other highlights, including a close silver behind Italian Alessandro Panetta at the 1990 European Championships in Split, but following a 4th place in the same championships four years later in Helsinki, the curtain came down on Mark's track career. There is an air of resignation in his recollection of the way things progressed post-Seoul:

'After the Europeans in '90 I got ill which is nothing unusual after the mental and physical comedown from a season of ups and downs caused by a low-level muscle tear early on. Then I developed a blister on my heel from some new shoes, which got infected and whilst I got it patched up it never really healed and after a few months I found I had a lateral rupture of the Achilles which, despite an operation, was also never really the same again'. Fast forward 4 years, he tells that, 'Helsinki in 94 was a bloody great run off the training I'd done and I thought I'd be back after a decent winter's load but unfortunately I then found out I couldn't run at full speed because of a prolapsed disc. I'd been out so long by then that I had to start to look for a job as I had the family. There was no retirement, I just faded away!'

Mark disappeared from the sport altogether for a time, before a circuitous

route led him via a qualification in Massage Therapy and a stint as a Personal Trainer to a part-time Athletics Development Officer's role in his home county of Sussex which in turn led him back to his original athletics club of Brighton Phoenix, but it was nevertheless reluctantly that Mark began coaching in earnest:

'I didn't want to coach,' he says bluntly, 'If I'd wanted to do that I would have probably gone into football with my son Martin, as that was my first passion'. Pole vaulter Ian Tullett inadvertently got the ball rolling, at a Summer Coaching Clinic for eight to 13-year-olds in Brighton. Mark recalls that:

"Tully was going out with (1500m runner) Hayley Parry from Wales and she was popping up and seeing him and he asked if I could have a conversation with her. At first I said, 'No, I'm not going to coach women, I don't really coach women at all.'" Although far from a soft touch, Mark's genuine desire to help athletes improve won the day and eventually he was dragged, not quite kicking and screaming, into the world of middle distance coaching:

"I told Hayley, 'No, I don't want to coach you but if you're coming up every weekend we'll give it a go'. Within a couple of weeks she'd moved up to Tully's and she would drive to Horsham and I saw her on a Monday, a Wednesday and a Saturday and that's how it evolved really, the rest is kind of history."

Under her married name of Tullett, Hayley went from strength to strength under Mark's tutelage, eventually enjoying a glittering career that encompassed two

Olympic Games, two Commonwealth Games medals and a World Championships bronze over 1500m.

Mark's reputation as a top-class coach burgeoned and soon he was in demand by athletes and federations alike. His coaching philosophy is largely based on personal experiences but Alan Storey remains a strong influence:

'I don't think Alan gets the credit he deserves,' Mark asserts, his admiration for his former mentor clear. 'He was ahead of his time in my opinion. You only have to look around the world to see the people he's influenced.' There is a caveat however - 'I've never wanted to be Alan though,' he explains, 'because my personality is different, but I use Alan's knowledge and stuff because it works. I believe in it and try and bring my own flavour to it. My dream ticket would have been for me and Alan to be part of UK Athletics and for me to take more control over middle distances and him to work on long, but it got too administrative, too managerial and we didn't really get down to the nuts and bolts of coaching.'

So what about these nuts and bolts? Balance is an overriding factor in Mark's coaching philosophy:

'Balance and percentages,' he confirms. 'I put it into 5 components under the umbrella of Energy Systems and Physical Characteristics. Lactate Threshold, VO2 and Running Economy of Movement relate to Energy Systems, and Physical Characteristics cover Speed and Power. They are the five pins that should come into the cycle. You can't fit it into a week cycle because it's too much, especially in the modern era so I like a two, even three, week cycle where all those elements come in, but the percentages change according to the time of year and the physical characteristics of the event.'

In 2008 Mark transported his skills across the Atlantic, along with his family, to become head coach at the Oregon Track Club Elite based in Eugene, Oregon, looking after a formidable array of talent including the likes of Olympic 800m Silver Medallists Nijel Amos and Francine Niyonsaba, distance man Hassan Mead, milers Ben Blankenship and Sheila Reid, plus the British pair in Andrew Osagie and Tom Farrell:

'It came a bit out of the blue,' he explains. 'I felt I was being steered into a Head of Endurance type role in the UK, but I wanted to get my hands dirty and coach because I'm not a managerial type. I'm a much more hands on person.'

Mark doesn't rule out a return to the UK at some point in the future, however, and is encouraged by what he sees from afar, although with some reservations:

'I don't want to be an ex-athlete who starts commenting on things because I'm not qualified enough.' I've been in this job now longer than I was working for UK Athletics, but I want to see British success. The top guys seem to be doing well, there are some cracking athletes, Like Laura Muir for example, so something must be going right.' Conversation then turns to matters BMC related:

'The concern is, what's happening beneath? Where is the conversion rate? That's where the BMC is so important. It's always been the staple, it's just inherent, a wonderful mechanism for athletes to run

fast, to perform and race and have quality competition.'

Mark Rowland has crammed a lot into the three decades since that hot, steamy day in South Korea, but his enthusiasm and passion for the sport clearly remains undimmed and his inimitable coaching style looks set to help athletes achieve their goals for many years to come.

'I never wanted to be known as an athlete,' he says, signing off to go and supervise another session in the South African sunshine, 'I want to be known as a coach, that's just who I am.'

As the hashtag says, #RowKnows



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BMC partners with ICE ID to keep our runners safe on the roads

We are proud to announce that we have partnered with ICE ID who specialise in "In Case of Emergency Identification" for runners. They have a wide range of products that are designed with the athlete in mind. The products are practical and comfortable and can be worn during training and racing.

Just in case.....The ICE ID bracelet, speak for you when you can't

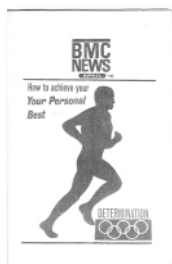
Simply go to their website <http://www.iceid.co.uk/> and during checkout, use the discount code BMC to receive your 20% discount

BMC NEWS RETRO

BMC NEWS FOR THE LAST FIVE DECADES ARE SPELT OUT IN BLACK AND WHITE BY **MIKE TAYLOR:**

Spring 1968 (124)

A section entitled 'Miling History' lists the 20 English athletes who at that time had run sub-4 minutes for the mile - since Roger Bannister's historic run on the 6th May 1954. A quick look at the current 1 mile rankings on the power of 10 shows a steady increase in the number of sub-4 minute milers through the decades, reaching a peak of almost 60 in the 1980s and a steady decline since. Is this a reflection of the 'Heyday of British middle distance running' or simply a symptom of the decline in the popularity of the 1 mile race?



Sub 4 min Milers,

50s	5
60s	18
70s	29
80s	59
90s	38
00s	21
10s	33
Total	203

Spring 1978 (203)

It seems fitting to reference an article by Gordon Surtees who passed away last year and whose obituary was in the winter 2017 BMC News. In the article he warns athletes against focussing on ranking lists and chasing times as opposed to racing:

"Athletics is all about competing against and if possible beating people of similar ability. To do so gives tremendous satisfaction to the true athlete. Unfortunately there are too many athletes who have forgotten the real meaning of our sport, that is competition."

He continues in typically uncompromising fashion, stressing the importance of having the right attitude, how this will lead to success and to be wary of a number of behaviours that all coaches would recognise; the loose shoe lace when the going gets tough, the athlete who gets lost in an interval session to save themselves for the last run of the set and so on. Finally, as relevant now as it was 40 years ago, he suggests that as BMC members, we should;



- Recognise these behaviours and 'make honest endeavours to eliminate these weaknesses'.
- Contribute positively to races, aiming to beat the competition, rather than using them simply to gain a good time.

Spring 1988 (225)

Although we now understand how state-doping programmes enabled eastern block female athletes to dominate athletics in the 1980s, it is still interesting to gain an insight into their training methods. In the article, 'How Soviet Women Athletes Train' - Frank Horwill lists twelve generalisations sifted from papers presented by Russian coaches at international conferences and from articles translated directly from Russian, they can be summarised as;

1. Strength in depth, all Russian athletes train extremely hard, not just the elite.
2. Emphasis is placed on muscular strength and especially leg strength.
3. Elite athletes train at altitude three times a year, for up to one month at a time.
4. Indoor competition takes priority over cross country in the winter months, most likely due to the weather.
5. Hill and resistance training are very important.
6. Changing pace within repetitions.
7. To prepare for indoor competition training is at race pace, starting at 200m and increasing the distance once the race pace is achieved.
8. Training is greatly reduced 6 days before a major competition.
9. After the indoor season, there is a significant increase in mileage at a faster pace than before.
10. Regular medical and physiological testing.
11. Training through the menstrual cycle.
12. Mileage through the year followed a set pattern, the only variation were the track sessions specific to each event.



Spring 1998 (92)

A significant proportion of this edition is taken up with an article entitled 'On Kenya and the Kenyans'. In the article John Manners argues that the rise of



Kenyan running had been stalled by the Olympic boycotts of 1976 and 1980 but it was kick started again in the mid 80s when the IAAF subsidised poorer nation's entries to the World Cross Country Championships and really took off in the 1990s when Kenyan travel restrictions were lifted. The article provides many other insights into the Kenyan running set-up - worth a read.

Spring 2008 (106)

A common preoccupation for coaches of junior athletes is how best to progress an athlete from the junior to senior ranks. In a review of the 2008 BMC Education Day many of these questions are answered in a summary of David Lowes' workshop - 'The Young Athlete'. Particularly useful are the two tables which show how a weekly plan might be progressed from age 16 through to 22 years, including; number of sessions, length of long runs, introduction of double days and so on. This is a great example of the sort of information that the BMC News provides for coaches, which cannot easily be found elsewhere.



FRANK'S FABLES:

SEBASTIAN COE'S RECOLLECTIONS OF A TEENAGE ENCOUNTER WITH OUR LATE, GREAT FOUNDING FATHER **FRANK HORWILL**, ARE KICKED OFF BY **CHARLES McCONNELL**:

As a coach, my only contact with Frank Horwill was on valuable BMC Coach Education courses but I was aware of how opinion was divided about him long before those days. He was a 'Marmite' coach: loved or hated. He had great knowledge and believed he could use that to bring the athletes he coached to improve- up to international and world standard. Athletes joined his group because they were ambitious and believed that his coaching could bring them to reach their goals. For the usual reasons, social, developmental and so on, only a few had 'it' to succeed. A criticism of his approach was that some athletes made it but many did not. His critics fail to appreciate that this is the nature of performance sport. A coach may have a stand out athlete -a Herb Elliott, a Steve Ovett or a Tim Hutchings whilst 20, 30, 40 or more athletes in the same group do not reach anywhere near the same heights of success. As with other good coaches, Frank Horwill did not occupy the middle ground: he aimed high and expected his athletes to share the journey to that target that was always beyond their grasp, or

what's a heaven for? He was instrumental in helping to raise British endurance standards and probably did not mind upsetting quite a few people along the way. Marmite indeed! On this occasion, we are privileged to hear from none other than the President of the IAAF. Our life member Lord Sebastian Coe hereby offers a unique insight into Frank's approach to our sport and this very club:

Lord Sebastian Coe:

"What can I say about the late great Frank Horwill? My father Peter had a lifelong friendship with him. They were both 'old school'. You know they used to write each other 5 to 6 page handwritten letters. My father was very generous in his appraisal of Frank's 5 page, multi-tier training system.

With regards to specific BMC races that I did, I distinctively remember one with great humour. It was at Barnett Copthall back on the good old cinder track there. We drove down from Sheffield – me and my old man. The BMC seemed to have more of a home-counties thrust back in those days. I think it was 1971 and the likes of Paul Williams and Wayne Tarquini were racing an 800m. It was a foul night- it really was pissing down.

I remember the gun going and we were barely at the first bend when Frank Horwill's voice came over the loud hailer as he shouted 'STOP' and incredibly we all stopped as Frank is firing this pistol. He gathered us round and said we were guilty of 'Crap running'! We were told to start the race again and he demanded 'Run more quickly this time'. Frank was as good as his word so we all started again and as I recall it was the first time I ever broke 2 minutes that night".



Frank Horwill and Seb Coe. Photo © Mark Shearman.



Our Indoor Season is Reviewed on page 20. Photo © Bobby Gavin.

BUD BALDARO

OUR **LIFETIME SERVICES TO COACHING AWARD WINNER, BUD BALDARO**, RECEIVES A HOST OF TRIBUTES:

November 17th 2017. Tower Hotel. London.

A suited and booted Geoff Whiteman invites the 2017 BMC Lifetime Services To Coaching Award Winner to the stage. The audience bursts into rapturous applause as the likes of Dave Bedford, Mary Peters, Wendy Sly, Perry Shakes-Drayton and Neil Black, acknowledge the staggering contribution of the man making his way towards the host. He bows to Neville Taylor who much to the hilarity of the audience, pretends to bless him as one may expect a member of the Catholic priesthood to do. People are still drying their eyes with the napkins which have been provided for the three course meal as the aforementioned Wightman begins to quiz the recipient of the award who has shaken the hand and taken his trophy off the aforementioned Taylor. Surrounded by paparazzi, he appears self-conscious as the flash bulbs click and light up his familiar bearded face. Bud Baldaro has never sought the limelight but the spotlight has followed his contribution to our sport for four decades. As Wightman presses him on the secret of his coaching genius he shrugs and says simply, 'It's in my blood'. The black-country legend seems keener to talk about the work of his beloved children in the context of their fundraising for Parkinson's in his very name. This little exchange with Wightman and Taylor is in many ways a microcosm of the life of Baldaro himself. Self-deprecating, under-stated, liking a laugh and keen to look outside himself to others.

So in the context of the above, it is not in the nature of man who must have coached an estimated 70 odd Team GB internationals over four decades to pen an elaborately worded 'philosophy' of coaching. Whilst a teacher by trade, he is very much an organic coach rather than a theorist – a hands on pragmatist, whose success is best evaluated by just some of those whose lives in our sport he has most impacted upon. So here goes....

2011 World 1500m silver medallist Hannah England has been guided by Baldaro since her teenage years....

'I have been coached by Bud for 16 years, he has taken me from a promising teenage runner to a world championship medallist and Olympian. Successfully negotiating this journey from age group to senior exhibits

tremendous judgment and coaching ability -we've gone from balancing ballet exams and academic pressure all the way to World Championships finals. Bud has applied an unwavering dedication and great expertise to help me realise my athletic potential.

But Bud has applied this same dedicated to a huge number of athletes throughout his life, utterly irrespective of their ability. He isn't motivated by ego, he doesn't scout out fast runners to add to his CV, he doesn't discriminate based on talent. Bud has a wonderful desire to help people, he loves to pour time and energy into individuals to help them reach their potential'.

Hatti Archer took silver in the steeplechase at the 2010 European championships...

'Not just my coach – Bud has been my mentor, my psychologist and my friend as well- basically my life coach! He has become a part of my life and that of my family- including coaching my husband and taking my daughter to the park most recently, and we were also incredibly honoured when Bud did a beautiful reading at our wedding. My first memory of Bud is when I met him before he started coaching me after a bad race. I was going through a pretty rough patch and Bud took the time to talk to me in depth about the problems I was having, including giving me some really sensitive advice about my eating problems. This was despite not being my coach and possibly never seeing me again. From that moment I knew that Bud was the right coach for me and he has been ever since.

He has given me the most support when I've been injured or having other difficulties when other coaches would focus on their high performing athletes. A few examples are Bud going over and over my bad races in his head, trying to understand why I'd not performed to expectations; Bud setting me detailed cross-training sessions; Bud coming to the pool to watch me aqua-jog (and believe me, if aqua-jogging is boring then watching someone aqua-jog is even worse!) but Bud would come and shout encouragement in the pool, in the gym and whilst I rehab-ed from injury.

Most of the years Bud has coached me I've lived near Sheffield, and would travel down to train with his group 1/2 times each week. For a couple of years he had me to stay over



One of the most instantly recognisable faces in athletics. Photo © Mark Shearman.

every single Tuesday - he'd look after me, make sure I had a good meal and took me to training the next day. He also regularly travelled to my home town of Sheffield to watch sessions and races in the rain. Another example is when Bud had my husband and I to stay with him...for a whole year. I needed to dedicate myself to full-time training (without a job) to try and gain selection for the London Olympics, and I needed to be close to Bud. Bud took us into his home, gave up his personal space and looked after us for a year to help me realise my dreams. I am so indebted to Bud for doing this, it shows there is nothing he would not do for his athletes and his friends.

Bud is the most selfless person I know and I find it amazing that he gave everyone that time and attention as well. At our sessions Bud took the time and thought to give athletes slightly different sessions, making sure juniors could run with the elites to inspire them. He made every single person feel they were appreciated and that their running and individual goals mattered. His eye for detail and perceptiveness is incredible.

Bud coached me to national titles in cross-country and the steeplechase, to GB and England vests in both and to 2nd place in the European Championships. I am certain I wouldn't have done any of this without Bud, he coached me as an individual and a person, not just a runner. The thing is, I know that Bud would still have coached me with as much enthusiasm, dedication and love if I hadn't achieved any of these things'.

Eddie Wedderburn represented Team GB in the chase at the 1988 Seoul Olympics (see also the feature on Mark Rowland on pages 7-9).....

'Bud Baldaro, my friend, coach and surrogate father. I could not have imagined how influential Bud was going to be in the moulding and direction of my life. The support and advice he has always given went way beyond coaching. Bud knew what training sessions I needed to do and we often discussed training sessions that would prepare me for future races.

We often recall a track training session one summer. We were doing four hundred metre repetitions when, another coach decided he did not want us running in lanes one and two. So, he pulled the steeplechase barriers across the two lanes. As we continued with our training session, I did the only thing a 'self-respecting international steeplechaser' could do - and hurdled the barrier remaining in lanes one and two!

I will never forget one day at training Bud said to me, 'There are forty or fifty people training everyday just to beat you!' I would often think of those words when out training on my own.'

Marian Sutton won the Chicago marathon twice and represented Team GB at the Sydney Olympics in 2000....

'I met Bud following my first ever marathon in Birmingham in 1981, aged 17. A mutual acquaintance introduced us and, as they say, the rest is history! Bud helped me initially with coaching tips which then grew in to a full time coaching relationship. Bud is generous, warm, patient and has a great sense of humour. He helped me enormously over the years culminating with my experiences of achieving high level performances.

Bud was generous to give so much of his life and commitment to help others and that is something very precious to me and something I will always cherish.'

Luke Gunn is a four time national steeplechase champion and has represented Team England in no less than three Commonwealth Games. He continues to work with Baldaro as Head of Athletics at the University of Birmingham....

'I met Bud on a young athletes' camp, and instantly felt an inner urge to impress and gain his acknowledgement - even though he was always generous to give it nonetheless. Bud is the most selfless individual I have ever met - and continues to look out for everyone he knows (which is incredibly vast) and never misses an opportunity to tell

someone they've done well or thank them for their efforts.

He inspired me to dream, he inspired me to seize opportunities and he most certainly has inspired me to coach in his large shadow - figuratively, of course - as he will always be vertically challenged!

I have to thank Bud for his guidance over my running career, for the relationship advice - whilst being a double agent - in securing me a loving wife, for opening the door into my career and for setting an example for anyone to follow in helping others achieve their dreams. Bud's cheeky demeanour and quick wit, leave many stories perhaps inappropriate for these pages but a personal favourite of mine comes from a short 'expert coaching' role for an international brand, suggesting that a runner on an online coaching forum should perhaps try spending more time outside running than wasting his time on such online platforms. This sharply resulted in him being placed in an area more suiting to his expertise for the brand!

No matter where I travel to in the world, within many spheres of influence I seem to meet someone who not only knows Bud, but always asks after him with the same fondness and reverence - he is quite simply a giant of the sport.'

Sally Straw was part of the Glasgow Commonwealth Games Coaching Group four years ago and has coached alongside Bud at Birmingham University for years....

'Bud has been my friend, mentor, and colleague for 10 years now, and still

continues to surprise, inspire, and educate me on a weekly basis. His generosity with his time, energy and spirit is relentless, and legendary. He encouraged me to become a coach and made me feel that my contribution would be valued. I was simply lucky enough to be in the right place at the right time! As a parent with a passion for sport, he spotted the signs and in true Baldaro form, he simply said one day, 'It's about time you did some coaching... get a book called 'The Lore of Running' by Tim Noakes...and read it'. One week and 921 pages later (some of them read twice!) I was full of questions, and my coaching journey had begun. Bud has touched hundreds of lives in different ways over the years, he truly is an inspirational man, and one that I feel honoured and grateful to be able to call my friend.'

Alex Eykelbosch captained a hugely successful women's team at Birmingham University....

'Bud Baldaro is the most encouraging coach I've ever had the pleasure of working with. Has time for every single athlete no matter of their ability, an incredibly inspiring and wonderful man.'

Paddy Clark is grateful to Bud for being able to continue his running whilst studying for a Masters in America...

'He kept me in the sport when I was on the verge of quitting to pursue a serious career in beer drinking! If it wasn't for Bud I definitely wouldn't be running now and wouldn't have had the opportunity to go to the States.'



Comical- Baldaro and Wightman raised the roof at our annual awards dinner. Photo © Mark Shearman.

HORWILL SERVICES WINNER

DAVID ISZATT IS A POPULAR WINNER OF THE **HORWILL SERVICES TO THE BMC AWARD** AND **LIJANA KAZIOW** INTRODUCES HIM TO YOU:

David started off his journey in athletics and running as a competent hurdler, high jumper and pole vaulter at school. Like many of us in our sport, his interest in athletics was reawakened when his son showed promise as a runner, and for this the BMC are eternally thankful.

Delving more into his son's pathway and how it affected him...

After winning a school cross country race he was spotted by Francis Upcott (South London Harriers) who took him under his wing. Progress was rapid but success at the Surrey Schools Championships was not rewarded by selection for the English Schools' Athletics Championships. Having been victorious in the invitation Boys' 800m at Crystal Palace immediately after Seb. Coe (who features heavily in this magazine) won the Senior Mens' race and with the English Schools' Champion left in his wake, it suggested that there was talent that needed encouragement.

What came next? David picks up the story in his own words:

'Mike Dumphrey, who arguably looked after foremost young athletes nationally, agreed to train me as I in turn coached my son. Our present Chairman was one of his charges. Under his tutelage I soon qualified as a Senior Coach and when he needed to reduce his commitment we split the group and I was launched.'

And what a great platform this proved to be. Mike now tells us a little more about how his involvement in athletics changed over time:

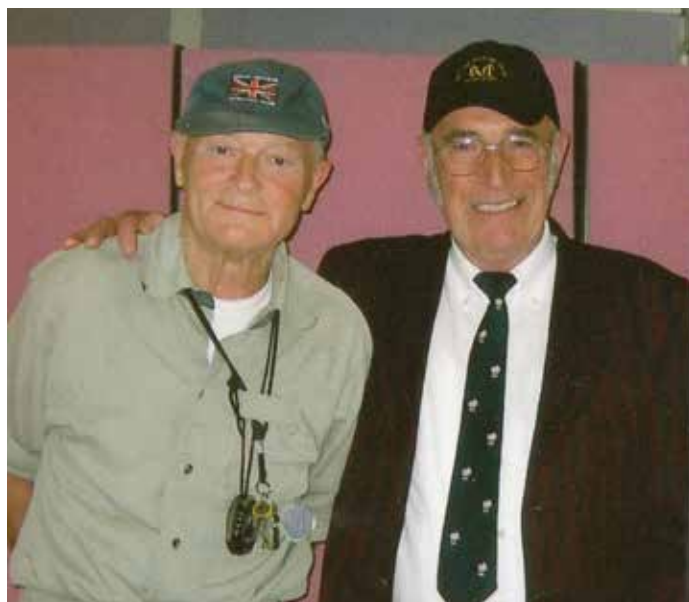
'Like Peter Coe, I came into athletics on the shoulders of a talented son. Again, like Peter, I was a professional Engineer used to analysing a problem and designing the best solution. One consequence was that I only truly coached a limited number of athletes at any one time.

Whilst as Head Coach at Birmingham University I was responsible for the full range of events and standards. However, the greatest satisfaction came from working with individuals, such as two young women who took up steeplechasing two months before the Universities Championships – they made the final and were rewarded with half-blues. Or a Law student who had spent his final summer chasing a sub-two minutes 800 metres. We went to a very low-key meeting where he was paced to 600m by an erstwhile Universities 1500m Champion. His task was then to finish as fast as he could; he was rewarded with a 1:58 finish time.

At that time Birmingham, Oxford and Cambridge had regular 'home-and-away' matches against the Ivy League Universities. Accompanying the Birmingham team to New England I learned how different university facilities provision and competition was there. The Penn Relays have no equivalent here but may have prompted Oxford man Mathew Fraser-Moat's promotion of our World Record breaking mile relays at Oxford'

The above is a truly fascinating account of his route and methods of coaching at university level. So how did he first become involved with the BMC?

'I accompanied my young son to a BMC training weekend and there, met Frank Horwill. The rapport was immediate but I did not become active in the BMC. Later I retired and moved to the Midlands. When a BMC AGM was held in the Midlands I attended with just four other people. Somehow I found myself elected Midland's Secretary – Frank could be very persuasive! With ready access to the University's track I organised regional meetings. The standards were high.



David Iszatt with Frank Horwill. Photo courtesy of David Iszatt

People like Mike Down supported the initiative, bringing athletes who included future World Champions.'

It's always interesting to find out how we end up in our various roles within athletics and running, and just who the key influencers have been on our pathways. What other roles has David had with the BMC?

'I became Chairman as Frank's health declined and he departed on his national tour of tracks where he had organised BMC races. The tour proved premature, his health improved and he remained on active duty for several years. However, the BMC had declined and it was time for change. Some very able members joined the Committee and the BMC was restored to its national status with active Regional Secretaries across the country. From a very low ebb, the Club's financial status, touched upon in Pat Fitzgerald's interview in the last edition, was restored and sponsorship secured. At that time the emphasis was on young and emerging runners, the Grand Prix was a thing of the future. There were none the less original ideas, including the successful attempts on the World Mile Relay Records. Fittingly Sir Roger Bannister was the guest of honour at the fiftieth anniversary dinner that followed the meeting.'

So what challenges lie ahead and what relevance does the BMC have in the twenty first century?

'The world of the rising generation is changing fast. There are new competitors for their interest and time. The BMC will only remain relevant if it responds appropriately to the challenge. As a near octogenarian, I can only pose questions I will never be called upon to answer. How do we encourage the flow of age-group athletes through our sport? Can our Grand Prix series be a vehicle for this? Should we fund the travel and other expenses of young athletes and their coaches in preference to seniors? Perhaps, most critical, can talented rising coaches be brought in to take the lead?'

Not only has David offered considerable insight but he has posed some questions that will steer the direction and thoughts for those of us interested in the development of the BMC and its future. He is a more than a deserving winner of the Horwill Services to the BMC Award.

The question is... What will YOU, our readers, do, to ensure the future success of the BMC, whereby athletes thrive on our opportunities which we offer to make a positive lasting impact?

HARRIET KNOWLES-JONES INTERVIEW

HARRIET KNOWLES-JONES BAGGED A EUROPEAN JUNIOR CROSS COUNTRY TITLE LAST WINTER AND **STEVE GREEN** GOT TO HEAR SOME SAMORIN STORIES:

Samorin, Slovakia 10 December 2017, and a young British athlete awaits the start gun, alongside her team, under sunny skies, having finished with a bronze and a silver medal in the previous two editions - Harriet Knowles-Jones is aware this is her last chance to win a European Cross title as a Junior:

'I didn't get out as fast as I would have liked, but I tried not to panic. The German girl (Datke Miriam) kept on pushing, and I just remember feeling quite good, despite the surges. On the last lap, I just remember my parents on the infield and my coach Paul giving me an update on where the chasing duo were, this gave me a lot of reassurance.'

They need not have worried, as Knowles-Jones, maintained her form splendidly,

over the icy flat fields of Slovakia, to break the tape, 11 seconds ahead of Lili Anna Toth of Hungary to finally take gold. She joined luminaries such as Steph Twell and Emelia Gorecka as a British winner of the coveted title.

The first person she went to embrace, was coach Paul Roden, underlining the partnership that has led to this success:

'I was over the moon to finally win after being so close in 2016 and 2017. I was disappointed to only win bronze in Grosseto over 1500m so to take the European Gold was amazing,' she adds.

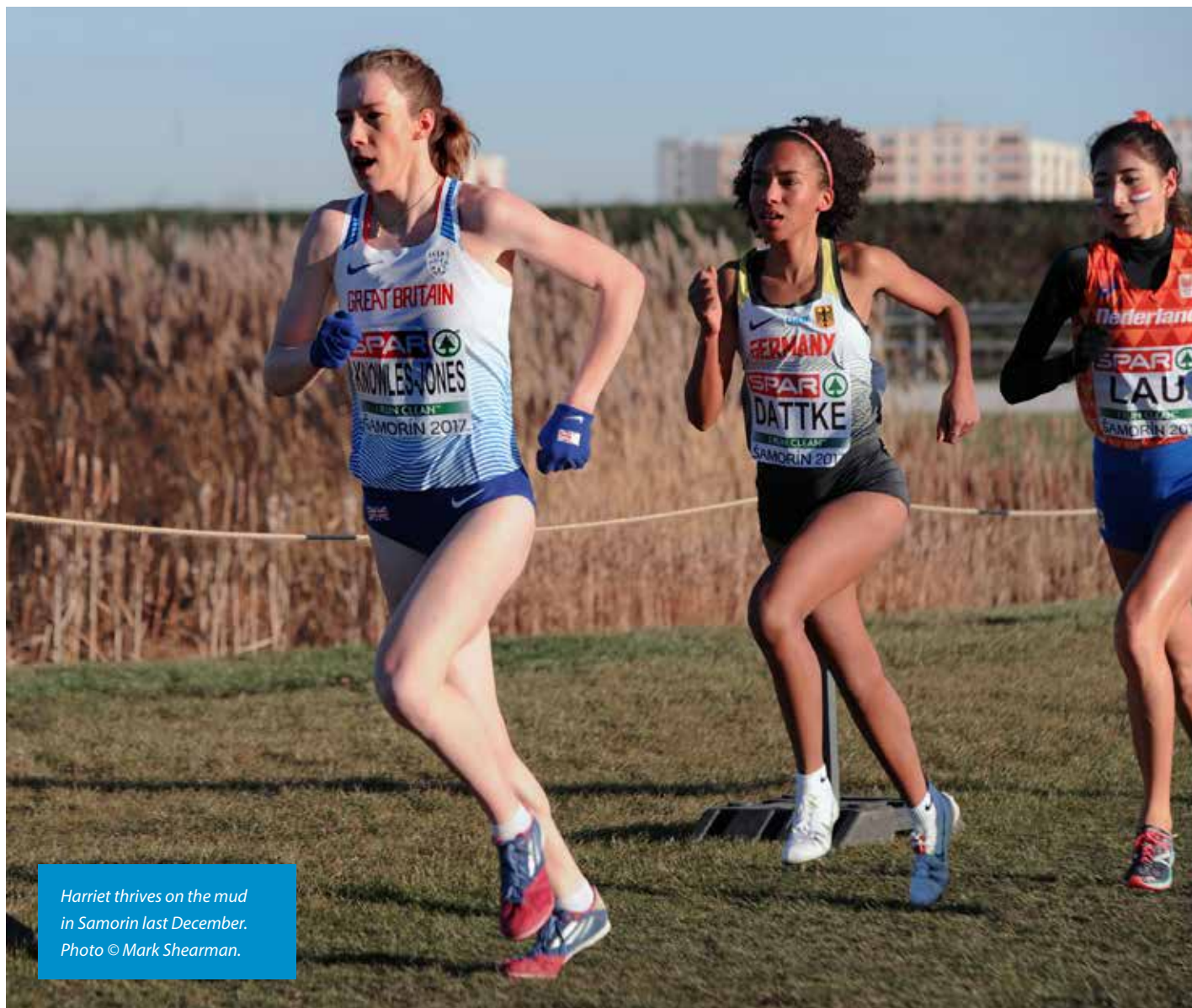
Knowles-Jones, whose mother (Jayne Knowles) and father (Martin Jones) were both international athletes, began working with Roden and his Sale Harriers based

group of athletes in 2014. She had enjoyed great success as a young athlete under Russell Tart, including an U17 English Schools 3000m title and Northern XC victories and she was also a medallist in the English National, all in 2014.

It was a move helped facilitated by her then coach, who selflessly realised that she needed a change to take her up to the next level:

'Russell, and my PE teacher Catherine Ball at Loreto Grammar (Altrincham) were very much about enjoying the sport, and gave me my love of running, and early success. It was the perfect time to join a new set-up, and start taking athletics a little more seriously.'

Former Junior National Cross winner Roden



Harriet thrives on the mud in Samorin last December.
Photo © Mark Shearman.

(who himself represented GB in the World Cross as a senior) is coach to a talented squad of runners, many of whom have been with him since the U15 age group.

Among the group members are Francesca Brint, who led a Sale sweep of the medals at the recent Northern U20 XC championships in Leeds, and sub 3m48s 1500m man Euan Gilchrist. Jamie Roden, 4th in the Northern XC this year, is also part of the group, alongside brother Adam.

A standard winter training week for Harriet is as follows:

- Monday- Road Reps from 1000m to a mile
- Tues – Run and Circuits/Core-stability
- Wed – Track session e.g. 10 x 400m (60)
- Thu – Steady run 60 mins
- Fri – Rest
- Sat – Race or intervals
- Sun – Long run 60 – 90 mins

Harriet has clearly thrived in this environment and one of the things she enjoys is the camaraderie within the training squad. Her favourite session, surprisingly are the long reps around Sport City Car Park, which she says sounds pretty 'grim' on a rainy Manchester night, but she feels 'quick' when she runs them. She has also benefitted this winter from a strength training regime, starting circuits, and core stability for the first time.

Harriet has evolved on the track, in the past three years, so much so that you could say she has equal ability on all surfaces. She started the 2017 season with a stunning 8m56s 3000m in Watford. In July, she gained a third place in the European U20 championships in Grosseto, closing with PB's over 1500m (4:13.59) and 800m (2:07.55) both at Stretford.

The previous year, she had underlined her

potential with a stunning 8th place in the World Junior metric mile in Poland, with a then PB of 4:15.49. It was then when athlete and coach realised she had a championship 'temperament'.

Knowles – Jones, is a regular competitor at BMC races, and both coach and athlete focus much of the season starting at Sport City GP, also utilising mixed races at Trafford, and Watford, when required. Roden says of his protégés approach to the sport:

'Although Harriet is still a young athlete, she has an attitude to the sport that is well advanced. Although blessed with huge natural talent she is always looking for ways to improve her running and from the start she has really believed in what we are trying to achieve.'

Inevitably, when an athlete such as Knowles-Jones makes a move into the Senior ranks, there will be a spotlight on this bright prospect to see how she copes with the improved competition. She has already given a hint that she may thrive at this level with a 9th place in the Great Edinburgh XC at the start of 2018. She then followed this up in February, with a stunning win in the BUCS XC leaving a slew of international athletes including Jess Judd in her wake. Knowles-Jones displayed a different type of race tactic over the swamped fields, and stream- crossings at Brunel University, leaving it to the final third before coming away from Phoebe Law and Emily Hosker-Thornhill, to win by four seconds.

Roden sees that Harriet may have a future over the longer track distances, underlined by her cross-country pedigree, and her swift 3000m. However, he is keen to develop here at the shorter distances before considering moving up distances. He is also keen to point out that like many coaching relationships, people see success, and assume all is a smooth progression, but there have been challenges along the way to get Harriet to this level.

Knowles – Jones who is in her first year of an engineering course at Manchester University, is keen to express her admiration for the group of athletes such as Bobby Clay, and Jennifer Walsh who have highlighted the issues that many female runners face as they challenge to be top runners through the age-groups.

Harriet has a simple reason for doing what she does and perhaps this is the key to her success and why she has seemingly been able to go from successful teen to being on the cusp of a senior breakthrough:

'I love running, I get nervous and excited leading up to a race. I've been doing the sport since I was 8 and I can't imagine a time when I won't be able to run every day.'



All smiles as European junior cross country champion.
Photo © Mark Shearman.

SEB COE INTERVIEW

MATT LONG GETS A FAMOUS DOUBLE KICK OUT OF SPEAKING **TO LORD SEBASTIAN COE:**

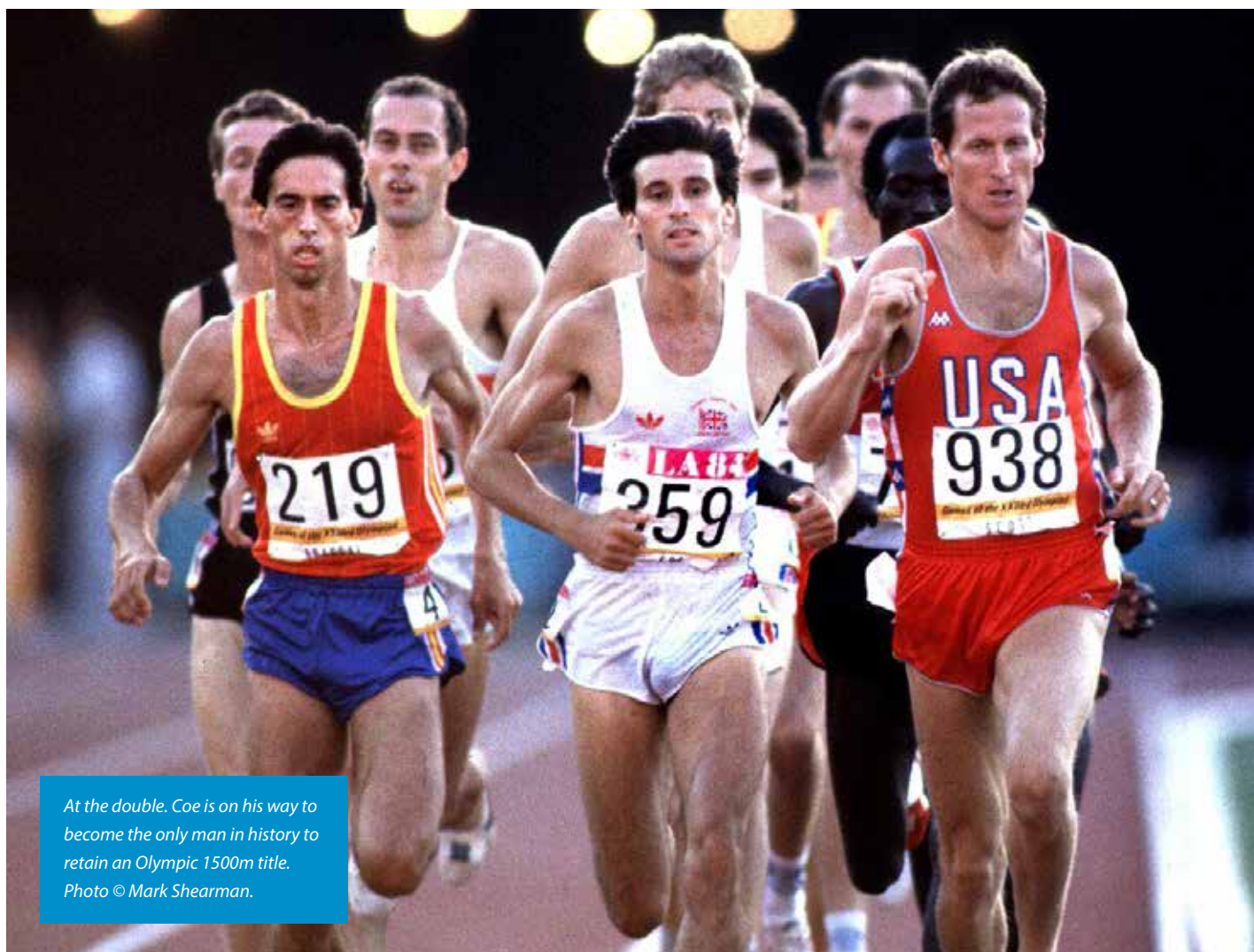
15th September 1989: Crystal Palace Athletics Stadium:

A windswept Sebastian Coe has just ended his British leg of the most illustrious of athletic careers with a comfortable win over 800m. Having checked on the unlikely challenge of both Ikem Billy and Tony Morrell with numerous customary nervous glances back over the shoulder, he even steals a leaf out of his most famous rival's book by allowing himself a cheeky goodbye wave to the crowd with 40 yards remaining- Steve Ovett would have seen the funny side! After an emotional lap of honour in front of an adoring home crowd, he has adorned a light blue and white tracksuit top which covers his Haringey club vest and the number 6 which was pinned to it for the previous 1:45.70s. He is still recovering his breath as Channel 4's Jim Rosenthal thrusts a microphone into his face and asks the 33 year old the killer question. 'What was your greatest

moment, what was your greatest race?'. The momentary pause of the respondent can be forgiven- for where could he begin to start? Two Olympic 1500m Golds; Two Olympic 800m slivers; 8 outdoor records (3 of them in an amazing 41 days back in 1979) and 3 indoor world records....You can hear the cogs turning as Rosenthal and a packed Crystal Palace and millions watching on live tv wait for Coe to respond as he scratches his left ear. Ever the patriot he says with conviction. 'My favourite greatest moments have always been when I have had triumphs wearing a British vest. I suppose if I had to narrow that down it would be the Moscow and the Los Angeles Olympics and a special moment for me I suppose- the 800m in Stuttgart where I think it was the Daily Mail at the time described the three of us coming out of the clouds like Spitfires. It was a tremendous evening to get 1-2 and 3 at a major championships'.

The special evening in question was the 28th August 1986 and the two other 'Spitfires' were of course the heavily fancied and in form Steve Cram and 'new kid on the block', Tom McKean. This was meant to be their fly-by and you could hear the incredulity etched into the iconic voice of David Coleman who was clearly trying to weigh up whether the Geordie or Scot would win before nearly falling off his commentary seat to declare, 'A dramatic move on the outside by Sebastian Coe,' as he breezed past a head-nodding 'Jarrow Arrow' in the home straight and a suitably startled McKean, whose face resembled the proverbial rabbit caught in the headlights and who must have thought this was his day as the finishing tape beckoned.

Coe was never better than when he had something to prove and his Olympic citations expressed to Rosenthal on that blustery September evening 29 years ago were the epitome of this. The image on



*At the double. Coe is on his way to become the only man in history to retain an Olympic 1500m title.
Photo © Mark Shearman.*

the next page is one of the most iconic in athletics history along with the capturing of Bob Beamon's wide-eyed roar as he flew through the rarefied air of Mexico in 1968 and threatened never to land in the long jump pit. For who can ever forget a facial expression characterised by an orgasm of relief and exultation as he crossed the finishing line of the 1500m in Moscow in 1980? His arms were indicative of a man in crucifixion mode and of course the press had metaphorically nailed him to the cross after what was perceived to be a 'disastrous' silver medal in the 800m just days before – 'nice guys' like Coe were destined to be losers or so the Red Top papers told us back home. The Olympic 1500m was to be Steve Ovett's double after his 'surprise' win in the 800m for he was a master strategist who had made Coe look like a tactical schoolboy novice over two laps. Ovett had won an incredible 45 consecutive 1500m or mile races between 1977 and 1980 and several years later Seb's father Peter would shake his head and admit, 'He had no business in the world losing the 46th'. But Seb stopped him with his famous double kick which had been rehearsed time and again on the Rivelin valley road in Sheffield with his father trailing in the car.

If the man the tabloids had cruelly

labelled a 'bottler' had upset Ovett's apple cart in 1980, four years later there were many who accused him of gate crashing an LA party which they thought he never should have been invited to in the first place. Coe had forced the door and stolen the RSVP invitation which should have been reserved for fellow Yorkshireman Peter Elliott, as Jet Pack man landed in the Los Angeles Coliseum to start off the razzmatazz of the 1984 version of 'The Greatest Show On Earth'. But come the party, Seb did take his place and he began to dance through the rounds to the ever louder music which sang that he could spring another surprise. A beleaguered Ovett would watch the final lap of an Olympic record breaking 1500m lying prostrate on a stretcher having stepped off the track as the bell rang to signal the passing of the torch to Steve Cram. After all, the young pretender was the man who had bagged a European and Commonwealth double in 1982 and his victory over Ovett and the best of the world's rest in the inaugural World championships in Helsinki in 1983 signalled his ascension to the throne. It was 'Cram The Man' and not Coe who would be the stuff of the early precursor of Reality TV documentaries and the 'Jarrow Arrow' who would bag the breakfast cereal ads- not Coe.

Cram was King and for three years since his record breaking exploits of 1981, Coe had suffered the embarrassment of failure at the European championships in Athens a year later and the agony of toxoplasmosis in 1983 which had meant a belated start and a dangerous game of playing 'catch up' in the run up to his second Olympics.

Enter the home straight of that 1984 Olympic 1500m final and David Coleman is building the confrontation between reigning world and Olympic champion respectively before declaring, 'And Coe comes away, Cram digs in but Coe comes away to retain the Olympics title. Sebastian Coe back at his best IS the Olympic champion again'.

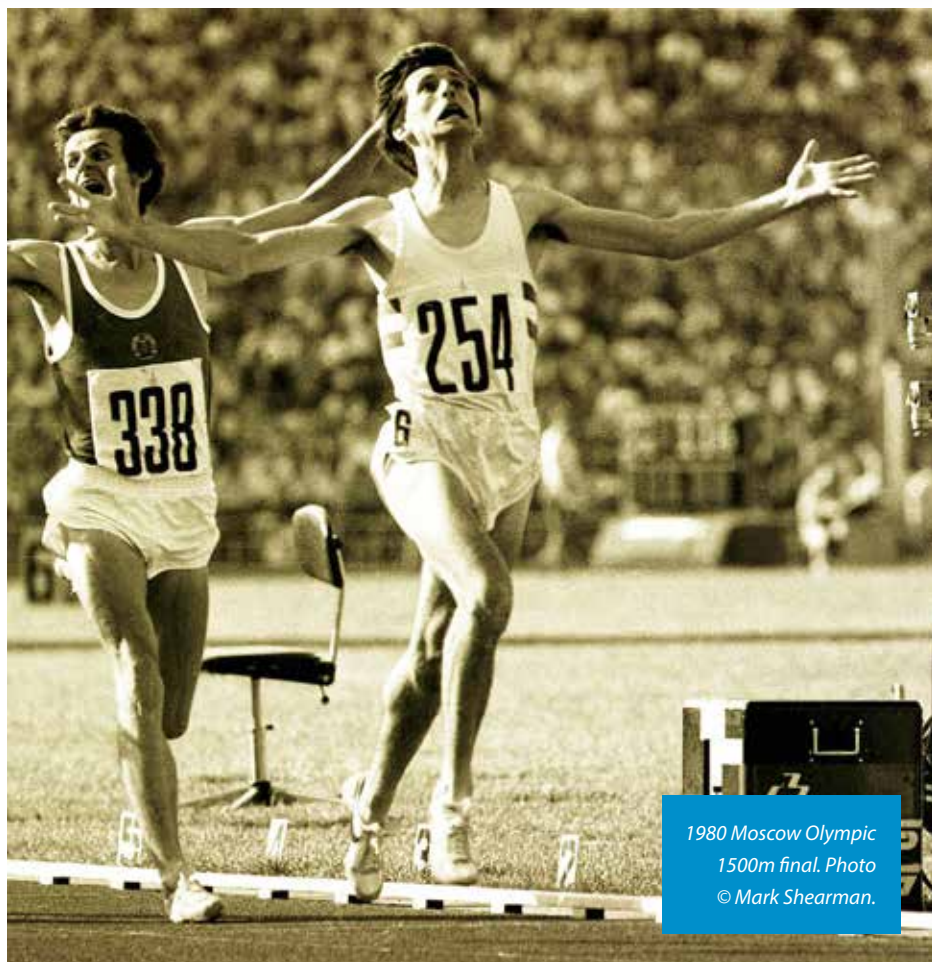
That glorious Los Angeles day on the 11th August 1984 will forever be etched into the collective conscience of those of us of a certain age. It's hard to believe it was 34 summers ago. I want to stand still in time but the double Olympic champion has moved on in the sport, as President of the IAAF. The younger readers amongst you might simply remember him as, 'That man off the TV that won us the London 2012 Olympics'. In addressing him as 'Lord Coe' he immediately bursts out laughing and with a dose of self-deprecation he tells me, 'Please call me Seb. You know I wasn't a knight of the realm when I joined the British Milers' Club almost half a century ago!'

Having been put at immediate ease, I am keen to know why Seb actually joined the BMC. 'To be honest I had never heard of it when I first came to the sport in the 1960s. You have to remember that I was new to the sport and my father, Peter, was new to the sport', he says candidly. 'This being said I quickly became aware of its growing reputation. I guess when my father and coach was beginning to choreograph my own career in the sport, he picked up on the work of the club. My old man had a real thirst for understanding the sport. He was an engineer and also came from a cycling background, so he understood what it took to develop an endurance base in an athlete. So I suppose it was good old fashioned warm word of mouth that made us aware of how the club could help what we were trying to achieve. In addition, I looked up to people that I thought had used the BMC- I'm thinking of people like Trevor Wright, who I think bagged something like 7 national cross-country titles.'

Other than the classic Barnett Copthall encounter which Seb has already relived on page 9 of this publication, I want to know if any other club races stand out in his memory. With a scratch of the head he remembers, 'A BMC at Stretford way back in



Lord Sebastian Coe.
President of the IAAF.
Photo © Mark Shearman.



1980 Moscow Olympic
1500m final. Photo
© Mark Shearman.

1976 where I ran a 1m47s which put me 3rd on the rankings’.

Apart from races, what can the BMC offer both athletes and coaches? ‘Well for starters’, he says with genuine enthusiasm, ‘In my Dad’s office I always remember there being the latest bulletin from the club. Often it contained Frank Horwill’s somewhat forthright views about the old British Amateur Athletics Board’. He begins to laugh again as he says, ‘Some saw it as a somewhat bilious and libellous publication back then but the BMC News magazine has evolved’. At this point he becomes nostalgic, adding, ‘I loved Frank. It was beyond sad when Frank passed away in 2012. I am sure that he and my father are up there somewhere looking down as we speak- they will be writing training manuals together!’

We then turn to matters of the present. ‘Does the BMC have a role to play for the future?’ I ask him with deliberate directness. ‘Does the BMC have a future role?’, he replies quizzically, almost as if I have asked him to confirm that the world is round and not flat- ‘Of course we have a role in the future and it’s a massive role’. Ever the realist he acknowledges that there is work to be done with regards to the global standing of British middle-distance running. He continues, ‘Look, we have a slight fragility about us and the BMC has a really important role in terms of providing training advice and

developing young athletes. Wherever I am in the world, I still get to read Athletics Weekly all the time and barely does a week go by without something in AW about BMC races. So the club still has a huge role to play for boys and girls at every level of the sport as they progress’. I sense that it’s not just the pragmatics of what the club does but also its underlying philosophy which appeals to what may subliminally be two of his own guiding political principles- devolution and choice- he is of course a former Conservative MP. He explains that, ‘I am a believer in having some kind of independence which the BMC does to a degree. I am not a great fan of overly centralised systems’.

I then ask the proverbial million-dollar question. Is he an optimist with regards to the future of British middle distance

running on the global stage? Without wishing to sit on the fence he admits it’s a complex question in that, ‘I range between optimism and pessimism. I definitely see potential in the junior ranks, which is good. Nevertheless, we don’t convert as well as we should do. Let’s take last years’ World Championships for instance- we got 4ths or 5ths in events and so on but of course our real challenge is to convert this into podium places’. ‘So how do we achieve this?’ is my final question. One of the solutions which he is undeniably passionate about is a renewed commitment to the undertaking of cross country racing for athletes. He points out that, ‘Let’s be clear that you don’t have to be the world’s best cross-country runner to do it. People have to realise that it’s an inseparable and inherent part of being a middle- distance runner. Both younger athletes and coaches need to fully understand that it’s not cross country or track- it’s not an ether-or’. With him pushing for cross country to attain future Olympic status does he practice what he preaches? He laughs for the umpteenth time and tells me that, ‘I ran a 6.8km cross country race myself on January 21st in Seville. I must confess it did take me 33 minutes but then again I am 61 years old now!’ Check it out on page 45 of the January 25th edition of Athletics Weekly!

As we bid our farewells, I can tell that Coe has clearly enjoyed taking time out of a manic schedule in his role for the IAAF to reminisce about Frank Horwill, his own father and going back to his BMC roots. For many, his finest athletic attribute was an ability to kick again off an already ferocious pace. Almost half a decade after the skinny and nervous boy who sported a red Hallamshire Harriers vest lined up to pay his BMC subs and his race entry fees just like you do, the man tasked with taking a global lead in our sport, has rolled back the clock and treated us yet again to another ‘double-kick’ in terms of outlining what both the BMC needs to do and British middle distance needs to do in the future.

Seb Coe’s BMC Races

4:05.9	1,500m	6	Crystal Palace	13 May 72
1:59.9	800m	5	Hendon	3 Jun 72
1:56.6	800m	3	Stretford	1 May 73
1:56.0	800m	2	Crystal Palace	13 May 73
3:54.0	1,500m	1	Rawtenstall	30 Apr 75
3:47.4	1,500m	1	Stretford	28 Mar 76
4:07.6	Harry Wilson Mile	1	Crystal Palace	14 Apr 76
4:05.7	Mile	1	Stretford	1 May 76
1:47.7	800m	1	Stretford	8 Aug 76

BMC INDOOR SEASON REVIEW

From Glasgow, to Sheffield and to London – what a fantastic indoor season was had on the boards with our five meetings acting as a precursor to the World Indoor Championships.

Emirates Arena BMC / Glasgow AA Metric Miler Meeting (Inc Scottish 3000m Championships). 7th January 2018:

Perth Strathtay's Sol Sweeny clocked an impressive 8:19.03 to take the men's 3000m over Danny Mooney and James Donald with all eyes being on 5th placer Laura Muir (8:37.21). Melissa Courtney (8:55.10) took the spoils in the women's only race with Katie Snowden and Charlotte Taylor Green both more than 100m in arrears.

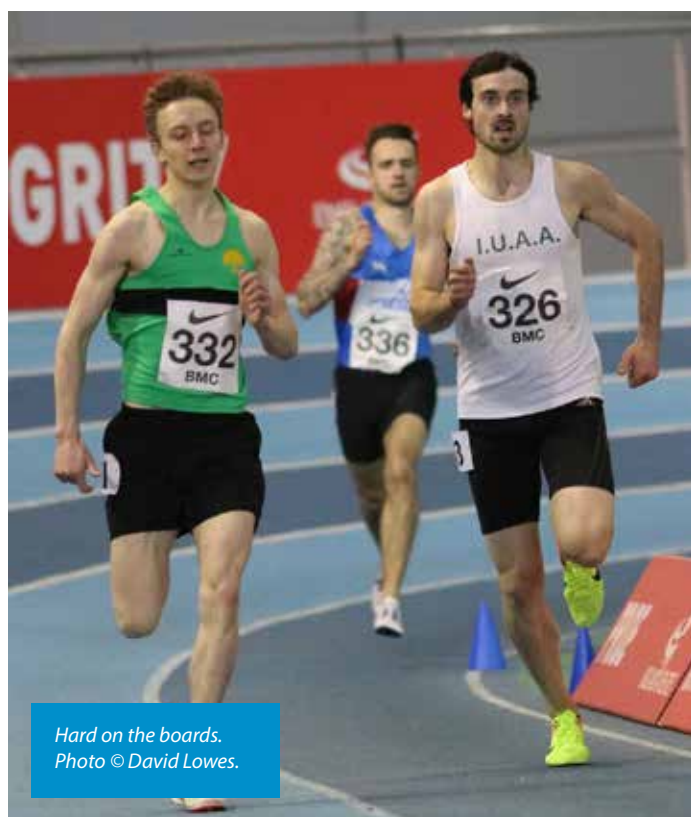
The BMC values diversity and notably there were very good masters performances from Masters 35 Darrell Hastie (8:51.06), Masters 40 Darran Muir (9:08.19) and Masters 45 Kerry Liam-Wilson (9:02.23). Masters 50 Brian Scally ran well for 9:48.58 as did Masters 55 Rob McLennan (10:15.58) and Master 60 Allen Marr (11:07.05) with Ray Aitken and Colin Youngson flying the flag for the Masters 65 and 70 respectively.

Likewise with the female masters athletes- there were a plethora of eye catching runs beginning with Claire Thompson at Masters 40 (10:59.45) and Susan Riley (11:33.50) at Masters 50. At Masters 55, Fiona Matheson recorded a fine 10:18.87 with Motherwell's Phyllis Hands doing herself proud at Masters 60 level.

At the opposite end of the age spectrum, Under 17's Kane Elliott (9:03.59s) and Lily-Jane Evans Haggerty (10:08.89) showed promise for the future as did under 15 winners Conor Gourley (9:56.80) and Charlie Frew (11:30.27).

BMC Sheffield Open. Sheffield. 7th January 2018:

It was Jamie Webb (1:48.97) from Robert Needham and Canaan Solomon in the men's 800m, whilst in the women's race Enfield and Haringey's Isabelle Boffey was four strides ahead of Anna Silvander and Katrina Simpson.



Hard on the boards.
Photo © David Lowes.



Photo © David Lowes.

In the men's metric mile, Bristol and West's Michael Wilshire (3:49.46) was the only man to be sub 3:50 with Dominic Brown and Eoin Pierce proving to be the best of the rest. Gateshead's Stacey Smith (4:13.86) romped home in the women's event ahead of former world 1500m silver medallist Hannah England, with Anna Silvander a distant 3rd.

Jonathan Davies (7:57.80) would justify his world indoor championship selection with a win over 3000m and impressively both Philip Sesemann and Andrew Hayes both chased hard all the way to comfortably go sub 8 minutes.

BMC Sheffield Open Series. Sheffield. 24th January 2018:

Top of the pile over four laps on the indoor boards at the EIS was Canaan Solomon (1:52.41) of Woodford Green and Essex Ladies, who got the nod over both Patrick Taylor and Kevin Bell.

The women's 800m went right down to the wire with a read head to head between Leah Barrow (2:10.33) and Julia Cooke (2:10.97), with Liverpool Harriers Danielle Webb in 3rd.

Over the metric mile, Reading AC's Jonathan Davies (3:47.26) showed the way home in having over four seconds to spare over Max Wharton and Jeremy Barnes. In the women's race, University College Dublin's Ciara Everard (4:27.28s) just edged out Georgie Hartigan with Kimberly Johansen also well inside 4:30 for 3rd.

BMC Sheffield Open Series. Sheffield. 6th February 2018:

The 800m was taken by Cardiff's Joseph Reid in 1:52.46s with runner up David Dempsey (Sheffield and Dearne) just edging out Newbury's Harry Russell in 3rd. In the mixed race, there were eye catching female performances from Anna Silvander (2:10.71) Aimee Pratt (2:10.89) and Gabreille Coveney (2:12.65) with Under 17 Lily Gregory (Charnwood) taking the spoils in 2:19.47 in the women's only race.

Belgrave's talented Nick Goolab (7m55.00s) took the spoils over 15 laps to finish ahead of Adam Clarke and Paulos Surafel respectively, both of whom broke the 8 minute barrier and in the Women's 3000m, Hannah Nuttall took the victory in 9:11.46s.

Lee Valley Open. London. 7th February 2018:

The 'A' 800m was won by Ben Waterman Ealing (Southall and Middlesex and Run Fast) in a speedy 1:50.63 from Max Wharton (1:50.86 Liverpool and St Mary's with Tonbridge and St Mary's Sean Molloy grabbing 3rd. The Women's race was a belter between Ellie Baker (Shaftesbury Barnet) who won in 2:06.52 from Katy-Ann McDonald (2:08.09) and Ciara Everard (2:09.33).

WORLD INDOOR CHAMPIONSHIPS

THE PROGRESS OF BMC ATHLETES AT THE RECENT **WORLD INDOOR CHAMPIONSHIPS** IN BIRMINGHAM IS CHARTED BY **MATT LONG**:

No less than 9 athletes who are either members of our club or whom have used our races consistently, featured in the recent global championships. This is testimony to the work which we do in helping athletes move on to the highest levels of the sport and in achieving representation for Team GB.

Men's 800m

In his heat Elliot Giles ran a fantastic indoor personal best of 1:45.46 which signalled his medal intent for the final. The final itself was a far more tactical affair and after much deliberation after a weekend of controversial disqualifications, Elliot was eventually confirmed in 4th place (1:48.22) behind gold medallist Adam Kszczot from Poland (1:47.47s). Elliot last won a BMC race at the Watford gold Standard in August 2017 and was keen to talk to *BMC News*. We spoke to him days after and he reflected that, 'It was a great champs. I performed well in the heats however did not replicate that form in the final'. Did he have a message for you guys for the forthcoming season? Of course he did! 'We as athletes have to believe in the process and keep grinding', he said with a shrug.



'Oh no not 4th place' realises Elliot Giles.
Photo © Mark Shearman.

Women's 800m

Former BMC Athlete of the Year, Shelayna Oskan-Clarke showed great composure to win her heat in 2:01.76. Member 7242, Mhairi Hendry (2:02.65) finished 3rd in her heat and was unlucky not to join her compatriot in the final. Shelayna last won a BMC Gold Standard in Watford in June 2016 and ran a brilliantly judged final to grab a fantastic bronze medal and go sub two minutes in bagging a PB of 1:59.81. We caught up with her after she had recovered and she told us, 'There are no words really to explain achieving a bronze medal at the world indoor championships. I think I said

back in 2015 after making a World Final that it is something that I believed I could do and compete with the best people in the world'. With a sigh she added, 'It has taken another three years to get a world medal'. Did she value the contribution which the BMC has made to her long term athlete development? She signed off by telling us that, 'I am so grateful for the support of everyone around me. It has been a long process with a lot of ups and downs but it makes the achievement so much more satisfying'.



Shelayna Oskan-Clarke flies the flag.
Photo © Mark Shearman.

Men's 1500m

Whilst Member 6290 – Jake Whiteman-breezed through qualification with a heat win, injury afflicted Chris O'Hare was visibly impaired in his running and there was much debate as to whether his qualification by means of faster loser spot was actually doing him any favours. A global final is a chance never to be missed and duly take his place in the line-up, the Scot did. In a pedestrian race both Wightman (6th) and O'Hare (8th) were out of the medals, with Ethiopian Samuel Tefera taking gold in 3:58.19.



Jake Wightman in the 1500m.
Photo © Mark Shearman.

Women's 1500m

BMC Athlete of the year, Laura Muir, already had a bronze medal in her pocket by this stage, but that did nothing to dampen her enthusiasm for automatic qualification. Eilish McColgan was understandably fatigued from her exploits in the 3000m final the night before and her exit in 4:13.32 was no shame. In the final, member number 6351 pushed the brilliant Ethiopian Genzebe Dibaba all the way in recording 4:06.23, with Sifan Hassan completing a runaway 1-2-3.

Men's 3000m

In a heat won by Ethiopia's Selemon Barego, Britain's sole representative, BMC Member 6062 – Jonathan Davies was out of sorts by his own high standards. The former European junior cross country champion finished a distant 6th in 8:21.73, with no less than four athletes being disqualified for various transgressions. In the final, Barego would have to bow to team mate Yomif Kajelcha who became champion in stopping the clock at 8:14.41.

Women's 3000m

In the first track final of the four day competition, Laura Muir took a fine bronze in a seasons best of 8:45.78s behind Dibaba who would complete the first leg of what would go on to be a double. Last year's European indoor bronze medallist, Eilish McColgan featured well in the early stages but faded to 10th 9:01.32. Member 4616 – Tamara Armoush represented Jordan and finished in 14th place in 9:45.68.



Laura and Eilish in the early stages of the 3000m.
Photo © Mark Shearman.

SEASON PREVIEW

CHAIR **TIM BRENNAN PREVIEWS THE NEW SEASON:**

The 2017 season was our biggest ever and produced some excellent results. The growth has come with the same number of meetings, slightly more races, and more people in the races. This indicates the popularity of BMC races, so it should be no surprise if 2018 is a mixture of the familiar which has worked well and the new which improves what we offer.

Grand Prix

The Grand Prix season is retained as five fixtures, with a new venue of Sutcliffe Park in South London. This is not a new location for the BMC, as for the last few years it has hosted an excellent regional meeting and the highly successful Sydney Wooderson 800m. With a newly developed facility, the time seemed right to go there. The four retained venues are Sport City, Watford, Loughborough and Trafford. After many years we do not have a fixture in Solihull. Though a popular and fast venue we have struggled with support from the Sports Centre and to get local officials and pacemakers.

This season there will be an online payment to be made for all Grand Prix entries. We introduced this last year for



non-members and the same now applies to members. We should also be very up to date with membership status, so if you have not paid you subs you may find you are not able to get into Grand Prix or Gold Standard races. The slightly increased entry fees will help us keep these meetings going.

PB Classics

Our other wholly BMC meetings are the PB

Classics. This year Millfield moves from the Early May Bank Holiday to the Saturday of the same weekend. We have in mind that this may be better for those travelling and those with exams coming up. Our biggest meeting is the Milton Keynes PB Classic and this follows in June. Both are timed to give opportunity for English Schools qualification standards.

Exciting New Meetings

New this year are two meetings at Lee Valley May 9th and Milton Keynes August 11th. These meeting will have open 5000m races, aiming to create a great atmosphere with music and entertainments. At Lee Valley a BMC one mile race will feature and at Milton Keynes the elite 5000m races will be BMC. These are great initiatives by the two venues and we are delighted to be part of a new style of meeting.

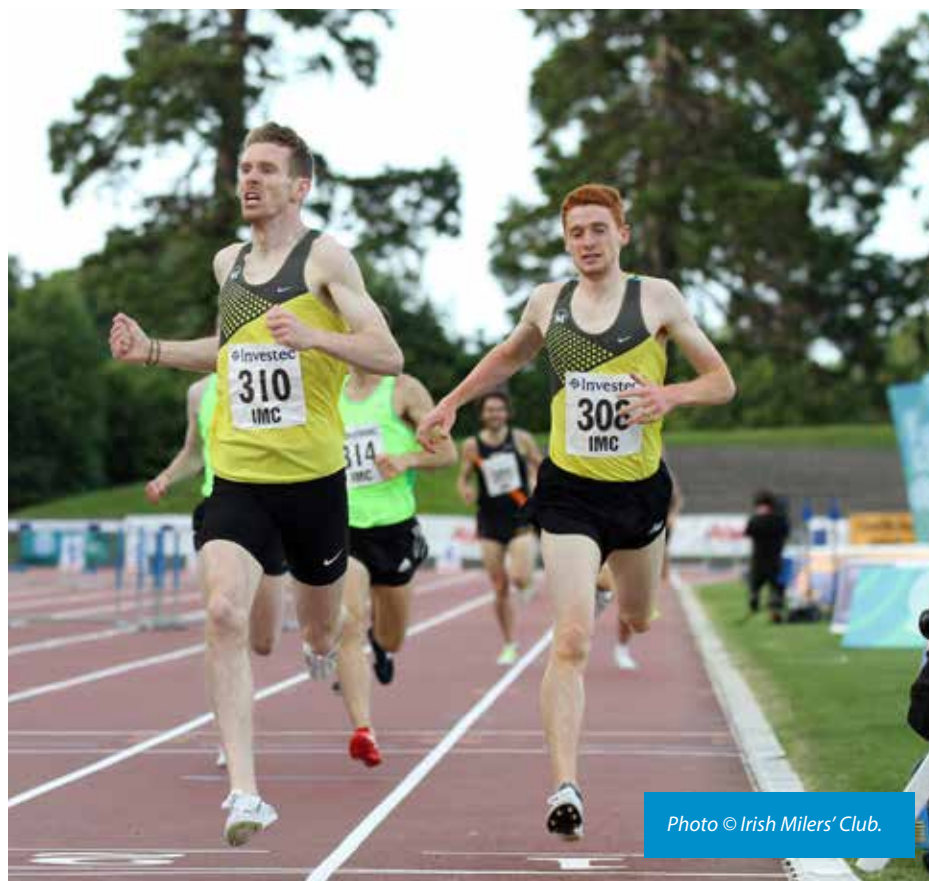
A third Gold Standard venue has been added to Watford and Trafford. Loughborough will host Gold Standard races on 7th June.

BMC Representative

This year we will be selecting athletes to represent the BMC at the Irish Milers' Club meeting in Belfast. The places will go to members who in our view have demonstrated true BMC spirit.

Regional

Last but not least regional meetings will be taking place throughout the country. You can find the comprehensive list in the fixture list.



BRITISH MILERS CLUB BANNISTER MILE SERIES

Commemorating Sir Roger Bannister, the first sub four-minute miler and founding president of the BMC
Sir Roger Bannister (23 March 1929 – 3 March 2018)

9th May	Lee Valley	Men and Women's City Miles	On the 6th May 1954 Sir Roger Bannister became the first man to run a mile in under four minutes. Sixty-four years on, almost to the day, can anyone match his time? History will meet innovation in this meeting on a night of 5000m races with music and much more. The city mile has a long history being regularly run at Motspur Park in the 1960s and 70s. Many sub-4 times were set, but one to just miss out was 18 year old future world record holder Steve Ovett with 4 minutes exactly. Back in June 1969 women were not regularly racing a mile. The BMC set about changing this staging a race in Leicester where Mia Gommers ran a World Record 4:36.8
7th July	Eltham	The Peter Coe U17 mile (men) and Frank Horwill U17 mile (women)	Hosted in the BMC Grand prix this is a chance for some of the best young middle-distance runners in the country to compete over a mile. The races are named after two coaching greats: Peter Coe coach to Sebastien and Frank Horwil, the founder of the BMC.
DATE TBA	Oxford	Men and Women's miles	Hosted at the iconic Iffley Road, the venue where Sir Roger achieved his fabulous record. Who can join the list of those who have broken four minutes at Oxford BMC races? Iffley Road saw a BMC women's record in 2004 when Sonia O'Sullivan ran 4:27.79
18th August	Trafford BMC Grand Prix	Men and Women's miles	In 2007 the BMC hosted the famous Emsley Carr mile in the Trafford Grand Prix. A series run every year since 1953 and won by many athletic greats. The race in 2007 was won in a BMC all-comers record time of 3:54.24. Can anyone match that?

Series Prize Money

1st	2nd	3rd	Men	Women	Best of British - Any BMC member not winning a higher prize will win £100 for sub 4:00 (men) or sub 4:34 (women).
£1,000	£600	£400	03:52	04:24	
£500	£300	£200	03:54	04:27	
£250	£150	£100	03:56	04:30	

NEVILLE TAYLOR BACKS YOU INTO A CORNER!

The BMC is delighted to announce the 2018 programme for the successful coaching corners. In being supported by England Athletics oth myself and Matt Long are to host each session at approximately 3pm, held prior to events at our Grand Prix meetings starting. Follow our facebook page for more details.

May 12th – Sports City

The theme is the female athlete and moving from juniors into the senior ranks.
With lead coaches and Scottish international Emily Dudgeon.

May 26th – Watford

Theme – Training for 800 / 1500 and athlete retention in our sport.
With James Thie, David Lowes and Mark Hookway.

June 23rd – Loughborough

Theme change of event e.g. from 1500m to 5000m.
With Rob Denmark, Barry Fudge and George Gandy.

July 7th – Eltham

Theme the female athlete, physiological testing and coaching junior athletes.

All coaches, athletes and parents are most welcome to join us and enter into the discussion of the selected topics and other coaching matters. Drop in and leave as and when you please. It costs you nothing and is very informal and a great opportunity for you to ask questions.



GRAND PRIX AND OTHER ELITE RACES 2018

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

DATE	VENUE	EVENTS	TIME	CONTACT	CONTACT DETAILS	STANDARD
Wed 9 May	Lee Valley	City Mile	TBC	Tim Brennan	timbrennan@britishmilersclub.com	Bannister Mile Series
Sat 12 May	Sportcity, Manchester	800 Men	4.30pm	Mike Deegan	07887 781913	Grand Prix
Sat 12 May	Sportcity, Manchester	1500 Men	4.30pm	Jon Wild	07947 157785	Grand Prix
Sat 12 May	Sportcity, Manchester	800/1500 Women	4.30pm	John Davies	07967 651131	Grand Prix
Sat 12 May	Sportcity, Manchester	5000/ 2000 S/C (England Development event) Men & Women	4.30pm	Dave Norman	07868 783818	Grand Prix
Sat 26 May	Watford	800, 1500, 3000 S/C & 5000 Men	5.00pm	Rupert Waters	rupert.waters@tiscali.co.uk	Grand Prix
Sat 26 May	Watford	800, 1500, 3000 S/C & 5000 Women	5.00pm	Nick Bentham	nickpbentham@hotmail.co.uk	Grand Prix
Sat 23 June	Loughborough	800, 1500 & 5000	5.30pm	George Gandy	g.gandy@live.com	Grand Prix
Mon 2 July	Leeds Beckett University Track	Mile Men & Women	6.30pm	Andrew Henderson	A.E.Henderson@leedsbeckett.ac.uk	Regional Mile
Sat 7 July	Eltham	800, 1500, 3000, 3000 S/C Men & Women	5.00pm	David Reader	davidreader@britishmilersclub.com	Grand Prix
Sat 7 July	Eltham	Peter Coe & Frank Horwill Age Group Invitational Miles	5.00pm	David Lowes	07930 318651	Bannister Mile Series
Tue 17 July	Tipton	Mile Men & Women	7.30pm	Paul Hayes	hayespaul43@yahoo.co.uk	Regional Mile
Sat 11 Aug	Milton Keynes	MK5000 PB Special Men & Women	TBC	Paul Gooding	paulgooding1962@gmail.com	Special
Wed 15 Aug	Eltham	Wooderson 800 Men , 800 Challenge Women	7.30pm	David Reader	davidreader@britishmilersclub.com	Special
Sat 18 Aug	Trafford	800, 1500, 1500m S/C (England Development event), 5000 Men & Women	5.00pm	Steve Green	stevegreen2011@live.co.uk	Grand Prix
Sat 18 Aug	Trafford	Trafford Miles Men & Women	5.00pm	Steve Green	stevegreen2011@live.co.uk	Bannister Mile Series
	To be confirmed	Oxford Miles		Alex Gruen	ajgruen@gmail.com	Bannister Mile Series

GRAND PRIX SERIES ENTRIES

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.

DISTANCE	MEN	WOMEN
800m	01:55.0	02:15.0
1500m	03:55.0	04:40.0
3000m	8:30	10:00
5000m	14:50	16:45
3K Chase	9:15	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.

Entries should be made through the online entry system on our website. A fee of members £3 and

non-members £15 must be paid online or entries will be rejected. This fee will not be refunded to those who drop out. An additional £5 is payable on the day for stadium entry.

We reserve the right to vary entry criteria depending on demand

PRIZES

A first prize of £1,000 applies at each of the Grand Prix events over 800m, 1500m, Mile, 5000m, and 3000m Steeplechase. The prize money is determined by finishing position and time.

Best of British – A prize of £200 is available for the fastest British BMC finisher in each Grand Prix event (excluding EA Key Events) who does not win a higher sum in the time related prizes.

For full details of the prizes available see www.britishmilersclub.com

PACEMAKERS

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

Those interested should contact Tim Brennan at timbrennan@britishmilersclub.com 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 at timbrennan@britishmilersclub.com or enter via the website.

INTERNATIONAL RACE OPPORTUNITIES

The BMC is invited by other race promoters to send representatives to overseas opportunities. Selection for these races will be based on performance in BMC events.

BANNISTER MILE SERIES

More details and prize structure are shown on page 23 of this magazine.

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 been invited to or 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.

PB CLASSICS, GOLD STANDARD, ACADEMY AND REGIONAL FIXTURES 2018

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

BMC ACADEMY YOUNG ATHLETES PB CLASSICS (Age Groups U13, U15, U17, U20)

5-May	Millfield	800/1500 M&W 3000 Mixed, 1500 S/C	5.45pm	Steve Mosley	029 2241 1440
2-Jun	Milton Keynes	800/1500/3000/1500sc/2000sc	4.00pm	Jim Bennett	im@mkdistanceprojeck.co.uk
7-Jul	Eltham	Peter Coe & Frank Horwill Miles		David Lowes	07930 318651

Fastest of U15 & U17 PB Classics to be invited to Frank Horwill & Peter Coe Miles at Eltham 7 July

RACES FOR YOUNG ATHLETES ARE ALSO INCLUDED IN REGIONAL RACES

OTHER BMC RACES

MONTH	DATE	VENUE	TIME	STANDARD	EVENTS	CONTACT	CONTACT DETAILS
APRIL	FRI 20	Crownpoint Stadium	TBC	Regional (Scot)	10000	Norrie Hay	norrie.hay@glasgowlife.org.uk
APRIL	SUN 22	Birchfield (Alexander Stadium)	12.15pm	Regional (Mid)	800/1500	Paul Hayes	hayespaul43@yahoo.co.uk
APRIL	TUE 24	Exeter	8pm	Regional (SW)	800, 1500	John Knowles	07850 812229
APRIL	MON 30	Leeds Beckett University Track	6.30pm	Regional (N)	800, 3000	Andrew Henderson	A.E.Henderson@leedsbeckett.ac.uk
MAY	WEDS 2	Watford	7.30pm	Gold Standard	800, 1500	Rupert Waters	rupert.waters@tiscali.co.uk
MAY	WEDS 9	Lee Valley	TBC	Gold Standard	Mile, 5000m Men	Tim Brennan	timbrennan@britishmilersclub.com
MAY	MON 14	Chester-le-Street (Riverside)	7.20pm	Regional (NE)	800	David Lowes	07930 318651
MAY	TUE 15	Trafford / Stretford	8pm	Gold Standard	800 at 8.00pm 1500 at 8.40pm	Steve Green	stevegreen2011@live.co.uk
MAY	TUE 22	Tipton	7.30pm	Regional (Mid)	800/1500/3000	Paul Hayes	hayespaul43@yahoo.co.uk
MAY	WED 23	Eltham	7.30pm	Regional (S)	800/1500/5000	David Reader	davidreader@britishmilersclub.com
MAY	TUE 29	Exeter	8pm	Regional (SW)	800, 1500	John Knowles	07850 812229
MAY	WED 30	Brighton	7pm	Regional (S)	800, 1500	Paul Collicutt	paul@paulcollicutt.com
JUNE	FRI 1	Scotstoun Stadium	TBC	Regional (Scot)	800, 3000	Norrie Hay	norrie.hay@glasgowlife.org.uk
JUNE	MON 4	Chester-le-Street (Riverside)	7.20pm	Regional (NE)	1500	David Lowes	07930 318651
JUNE	WED 6	Loughborough	7.30pm	Gold Standard	800, 1500	George Gandy	g.gandy@live.com
JUNE	WED 13	Watford	7.30pm	Gold Standard	800 M&W, 1500	Rupert Waters	rupert.waters@tiscali.co.uk
JUNE	THU 14	Leeds Beckett University Track	6.30pm	Regional (N)	1500 M&W	Andrew Henderson	A.E.Henderson@leedsbeckett.ac.uk
JUNE	MON 18	Chester-le-Street (Riverside)	7.20pm	Regional (NE)	800	David Lowes	07930 318651
JUNE	TUE 19	Tipton	7.30pm	Regional (Mid)	800/1500/5000	Paul Hayes	hayespaul43@yahoo.co.uk
JUNE	WED 20	Eltham	7.30pm	Regional (S)	800/1500/5000	David Reader	davidreader@britishmilersclub.com
JUNE	TUE 26	Trafford / Stretford	8pm	Gold Standard	800 at 8.00pm 1500 at 8.40pm	Steve Green	stevegreen2011@live.co.uk
JUNE	TUE 26	Exeter	8pm	Regional (SW)	800, 1500	John Knowles	07850 812229
JULY	MON 2	Leeds Beckett University Track	6.30pm	Regional (N)	800/Mile	Andrew Henderson	A.E.Henderson@leedsbeckett.ac.uk
JULY	MON 9	Chester-le-Street (Riverside)	7.20pm	Regional (NE)	1500	David Lowes	07930 318651
JULY	WED 11	Watford	7.30pm	Gold Standard	800, 1500	Rupert Waters	rupert.waters@tiscali.co.uk
JULY	TUE 17	Tipton	7.30pm	Regional (Mid)	800/Mile/3000	Paul Hayes	hayespaul43@yahoo.co.uk
JULY	WED 18	Eltham	7.30pm	Regional (S)	800/1500/5000	David Reader	davidreader@britishmilersclub.com
JULY	TUE 24	Trafford / Stretford	8pm	Gold Standard	800 at 8.00pm 1500 at 8.40pm	Steve Green	stevegreen2011@live.co.uk
JULY	FRI 27	Scotstoun Stadium	TBC	Regional (Scot)	1500, 5000	Norrie Hay	norrie.hay@glasgowlife.org.uk
JULY	TUE 31	Exeter	8pm	Regional (SW)	800, 1500	John Knowles	07850 812229
AUGUST	THUR 2	Leeds Beckett University Track	6.30pm	Regional (N)	1500	Andrew Henderson	A.E.Henderson@leedsbeckett.ac.uk
AUGUST	WEDS 8	Watford	7.30pm	Gold Standard	800, 1500	Rupert Waters	rupert.waters@tiscali.co.uk
AUGUST	WEDS 15	Eltham	7.30pm	Regional (S)	800/5000	David Reader	davidreader@britishmilersclub.com
AUGUST	TUE 28	Trafford / Stretford	8pm	Gold Standard	800 at 8.00pm 1500 at 8.40pm	Steve Green	stevegreen2011@live.co.uk
AUGUST	TUE 28	Exeter	8pm	Regional (SW)	800, 1500	John Knowles	07850 812229
		Oxford (Iffley Road)		Regional	Mile	tbc	

Additional races may be arranged at other venues. Check website for more details.

Entries - priority will be given to paid up members who have achieved the meeting standard.

Please enter at least 5 days before meeting. No entries on the day. (text entries will not be accepted).

THE BEST OF BRITISH FROM THE BMC
www.britishmilersclub.com

BMC VOLUNTEER FOCUS

SCOTLAND CONTINUES TO MAKE A GREAT CONTRIBUTION TO THE BMC AND **PAUL HAYES** SPENT TIME WITH A MAN WHO IS INSTRUMENTAL IN IT- **NORRIE HAY**:

If you want to find Norrie Hay in the period from July to December, you might want to explore any darkened room north of Hadrian's Wall. After the frantic organising activity of each BMC season, this is where Norrie, and his team feel it best to get away from it all to prepare for the next year. And the past few years have seen a real upsurge in BMC racing in Scotland. It all kicks off with the January 3km meeting indoors, which has produced stunning runs from Laura Muir and a number of other athletes at the Glasgow Emirates Arena. Working on the premise of Pre-entry only, a 2 hour maximum meeting length, start lists published before the meeting and paced races throughout, Norrie and his team are producing slick race programs that are oversubscribed within weeks. He tells me, 'We are having to turn people away from every meeting, there is such a demand for the BMC races. People know they are going to get a quality race with the strong possibility of a personal best'. The program then continues with the 10km meeting in April before the June (800/3k) & July (1500/5k) meets.

Norrie's journey in athletics is similar to many, travelling from athlete (an enthusiastic club runner who followed his wife into the sport) to coach (initially at the club to help out but now professionally at the Glasgow School of Sport). It was through his coaching that he found the BMC as he sought to improve his athletes' education and performance levels. Travelling south to Grand Prix and Gold standard meetings at Manchester, he got into conversation with Pat Fitzgerald, who persuaded him to take on the role of Scottish secretary with the view to resurrecting the BMC presence in Scotland. The above evidence suggests that he has done this in a highly successful way. With the added difficulties of distances between major centres of population in Scotland, the fact that BMC meetings are oversubscribed each time, is a clear indication that there is a strong demand, not only in Scotland but across the country for meetings of this nature: single event area focus; pre-published timetables; quality officials; and meetings that do not drag on.

If you get the impression that Norrie is a one man band, carrying the BMC flag in Scotland, then he is quick to dissuade you of the notion. With modesty he points out

that, 'The Scottish regional meets are a real team effort. We are partnered with both Scottish Athletics and the Glasgow Athletics Association. However I must mention Mark Pollard (Performance manager for Scottish athletics) who is a vital part of the meet organisation and without whom we would struggle'. This clearly backs up the way forward for athletics in this country, a partnership between the governing bodies and well organized groups, such as the BMC, whose sole aim is to raise the standard in specific event areas to help produce our international medal winners of the future.

Norrie has clear ideas as to how we could move forward in the coming years. He continues, 'I think the BMC sell themselves too cheaply. I think it's time to charge realistic entry fees and use the extra revenue to further improve the Grand Prix meetings. Invited athletes to raise the quality of fields, high quality pacemakers are what are required to drive standards up. We need to provide a product that the top UK athletes see as a better alternative to travelling abroad to get those fast runs and championship qualifying times'. A view backed up by hard facts, many of our championship representatives have secured their entry qualifying standards in BMC Grand Prix races while large numbers of young athletes flock to venues such as Millfield and Milton Keynes to gain all important English School qualifying times through the BMC PB Classic meetings.

Scotland is experiencing a purple period for middle distance athletes, similar to the early 70's when the likes of the Stewart family, and others, dominated not only the domestic but also the international scene. Today, it is the likes of the world indoor medalist Laura Muir, Chris O'Hare (recent winner of the Wanamaker mile at the Milrose Games in New York), Josh Kerr (double NCAA champion and second to O'Hare in New York), Callum Hawkins (enjoying huge success over the marathon distance at international level), Lynsey Sharp (the current UK number 1 over 800) and Andy Butchart (heir apparent to Sir Mo Farah). All these Scottish athletes are at the forefront of the GB, as well as the Scottish team. How does Norrie assess this? 'I would like to think the Scottish regional BMC meets have provided the platform for the up and coming Scottish athletes to run fast times

without the need to travel to England. Also when they have run the times they travel south with added confidence and able to demonstrate the strength of endurance athletics north of the border', he asserts.

With such a high entry rate for each of their meetings, Norrie and his team spend a lot of time fielding phone calls and emails regarding seedings, official availability, pacemaker planning and venue requirements to ensure that Scottish middle and long distance athletes get the best opportunity to succeed, so providing a platform to move on to the highest levels of competition. Working hard to ensure all runs smoothly on the day is rewarded when athletes perform to new levels in these BMC meetings. The evidence of which is the high quality times that athletes are running in these meetings. With the Commonwealth Games, European Championships, World Indoors and the Athletics World Cup to aim for this year, there may well be a great many Scottish athletes grateful for the hard work of Norrie and his team as they prepare to step out in these arenas. They have built a strong, positive BMC platform in Scotland that is bearing fruit up to the highest levels. A certain Frank Horwill will be smiling down from his track side seat on high, with the undoubted comment of, 'Well done Comrade', on his lips. So if you are an athlete looking to improve, and live in Scotland, get along to one of the four meetings the Norrie organizes, to take advantage of these excellent racing opportunities, then maybe it will be you stepping out onto the track at a major Games. And remember, it all started at a BMC meeting.



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BMC News Spring 2018 27

BMC MENTORING SCHEME

GLASGOW COMMONWEALTH GAMES REPRESENTATIVE **EMILY DUDGEON** UPDATES **MATT LONG** ON THE **FANTASTIC BMC MENTORING SCHEME:**

The scheme was kicked off in 2016 and Scottish international Emily Dudgeon has been doing great work for the BMC as we found out when we caught up with her.

Emily tells us, 'I feel it is doing OK, although I think we need to continue to advertise it consistently to make people more aware of it to attract more mentees. I also think it might be helpful to start doing a monthly Q&A session with a mentor, or a discussion on a theme relevant to athlete development. I am also keen to hear readers' views of how we can encourage people to contact us and what else they feel we could do. To support the scheme, we need coaches, clubs, athletes and parents to be aware that it is there for all of those groups, with an aim to provide any support they require.'

Come and meet our full list of mentors....

Name: Lynsey Sharp

Event: 800m

Club/Region: Edinburgh AC/Scotland

Reason for wanting to be involved:

'Throughout my career I have learnt a great deal from other athletes who have experienced the highs and lows of life as an athlete. I have found it invaluable to gain advice from individuals who have dealt with injuries/the lifestyle and sacrifices needed to fully commit to being an athlete and even simple things such as dealing with travel and being away from home so often. Having been involved in the sport since I was 7, I would love to pass on some of my experience and life lessons to younger athletes to help make their career in the sport as successful and enjoyable as possible.'



Lynsey Sharp. Photo © Mark Shearman.

Name: Chris O'Hare

Event: 1500m

Club/Region: Edinburgh AC/Scotland & USA

Reason for wanting to be involved:

'As a young athlete, surrounding yourself with a strong support group is the only way you will be successful. Without countless people who have mentored me briefly and those who have been there for me my whole career, I wouldn't have been able to achieve what I have achieved so far. Young athletes need to make sure they surround themselves with the best possible team. No athlete can achieve anything without support from at least one person, so my hope for this mentor program is to be there for a young athlete who may not have anybody else to help guide them through the early stages of their career.'



Chris O'Hare. Photo © Mark Shearman.

Name: Laura Weightman

Event: 1500m/5000m

Club/Region: Morpeth/North East

Reason for wanting to be involved:

'I have been through many ups and downs in my career to date and have benefited myself from having other older athletes to speak to for advice. I think it's important for younger athletes to feel like they have someone they can ask questions no matter how silly they may feel like they are as the chances are I had the same questions when I was the same age'



Laura Weightman. Photo © Mark Shearman.

Name: Emily Dudgeon

Event: 800m

Club/Region: Edinburgh AC/Scotland

Reason for wanting to be involved:

'We have no shortage of talented junior athletes and yet there are so many, including myself that find it very difficult to 'Make it' as a senior athlete. I wanted to get involved in the mentoring programme to provide a resource for younger athletes to learn from the experiences of more experienced athletes who have been through injuries/illnesses/peaks/troughs and challenging times in the sport'



Emily Dudgeon. Photo © Mark Shearman.

Name: Kerry O Flaherty

Event: 3000m Steeplechase

Club/Region: Windsor, Slough, Eaton and Hounslow/Ireland

Reason for wanting to be involved:

'I was introduced to athletics at the age of 13, 22 years later I became an Olympian. Throughout my career I have learned a lot about the sport, my physical capabilities, mental awareness and how to pick yourself up when you hit those very lows points. This

wouldn't have been possible all by myself. I had a dream but I also had people who believed in me, who gave me advice and who also gave me the encouragement to follow my dreams and become the athlete I wanted to be. I am really excited to become a BMC mentor and help the next generation of athletes who might have the same dreams and aspirations as I did, and to try and help them along the way'.



Kerry O Flaherty. Photo © Mark Shearman.

Name: Emelia Gorecka

Event: 5000m

Club/Region: Aldershot, Farnham and District/South of England

Reason for wanting to be involved:

'Develop a passion for learning. If you do, you will never cease to grow. I am absolutely buzzing to be joining the BMC mentor programme. As an athlete, I've always been fortunate enough to have a team of people around me, who I feel as though I can talk to, bounce ideas off, and learn from. I wouldn't be where I am today without these significant influences in my life, and cannot wait to give back to the sport, that I absolutely love, and help young athletes in whatever way I can.'



Emelia Gorecka. Photo © Mark Shearman.

Name: Alison Leonard

Event: 800 / 1500m

Club/Region: Blackburn Harriers/Midlands

Reason for wanting to be involved:

'I wanted to be involved in the BMC mentoring scheme because I've been lucky enough to learn from other athletes in the past and their advice and example has

helped guide me throughout my career; I would like to be able to help younger athletes in the same way'.



Alison Leonard. Photo © Mark Shearman.

Now let's take a look at how the mentors have influenced some mentees. All case studies cited are anonymised to protect both the athlete concerned and the integrity of the scheme:

Case study 1: 17 year old female based in Ireland.

'I saw the BMC Mentor Programme advertised on your (and a few of the mentor's) twitter accounts. For the first time ever, I struggled really badly with injury last year (3 major injuries). I had read about Emilia Gorecka in Athletics Weekly (and I've actually ran in a BMC that she ran in!) and knew she had been through a lot of the same stuff as I was currently going through in terms of injury and changing coach and so on. I felt she could really help me. I want to be the best, and in order to become the best, I wanted to get guidance and advice from the best! She's so kind and she's like having an older "running" sister- if you get me! She has so much experience and guidance and she's very open towards me. She's helped me with coping mechanisms for injuries both mentally and physically already, and I can't thank her enough for that!

I would definitely recommend the mentoring programme to other young athletes, as firstly, it's so cool to be in close contact with your running idols- and to realise that they all started where you are currently! Secondly- the experience and advice they can give you is priceless. It's especially helpful for someone like me- who is currently the eldest in my club and don't really have any older athletes to turn to for advice or to learn from their mistakes. Thirdly- maybe this is just Emilia's way, but I feel as though she has taken me under her wing! She allows me to ask her anything and everything is very confidential'.

Case study 2: Under 20 male athlete from Lancashire.

'I originally wanted to be part of the mentoring program as I had a lot of questions regarding my training. You read so much online and a lot seems to contradict each other. It's hard to be confident with your training if you have doubts about whether what you are doing will help you be the best you can be.

From the mentoring program I have been able to gain the necessary confidence with my training. As you are in touch with athletes that have had great amounts of success during their career, you know the information they are giving you has worked for them and there is no reason it can't do the same for yourself. It has also helped me regarding decisions that I will have to make in the near future such as University decisions, this is advice you can really only get from those that have experienced it themselves.

I would recommend this to any young athlete who has doubts about their training or has any question regarding the sport that they need help with. The program will put you in a good position to continue to grow and develop as an athlete no-matter where you are in the country. The best part about this is that you can ask any question you wish as the mentors are more than accommodating when answering them'.

Case Study 3: Under 20 female based in the South East.

'I thought that getting advice from athletes who'd experienced the same things I was would be really valuable and helpful. It was also nice to get advice from athletes who've achieved at such a high level that would be my dream to achieve! My mentor has been really kind and nice and answered any questions I've had. They've provided me with valuable information and contacts who have offered further advice, help and reassurance.

I was initially not sure whether I was at a high enough level to be one of the athletes the scheme was targeting but feel like it can help athletes at all levels by providing them with advice and guidance. I was also reassured that I was the kind of athlete they were hoping they'd get to help. If there are any questions about anything related to training or racing and both the physical and mental side of these, having someone to talk to is really valuable'.

So why don't YOU give it a go?

For more information about contacting a mentor go to our website through the link: www.britishmilersclub.com/aboutbmc/bmcMentorform.asp

ANTHONY WHITEMAN

ANTHONY WHITEMAN WAS CHASED DOWN AT **THE BMC ACADEMY** BY **RICHARD MASSEY** AND **DAVID LOWES**:

As you will have read in the Winter 2017 edition of this magazine, the 2017 British Milers' Club Academy weekend was held at Spinkhill last year from October 27th to the 29th and the young athletes were treated to a full and engaging programme under the directorship of academy chairman David Lowes. One of the highlights of the weekend was the guest appearance on Saturday of one of the modern greats of British middle distance running - Anthony Whiteman.

Whiteman boasts an impressive running CV with recorded bests of 1.45.81 for the 800m in 2000, 3.32.34 for 1500m in 1997, 3.51.90 for the mile in 1998 and 7.43.61 for the 3000m also in 1998. He has also taken the masters scene by storm breaking the Masters 40 category 800 metres world record in 2014 with an impressive 1.48.05 and in 2012 also in the same age group, ran a phenomenal 3.58.79 for the mile in Nashville. Competing twice in both the Olympics and the Commonwealths and three times in both the World and European Championships he has indeed gained a massive championship experience.

During the weekend, Whiteman was superb with the academy



Masters Miler. Photo
© Mark Shearman.

athletes mixing fully with them and answering every question asked of him. He supported the four training groups in the morning as they did the prescribed session and he took the lead with a challenging session on the track in the afternoon. He also provided his training dairies from 1996/97 which Lowes took extracts from for the academy to view and he talked openly about this training (Listed below).

Lowes analysed the training and the thing that stood out for him was that Whiteman was not a high-mileage man and before many of his top performances he would do a specific session usually four days before the target race and some were not particularly quick and therefore not necessarily specific to the event. It also seemed that hills and 1200/1000 reps were an inherent part of training. Long Sunday runs varied between 50 min-1hr 30min with a mid-range being the norm.

The highlight however was his interview, reproduced below, with David Lowes which was inspiring and thought provoking for everyone in the room.

David Lowes (DL) When and how did you get involved in athletics and why?

Anthony Whiteman (AW) I won an event at a school sports day and my mum took me to the local running club. I remember my first pair of spikes were a pair of Gola shoes!

DL: What was your breakthrough race that made you think you could be quite good at the sport?

AW: A couple of races that stand out the 1994 Durham Cross short race and once racing against Steve Cram where I finished second and got my GB vest.

DL: How important has coaching been?

AW: I have always been quite self sufficient with coaching, when at University I would have a session set and get on with it. I have also trained with Alan Storey's group. I always look to be strong in a session and would treat the second to last effort in the session as the last.

DL: Which race has given you the most satisfaction and why?

AW: Without doubt my 3.32.34 at Monte Carlo - a 1500 PB and competitive in a world class field. Nothing younger as I was a late developer and never made the English Schools Track and Field Championship.

DL: Lots of major championships, Golden Leagues. Was there any athlete you raced that you thought was special?

AW: I did at the time but no not now. Too much has happened since I was competing, and I don't want to open a Pandora's box as I don't want to be bitter. I don't feel however I was racing on a level playing field.

DL: When you were running 1.45/3.32 were there the incentives of altitude trips, kit contracts and race winnings?

AW: After reaching the semi final at the Atlanta Olympics I managed to get lottery funding, but eventually after a poor season it goes. I believe it is an absolute skill getting altitude training right as I remember going to Albuquerque and it nearly killed me. So even if you get a trip to altitude you must get it right.

DL: Tony, we'll be talking about some of your sessions this afternoon. As a veteran runner now, how has your training changed?

AW: Basically, the structure is still very much the same as it was then,



Tony Whiteman was accessible at the Academy.
Photo © David Lowes

however I now do a bit less and have chucked away all the rubbish.

DL: When and what made you make an impact in the masters 40 racing, many top athletes just retire?

AW: I had done a 5-mile road race in 25 minutes and the attraction of a sub 4-minute mile at 40 just grew on me- it had only been done by Irish legend Eammon Coghlan in 1994. I managed at 39 to run 1.50m for 800m and 3.42 for 1500m and thought to myself I can do that.

DL Tony, you are not a novice, what targets have you in mind for the future?

AW: I would like to own six world records, three indoor and three outdoor. The World Masters in Malaga are not for me as I feel they are like a glorified sports day. I will probably look to the BMC for structured races and I really don't want to be drifting through the races.

DL Have the world records given the same or even more satisfaction than your big PB's?

AW: It has yes, it's given me respect, the previous world indoor record for masters 800 metres was held by the American legend Johnny Gray and to take his record was something special.

DL What is your favourite and least favourite session?

AW: I don't like any sessions they are all horrible! The thing I would say is train your weaknesses.

DL: Any bad injuries?

AW: I got a niggle after qualifying for the Sydney Olympics and after my training did not feel right was probably the stand out.

DL: You are a massive supporter of the BMC, both as racer and as a pacemaker. What are your views about the club?

AW: The BMC is ideal for racing, I ran a 3.56 mile in one of the races and still hold the BMC record. It has a great structure and races suitable for Juniors right through to Seniors. Train and race hard and you can work yourself through the pathway.

DL I know it's been reported many times, but could you explain to the audience your mind-set now as a 45- year old racing athlete's half your age? Are you more relaxed?

AW: I enjoy the challenge, I see it as you must get past me to get towards international standards. I feel like an elder statesman in athletics and enjoy both pacing and racing as it helps me not to be too self-focussed or selfish.

DL: Before I let the audience ask a few questions, what is your view on the state of our sport and the unfortunate dilemmas with illegal enhancements?

AW: I struggle to deal with what I did at that time and at what it could have been but for the cheats and I must live with these demons. My view is these people should get life bans and the governing bodies should be able to claim everything back. Anthony then went on to answer several questions from the young athletes and quite a few again during his training session in the afternoon.

ANTHONY WHITEMAN TRAINING 1996/97

TRAINING OVERVIEW

(Most days were accompanied by a morning or evening run of around 25-30min, sometimes as much as 50min).

1996	
Jan 25	6x200m with 200m jog – 26-28sec.
Jan 27	GB v Russia (indoor) 1500m – 3:39.47.
June 25	5x600m with 100m jog – 1:31, 1:30, 1:29, 1:28, 1:26. 5x300m with 400m jog – 43, 43, 43, 42, 40.
June 28	Grand Prix Paris 1500m – 3:34.47.
July 6	British League 800m – 1:52 + 400m – 49.7 + 400m Relay Leg – 49.2.
July 10	Nice Golden League 1500m – 3:34.92.
July 12	London GP 1500m – 3:37.00.
July 16	Travel to Atlanta Olympics.
1997	
April 18	8x300m hills + 30min run.
April 19	48min run with 25min Fartlek.
April 20	21min warm-up, 15sec on, 15sec off for 15min, 26min cool-down.
April 21	500m – 66sec, 10min; 400m – 50sec, 8min; 300m – 37sec, 6min; 200m – 24.5sec.
April 24	Qatar Golden League 1500m – 3:39.58.
May 27	8x400m with 400min rec in 90rec – average 69-70sec. 10min. 4x400m, 100m jog – 57.8, 57.0, 56.9, 55.4sec.
May 29	8x200m, 200m jog rec – 29.8, 29.2, 28.5, 28.4, 27.2, 26.7, 26.0, 26.1sec.
May 31	Hengelo 1900m – 4:45.
June 2	St. Denis 1500m – 3:36.79.
June 3	2x1000m – average 2:54 with 200m jog + 7x100m, 100m jog rec.
June 5	Rome GP – 3:35.38.
July 3	3x3x300m, 1min rec, 5min – 41.9, 41.6, 38.5; 41.5, 42.3, 38.3; 41.0, 42.5, 38.6sec.
July 5	BAL 800m – 1:51.3.
July 7	Stockholm GP – 3:34.52.
Aug 12	1200m – 3:24, 400m rec. 4x400m average 67sec with 30sec rec. 4x400m with 400m rec – 58.1, 58.5, 57.0, 56.4sec. 4x150m with 250m rec. average 18sec.
Aug 14	6x200m with 2min rec – 28.7, 28.1, 27.3, 26.0, 25.4, 25.8sec.
Aug 16	Monte Carlo GP – 3:32.34.
Aug 19	3x1000m, average 2:55, 200m rec. 3min. 800m 1:57, 3min rec. 4x300m, 3min rec. 41, 41, 40, 39sec.
Aug 22	Brussels GP – Paced 3000m to 1800m (59sec speed).
Aug 24	Cologne GP 1500m – 3:33.37.
Aug 26	3x800m, 2:20; 8x200m, 200m jog – average 27sec.
Aug 29	World Student Games – heat 3:53.
Aug 30	World Student Games – semi-final 3:42.
Aug 31	World Student Games – Final 3:43 (gold).

GEMMA BRIDGE

IT'S NOT ALWAYS BEEN A WALK IN THE PARK FOR **GEMMA BRIDGE** AS ACADEMY CHAIR **DAVID LOWES** AND SQUAD LEAD COACH **MARK VILE** FOUND OUT:

Although now a race walker, it wasn't always that way. Gemma ran whilst at school where she enjoyed training with her friends. However, she admits that it was not until university where she trained with Bud Baldaro's group at the University of Birmingham, that she started taking running seriously. She described how the 2012 Inter-Counties cross country at Birmingham marked a breakthrough event where she finished in a fine 11th place in the U20 category.

After graduating from Birmingham University in 2014, she made the move to the USA following receipt of a full athletic scholarship to McNeese State University. She explained that she chose McNeese State University, 'because it was a smaller institution than many other colleges in America, which gave me more choice over the races I wanted to do and it also had a more individual focus. I felt like I just had more control overall. It was great going there as I had been injured while at Birmingham and really it was like having a second chance.' Gemma performed well whilst in the States, with 2nd place finishes in the 5,000m and 10,000m in the Southland Conference championship, and a 10,000m PB of 35:55 recorded at the Mt Sac relays.

Gemma tried race walking whilst at Birmingham University, but a look at the racing stats on the Power of 10, confirm that running was indeed her main interest right up until the end of 2016. Amazingly, it was only in early 2017 that her energies were focussed on the 'one foot on the ground' event. In spite of the fact that she is still very much learning her new vocation as a race walker, she has already notched up an impressive array of titles, and races including an IAAF World Championship appearance last year in London. She will also very shortly be donning the England vest as she has secured selection for the Commonwealth Games on the Gold Coast in Australia this spring.

She admits that the switch to race walking occurred because, 'I was not improving as much as I would have liked in my running and I was constantly struggling with niggles. Also, my main strength is endurance and that is exactly what is needed for walking. When I was offered a PhD in Leeds, where the National Race Walking Centre is also based, the switch became easy.'

She went on to explain that for many

athletes, injuries are a big issue and she says that she is no different, 'Although I've not done too badly over the years in terms of serious injuries, I once had a stress fracture

in my foot due to over-training and not recognising the signs quickly enough. I have also struggled with Achilles tendon issues which are no longer bothering me in



Gemma Bridge at last year's London World Championships. Photo © Mark Shearman.

walking. I find walking puts less strain on my body because it is lower impact, but I still think Cross Training is very important and I also use cycling and swimming both when injured and also as part of my training plan.'

Now based at Leeds Beckett University, where she is completing her PhD, Gemma is making the most of being a part of a strong training group. The Oxford City athlete says that, 'in race walking, perhaps even more

so than in running, having others to train with and a knowledgeable coach is very important because of the technicality of the event. She adds, 'When I first started out with race walking, I did not appreciate how important training partners and a coach were, but now, looking back, I just couldn't have achieved what I have without the help of coaches who have knowledge of the event, and training partners who can help

me to work hard'.

When asked if there has been a particular race that has given her satisfaction in race walking, she wasted no time in replying, 'It was the British Championships race that also incorporated the World Champs trial that was held in Leeds in June 2016.' She went on to explain, 'I went into the race as an underdog, I don't think anyone expected me to push the pace, but when I did, and it felt good, I just kept on pushing right up until I crossed the line in first place. The race showed me that I was not that bad, and that maybe, just maybe, I had a future in race walking.'

When asked if the training regime is totally different as a race walker she explained that, 'No, training is very similar' and went on to explain that, 'I used to do sessions such as 6x1km during my running days, and that session remains a staple in my walks training'. She added that, 'some of my sessions are longer because my races are 20km and not 5km or 10km as they were in running. Also, we spend a lot of time working on technique and also much more time working in the gym because walking is so technical and control is key'.

In a quick explanation of the differences between walking and running, Gemma pointed out, 'The front leg must be straight and one leg should always be on the ground and this should be visible to the naked eye. It involves a lot of strength and a steely focus as it is definitely a rhythm event'. She went on to explain that, 'the big difference between walking and running is the strain that walking puts on my hamstrings and shins and that is totally different to running'. Interestingly Gemma says that she still does some running sessions with the runners in Leeds and that she, 'looks forward to running now more than ever as it is relaxing and provides an opportunity to chat with friends'.

Cheating was a topic of discussion during the interview session and Gemma said that she thought that, 'those who take drugs are selfish. However, unfortunately, drug takers always seem to be one step ahead of the testers. Looking at some of the records from the past makes you think hard about them and what might have been for many athletes. However, I don't dwell on it because all I can do is keep doing what I'm doing and be relaxed in the mind-set that I am doing it be fair means'.

Like any other athlete she has targets that are short-term, medium-term and long-term. Her focuses this year are on The Commonwealth Games and the World Race Walking Cup in China. Longer-term though she finished by saying, 'Ultimately, the 2020 Olympic Games in Tokyo would be a dream, but for now I am just enjoying the journey'.



Runner turned race walker. Photo © Mark Shearman.



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☐ 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?

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www.britishmilersclub.com/academy

SWEDISH MILING

THE LEGACY OF **SWEDISH MILING** IS ASSESSED BY **GEOFF JAMES**, IN CONVERSATION WITH **LORENZO NESI**:

Gothenburg based Lorenzo Nesi is well placed to talk about miling in his native Sweden, given his status as both a National Team Coach and a journalist. I wanted to ask him about the illustrious history of his nations' middle distance heroes from the 1940s; whether Sweden has an equivalent of our BMC and who are the ones for us armchair fans to watch out for in the yellow vests come this summer's European Championships which take place of course in the historic city of Berlin.

Geoff James: Sweden has a great history in the mile with greats like Arne Andersson and Gunder Hägg. Andersson set three world records in the mile: the last of which occurred in Malmö in July 1944 (4:01.6). In his rivalry with Andersson, Hägg smashed over a dozen middle distance world records at events ranging from 1500 to 5000 meters and he had the last laugh when he ran 4:01.4 in 1945. His record was not broken until our cover star, Sir Roger Bannister ran the first sub-4 mile in Oxford in 1954. What are your reflections on the legacy left by these legends of our sport?

Lorenzo Nesi: Sweden dominated middle distance in the 40's, not only by Hägg and Andersson. The eight best performers in the 1500 meters during that decade were Swedes. Lennart Strand and Henry Eriksson topped the European Championships in 1946 and Olympics in London 1948. The reason was obviously that Sweden was not affected by World War II.

This being said, the great legacy may not only be positive. I believe many milers in later decades were burdened by the constant comparison, that they didn't run faster than the almost mythological runners of the 40's. But our male milers had the best season ever in 2016 and the women copied that feat last summer.

Geoff: Has Sweden and Scandinavia an equivalent to our British Milers' Club. If so, can you tell us about this and how it works?

Lorenzo: Well, there is not really an equivalent to the BMC. But the *Folksam Grand Prix* meets in Karlstad, and Sollentuna (between Stockholm and its international airport) have worked really well with their middle distance races, specifically the 800 meters. Last summer there were 12 paced heats in Karlstad and quite deep fields in the 1500 or 3000 meters. Andrew Osagie

and Daniel Rowden (who PB'ed) had a fine race in Karlstad. We would really enjoy to have more British runners as the conditions to race in the Swedish summer are often splendid. Sollentuna always ends its meets with 3000 and 5000 meters in perfect conditions.

Geoff: What is your perception of middle distance running in Britain? Which of our athletes might be famous names in Sweden? Sebastian Coe, Steve Ovett, Steve Cram and perhaps Kelly Holmes?

Lorenzo: It depends if you ask an aficionado like me or a more healthy Swede! I am fond of British athletics and have enjoyed to read about everyone from the Mighty Atom to Steve Ovett. I believe that most of the youngsters have a dim notion of the legendary runners, but there are exceptions like former World Youth Champion Johan Rogestedt (800m gold in 2009) and World Junior Medallist Andreas Almgren (800m bronze in 2014). The latter is able to memorize a lot of races after spending hundreds of hours watching them on YouTube!

Geoff: Which up and coming middle distance athletes in Sweden should we in Britain be on the look-out for? Who are the ones to watch?

Lorenzo: I mentioned two of them in my previous answer, Rogestedt and Almgren who both are on their way back from injuries. Last year we had a huge development by Kalle Berglund in the indoor season (1500 meters European silver medallist) and who finished 11th in his heat at the recent world indoor championships in Birmingham. later on. We also have Andreas Kramer who won 800m gold in last year's European Under 23 championships and overtook the Swedish Record in the 800 meters. They have been able to train together in South Africa in January and it would be great to see them race together this summer. Suldán Hassan, who has just turned 20 years old, has excelled as a junior cross country runner. I hope that he will emerge on the longer distances with Amanuel Gergis who is waiting to gain a Swedish citizenship.

I believe that Merat Bahta and Lovisa Lindh will be contending for medals in Berlin. Remember that Bahta won European



Suldán Hassan has so far excelled over cross country. Photo © Mark Shearman.

5000m gold in Zurich in 2014 and took the silver over the same distance in Amsterdam, two years later. At the same championships in Holland, Lindh took the 800m bronze medal. Hanna Hermansson, who started with athletics at 25, may figure in the 800 finals, proving that it is never too late to be a top runner after she made the semi-finals over two laps at last years' London World Championships.

Geoff: Are you optimistic or pessimistic about the future of Swedish middle distance running?

Lorenzo: You have always to be optimistic! They have all proven to have the morale to work hard for progress. We have a great responsibility to keep them injury-free, to put up challenging meets, and most of all in our case, to tell their stories.

So when the event billed as 'Das Sport Festival' gets under way on 7th August, look out for the blue and yellow flag of Sweden. The third-largest country in the European Union by area, has a great miling history as we have just seen and if the trusted word of Lorenzo Nesi is to be believed, a new wave of Vikings may be coming to Germany later this summer.

The BMC wishes to thank Peter Eriksson for helping to facilitate this interview.

Geoff James has served as a BMC Academy Squad Lead Coach and England Athletics Area Coach Mentor.

FRANK DICK INTERVIEW

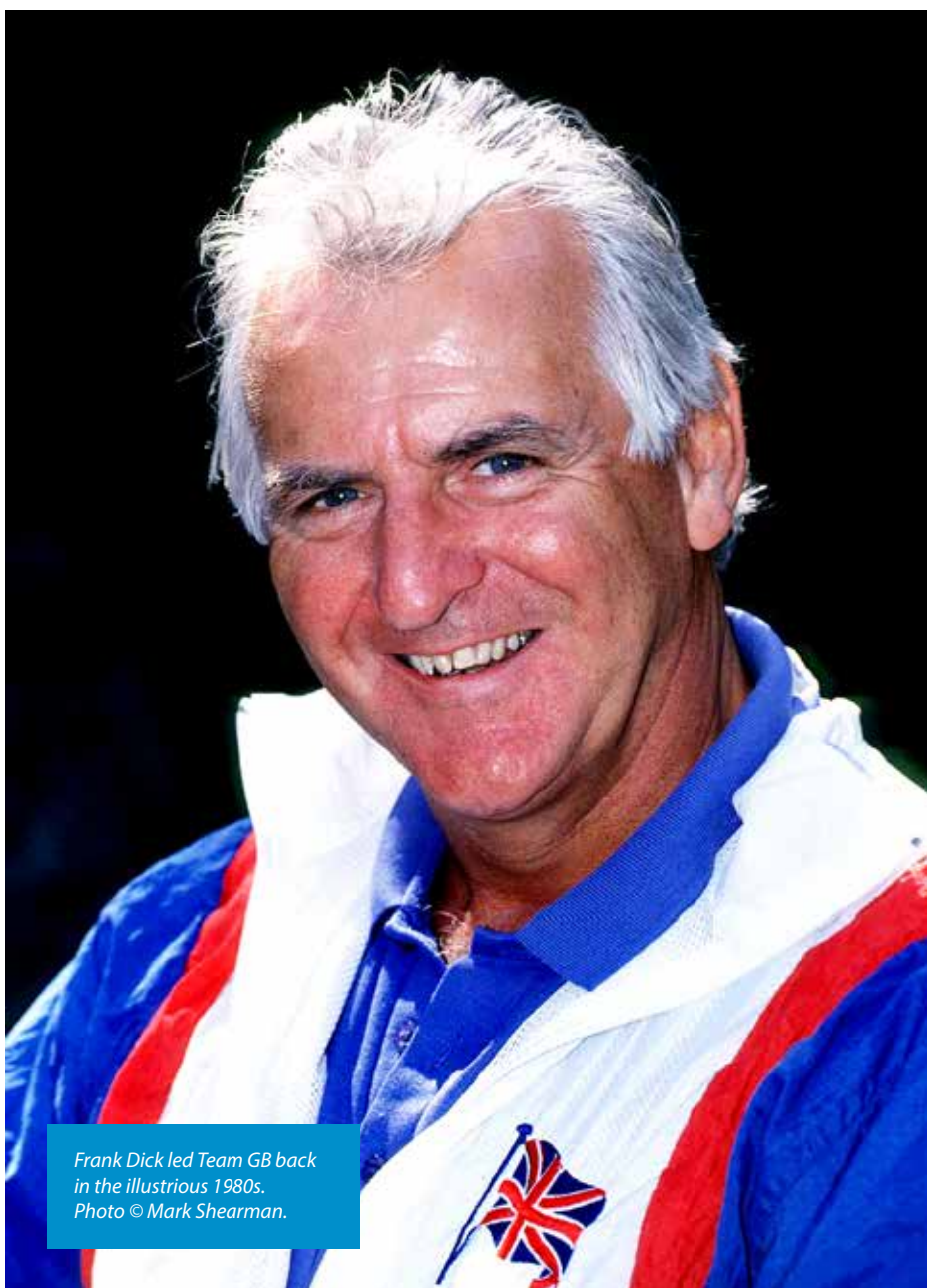
PROFESSOR FRANK DICK OBE WAS AT THE VERY HEART OF BRITISH ATHLETICS DURING THE GOLDEN ERA OF THE 1980s. HE'S STILL LEADING THE WAY OVER THREE DECADES LATER AS **NEVILLE TAYLOR** FOUND OUT:

There have been many glowing testimonials written about Frank Dick. The man who features on page 11 and pages 17-19 of this very magazine once eulogised in his autobiography that, 'He brought a professionalism to the management of the team that we had never had before or have had since' - high praise indeed of course from non-other than the President of the IAAF himself who worked with Frank regularly in the glory days of the 1980's when the likes of Steve Ovett, Daley Thompson and himself ruled the athletics world.

In refusing to be caged by the label 'Athletics Coach', since those heady days, Frank Dick has gone on to work across a staggering range of sports from motor racing to tennis, ice skating and golf, and has worked with an array of global superstars which include the likes of Gerhard Berger, Katarina Witt, Boris Becker and Justin Rose. The word VERSATILE is tattooed through his coaching career like lettering in a stick of rock. A more diverse coach and coach educator, you would be hard pushed to find alive on God's earth today.

Frank's contribution to sport and coaching was duly recognised almost three decades ago when awarded an OBE in 1989. A decade later he was inducted into the Sports Coach UK Hall of Fame. Most would have seen this as the signal to put up their feet and settle into a rocking chair of retirement, content with memories of all that one had achieved in sport and in life. But not Frank Dick. Having been awarded an honorary doctorate by Loughborough University for his contribution to coaching and coach development Frank's standing reached a new zenith when in 2011, he was awarded an honorary professorship by the National Sports Academy of Bulgaria in recognition of his influence in advancement of coaching in Europe. Whatever the implications of Brexit, make no mistake, Frank Dick is an international brand and will always be so.

During those glory days back in the mid 80s, you will recall that after Zola Budd and Mary Decker took a collision course to dish up the most infamous race in athletics history in a Los Angeles Coliseum in 1984, our very own Wendy Sly served up a scintillating silver medal over 3000m. Dick would have been there to witness it. So who better than to provide witness to Frank Dick himself than Wendy Sly's coach- our very



Frank Dick led Team GB back in the illustrious 1980s.
Photo © Mark Shearman.

own Neville Taylor? Neville took time out to meet up with Frank in a Mayfair restaurant to discuss his thoughts and opinions on a variety of topics that affect our sport. He picks up the journey:

'Many of you will be aware that Frank is a coach of international standing through his successful personal coaching, the books that he has written as a coach educator and motivational speaker and the numerous presentations he makes throughout the world.

The former British Athletics Director of Coaching has long been in much demand by business organisations as well as a variety

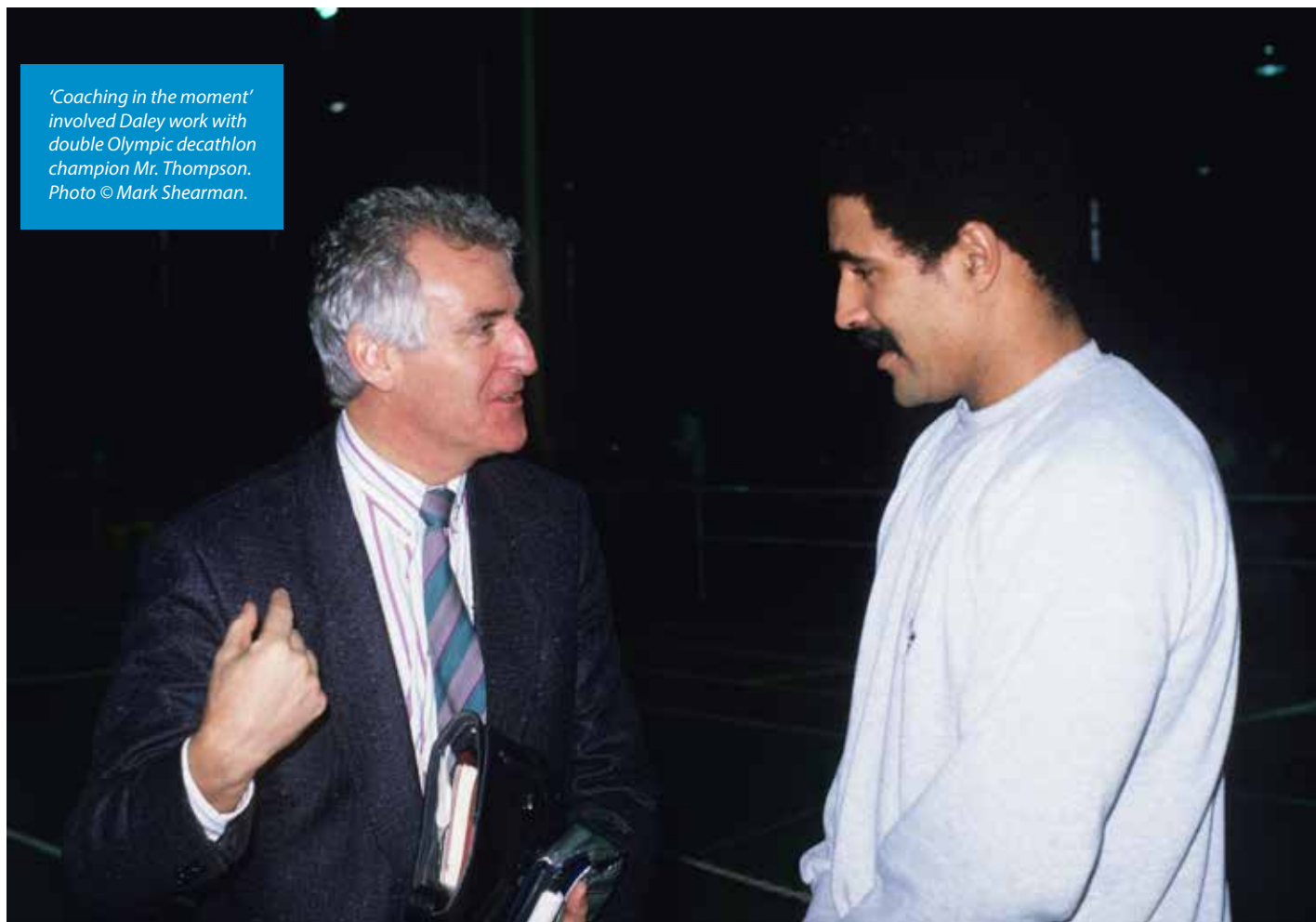
of sports and governing bodies for his motivational presentations and strategic planning expertise. He is currently working with England rugby in that capacity:

Welcome Frank.

Neville Taylor: Where is the BMC situated in its objective to raise the standard of endurance events in the UK?

Frank Dick: I go back to the early eighties when I was Director of Coaching in confirming that the governing body fully supported the club and its mission. At the time there were numerous world-renowned BMC coaches who devoted time, energy and

'Coaching in the moment' involved Daley work with double Olympic decathlon champion Mr. Thompson. Photo © Mark Shearman.



experience to the success of British Athletics.

I believe this still exists. However, as then, the athletes must take responsibility for their own well-being and the desire for success. The BMC has a reputation of putting on paced races. This of course is very important. I do not decry this objective, but athletes must be able to race at championship events and perform at their very best. The coach cannot do everything. It's a partnership of coach, athlete and performance related support. I am confident the BMC will continue to play an important role, together with the governing bodies, in future success.

Neville: Over the number of years we have known each other you have always expressed passionately and unequivocally the importance of coaches. What is your coaching philosophy?

Frank: I believe coaches should coach the whole person not only to perform in the arena but to adapt to the skills required to lead a fulfilled and successful life whatever pathway they choose. It's about achievement and happiness in sport and in life.

Neville: You have been quite vocal of our athletes being underprepared for major

championships and the position of the UK in relation to world class performances and medallists. Can you elaborate?

Frank: Many athletes are happy to be 'in the team,' lacking real ambition and desire to win. Pre-championships preparation is so important. There is a need to have the physical, tactical, mental and emotional components together. A clear target and plan are often missing. So often I see people going to the starting line devoid of confidence. Quite clearly some have over-trained, others have relaxed too much and undertrained. Of course, the coach plays an important part in this process but, as I have said before it is imperative that the athlete takes responsibility and accountability for their actions and is committed to win for their country. The objective in major championships is to aim for the highest possible outcome. Athletes must be in a position to run a personal best at least.

Neville: In your experience do they go aiming for real success?

Frank: If you win with silver or bronze, great, but are you satisfied? Why not go for gold? Our attitude needs to change to achieve more success. Why are we regularly near the top of the points table but not the medal

table? It's just not good enough to be, 'almost a medallist'.

I work with many sports and business leaders who are always looking forward to the next level of success – learning of course from the past. Planning for what excellence will look like in the future – not what it looks like today. In our case looking at real competitive times for 2020 not looking back at 2016. The world has moved on.

Neville: So are you confident that we can bridge the gap and change our attitude to attain real success?

Frank: I am against the centralised system. Ideally, we should have the French system which is basically a hub at INSEP and local athlete-coach relationship support units. Our most successful period was when athletes trained in a variety of locations with top class coaches. Coe in Sheffield, Ovett in Brighton, Cram in Jarrow and many others. Diversity of coaching is essential to progress.

Coaches in these days had very strong observation skills, so they were equipped to coach 'in the moment'. Today's coaches have become too data dependent so coach after they get the data. It remains important to have great observation skills but also to be able to use data analysis to support your

observation skills. Regular 'in the moment' coaching strengthens the coach – athlete relationship. Candid exchange between coach and athlete builds on that as the coach shifts over time from being the light to standing out of the light. At that point, the athlete takes ownership of their own development and performance. That does not make the coach redundant. Rather, the coach becomes more mentor than teacher.

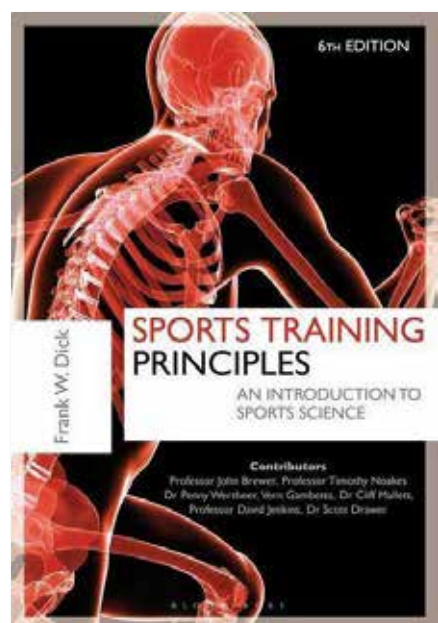
I am not against bringing athletes, personal coaches and team coaching staff together on training camps. This brings me to the coach education programme which is somewhat lacking. There is no clear pathway for coaches to attain the qualifications required to coach for podium potential. There should be very specific education programs for coaches to beginners, developers and high performers. We still give beginner athletes to beginner coaches. That's a crime.

Neville: What are the stepping stones from level 1 to 5 as in other sports?

Frank: The IAAF has programmes available which can be used to cover these requirements. This would be a way of achieving effective education at a very reasonable cost. We should adopt their state of the art material and adapt it to our needs.

Neville: What is the place of science in our events?

Frank: Endurance coaches led the drive to understand the energy systems and how appropriate training plans in practice can produce performance gains by focussing on the specific energy demands of an event. We also should understand relevant biomechanics; psychology; theory and practice of teaching and learning; and



other areas of physiology such as nutrition, hormones and fluid systems. But this is not about being scientists. We are not. We are practitioners whose art is in how we apply what we understand of the sciences to responsibly develop those whose future is in our hands. And there is also technology in the Coaches' world today. We really have to get on top of how to use it to improve our efficiency and effectiveness. The most important thing to remember in all of this, however, is that all these performance related inputs are there to inform our decision making, not to replace it. Of course, many decisions are evidence based but most are judgement based. We can be taught the science of coaching as a basis for the former. We can only learn through life and coaching experience the art of the latter.

Neville: What about altitude training?

Frank: We know that judiciously and strategically applied it works. There are loads of papers and articles spelling out this and that plan. Train high-sleep low and vice versa, varying intensities with altitude and so on. They have their supporters based on experience and response of athletes. For sure there are variable individual responses and for some it simply doesn't feel the right fit. Whatever, coaches should have a physiologist with them at altitude camps. As an aside, women appear to get greater advantage than men. Finally, never go to altitude if you are carrying an infection.

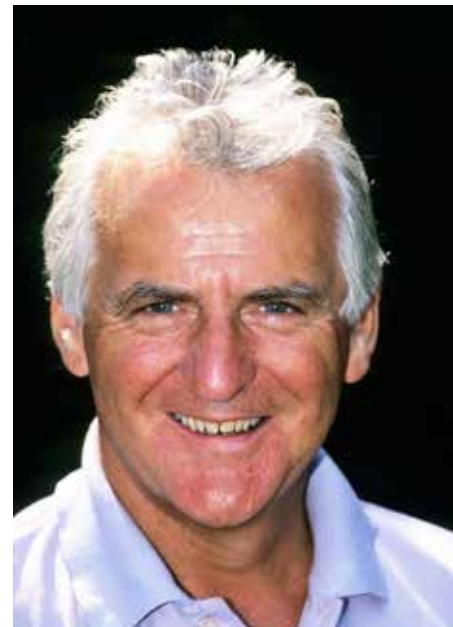
Neville: Finally, where do strength and conditioning and movement skills come in?

Frank: One of the biggest changes in the coaching of athletes in the past 25 years across all sports is the emergence of Strength and Conditioning specialists. Formerly an athletics coach covered all aspects of training. In fact, other sports often recruited athletics coaches to deal with fitness. Knowledge in S & C has moved on and either we raise our own game in understanding and applying this knowledge or we leave it to S & C specialists.

IFAC 2018, on the last weekend in October in Bratislava will focus on all aspects of S & C and Technical training through practical workshops to help coaches raise their game. To bring things up to date, there is a strong movement though colleagues such as Vern Gambetta, Martin Bingisser, Dean Benton, Kelvin Giles and Vincenzo Canalli towards a more functional approach to Athletic Fitness and I believe they are the future for us!

As a motivational speaker, Frank is famed for many a quote. One which adorns his

enticing website is the following – 'The difference between winning and losing is small; it's the consequence that's huge'. Next time you travel to a BMC race have a think about that one before you lace up your spikes. A short, sharp, punchy quote- but Professor Dick has always been Frank.



Coach, Coach Educator, Motivational Speaker and much more. Photo © Mark Shearman.

Frank Dick Career Highlights:

- High Performance Director for SASCOC (South African Sports Confederation and Olympic Committee). Consultant to South Africa's top coaches and athletes at the 2016 Rio Olympics and Paralympics. RSA achieved 4 medals in athletics. Four of those medals were won in athletics.
- Strategic planning consultant with Eddie Jones and the England Rugby Leadership Team.
- President of the European Athletics Coaches Association.
- Member of the IAAF Coaches Commission.
- Chair (and architect) of the IAAF Academy.
- British Athletics Federation's Director of Coaching (1979-1994).

Frank Dick is the author of numerous major publications: 'Winning', 'Winning Matters', and 'Winning Lines'. Look out for the revised 6th edition of the classic 'Sports Training Principles' and find out what he's up to next through www.frankdick.co.uk

RELATIVE ENERGY DEFICIENCY SYNDROME

EMILY DUDGEON AND MATT LONG EXPLORE THE TOPICAL ISSUE OF **RELATIVE ENERGY DEFICIENCY** IN SPORT:

November 2017: Loughborough University High Performance Centre

Shoeless in black socks - a 20 year-old is slowly tip-toeing down the strip of the indoor track at the Seb Coe High Performance Athletics Centre. She could be any other athlete at this most prestigious of athletic settings. With an apologetic giggle she says to the cameraman, 'Can you believe I was excited about doing this?' But this is no ordinary athlete and these are no ordinary foot drills. Whilst the brown hair tied back in a familiar pony tail gives the viewer a clue who they are looking at, the camera zooms in to a face which is much fuller than when she bagged a European junior 1500m title two years previously. It is of course Bobby Clay. Showing the kind of guts which took her to that continental title in Eskilstuna, she looks directly at the camera and says in sombre mood, 'I just saw the word Osteoporosis'. Seeming understandably close to tears, she reflects on the news received as an 18 year-old which has halted her competitive athletics since August 2016. The sense of shock is still etched into her face as she confides that, "I couldn't read anything else. I just thought 'Oh My God, I've done this to myself'. There's no one else to blame but me. My perception of what was enough and what wasn't enough was warped because I was around people for whom food was the enemy".

Overtraining and under-fuelling – that most toxic of mixes. A sad tale indeed, not least because just five months prior to her last race to date at the Manchester International at Sport City, this likeable young athlete was taking the applause of a highly appreciative crowd which included some of the great and the good of British Athletics as she received the BMC Young Athlete of the Year Award at the Aston Conference Centre in Birmingham. Sunday March 13th 2016 must seem like a heck of a long time ago when you have been through what Bobby Clay has.

Courtesy of the lead author, the British Milers' Club is attempting to address the kind of issues which have afflicted Clay, through its rapidly expanding mentoring scheme.

Part of the above process involved an online discussion late last year, which pulled together a panel of experts to try and address the problem of Relative Energy Deficiency in Sports. All credit to former GB internationals Carolyn Plateau and Jennifer Walsh plus research scientist and exercise



physiologist Georgie Bruinvels for their fantastic work for us in this regard.

What is RED-S?

The term 'relative energy deficiency' involves the continuum of 3 factors- disordered eating, amenorrhea (absence of the menstrual cycle) and osteoporosis (reduced bone density and quality)

It's critical to realise the impacts extend to male athletes as well as females. Way back in 2004, then reigning Commonwealth 1500m champion Michael East warned that, 'It used to be just women, but more and more men are obsessed with how much they weigh and what's on their plate. They think they'll get quicker if they get thinner, but they are grasping at straws. These people aren't stupid. But it's such a mental issue and I'm banging my head against a wall trying to get through to them it's not right'

What is Disordered Eating?

The warning signs of disordered eating may include sudden changes in weight, alterations to eating habits such as cutting out major food groups and avoiding eating with others. This may eventually result in chronic fatigue, frequent niggles and illnesses alongside exercise which has a compulsive element. So the above behaviours may be triggered by athlete perception of critical comments from coaches, parents, athletes or peers; perceived poor performances and misconceptions about the correlation between weight and performance in competition as alluded to by the aforementioned East.

So what needs to change?:

Worryingly athletes may be performing well and appear on the surface of it, in terms of Body Mass Index, to be healthy, despite the hidden process of overtraining and under-fuelling to which Clay and others have succumbed.

Case Study: Gemma Shepherd

Based at the University of Yale, Gemma ran her 2m13.75 900m PB at our Street BMC PB Classic in May 2016. Having competed Stateside four times early in 2017 she picks up the story...



'I was diagnosed with RED-S or what used to be known as the female athlete triad in March 2017 and I am keen to share my story to help raise awareness for this issue.

I am originally from Wiltshire but moved to the States to run and study at Yale, Connecticut in August 2016. I have been running competitively since the age of 13 and have never had a natural period. I, like many other athletes, never knew the connection between amenorrhea and bone health until I suffered 2 stress reactions and was diagnosed with osteopenia at the age of 19. So I'm very keen to make sure no more young athletes follow me down this painful path.

After being diagnosed, I took 9 months off running and have recently begun to run again. For me, the realisation of RED-S was so difficult as it came just after I had uprooted my life to move to America partly in order to pursue my dreams to run at the highest level I could. But, hopefully I am now on the road to recovery and aware of the dangers of under-fuelling. I have never really suffered from an eating disorder as such but was certainly subject to the idea that being lighter made you faster and didn't take note of the warning sign that is not getting your period. I was told by the doctor about RED-S when I was diagnosed with 2 stress reactions. Before then, I had no idea that missing your period had any effects on bone health and caused the early onset of osteoporosis. I had been to several doctors in the NHS about missing periods but after blood tests they seemed to think there was nothing wrong. So I definitely think this is something that needs to be better understood by the medical community.

Having been very lean for the past few years, it was definitely a mental battle to exercise less and gain weight but I know that this is the only thing I can do fix this issue before it's too late. Furthermore I was never very aware of the nutritional needs of a runner, so this is something which has made me realise where I was going wrong before. Just because I was eating more than non-runner friends, didn't mean I was eating enough for me.'

Case study 2: Katherine Turner

Katherine has run in both our Grand Prix and Regional races and sports PBs of 2m12.30 and 4m24.86s for 800m and 1500m respectively. She reported having run, 'reasonably well throughout my time at the University of Cambridge', and ultimately landed a scholarship to a Division 1 NCAA school in the States. She explains what started to go wrong:

'Not having had a period for eight years and counting wasn't exactly a difficult red



flag to spot, but nobody in the sport ever asked. Doctors kept suggesting I was just a late developer, it was only a matter of gaining a little weight, I was an athlete so it was okay. I believed them. I'd never had a bone injury and I didn't skip meals, why should I worry?

In 2015, I moved to America to continue pursuing my dream in the NCAA. On day one I was asked about my period and over the course of my time there I received more help and support than I could have asked for. I was forced to question my habits and become accountable to a group of amazing teammates. However, although the scale crept up and my times plummeted down, deeply ingrained habits were hard to change.

In January 2017, I got a sacral stress fracture. Fast forward 6 months and I had a second. It took for me to break my bones, mess up my thyroid and metabolism, and lose the sport I love to see how badly I'd been treating my body. I'm not ashamed to say I have an eating disorder or that I don't get my period. It's an illness like any other. In writing this I hope to help change the conversation and show the sport it's something we should be talking about with openness and honesty, not shame and guilt.

No young athlete should be broken at 24, facing an uphill struggle just to be able to run again. I've learnt the hard way, that the journey back is far more painful than

any tough race, hard training session or disappointing result. I hope that my words save at least one athlete the heartache, the tears and the devastating sense of loss that I've experienced as a result of amenorrhea.'

Self-reflection questions for athletes:

1. Have I considered the long-term health benefits of a regular menstrual cycle?
2. Why might it be worth considering seeking medical advice if I have not had a period by the age of 16?
3. How do I reflect on the frequency, intensity and duration of training to make ensure that I am avoiding the effects of over-training?
4. In what ways does my training diary record other indicators which may suggest RED-S may be a factor in terms of weight, lack of ability to recover between sessions, poor concentration and depression?
5. Am I prepared to commit to long development and progression in the sport rather than the pursuit of short term success?

Self-reflection questions for coaches, parents and support group

1. How comfortable am I that I can talk appropriately with my female athlete(s) about menstrual health?
2. How can I ensure that my communication with the female athlete, reinforce the positive health benefits of a menstrual cycle?
3. As a coach, how do I ensure diversity in the scheduling of training to avoid the effects of overtraining?
4. What mechanisms have I put in place to spot the signs of RED-S in terms of illness, injury, excessive fatigue and poor psychological health of the athlete?
5. As a coach how am I remaining faithful to the principle of 'athlete-centredness' by building towards long term goals rather than short term success?

We have come full circle to Bobby Clay and that video made at Loughborough University late last year. Her parting shot to you younger readers is, 'Look after yourself and be a 12 year old. Don't be a professional athlete at 12 because one, you should be having fun and two, you are going to break'. The 2015 BMC Academy training weekend was graced by a young woman who inspired a room full of adoring young athletes. Bobby was full of optimism with the Rio Olympics and London World Championships on the horizon. All of us at the BMC want to see Bobby Clay back where she belongs in a Team GB vest. We wish her well and hope you heed her warnings.

NUTRITIONAL TIPS FOR RACE DAY

THE SCIENCE OF PERFORMANCE SNACKING: HOW AND WHEN YOU SNACK COULD IMPACT YOUR PERFORMANCE. MAKE SURE YOU DO IT RIGHT SUGGESTS **PETA BEE:**

What you eat before and after training can have an effect on performance. Selecting the right snack matters and yet athletes will often resort to grabbing whatever is available from the nearest vending machine or to rummaging in their kit bag in search of any protein bar or recovery ball that may be found lurking.

Last year, a panel of eminent scientists assembled by the American College of Sports Medicine published the latest position statement on sports nutrition for the scientific journal *Medicine and Science In Sports and Exercise*. It stated that carbohydrate sources should be an athlete's immediate priority after training. Muscle glycogen is the main fuel used by the body during any high intensity training and inadequately replacing glycogen stores will compromise performance in subsequent sessions.

If glycogen stores drop below a critical level, you'll notice a corresponding drop in performance. It's imperative you eat enough. 'A carbohydrate intake of 1.0–1.2g per kg of body weight as soon as possible after exercise and every hour thereafter for 4 to 6 hours, will optimize rates of resynthesis of muscle glycogen,' wrote the ACSM. This is even more important if you are training twice a day or if your sessions are less than eight hours apart. Complete muscle glycogen synthesis takes 24 hours or longer, so it pays to refuel well.

What about protein? Given the high-profile advertising campaigns to the contrary, you may be surprised to learn that immediately replenishing protein stores is not crucial. There is some evidence, reported the ACSM panel, that eating protein during the 1-2 hour recovery window after training helps to re-boot glycogen stores more quickly, but no proof that, in itself, eating protein then has a direct impact on performance.

Still, including some protein in your immediate post-recovery phase is advisable, not least because it can make your snack more palatable. According to the ACSM, a modest number of studies suggest an intake of 50–100g of protein during the recovery period speeds up dynamic power production during delayed onset muscle soreness. Where protein comes into its own is in the longer-term recovery process. Evidence for protein's role in ensuring adequate muscle repair and

building during a process that can take hours, days or even weeks is overwhelming and it's vital to include it as a major part of your general diet.

Other strategies can help to reduce muscle soreness, although the widely hailed use of antioxidant-rich supplements such as cherry shots and pomegranate juice, is now under scrutiny. A *Cochrane Review* that included 50 studies looking at the link between antioxidant use and reduced muscle soreness, reported last December that there is no solid evidence the antioxidant supplements work.

In general, the advice is not to waste your money on expensive commercial snacks when readily available, real food will do the job just as well.

5 SNACKS TO TRY

Eat: dry cured hams

Prosciutto di Parma and Iberico ham, among others, are low in saturated fat, high in protein and portable – perfect for popping in a kit bag. Iberico ham contains more beneficial oleic acid than most foods except olive oil. It also contains B vitamins, vitamin E and small amounts of minerals like copper, calcium, iron, zinc and selenium. Unlike cooked hams, the dry cured variety undergo minimum processing. But the biggest draw of cured hams is the quality of the protein content – it contains biopeptides, shown to help reduce inflammation, which are absent in cooked hams and other meats. It was added to the diets of the Italian national cycling teams for a reason. An idea post-training snack is 5-6 dates each wrapped in some Parma ham. That will ensure you get vital amino acids and some fast acting carbs that will replenish your muscle stores.



Snack: Sushi

Athletes love sushi as a recovery snack – perhaps most famously, the tennis star Andy Murray has been spotted munching through

boxes at the side of the court. And for good reason. The rice provides a controlled amount of carbohydrate, while the fish delivers protein and essential omega 3 fatty acids that can help to reduce inflammation when consumed regularly.



Drink: A glass of milk

A 2016 study published in the British Journal of Nutrition outlined how milk provides carbohydrate, fluid and electrolytes, such as potassium and sodium, lost in sweat. The study conducted by researchers in the Department of Physical Education and Sport Sciences at University of Limerick, tracked a group of young men who were asked to cycle in a temperature-controlled room until they became mildly dehydrated. Scientists then gave them one of 3 drinks – milk (0.1% fat), a commercial sports drink or water and then measured hydration markers over a 5-hour recovery period. Results showed that rehydration with milk was as effective as a with a sports drink and more effective than water alone.



Munch: Parmesan popcorn

Popcorn is a wholegrain food which means it's packed with nutrients used in exercise including magnesium and B vitamins needed to convert food into energy. In 2012, scientists presented findings at the American Chemical Society's annual meeting reported that, on a weight for weight basis, popcorn contains more



of the antioxidant substances called 'polyphenols' than fruits and vegetables. The substances are more concentrated in popcorn, which averages only about 4 per cent water, than in many fruits and vegetables which contain up to 90 per cent fluid. It's the hull of popcorn – that

bit that gets stuck between your teeth – that is most nutritious, providing the highest concentrations of polyphenols and fibre. As a post-training snack, it is ideal for replenishing glycogen stores and, sprinkling with parmesan gives flavour plus some whey protein to nourish the muscles and aid recovery. Because of its long ageing process, much of the protein in Parmesan has been broken down into peptones, peptides and free amino acids, meaning it has effectively been 'pre-digested'. Compared to some types of cheese, it's gentle on the digestive system making it a firm favourite among many Sportspersons.

Bake: Sweet Potato Wedges

Their vibrant orange colour is a visual cue that sweet potatoes are an abundant source of the high-powered antioxidant, vitamin A, important for maintaining immunity. At home, try baking sweet potato wedges, sprinkling them with chili, cumin or curry powder for a little added flavour. Keep the skins on as it contributes significant amounts of fibre and anthocyanins, a family of powerful antioxidants.

For 50g carbs and a useful source of

protein, try these:

- 250-300ml liquid meal supplement
- 300g creamed rice
- 600ml low fat flavoured milk
- 1-2 sports protein containing bars
- 1 large bowl breakfast cereal with milk
- 1 large or 2 small cereal bars + 200g carton fruit-flavoured yoghurt
- 220g baked beans on 2 slices of toast
- 1 bread roll with cheese/meat filling + large banana



Peta Bee has degrees in sports science and nutrition and has twice been winner of the Medical Journalists' Association's Freelance of the Year award. She has served as Performance Editor of Athletics Weekly magazine and coaches young athletes at Cookham RC in Berkshire.



*Our indoor season on the boards.
Photo courtesy of David Lowes.*

PAUL EVANS INTERVIEW

THE 10K TRAINING OF BARCELONA (1992) AND ATLANTA (1996) OLYMPIAN **PAUL EVANS IS UNPICKED BY CHRIS HOLLINSHEAD, MATT LONG AND COACH JOHN BICOURT:**

Chris Hollinshead writes: I first caught up with Paul in a café at Wells next the Sea on the Norfolk coast last October and it soon transpired that the values and ideas underpinning our coaching were very similar, though as athletes we were a world apart. Paul was a fulltime international athlete who before the days of Lottery funding raced to win and earn his living where as I was a club standard runner working full-time for a retailer. Saying that, until the age of 27 Paul had been working full time at a shoe factory in Lowestoft and playing weekend football, until one day he decided take part in a 10k road race in his home town. He finished 7th in a time of 33.33 minutes and it was at this point he realised the world of football was not going to miss him, turned his full attention to running and the rest is history.

Paul acknowledges how fortunate he was to become an athlete at an age when many are considering winding down their careers. He admits to thoroughly enjoying his time as a full-time athlete and like myself when I decided to go off to University as a mature student, found it liberating. As Paul says, "being a full-time athlete gives you the time to really look after yourself in terms of getting a massage, eating at the right times and the right fuel, in other words following the right lifestyle in every way."

Some may suggest that Paul's legacy was with his marathon exploits, winning the Chicago marathon in 1996 and finishing second at New York the year before, but look deeper and you see a performer who understood and appreciated the need for speed. One early performance that shows this is the personal best time of 27.47 that Paul achieved over 10,000 metres at the 1993 Stockholm Grand Prix. This performance was sandwiched in between two Olympic Games 10,000 metres finals at Barcelona and Atlanta. Yes, in those days you had to run in a heat to qualify for the final.

So when I started to unpick his training for the summer of 1993, what became evident was that he was training for both the 10k and marathon with high volume training weeks, averaging over 100 miles per week and a training schedule that appears to have a clear balance in both training load and essential core ingredients to initiate a physiological response. I was interested in how he retrospectively viewed this development of training as he was able to manoeuvre between distances. Paul responded by suggesting that the longer distance races were just an extension to his training; i.e. when the foundations for 10k racing are in place it is possible to step up to longer distance as he can run more economically at slower speeds.

I was expecting to look at Paul's training schedule and be dazzled by the scientific structure of the training. Actually I wasn't and that reflects Paul's and his coach John Bicourt's philosophy of keeping training simple. The basic structure is similar to that of an average club runner and that is the point as Paul emphasises, training should be kept as simple as possible with maximum returns from training undertaken, with set goals to be achieved.

Paul frequently trained 7 days a week, training twice daily at least three days per week. For example 11 miles in the morning followed by 7 in the afternoon. Though not all coaches will agree with this, Paul justifies training regime through reflecting on his lifestyle at that time in the 1990's. "You have to remember when I was doing this sort of training I was a full time athlete, so running for 2 hrs a day was not so bad when you have the other 22 hrs to recovery

I got plenty of rest." Equally while modern thinking may include specific recovery weeks with a cycle of training, recovery weeks were not built into training. He did however like a monthly race and was able to benefit from a slight reduction in mileage in the week leading up to the race, depending on its importance. Paul enjoyed the challenge of racing, particularly as it helped him to keep a focus during a period of high loading in training. As the majority of training was undertaken by himself he found the process of racing challenging and enjoyable as it allowed him to test himself against others and to provide reassurance that he was in good nick and that the training was going to plan, "plus it also helped the bank balance !!"

During the summer there was greater emphasis on intensity and quality of training as seen by the track sessions increasing from twice to three times per week. These track sessions show a focus on building strength endurance and the ability to be able to repeat at speed with limited recovery. For example he undertook an 800 metre session in which he ran 8 repetitions with 200 metres jog recovery. In contrast a 4 mile session was divided up into 2000m (time achieved was 5.25sec), 1600m (4.20), 1200m (3.12), 2 x 800m (2.04) with 400 metre jog recovery. Paul admits it was part of his personal challenge to try and run slightly faster than the time the coach requested he run.

The session that appears on a number of occasions in his training diary was a sequence of 400 metres off a short recovery and it is this that I wanted to unpick. It turns out that Paul's favourite session was 15 x 400 metres. This was run as a continuous session with 100



Thank Evans. Two time Olympian Paul is now coaching. Photo © Mark Shearman.

metre moving recovery. Paul emphasised the self-discipline and focus needed to ensure the success of the session, not only in times run but ensuring the consistency of time for the 100 recovery. For example the first 10 reps were run in 63 seconds and the last 5 in 60 seconds. So why was it Paul's favourite session? Well, it gave him the confidence to alter pace within a race and achieve negative splits and yes he enjoyed this session as it was a good barometer for fitness. The session was very intense but over quickly, inside half an hour!

Much of Paul's training was undertaken by himself running over a variety of surfaces in Suffolk, including grass, multi terrain and beach (Paul lived only a mile from the beach). Though averaging over 100 miles per week during the period up to the Stockholm 10k, I am interested by the twice weekly morning 11 mile run. Paul explains that much of his training was undertaken off road and this run was actually completed on a 1.1 mile loop around a school playing field in Lowestoft. These were run as you feel sessions and helped him to develop the intrinsic feedback and 'without sounding like a dinosaur what worked well was learning to pick up information about the body, running as you feel.' The runs would invariably end up becoming tempo runs with the pace directed by how he felt. So tempo running was a weekly core ingredient in his training. As a distance runner Paul's training is underpinned by consistent periods of training that develop both the endurance base and the racing engine. It was this well-developed training base that allowed Paul to change between racing distances such as 10km and marathon with minimal disruption to training.

As for the summer of '93, well Paul did win the AAA title in a time of 28:17.49 and did break his personal best time at the Stockholm Grand Prix. He reflects on the race being interesting not only because of his success but because Kenyan athlete Richard Chelimo broke the world record in winning the race. The significance was not lost on Paul as he had the pleasure of training with Chelimo and other notable Kenyan athletes most of that Summer at the Crystal Palace. All shared the same coach in John Bicourt. Training with the world's best Kenyans helped confidence and further refined his speed. As for the experience of training with such talented athletes on a regular basis (Paul laughs at this point) "Well. I would get to the track and knew this session was going to hurt."

Coach John Bicourt adds:

'In Paul's case I aimed to instil in him the need to fully understand why he was doing the training I set out and to learn to "listen" to his own body and better understand what he needed to achieve in every session and how to judge his efforts and the recovery he actually needed, especially in interval track sessions where checking his pulse rate..(taken at 10 secs x 6 to give him the minute rate) immediately following a rep and again before he went again. And this would be the guide as he progressed over the weeks.

I stressed always, the need to run as fast as he felt he should for each session, relative to the parameters I set, bearing in mind that I believe it more important to run at a percentage effort rather than strictly times which are only a guideline. .e.g If I set 6x 1 mile at 4.25-30 with 60-90 secs rec or 4 x 2miles at 8.50-9.00 with 2-3mins recovery, that was the guideline and was expected to be at 85-90% effort throughout. If he felt good he would run even below the limit and shorter recovery as long as he knew he could complete the session at the EFFORT required or slower if necessary according to his metabolic response at that time.

All training had to be progressive: 200's/400's/800's/1000's/1600's /x whatever number of reps and recovery time or any distance up to 15-20+ mile runs which become progressively faster and recovery shorter but the effort levels do not increase because the body adapts. So naturally the same session or longer runs over the weeks become faster with the same effort as previously, e.g., 1-1.5 hours

long run at 80-85% effort (and some sections at 90%) means more distance covered as the weeks go by. Or 85-90% effort means faster times than in previous weeks.

Rest and recovery is as important as the hard work and every day is linked to previous days and days to come, in order to create the equilibrium for best progression.

No individual training rep or run was ever 100% (i.e. full race effort) BUT sections in training would be 100% effort relative to the aimed for race speed., e.g running at 27.30 pace in 2 mile reps only required Paul to operate at 90% effort but that pace in a 10,000mts race would obviously be 100% effort overall.'

Having looked at Paul Evans' 10k training, now its time to be athlete-centred and to relate all this to YOU. **Matt Long** asks you to self-reflect on the following:

1. What is your approach to building a solid aerobic base as did Paul Evans?
2. How are you going to incorporate regular tempo runs into your programme as Paul did?
3. When are you going to introduce double days as a mode of progressive overload as Paul did?
4. Like Paul, how are you going to utilise aerobic interval training?
5. Why might an active 'roll on' recovery help to facilitate aerobic interval training as Paul undertook?
6. How long and how frequent does your long run need to be?
7. In what ways can strength endurance be facilitated through hill repetitions as were undertaken by Paul?
8. Why might it be worth adding a speed endurance component at the end of aerobic intervals rather than as a stand-alone session as Paul indicated was normal practice for him?
9. When might it be beneficial to rehearse differential and progressively quicker paces during reps as Paul periodically did in his prime?
10. Like Paul, how can your running efficiency and biomechanics be facilitated by strides and short uphill work using the alactic energy system?

Paul and Chris are delivering workshops aimed at improving your 5k and 10k. If you would like further information contact Chris Hollinshead at Castlecoachingfitness@gmail.com. Keep your eye open for Paul Evans website and 1-2-1 coaching which should appear anytime now.



Paul Evans (left) and Chris Hollinshead (right) in coaching mode.
Photo courtesy of Bryan Mills.

BOOK REVIEWS

BRENDON BYRNE ENCOURAGES YOU TO TURN OVER A NEW LEAF THIS SPRING:

***Run Smart* by John Brewer. Bloomsbury £12.99**

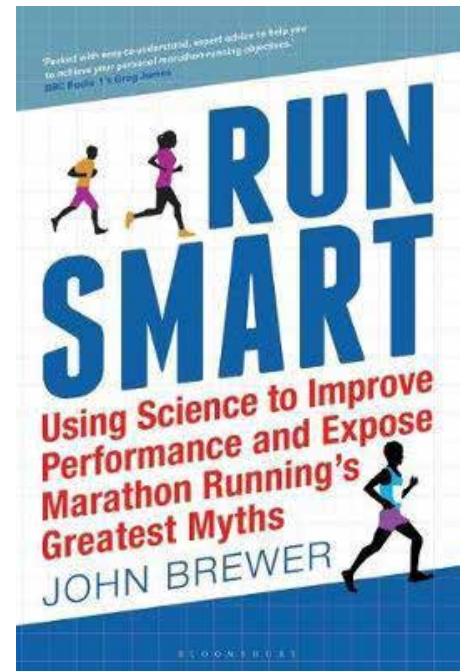
John Brewer is Professor of Applied Sports Science at St Marys University in Twickenham. He has also run nineteen marathons and is thus well qualified to produce a book that is initially aimed at marathon runners and coaches. The initial premise that the book is, 'Using science to improve performance and expose marathon running's greatest myths', says a lot but in my opinion, there is also a great deal that is relevant to middle distance running too.

Much of the advice is contained in short and very readable chapters on subjects such as training, nutrition and hydration. One of the myths that is referred to is that all you need to run marathons is a lot of long slow distance running, that is soon dispensed with. (There are shades here of Joe Henderson's small book on LSD running from a number of years ago). Getting the intensity of training right is explained as are the mechanics of stride length and impact forces.

When it comes to running styles, 'they

are unique and involve the management of energy in a way that moves the body forward as quickly and efficiently'. Changing style won't necessarily reduce the risk of injury and the amount of energy needed. If it doesn't look good then it doesn't have to be fixed. This point may be at variance with the view later on the Alexander technique and running.

This very comprehensive book also covers the use of treadmills, heart rate monitors and recovery from training. In fact, Brewer mentions that heart rate monitors are not essential but they can be used as a guide to training. There is a good section on overtraining and tapering. Towards the end of the book there is an interesting section on 100 ways to go 1% faster. There is also a very useful section of timing and pacing charts. Other sections include the specificity of training, progress, intensity and marginal gains. All of these are very relevant to middle distance runners.



***Alexander Technique in Everyday Activity* by Sean Carey. Hite Publishing £14.99**

The Alexander technique is a comprehensive way of regarding human movement. It aims to improve how you sit, work, walk and run. The book points out that scientists at Southampton University have assessed the technique and it can help to improve breathing problems, dysfunctional movement patterns and chronic back and neck pain. There are sections on walking efficiently, sitting properly, squatting and lifting properly. How is this relevant to running? This is where it may get controversial and differ from the points made earlier in Brewer's aforementioned book in that, 'unlike swimmers, golfers and tennis players few runners today are taught running form in part because of a common assumption that running, like walking, is so natural that all humans develop a natural form appropriate to their anatomy and physiology'. This is a very interesting and controversial point.

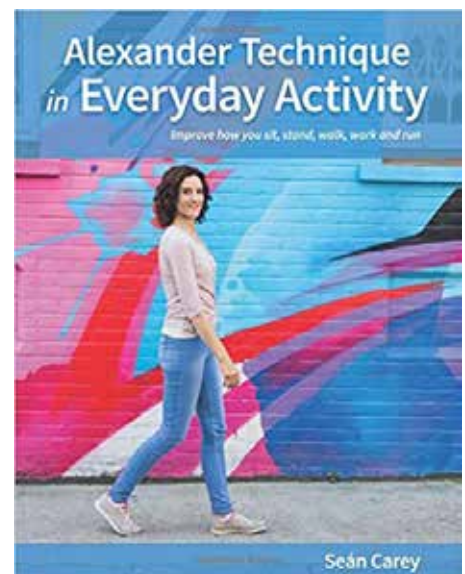
Carey has analysed the running form of a number of prominent athletes and found room for improvement. Even Michael Johnson is described as running fast badly! Usain Bolt has his faults too. He needs to control his neck to help reduce rocking from side to side. Other points are made to about the form of Michael Johnson and Usain Bolt. If only they and their coaches had read this

section of the book! The athlete Carey picks out as near ideal is Tirunesh Dibaba whom he describes as, 'running fast brilliantly'.

Carey makes a generalisation that the African athletes run more gracefully. He also maintains that, 'Putting on running shoes causes us problems as cushioned, elevated heels and arch supports encourages us to stiffen our ankles, slam down our feet and over-stride'. Additionally, the observation is made that cushioned shoes reduce feedback to the body from proprioception. This is in making the connection between running shoes and injuries such as Achilles tendon problems, painful joints and stress fractures. Perhaps athletes and coaches can learn something about posture from the techniques advocated in the book?

I should let you know that The Alexander technique and running was also covered in considerable detail a few years ago in *Master the Art of Running* by Malcolm Balk and Andrew Shields.

I'll finish by reminding you that *The Science of Running* by Steve Magness was reviewed in an earlier edition of the BMC News and I may have been a little critical with regard to my perceptions of errors in production. This being said there is a valuable section on training sessions for the whole range of middle and long-distance events.



SIR ROGER BANNISTER

THE UNIQUE LIFE OF **SIR ROGER BANNISTER** (23 MARCH 1929 – 3 MARCH 2018) IS CELEBRATED BY **PAUL HAYES**:

Some men seek greatness while others have it thrust upon them. In the winter of 1951/2, Roger Bannister focussed his training on attempting to win the 1500m final at the Olympic Games in Helsinki, before planning to retire from athletics to concentrate on his medical career. With heats and a final, Bannister, a light trainer by any standards, focussed on quality over quantity. 10 days before the final, to be held on 26th July, he ran his last time trial at Motspur Park, a $\frac{3}{4}$ mile effort in 2 minutes 52.9 seconds. This was 4 seconds under the unofficial world best of Arne Andersson of Sweden. He knew that he was in the form of his life. A couple of days later, his eager anticipation was cruelly quashed as he opened his newspaper to discover that a semi-final round had been added, tasking him with racing on 3 consecutive days. He had not trained for this but after a scrappy 3rd in his heat, a hard fought 5th in his semi-final, he reached the final, 'blown and unhappy'. In the final, he ran with a tired mind and body to finish 4th, 0.8 seconds behind the winner, Barthel of Luxemburg, but being one of eight athletes to finish under the 1936 Olympic record of Jack Lovelock.

This seeming 'failure' resulted in him deciding to continue running for a further 2 years until the Empire (Commonwealth) Games and European Championships of 1954. With no major Games to aim for in 1953, thoughts turned to record breaking, prime among them was the 4 minute mile, a goal dreamt of and talked about around the globe. The record had been lowered to 4 minutes 01.4s by the two great Swedish runners Hagg and Andersson (see also pages 33-34) racing each other throughout the war years. Now new challengers arose. John Landy from Australia and Wes Santee from the USA to stand aside Bannister. Throughout 1953, all three made attempts but without success. As the 1954 season loomed, Bannister could now be found training in a group, dubbed the 'Paddington Lunchtime Club', rather than in his previous solitary state. He also, through his good friends, Chris Brasher and Chris Chataway, came into contact with renowned coach Franz Stampfl, having previously felt he had no need of such a situation.

The date for his attempt was set for 6th May at the annual AAA vs. Oxford match, at Iffley Road, Oxford. Word had got out that Landy planned an attempt on the record

in the near future. Throughout the winter the three athletes, Bannister, Brasher and Chataway, had planned the best way to achieve the seemingly unachievable but even on the morning of the race, Bannister was still undecided as to whether they should go for it. The weather was cold and blustery, hardly conducive to breaking the magical barrier. As he boarded the train from London to Oxford, his chance encounter with Stampfl was to prove decisive. Stampfl persuaded him that he was in shape to run 3.56 or 3.57. As the start time drew closer, the wind dropped so that, as they toed the

line for the mile race, it was almost perfectly still. In that moment Bannister made the fateful decision that the attempt was on.

After a false start, Brasher dashed into the lead, covering the first quarter in 57.5 seconds. Feeling full of running, Bannister urged him to go faster but Brasher held his nerve. The half mile was passed in 1.58. As they entered the back straight for the third time, Chataway moved ahead, Bannister running easily behind. The television footage shows an athlete of supreme confidence, focus and elegant fitness who takes the bell in 3 minutes 0.7



seconds. As they reached the back straight for the final time, Bannister unleashed his drive for the line, a smooth upping of the gears, to sweep past Chataway. Now out on his own, the leg speed increased, the form held and this man ran into immortality. In the single few seconds, Bannister achieved what had been dreamed of by many, attempted by a few but achieved by him alone. Even though his record lasted just over a month (Landy, racing Chataway in Turku in Finland in near perfect condition, ran 3:58) Bannister alone is the name that

everyone will remember. He went on to win the Empire Games mile (beating Landy in an enthralling duel) and the European Championship 1500m (in a new European record of 3:43.8) before retiring to focus on his career in medicine. He counted his achievements in this field above that single event in Oxford in 1954 but that was the nature of the man. In the annals of athletics history, Roger G. Bannister was, and will forever remain, a giant of a man for going where no-one had gone before, inspiring generations of athletes to achieve their

dreams. As Steve Cram and Sebastian Coe pointed out, while at the World Indoor Championships this weekend, Roger was the beacon that helped light their path to greatness. Much will have been written following his death but nothing will ever come close to 'Roger G. Bannister, runner of the first sub 4 minute Mile'.

Note: The sad passing of Sir Roger Bannister occurred close to our Spring 2018 publication date. We will of course be continuing the tributes and celebration of his life and contribution in the Winter 2018 magazine.

BOB PARKER

THE MASSIVE CONTRIBUTION OF COACH **BOB PARKER** WHO PASSED ON RECENTLY IS EVIDENCED BY **ALASTAIR AITKEN:**

Bob Parker, who died at the age of 88 in January this year, made a fantastic contribution to athletics coaching, in his own special way with tremendous enthusiasm for the sport. He used to firstly run with his athletes then later, cycle beside them on their runs.

This was all from his home in the North London area and, he had an open house for all the athletes who wanted to use it. One of those was a very great friend of Dave Bedford, namely Mike Beevor, who ran in the international cross-country for England several times and who was also a fine miler with the BMC. He took it a step even further by saying about Bob Parker that, 'We will never see the likes again. He was very special.' Dave Bedford himself once told me with great affection that, 'Bob has developed with me. We started it together; he was very much a club coach with a few basic ideas and he told me what to do. I don't look upon him as my coach and he does not look upon me as his athlete; we look upon each other as friends and the situation just develops from there. The same way you would advise a friend is the same way he advises me with athletics'.

Bob and his wife Sylvia, who were founder members of Parkside AC, were a second family to Dave, as they spent so much time together at Bob's house. To me both Bob

and Dave appeared to be two of the most naturally genuine characters in the athletics fraternity.

Bob, in addition, was President of Shatesbury Barnet from 1982-85 and in 2010 he obtained a prestigious England Athletics services award for his coaching in recognition of his five decades in the sport. He never charged a penny for coaching

anyone and it was not just training for his club mates Julian Goater and the aforementioned Bedford but for others like Mara Yamauchi, Alison Wyeth and Andrea Whitcombe.

Bob Parker's life was celebrated on Wednesday February 7 at Hendon Cemetery. His contribution to endurance running in Britain will live on forever.



Bob Parker with Dave Bedford. Photo © Mark Shearman.

