

BMC NEWS

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British Milers' Club

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20 YEARS OLD!

BMC NEWS

No. 36 SPRING 1983

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RUNNING DIALOGUE

- A COACH'S STORY

HARRY WILSON WITH ANGELA PATMORE

FOREWORD BY STEVE OVETT, MBE.

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Harry's own views and experiences during his golden relationship with Steve Ovett - Olympic 800m Champion and World 1500m Record Holder.

Editorial

1963. The British Government was groaning and creaking from one crisis to the next under the scandal of the Profumo Affair and society was being titillated by the revelations of prostitutes Christine Keeler and Mandy Rice Davies at the Stephen Ward trial. US President John Fitzgerald Kennedy was gunned down in Dallas in November, and Beatlemania was sweeping Europe and the USA.

Born into this turbulent era was the British Milers' Club. Our fastest miler in 1963 was Bill Cornell with 4:00.8. John Boulter ran 880yards in 1:47.8 and 1500 in 3:43.3 (en route to 4:01.3) at Oxford to underline his miling potential and Bruce Tulloh reigned supreme with 13:22.4 to top the UK 3 miles list. Fastest Briton at 5000m was John Anderson (13:51.6) - no, he's not the famous coach - and Ron Hill outkicked Jim Hogan to win the AAA 6 miles title in 27:49.8. Don Taylor's 28:52.4 was a new UK record.

Anne Smith raced 880y in 2:07.0 to top the UK rankings and Phyllis Perkins turned in a 4:57.0 mile that year. Marise Chamberlain (NZ) was the official leader of the World 800m list with 2:05.2 for 880yards, though Sin Kim Dan of North Korea stunned everyone by clocking 1:59.1 for 800m at Djakarta on November 12th in a meeting unsanctioned by the IAAF.

Alan Simpson won the AAA mile title after Rayfel Roseman had burned off at a furious early pace in disgust at the other sit-and-kick finalists. Later Simpson walked off the track during the match mile in the USA v UK fixture but Stan Taylor won at 1500m against the West Germans, the Swedes and the Russian Federal Republic.

Best men in the World that year were Bill Crothers with 1:46.8y and Michel Jazy with a new European record of 3:37.8 for 1500m. New Zealanders Peter Snell ran 3:54.9 for the mile and Murray Halberg 13:41.2 for 5000m. Ron Clarke set the first of his long string of World records with 28:15.6 for 10km in December.

Frank Horwill was concerned about the appalling state of British Miling and urged other fellow fanatics to join him to form a club via the letters column of ATHLETICS WEEKLY. His appeals bore fruit for in July 1963 he met with a group of experts who applied themselves to the problem. They met at one weekend of the Southern Junior Championships at Wimbledon Park and here the club was born. The founder members were: Frank Horwill, Alf Wilkins, Brian Buxton, John Thresher, Wilf Paish, Brian Boulton, Harry Hayes, Maureen Smith, and Gordon Pirie. The first president of the BMC was Sir Roger Gilbert Bannister and member number one was Scotsman Hugh Barrow, who had set a UK Junior mile record of 4:07.7 that year.

We were off and running, with a policy of committed, fast racing at venues throughout the country and the twin ideal of increasing the knowledge of member middle distance coaches.

Twenty years on BMC members hold world records at 800m, 1000m, 1500m, mile, 2 miles and 5000m plus the European record at 3000m and the UK womens' record at 1500m. In 1963 the 50th best UK marks at 880y/800m and mile/1500m were 1:52.5 and 4:10.5y. In 1982 they were 1:50.82 and 3:45.8 (metres). That's progress.

But let's not get complacent. Ann Packer-Brightwell set a World record of 2:01.1 for 800 when winning the 1964 Olympic title and that time would still get her into the UK team. Don't forget that she also ran 400m on cinders in 52.2 that year - speed which would see off all our current crop of 800 ladies.

The UK Womens' records in 1963 stood at 2:05.0 and 4:29.7m/4:45.0 (mile). Now they are 1:59.05 and 4:01.53m/4:30.2. Meantime the World bests have gone from 1:59.1 and 4:19.0 to 1:53.43 and 3:52.47. And every year we lose a little more ground.

David Cocksedge, Editor.

COVER: AAA 1500m finalists
1982. Photo: D.Cocksedge.

500 METRES

	1963	1964	1965	1966	1967	1968	1969	1970	1971	1972
1st	2:07.0	2:01.1	2:05.3	2:03.4*	2:03.6*	2:02.0*	2:01.4	2:03.6	2:01.66	2:00.15
10th	2:14.3*	2:12.3*	2:11.6*	2:08.8*	2:09.8*	2:08.0	2:07.9	2:07.1	2:06.4	2:07.8
20th	2:17.2*	2:14.2*	2:13.4*	2:12.2*	2:12.5*	2:12.6*	2:12.9	2:10.8	2:10.3	2:10.5
30th	2:18.9*	2:17.7*	2:16.9*	2:15.9*	2:14.5*	2:13.7*	2:14.3	2:13.2	2:12.6	2:12.5
50th	2:23.4*	2:22.2*	2:19.8*	2:19.5*	2:18.1*	2:17.8	2:16.3	2:16.0	2:15.0	2:15.0
	1973	1974	1975	1976	1977	1978	1979	1980	1981	1982
1st	2:01.3	2:02.8	2:03.5	2:01.35	2:00.6	2:01.2	1:59.05	1:59.53	2:00.02	1:59.93
10th	2:06.5	2:08.5	2:07.4	2:06.9	2:04.7	2:03.7	2:04.15	2:03.68	2:04.25	2:03.14
20th	2:09.7	2:10.0	2:09.2	2:08.6	2:08.3	2:06.9	2:05.9	2:06.84	2:06.7	2:05.6
30th	2:11.6	2:11.1	2:10.6	2:10.5	2:08.8	2:07.9	2:08.1	2:08.5	2:08.71	2:08.0
50th	2:13.0	2:13.3	2:12.8	2:12.4	2:10.8	2:10.2	2:10.44	2:09.7	2:10.1	2:09.5

uk depth

* converted from 580 yards.

1500 METRES / MILE

	1963	1964	1965	1966	1967	1968	1969	1970	1971
1st	4:57.0M	4:56.0M	4:46.3M	4:44.2M	4:37.0M	4:45.7M	4:15.9	4:15.4	4:12.7
10th	5:18.0	5:09.7	5:06.8	5:07.3	5:01.0	5:07.3	4:30.3	4:24.6	4:25.4
20th	5:30.0	5:22.0	5:21.7	5:16.4	5:12.6	5:15.6	4:42.1	4:35.7	4:35.7
30th	-	5:30.4	5:33.5	5:28.8	5:21.2	5:25.7	4:48.0	4:41.7	4:39.2
50th							4:57.8	4:46.6	4:45.8

TWENTY YEARS OF THE BRITISH MILERS' CLUB.

	1972	1973	1974	1975	1976	1977	1978	1979	1980
1st	4:04.81	4:12.2	4:10.7	4:11.2	4:06.4	4:08.1	4:06.0	4:01.53	4:08.92
10th	4:27.8	4:21.7	4:24.5	4:20.9	4:19.7	4:17.9	4:14.6	4:15.67	4:16.42
20th	4:34.2	4:30.0	4:29.0	4:27.0	4:24.3	4:23.3	4:18.2	4:20.0	4:21.7
30th	4:39.0	4:33.9	4:32.2	4:31.1	4:31.8	4:28.5	4:22.8	4:23.1	4:24.4
50th	4:44.8	4:39.2	4:39.6	4:37.6	4:37.4	4:32.7	4:29.8	4:28.3	4:29.9

1981

1st	4:09.57	4:04.48
10th	4:13.7	4:14.20
20th	4:20.1	4:16.69
30th	4:22.01	4:19.6
50th	4:27.33	4:25.6

M: Mile time (years 1963 to 1968).

BRITISH WOMENS' STRENGTH IN DEPTH SINCE 1963

3000 METRES

	1973	1974	1975	1976	1977	1978	1979	1980	1981
1st	9:08.0	8:55.6	9:12.2	9:06.70	8:52.79	8:48.74	9:00.14	8:53.78	8:54.59
10th	9:48.2	9:39.6	9:32.8	9:40.6	9:24.64	9:18.9	9:19.17	9:19.95	9:05.98
20th	9:57.8	10:03.8	9:49.6	9:48.76	9:33.6	9:32.3	9:35.2	9:32.85	9:27.97
30th	10:10.4	10:14.8	9:59.8	10:04.25	9:47.93	9:46.8	9:46.9	9:40.5	9:34.00
50th	10:30.2	10:27.0	10:11.0	10:18.0	10:03.0	10:03.2	10:00.0	9:57.5	9:45.1

1st	8:46.01
10th	9:04.98
20th	9:16.37
30th	9:26.65
50th	9:42.8

Heights/Weights averages.

800 metres

Olga Mineyeva (SU) (1.9.52) 1.78m/60Kg
Ludmilla Veselkova (SU) (25.10.50) 1.68m/55Kg
Doina Melinte (Rum) (27.12.56) 1.72m/59Kg
Margit Klingér (GFR) (22.6.60) 1.65m/55Kg
Ravilya Agletdinova (SU) (10.2.60) 1.64m/48Kg
Martina Steuk (GDR) (11.11.59) 1.70m/56Kg
Jolanta Januchta (Pol) (16.1.55) 1.63m/53Kg
Ulrike Bruns (GDR) (17.11.53) 1.70m/58Kg
Hildegard Ullrich (GDR) (20.12.59) 1.69m/58Kg
Tatyana Providokhina (SU) (26.3.53) 1.67m/52Kg

Average: 1.69m/55.4 Kg.

1500 metres

Olga Dvirna (SU) (11.2.53) 1.65m/50kg
Zamira Zaitseva (SU) (16.2.53) 1.64m/47Kg
Maricica Puica (Rum) (29.7.50) 1.66m/55Kg
Gabriella Dorio (It) (20.6.57) 1.66m/55Kg
Ulrike Bruns (GDR) (17.11.53) 1.70m/58Kg
Tatyana Pozdnyakova (SU) (4.3.55) 1.62m/52Kg
Doina Melinte (Rum) (27.12.56) 1.72m/59Kg
Svyetlana Guskova (SU) (19.8.59) 1.60m/58Kg
Mary Tabb (USA) (4.8.58) 1.68m/52Kg
Tatyana Providokhina (SU) (26.3.53) 1.67m/52Kg.

Average: 1.66m/53.8Kg.

3000 metres

Svyetlana Ulmasova (SU) (4.2.53) 1.62m/53Kg
Maricica Puica (Rum) (29.7.50) 1.66m/55Kg
Svyetlana Guskova (SU) (19.8.59) 1.53m/49Kg
Mary Tabb (USA) (4.8.58) 1.68m/52Kg
Yelena Sipatova (SU) (7.6.55) 1.63m/48Kg
Tatyana Pozdnyakova (SU) (4.3.55) 1.62m/52Kg
Nina Yapeyeva (SU) (3.1.56) 1.67m/52Kg
Galina Zakharova (SU) (--- 53) No info.
Olga Dvirna (SU) (11.2.53) 1.65m/50Kg
Birgit Friedmann (GFR) (8.4.60) 1.67m/53Kg.

Average (of 9): 1.64m/51.6Kg.

3000 metres

8:26.78	Svyetlana Ulmasova (SU) @	(20)
8:29.30	Svyetlana Guskova (SU)	
8:29.71	*Mary Tabb (AW) @	
8:31.67	Maricica Puica (Rum) @	
8:33.40	Galina Zakharova (SU)	
8:34.06	Yelena Sipatova (SU)	
8:35.31	Tatyana Pozdnyakova (SU)	
8:35.74	Alla Libutina (SU)	
8:36.40	Olga Dvirna (SU)	
8:36.54	Tatyana Kazankina (SU)	(10)
8:37.04	Alla Yushina (SU)	
8:42.84	Irina Bondarchuk (SU)	
8:42.96	Nina Yapeyeva (SU)	
8:43.15	Birgit Friedmann (WG) @	
8:44.43	Brigitte Kraus (WG)	
8:45.04	Natalia Marasescu (Rum)	
8:45.53	Anne Audain (NZ Phid) @	
8:45.70	Irina Nikitina (SU)	
8:46.01	Weedy Smith (GB-BRT) @	
8:46.31	Margherita Gargano (Ita)	
8:47.93	Skachkova (SU)	
8:47.95	*Jan Merrill (AGAA)	
8:48.85	Debbie Scott (Can)	
8:50.2	Nadyezhda Cognakhina (SU)	
8:50.52	Debbie Peet (GB)	
8:51.06	Raisa Sadretdinova (SU)	
8:51.11	*Cindy Brenner (WU)	
8:51.40	Ruth Smooth (GB)	
8:51.55	Gulbira Nurutdinova (SU)	
8:51.79	Ingrid Kristiansen (Nor)	(30)
8:52.00	*Francie Larrieu (NBTC)	
8:52.06	Agnese Possamai (Ita)	
8:52.88	Paula Fudge (GB)	
8:53.24	Monica Joyce (Ire S Di)	
8:53.95	Valentina Ilyinikh (SU)	

World List

800 metres

1:55.05	Doina Melinte (Rum) @
1:55.41	Olga Mineyeva (SU)
1:55.96	Ludmilla Veselkova (SU)
1:56.1	Ravilya Agletdinova (SU)
1:56.2	Tatyana Mishkayel (SU)
1:56.59	Jarmila Kratochvilova (Cze) @
1:56.6	Tamara Sorokina (SU)
1:56.9	Olga Dvirna (SU)
1:57.22	Margit Klingér (WG) @
1:57.3	Galina Kuimova (SU)
(10)	
	Tatyana Providokhina (SU)
1:57.5	Tatyana Pozdnyakova (SU)
1:57.92	Jolanta Januchta (Pol)
1:58.09	Lyubov Gurina (SU)
1:58.19	Hildegard Ullrich (EG)
1:58.33	*Mary Tabb (AW)
1:58.4	Martina Steuk (EG)
1:58.71	Tarika Perrais (Bul)
1:58.76	Vanya Stoyanova (Bul)
1:58.87	Ulrike Bruns (EG)
(20)	
1:59.03	Vesela Yatsinska (Bul)
1:59.13	Gabriella Dorio (Ita)
1:59.28	Nikolina Stoyanova (Bul)
1:59.51	Svyetlana Guskova (SU)
1:59.5	Brigitte Kraus (WG)
1:59.64	Irina Podvalovskaya (SU)
1:59.76	Beate Lieblich (EG)
1:59.87	Wanda Stefaniak (Pol)
1:59.93	Christina Boxer (GB)
	Olga Monakhova (SU)
(30)	
2:00.07	*Kim Gallagher (Pa HS)
2:00.20	Anna Clarkson (GB)
2:00.31	Lena Tania (Rum)
2:00.39	Elly van Hulst (Hol)
2:00.52	Olga Smakova (SU)
	Ina Voigtgesang (EG)

1500 metres

3:54.23	Olga Dvirna (SU)
3:56.14	Zamira Zaitseva (SU)
3:56.50	Tatyana Pozdnyakova (SU)
3:57.05	Svyetlana Guskova (SU)
3:57.48	Maricica Puica (Rum) @
3:58.17	Nadyezhda Raldugina (SU)
3:58.37	Tatyana Providokhina (SU)
3:58.65	Gabriella Dorio (Ita) @
3:58.76	Svyetlana Ulmasova (SU)
3:59.24	Tamara Sorokina (SU)
(10)	
3:59.48	Yelena Sipatova (SU)
4:00.53	Svyetlana Popova (SU)
4:00.78	Ulrike Bruns (EG)
4:00.96	Irina Nikitina (SU)
4:01.22	Galina Kireyeva (SU)
4:01.40	Doina Melinte (Rum)
4:01.7	*Mary Tabb (AW)
4:03.13	Natalia Marasescu (Rum)
4:03.26	Lyudmila Veselkova (SU)
4:03.78	Elly van Hulst (Hol) @
(20)	
4:04.00	Gabriele Riemann (EG)
4:04.22	Brigitte Kraus (WG)
4:04.48	Christin Boxer (GB)
4:04.94	Maria Radu (Rum)
4:05.33	Vesela Yatsinska (Bul)
4:05.42	Beate Lieblich (EG)
4:05.69	Agnese Possamai (Ita)
4:05.76	*Cindy Brenner (WU)
4:05.88	*Leann Warren (O-I)
4:05.8	Vanya Stoyanova (Bul)
(30)	
4:05.90	Birgit Friedmann (WG)
4:06.69	Monica Joyce (Ire S Di) @
4:06.75	Albina Mefodyeva (SU)
4:06.89	Debbie Scott (Can)
4:06.93	Fita Levin (Rum)

1 mile

4:17.44	Maricica Puica (Rum) @
4:18.08	*Mary Tabb (AW) @
4:21.52	Vesela Yatsinska (Bul) @
4:21.78	Vanya Stoyanova (Bul)
1:21.89	Tamara Sorokina (SU)
4:25.93	Brigitte Kraus (WG) @
4:27.52	Margherita Gargano (Ita)
4:28.46	Nadyezhda Raldugina (SU)
4:28.90	Gabriella Dorio (Ita)
4:29.21	*Cindy Brenner (WU)
(10)	
4:29.23	Agnese Possamai (Ita)
4:29.54	Beate Lieblich (EG)
4:29.67	Debbie Scott (Can) @
(20)	
4:30.4	Monica Joyce (Ire S Di)
4:30.77	Wendy Smith (GB-BRT)
4:30.95	*Francie Larrieu (NBTC)
4:31.08	Brit McRoberts (Can)
4:31.25	*Brenda Webb (AW)
4:31.52	Doina Melinte (Rum)
(20)	

by Iain D. Adams

Member Iain Adams was incensed by Frank Horwill's views on sponsorships from cigarette companies published in our last issue. Here he responds to Frank's query: 'What are your views?'

Athletics has a right to raise its own revenue: but it is not an unfettered right. For the position of importance that allows the world of athletics to contemplate commercial sponsorship imposes duties on us too. No sponsorship, from whatever source would be forthcoming if athletics did not have a following of participants and spectators. No sponsorship would be forthcoming if the sport was not seen as an avenue for influencing the buying public. Any decision to accept financial support must bear in mind the responsibility athletes, and athletics has.

To argue that accepting brewery sponsorship is irresponsible is no defence for making the situation worse by adding the tobacco giants to the list of our patrons. Mr. Horwill's arguments about the evils of existing sponsors is a red herring.

Furthermore, I would argue that smoking is uniquely foul and therefore comparison with other sponsors is unhelpful.

To draw an analogy with the sponsorship of motor manufacturers is ridiculous. The car does not kill per se; it is a necessary tool of modern living. The car is as much a killer as a block of flats. If you are mad or drugged or malicious you can kill people by throwing them from the top of a tower block; the same influences mean that you can kill them in a car. But to drive in such a manner is outlawed.

The reference to alcohol is more telling but the figures quoted by Mr. Horwill for

wife-beating represent the impact of drink on a minority of drinkers. It is possible (as many people do) to drink regularly without inflicting harm on those around you. And the effect of alcohol on the drinker personally is only of peripheral concern to us. Yet one simply cannot smoke without causing serious harmful effects on those around one. It is these anti-social properties of smoking that make it so evil and deserving of our hostility.

The fact that nicotine is absorbed into the bodies of non-smokers exposed to smoke is beyond dispute. Tests conducted on non-smokers exposed in this way have proved this (nicotine levels in saliva and urine often exceeded that of smokers who smoked up to 3 cigarettes before sampling).

Furthermore, there is the fact that carbon monoxide in the atmosphere from tobacco smoke is absorbed into the blood stream of the non-smoker. Carbon monoxide combines with haemoglobin to form carboxy-haemoglobin with reduces the oxygen carrying capacity of the blood.

Smokers usually have much higher blood levels of carbon monoxide, but smokers also acquire some tolerance. From the information available it seems that significantly high carbon monoxide levels remain in an enclosed area for over two hours after smoking has ceased.

How many times have we been urged to leave no stone unturned in the quest to become The Complete Middle Distance Runner? Yet in this very publication Frank Horwill proposes assisting the tobacco industry in the promotion of a drug that inflicts its harmful by-products upon the innocent bystander, including us - trained athletes and coaches.

Can any refusal to help the tobacco industry be described as 'illogically squeamish'??

FRANK HORWILL



The marathon mad British as we have been called on the Continent, have also become the road mile race fanatics of the world. Some years ago the Nos Galan Road Races on New Year's Eve, held at Mountain Ash and Penrwycheber in Glamorgan, attracted 500 athletes for the four mile race around the houses. It started just before the Old Year ended and finished in the New Year.

The streets were lined with thousands of spectators and one part of the course went through a street called the 'Valley of Torches'. School-boys clad in specially designed tracksuits lined the street holding flaming torches: it was most picturesque and the superb atmosphere has never been quite equalled elsewhere in the UK.

Before the 4 mile race, there was a mile event (2 lap course) and athletes of top quality travelled 200 miles or more to compete in this. The first Welshman to win the mile was Clive Thomas, a steeplechase international whom I coached. Another one of my athletes, Robin Barrett, was just pipped on the post by John Whetton, European 1500m Champion in 1969 - the winning time was 4:07. David Black won the 1973/4 mile in 4:00.8.

BMC Founder Frank Horwill shoots straight from the lip as usual.

After race a medal ceremony was held in the streets on a specially constructed rostrum. The winner had a red sash placed over him/her and the prizes were always of top quality. Mary Purcell was the fastest lady in the mile at 4:46 the last time this was held.

Before the Midnight Race was a unique event: That of the Mystery Runner. From the grave of Gutho Nuthbran, a Welsh professional runner buried 200 years ago, a famous athlete was invited to carry a torch 3 miles into Mountain Ash village and start the big race. Torch-bearers included Lillian Board, David Hemery, Derek Ibbotson, Mike Wiggs, Ken Norris and Chris Brasher. Fastest ever in the Midnight 4 mile race was David Bedford with 17:41.

Now the London Road Runners' Club are moving towards this kind of spectacle with their Midnight 5 mile race in Battersea Park. The race around the lighted park is a pretty sight and the BMC mile race follows an attractive course with a half mile straight stretch in it.

Free susage rolls, mince pies and beer for everyone afterwards, but this year the queue was too long and there should be 3 dispensing centres instead of one to avoid delay. Another aspect not appreciated by some were athletes changing in the main reception hall when the official changing rooms were only a quarter of a mile away.

The LRRC are on the right lines and the meeting has more than justified itself, supported by the GLC and Nike. These races are preferred to the City of London New Year's Day races held at London Wall which the BMC used to support. This year we sent out 250 invitations

for the New Year's Eve Races at Battersea. Those who supported us and ran have a bonus - they will be invited to the numerous MILE ROAD RACES we have been asked to organise in various parts of the country where expenses will be paid.

The BIG mile road race of 1983 is on Sunday July 10th, along the Ryde Esplanade, Isle of Wight. There will be a Mens' and Womens' mile with top invitations and also a 3 mile race.

Athletes travelling more than 200 miles one way will have hotel accommodation provided and those who want to book their own night's sleep will receive £15 allowance. We are inviting the Ron Hill Sports Club their racing on the Continent has earned them quite a reputation.

BMC BLACK LIST

The year 1982 was a bad one for BMC athletes accepting races in writing and then not turning up and not even having the courtesy to write or call with an apology. They have not been forgotten. Those who accepted to run in the Blackburn Mile and failed to appear are banned from all BMC races for one year. We have a reputation for never letting down promoters and sponsors. It is well known throughout the country that if the BMC states it will put on a race with expenses paid, not only will the field turn up but the race will be a good one. Our fee for this service is £25 inclusive.

As stated we have the Ryde Road Races on July 10th and on the day before we have an invitation 3000m for top Juniors at West London Stadium as part of the Sward Trophy organised by Polytechnic H. who are celebrating their centenary. Then there are mile road races at Exeter, Greenwhich and a full scale meeting at Enfield.

Then, of course, there is the City Mile at Motspur Park, where one year four BMC milers broke 4 minutes for the first time. I must not forget the excellent races that Gerry Barnes promotes at Stretford each month, either.

Once again - if you were one of the athletes who let Gerry down over the Blackburn mile, don't expect a run in the BMC races at Stretford. He/she who does the BMC a dirty trick gets repaid with considerable interest.....

SOME EXPERT!

We have a plan whereby a BMC representative is sent to every advanced course or conference on middle distance in the country. The rep. then reports back to the National Committee. Our man went to the Essex Federation Course in London recently. This included some fancy titles about Womens' running and the BAAB's Medical Officer for women gave a lecture. Afterwards our rep. asked if he would comment on the practice of giving women on the pill Vitamin B6. Not only did this 'expert' know nothing about this procedure; he got very uptight that such a question was even asked of him!

So, for the record, we will give the information to women runners which the Board's expert knows nothing about. It is recommended (Hirsch et al) that women on the Birth Pill take Vitamin B6 at the rate of 100mg per day.

At the recent World Conference on nutrition in Cyprus, the leading medical adviser to Roche stated that if women did not like talking B6 all the time it was strongly advised that it should be taken for 10 days before a period was due.

One of my athletes, who is a Member of the Pharmaceutical Society and manager of a Boots Shop, was surprised to hear that the BAAB 'Expert' knew nothing about B6. The

athlete told me that B6 has been dispensed by Chemists for years for women on the Pill.

DEMOCRACY GONE WRONG

The Southern WAAA and the Southern AAA have several progressive people on their committees who want to see the two Associations become one. Subsequently questionnaires were sent out to all the Southern Womens' clubs. Fifty-five replies were received; of which 52 were in favour of amalgamation. When the SCWAAA held their AGM in December the plan was defeated by thirty-odd votes to twenty odd votes! What happened to the 52 in favour? Why didn't they attend the meeting and if they couldn't why didn't they use the proxy vote? Quite clearly democracy was manipulated by someone to crush the majority feeling.

IAIN ADAMS: My reply. First of all my heartiest congratulations to Iain for making his observations known on my views. I sometimes get the idea that the BMC readership is dead! Iain's letter is the first we've had from members for a long time. Eulogies come

in from all over the World on BMC NEWS, but not from UK members - perhaps we are spoiled with too many magazines here. Latest letter of praise was from Fred Wilt, the editor of TRACK TECHNIQUE.

Iain is wrong when he states that the car does not affect other people by its existence: IT DOES! If not, why all the concern about the lead content of the air caused by petrol fumes which affect the brain of the growing child? Also, what about the ozone layer around the Earth slowly disappearing because of traffic fumes?

Did you know that internal flight navigators use the vertical haze rising from the M1 as a navigational aid? Just think of it - navigation by fumes!

I repeat - to refuse tobacco sponsorship and accept cash infusions from breweries and car firms is hypocritical: the latter two have a lot to answer for as well as the former. Accept all three or ban all three.

I don't agree that drinkers do not affect others not drinking - drinkers stink out rooms, tubes and buses;



Deadly trio at Deal. Left is Adam (Anthony Andrews) Perry, middle- BMC Treasurer and 13:25.08 man Tim Hutchings and right is Mem.Sec.Phil Llewellyn.



Top level discussion at Deal. Left is National Event Coach Harry Wilson, middle is Chairman Tony Ward and right is Frank Horwill. Photos by David Cocksedge.

TO ALL B M C MEMBERS

for the

EASTERN REGION

Our colleague Bob Sexton has, unfortunately, had to resign as Secretary to the B M C Eastern Region due to continuing bad health. I'm sure we all wish him well and back to 100% soon.

You are no doubt aware that there has been little B M C activity in the Eastern Region with the exception of Frank H's winter races at Harlow. With your help let's hope that over the next two or three years we can gradually build a regional structure that will give benefit to all members.

In the near future you will receive correspondence from me asking for your ideas, suggestions and requirements which will enable the Eastern Region Committee to establish a formula of races and training days/weekends to suit the membership.

In the meantime if you would like to put pen to paper or give me a ring please do so at either of the following addresses.

Home : Knott Cottage
47 West End
Old Costessey
NORWICH
Norfolk

Tony Settle

Telephone : 746832

Business : Sports Centre
University of East Anglia
NORWICH
Norfolk
NR4 7TJ

Telephone : 56161 ex 2398

their vomit in public places is repulsive. Alcohol is a prop to face life, so are cigarettes. Both are habit-forming, but in my book alcohol causes more suffering to OTHER people than does a few sniffs of smoke - WHEN TAKEN TO EXCESS.

★ ★ ★ ★ ★ ★ ★ ★

Opinions and subjective assessments expressed in BMC NEWS are entirely those of the writer concerned and not necessarily those of the BMC National Committee.

DID YOU KNOW?

...that Steve Ovett and Seb Coe have raced in the same event on the track in Britain? Yes, it's true, they both ran in the 1976 Kraft Games/Olympic Trials 1500m event in June 1976. Seb was 7th in heat 1 in 3:43.2 and Steve ran 3:44.4 for 3rd in heat 2. The next day Steve won the final in 3:39.64. Seb did not make the final.

★ ★ ★ ★ ★ ★ ★ ★

PAID YOUR SUBS YET??

They were due on January 1st!

For Runners

MONITORING HEART RATE

by Bernie Dare, University of Idaho.

By checking the athlete's pulse between training intervals, the stress of a workout can be measured. As a result, workouts can be prepared more precisely, minimizing the risk of under- or overtraining. From Running and Your Body,

Heart rate reaction to exercise is closely linked to intensity and duration of exercise and thus to the energy systems, as well as to other physiological processes that weigh heavily in track and field training.

During continuous running training, which is aerobic in nature, the heart rate (HR) will usually be between 120-170 beats per minute (bpm). For significant training results to occur for competitive athletes, it should be above 140 bpm (140-160 bpm). During interval and other more anaerobic types of training, the HR will approach maximum levels of 180-220 bpm.

During the recovery interval, after such exercise, the HR will begin to lower. The speed with which it lowers is an indication of the stress of the exercise, the conditioning of the athlete, and the accumulation of fatigue factors, primarily lactic acid, in the muscles and blood.

In high volume, lower intensity work, when the HR reaches 120-140 bpm, the ATP-CP (adenosine triphosphate-creatine phosphate) energy system has partially recovered, and if lactic acid levels are low, work can continue. In low-medium volume, medium-high intensity work, when the HR reaches 120 bpm the ATP-CP system has fully recovered and work can continue.

When very high stress work is involved (2-4 repetitions at high speed/stress) it is best to allow some lactic acid (LA) energy system recovery. This would be indicated by an HR in the 90-100 bpm range, when the LA system has partially recovered (50%) and high stress work can again continue.

As the workout continues, the recovery time of the ATP-CP system will gradually increase. Table 1, which lists workout examples, lists expected recovery times. When these times are being exceeded work should not continue.

When the ATP-CP system has recovered, exercise can continue successfully at expected paces, only if the LA system has not been fully stressed, as the ATP-CP system will fuel exercise for only 10-20 seconds.

Generally, an interval of exercise will deplete the ATP-CP system and partially deplete the LA system. During the recovery interval, the ATP-CP system recovers, refueled aerobically, and the next exercise interval then occurs, depleting it again, and further depleting the LA system. This continues until fatigue levels (LA fatigue) are high, and the workout is discontinued.

Because it may take up to 48 hours for the LA fatigue to be removed, consecutive workouts creating very high LA fatigue levels should not be done.

The primary aim of HR monitoring is to measure exercise stress to enable the athlete and coach to provide a significantly challenging workout, while avoiding excessive stress, to avoid causing staleness and overtraining.

Using tables 1 and 2 and the outline below, HR monitoring can be a valuable aid in track and field training.

Most people have a maximum HR between 180 and 200 bpm. The maximum heart rate tends to be highest in 13-15 year old girls, where it may be as high as 240 bpm.

In interval training, where this method is most easily used, an athlete's HR will rise above 160 bpm during the exercise and during the rest interval will decrease, or recover. When it has reached 120 bpm (usually within 1-5 minutes depending on the number and intensity of the intervals) the athlete's energy systems have recovered sufficiently to begin the next repetition without overstressing those systems.

The recovery-rest interval time period is based on the physiological ability of the body's energy systems to recover from exercise. HR monitoring gives a measurement of the speed of this recovery.

With interval work used for anaerobic conditioning, where the volume is low to moderate, (4-12 reps), the body will respond as above. Interval training used for aerobic conditioning with high volume and lower intensity may create varied responses: the

heart rate will not always rise above 160 bpm during such intervals, or may recover from a slightly anaerobic exercise very quickly.

To measure the HR, the athlete counts his/her pulse at the wrist or neck for 10 seconds, at some time during the rest interval (generally, near the end of the expected recovery interval). When this count reaches 20 counts in a 10 second period (20 beats/10 sec. = 120 bpm) work can continue.

If the athlete is not recovering properly the stress levels may be too high, and the work (pace/quantity) should be reduced or terminated. This lack of recovery can be an indication of:

- a) An out of condition athlete.
- b) Too difficult a workout.
- c) Staleness or overtiredness (overtraining).
- d) The previous workouts were too

difficult.

e) Illness.

The ATP-CP HR recovery levels are slightly individualistic and can be affected by age, aerobic conditioning levels, and genetic dispositions. They may be between 108-132 bpm.

The individual's HR will plateau at this bpm level during recovery, and two consecutive measurements within 30 seconds to 1-minute of each other are generally indicative of the ATP-CP recovery level (once each athlete's recovery level is determined it doesn't change significantly).

Most athletes will have an HR recovery level near 120 bpm. Athletes with greater genetic potentials may recover more quickly than lesser athletes, even at higher work loads. #

Table 1: A SUMMARY OF HEART RATE MONITORING FOR INTERVAL WORKOUTS

Workout Type	Heart Rate and Time Recovery		Workout Termination Indicators
	Intervals	between Sets	
Speed Work 4x100 (90%) 4x70 (accel.) 4x40 (90%) 4x40 (100%)	120 bpm 1-4 min.	100-120 bpm 2-5 min.	More than 120 bpm after 5 min.
Speed Endurance (sprinter) 4x150 (90%) 4x100 (accel.) 4x70 (95%) 4x40 (100%) 4x40 (finish)	120-140 bpm 1-3 min.	100-120 bpm 2-5 min.	More than 120 bpm after 5 min.
Stress Work A) sprinter: 1x600 1x400 1x200	100-120 bpm 4-10 min.	-----	More than 120 bpm after 10-12 min.
B) miler: 4x400 (mile pace) 4x200 (800 pace)	30-60 secs.	less than 100 bpm 10-20 min.	More than sub 120 bpm after 15 min.
Long Intervals (quality) A) 10x200M or 10x400M	120 bpm 1-3 min.	-----	More than 120 bpm after 2 min.
B) 10-20 x 200-400	120-140 bpm 30 secs-2 min.	-----	More than 120 bpm after 3 min. (or after 5 min.)

Table 2: A SUMMARY OF HEART RATE MONITORING AS A DIAGNOSTIC DEVICE

The Athlete's Response to Exercise	Diagnosis
Normal recovery to 120 bpm within the specified time.	ATP-CP system has been re-fueled. Stress levels are not abnormal.
Late recovery to 120 bpm.	The ATP-CP system has recovered, but the long recovery time indicates that the pace is too high or the duration too long. Reduce or discontinue the work.
Normal recovery to 90-100 bpm.	A TP-CP system is fully recovered. LA system is partially recovered (50%).
Late recovery to 90-100 bpm.	This indicates that the stress/work levels are very high. A light or easy day should follow.
Quick recovery to 120 bpm, or recovery to 96-114 bpm within the usual 120 bpm recovery time.	The work load is very light; indicates the athlete can handle greater paces, distances, or less rest.
Inability to run pace, slow recovery during the first part of the workout. The blahs or soreness are in evidence.	A stale or overtired condition exists—reduce the work or discontinue the workout.
Above normal HR on a distance run.	For some reason the work is too difficult (heat, sickness, staleness). Reduce the pace or discontinue.
An abnormally high heart rate is evidenced. Example: after 1 or 2 intervals, individual's HR is very high, say 160-180 bpm, instead of normal 120 bpm.	Discontinue the workout. Physiological or medical problems may exist. The athlete should see a doctor.

CADENCE: THE MODULATION OF RUNNING STYLE

by Bill Arnold, Ontario, Canada.

Each running situation—sprinting, hill running, cross country—has an optimum rate of leg speed appropriate to it. From The Ontario Track and Field Coaches Association Technical Bulletin,

Runners, like cyclists, should have more than one gear. When a cyclist turns into a headwind or becomes very tired he changes to a lower gear, i.e., he uses his mechanical advantage to overcome the hard going. He changes the application of his propulsive force by changing the rate of that application; hence the crank has to do more revolutions per minute.

This can be paralleled to the runner where the crank revolutions equals the number of strides per minute. For each circumstance there is an optimum mechanical function for applying the force to create forward motion. The ability to do this can be termed "cadence:" to modulate to suit circumstance.

In all running events from the sprints to the marathon cadence can be used to good advantage. Forward motion takes place when the work being done overcomes the resisting load. The resisting load can be determined as the total body weight of the athlete, plus air and running surface resistance.

Body weight in physical exercise is related to physical strength in the form of power weight ratio and oxygen uptake in the form of cardio vascular ability to do work per minute. These facts then bear out the necessity of an athlete to reach an optimum weight level for competition. Optimum weight allows an athlete to develop mechanical efficiency under absolute conditions.

When a runner is less than ideal weight a loss of strength can occur; when overweight, some mechanical advantage is lost, both in power weight ratio and cardio vascular efficiency.

Surface conditions create a somewhat different problem. A slippery or loose track does not allow for maximum rear leg drive and power is lost in slipping back. The delay caused by slipping reduces the force in the driving through of the leg, thus shortening the stride and wasting energy. Force is thus being wasted and a change in application is needed.

The underlying factor making cadence so important is the buildup of oxygen debt level. The ability to work obviously decreases as oxygen debt increases, and when critical levels are reached the small amount of energy left must be used in the most efficient manner possible. Obviously some adjustment in applying force required to move forward must be made.

SPRINTING

The pick up to top speed in sprinting (acceleration or rate of change of forward motion) requires a very fast application of force

where the maximum stride length is reached at the same time as top speed. This may be maintained for several seconds, but as available energy decreases stride length should shorten and deceleration begin.

How can deceleration be minimized? By using the remaining energy most efficiently: shorten the stride slightly while increasing or at least maintaining leg speed. It is not uncommon to see athletes actually increasing their stride and trying to overcome the rigors of deceleration. This ultimately causes tying up and breakdown of mechanical form—and the loss of the race.

Other factors involved in minimizing deceleration are the maintenance of normal trunk and neck angle and pumping the arms to help keep the legs driving hard. Deceleration is increased by backward body lean and/or weakening of the arm action.

This same race would need adjustment where the headwind was strong. It would be good to advise the athlete to lean forward, shorten stride slightly and pump the arms a little harder. On a wet or loose surface the drive should be slightly less while a lower body carriage and an increase in foreleg extension could produce a higher level of efficiency.

DISTANCE RUNNING

In distance running on the track many of the above factors apply. The end of a distance race is often a sprint at close to the runner's top speed. Deceleration efficiency is a factor, wind is a factor and a slightly lower hip position can help on a loose surface. Road running and cross country races have a multitude of variations, such as hard and soft surfaces, hills of varying degrees, wind, heat, and bumpy surfaces. All these variations call for a high degree of analyzing and planning of the race to achieve an ultimate result.

On the track, pace or work output can be controlled but in road and cross country the terrain dictates the load. Finding an ideal method of negotiating a muddy field or steep incline and knowing how to run through these energy-sapping obstacles and still run efficiently is essential. Running across a muddy field or up a hill can be as much a part of strategy as can a fast lap in a track race; not only is there a personal effect but also an effect upon the other runners. A strong hill runner puts fear into other athletes and creates an immediate superior status.

How to approach a hill:—first you should know that it is there. A good knowledge of the course helps the athlete to organize a pattern of modulation in his or her mind prior to the race. Sudden situations requiring decisions during the heat of the race cannot always be handled with efficiency, because motor response to a memorized strategy can be automatically applied.

The speed of approach to a hill can be at an even race tempo; it is important to maintain this tempo up the hill and beyond while keeping the running form even. Slowing down can be attributed to loss of tempo and form (running efficiency).

The trade-off for running the hill well is an increase in work output, creating an increase in oxygen debt. In a well-conditioned athlete this can be normalized to a certain degree within 200 meters beyond the hill.

Runners who expect to do well cannot afford to run the hill slowly or slow down to rest at the top; that is not cadence, but laziness or poor conditioning.

Of course, hills are run better by athletes who work on them during practice. To train on hills for cross country it is important to create the correct situation. The approach should be at race pace and about 200 to 400 meters long. This creates the realistic condition at the hill base.

Running a hill efficiently requires: 1) prior hill training, 2) knowledge of the course and terrain, 3) normal approach tempo, 4) maintain running form and tempo up and beyond the hill, and 5) some extra pain tolerance up and beyond the hill.

A runner does work by moving his legs. He creates propulsive force X distance (stride). The runner provides inertia and resistance forces over a distance travelled. We therefore have the equation

$$\text{Propulsive Force} \times \text{Number of Strides/min.} = \text{Resisting Force} \times \text{Distance Travelled/min.}$$

The controlled variable is the number of strides per minute X the length of stride. This can be termed the optimum cadence or constant K for any given set of circumstances. Thus,

$$K \times \text{Propulsive Force} = \text{Resisting Force} \times \text{Velocity}$$

It can be seen that a change in the propulsive force increases velocity or caters for a change in the resisting force to maintain constant velocity. Another way of overcoming the increase in resisting force efficiently is to adjust K (cadence) as I have described earlier.



Warner Brothers assure us that there is no truth in the rumour that Harry Wilson will be auditioning for the part of BOSS HOGG in the upcoming series of DUKES OF HAZZARD....apparently they are quite happy with Sorrell Brooke.

Ways to improve British miling

In my opinion, coming from West Germany, I can only relate to the different standards of the Coaches: all German coaches have to be qualified, and they are often paid by the clubs, so that they are able to invest more time. Most of the English coaches I know have been athletes themselves or are parents of athletes who have learned from books. They have no knowledge of Sports medicine, techniques and training methods in relation to the needs of certain age groups.

SUSANNE BENNETT

- 1) Better physiotherapy available to all so that not so much time is lost through injury.
 - (2) Better physiological testing and advice centres to advise on training, diet etc to enable all athletes to train and race to their optimum.
 - (3) More training camps and financial aid to put our athletes on a par with the rest of the World.
- SHIREEN SAMY

By increasing the number of good quality races for the above average athlete.

STEPHANIE GAYTER

Commercilisation. Larger interest by leading companies in the sponsorship of athletes and clubs. Glorification of athletic meetings and athletes similar to the American Road Racing scene: Prize money and an Association of Track Racing Athletes.

BOB TOWNLEY.

More incentives for Junior mens' races. As a young athlete there are plenty of meetings where incentives (medals and trophies) can be won. As a Junior man these are very few and interest for Juniors is lost at a most important time in the development of a young track athlete.

ANDREW CRAWTHORNE

More ways to improve British Miling.

By encouraging women athletes to stay in the sport longer. It seems that in Britain they feel they are finished by the time they are twenty-five. You only have to look at the European Championships results to dispel this myth: ages of the three ladies that won the 800, 1500 and 3000 in Athens were 30, 29, and 29 respectively.
Alison Soar

More organised group training. Not just for 'Elite' squads. Open graded meetings have been a good development and should be encouraged.
Hugh McKay

The BMC is doing a tremendous job, particularly with regard to competition for the athletes. I would welcome more day courses for coaches. Courses supported by good coaches and good speakers
John Lovett

The best progress is made when there is a high level of competition. It makes good sense to bring dedicated people together as much as possible. There must always be a free exchange of ideas between all those who love middle distance running. Spread the joy of track and country. Too much road work is not good or enjoyable.
Steven Webster (born 1970)

More money pumped into the sport. Plus advertising and appearance money.
Paul Wynn

More girls would stay in athletics if there was an extra age group between the Intermediate and Senior levels. More foreign competition would add extra interest for both athletes and sponsors.
Liz Menks

All athletes from 11 years old onwards of outstanding ability should belong to a National M.D. squad under the direction of a National Coach working with Area Coaches and the athletes' club coaches. These should meet at least once a month to discuss race programmes, coaching methods, training schedules etc.
ANTHONY ROLPH

Improvement of facilities, particularly in the North of the UK, and the encouragement of competition between different regions of the country.
HOWARD CRABTREE.

Through a more structured and progressive coaching system starting at club level and continuing to international standard.
Steven Poulton



John Anderson, coach to David Moorcroft, holds court at BMC National weekend at Deal last October. Photo: David Cocksedge.

BMC quiz

Compiled by D.Cocksedge and
F.Horwill.

Answers - Next Page.

- 1) There have been nine Olympics held since the 1939-45 war. Can you name the FOURTH placer in the 1500m in each of those Games?
- 2) When was the first occasion that 2:00.0 mins for the womens' 800m was beaten in the Olympics?
- 3) Can you name the British winners of the Olympic 800m since 1896?
- 4) John Walker (3:49.08) finally broke his pb for the mile in 1982. His previous best (3:49.4) was a World record. Which Briton has done the same (World mile record slower than career best)?
- 5) Which UK womens' 800m record holder owns the fastest 400m time?
- 6) Name the British Olympic medallists at 10,000m since 1896.
- 7) Which Briton once ran an 'assisted' sub four minute mile?
- 8) What is the significance of the following: Athlete A has a pulse of 45 beats/min. Athlete B has 60 bpm taken at mid-day.
- 9) What do we mean by oxygen debt?
- 10) Give an example of aerobic running/racing.
- 11) Give an example of anaerobic running.
- 12) Which is this female athlete's best performance? 400 in 60.0, 800 in 2:12.0, 1500 in 4:40.0, 3km in 9:40.0.
- 13) How many litres of oxygen is needed to run 800m at full speed?
- 14) What foods yield iron? And why is this important to an athlete?

- 15) What is the best way to run any middle distance race?
- 16) Is a sarjent jump of 15ins. a good effort?
- 17) Name three specific qualities needed for good sprinting.
- 18) Where is the best place to overtake in a track race?
- 19) Pick the WRONG rest times in these sessions (1500m pace).
a) 8x400 in 75sec with 1 min. recovery (girl with best of 4:40)
b) 8x400 in 60sec with 2 min. recovery (male four minute miler).
- 20) Which of these two athletes is overweight for middle distance and therefore will not utilise ALL the oxygen breathed in efficiently? (Women) 5'6"/130 lbs. (man) 5'8"/139 lbs.



The desperate excitement of the European Championships in Athens last year was all too much for this member of the British Press. Photo by David Cocksedge.

Answers

- 1) 1948 - Vaclav Cevona (Cz)
1952 - Roger Bannister (UK)
1956 - Laszlo Tabori (Hun)
1960 - Dan Waern (Swe)
1964 - Alan **Simpson** (UK)
1968 - Harald Norpoth (GFR)
1972 - Mike Boit (Kenya)
1976 - Eamonn Coghlan (RoI)
1980 - Andreas Busse (GDR).
- 2) 1972, Munich. Zlateva ran 1:58.9 in the semis.
- 3) Alfred Tysoe (1900), Albert Hill (1920), Douglas Lowe (1924/28), Tom Hampson (1932) and Steve Ovett (1980).
- 4) Sydney Wooderson ran 4:06.4 for a WR in 1937 and improved to 4:04.6 in 1946.
- 5) Ann Packer-Brightwell with 52.2 in 1964.
- 6) James Wilson (1920) and Brendan Foster (1976). Both gained bronzes.
- 7) Alan Simpson revealed to THE PEOPLE in March 1968 that he took a stimulant drug (amphetamine) before returning 3:57.1 behind Kip Keino (3:55.3) in the 1966 Commonwealth Games mile final.
- 8) A is very fit. B is unfit.
- 9) Amount of oxygen owing to the body after racing or all out effort.
- 10) 10miles at 6min pace/
5000m, 10,000m, marathon.
- 11) 100,200,400 and 800m.
- 12) 3000m in 9:40.0.
- 13) 27 litres.
- 14) Liver, meat, spinach, raisins. Iron conveys oxygen and forms part of haemoglobin.

15) Level pace - not level effort. It is necessary to increase effort every quarter of the distance.

16) No.

17) race stride, length of stride, good technique, flexibility, leg strength.

18) Just before a bend.

19) (b) the male four minute miler is being given too much recovery time.

20) The woman is overweight. To operate efficiently she should slim down to 117 lbs.



Elise Lyon hits the gas at the bell in WAAA Intermediate 1500m final, chased by Jacqui Beasley. Elise won in 4:22.51 from Jacqui (4:28.82).
Photo: David Cocksedge

BOOK REVIEW

Harry Wilson: Running Dialogue -
A Coach's Story. Stanley Paul.

By the time Steve Ovett gets around to writing his book, there won't be much left to tell. Earlier in 1982 Simon Turnbull published his unauthorised biography of the Brighton star and now Harry Wilson has brought out his memoirs, essentially a history of their relationship, laced with many of Harry's ideas on coaching/training, and views of the sport. He has also taken the opportunity to hit back at many of his critics over the years and at press comments about Steve's behaviour in the past. He also refutes certain allegations made in RUNNING FREE (Coe's biography, written by Seb with David Miller).

Harry details Ovett's racing career with confidence and gusto, and some of his race descriptions are truly superb - among the best I have ever read. Not many people can retain a fine memory for intricate tactics used in each and every race of importance by their pupils, but Harry has certainly managed this in style. He is less forthcoming, however, on Steve's training.

It is a pity that the book is flawed here and there with minor factual errors that should have been cleaned up at the proof-reading stage. Frank Clement is described as the 1978 Commonwealth 1500 bronze medallist (he was 4th) and Harold Parlett as the 1958 European 800m Champion (he won in 1950, whilst Mike Rawson won in 1958). And Steve's 3:57.0 mile in Stockholm in 1975 was not an European Junior record as stated. He turned 20 on 9.10.75 and you have to be a teenager throughout the year to qualify for one of those. (Steve's 3:59.4 of 1974 stood as an EJR until Ari Paunonen ran 3:55.7 behind Steve in 1977).

Several extracts from interviews published in ATHLETICS WEEKLY over the years have been included, and on a personal note, it is unfortunate that neither Harry Wilson nor the publishers bothered to contact me to obtain permission to use some of them which carried my own personal copyright.

Some of Harry's carping and attempts to justify his views and his actions I found tedious and surely unnecessary. Similar motivation (self justification) marred George Boards co-authored work on Lillian Board a decade ago. Readers may well chose to skip the ludicrous chapter re-printing letters from AW on Steve's habit of victory waving before the finish of races. Surely there are more worthwhile issues to be concerned about in our sport? I felt at the time that valuable space was being wasted in AW on a topic that was both boring and irrelevant....

For all that, this is a very good read, with many highly interesting and colourful insights into the character of Steve O. and Harry Wilson. It remains something of a mystery, however, as to why Harry has had to resort to so many previously published quotes from Steve. Surely a coach and friend has access to much exclusive material that has not appeared elsewhere? But then I gather portions of the book had to be rewritten before Steve penned his excellent foreword.

Harry himself is a towering figure in British coaching (!) and he spans two and a half decades on the scene. His coaching successes have included Tony Simmons, Julian Coater, Lesley Kiernan-Foley, Ann Jenner, Dick Jones, Mary Green, Steve Harris and James Espir. But I feel his greatest contribution to British distance running must be Roger Matthews: Roger could not break 60 sec for 400m, yet improved from 32:20 to 28:21.4 and a fourth place in the 1970 Commonwealth Games 10,000m. He did it, says Harry, on 160 - 180 miles a week of mainly steady state running.

The book was delayed some 6 months in publication which means the statistical summary at the end is slightly out of date.

David Cocksedge

RUNNING DIALOGUE - Harry Wilson with Angela Patmore. Foreword by Steve Ovett. Stanley Paul. £6.95 net price in UK only.

Billy Mills' Gold

By DAVID COCKSEGE

Olympic Stadium, Tokyo, October 14th, 1964. Seventy-five thousand spectators jammed the stands, and excitement ran high as the 38 starters in the 10,000m final lined up on the red cinder track. Morning rains had dampened the well-groomed track, but the earlier puddle had gone. A weak sun peeped through the low clouds and the thermometer read 18.4°C/65°F. Nearly all of the world's best distance runners were down there to fight out a classic Olympic footrace over 25 laps. They crouched low in several rows by the curved starting line, and then the crack of the starter's gun sent them off.

Straight into the lead spurred defending champion Pytor Bolotnikov of the USSR, and the large colourful pack streamed out behind him. Fourteen of these lean men had run inside 29 minutes (or 28 minutes for six miles) and no one was about to let him steal an early advantage. It was merely a gesture of bravado by the injury-riddled Soviet, however, for he dropped back rapidly after taking them through the first circuit in a fast 64.0. Up strode world record holder Ron Clarke of Australia, followed closely by Mohammed Gammoudi of Tunisia and little known American Billy Mills, noticeable because of his bushy crew cut. Clarke, with his low slung torso and driving leg action, did most of the leading through these early laps, but it was Mills who was a fraction ahead at the first kilometre in 2:42.0 (27 minute pace).

They had to slow up from this fierce tempo, and so they did, reaching four laps in 4:21.5, 2000m in 5:29.6 and eight laps in 8:55 (3000m in 8:21.0). On the ninth lap, the Rome 5000m champion Murray Halberg (NZ), the victim of a virus, suddenly began to lose contact, leaving nine runners following Clarke's punishing pacemaking. Halberg was trailed by Franc Cervan (Yug) and Siegfried Hermann (Germany), two other notable men, and there was already a gap of 40 metres to the next pack.

The lead pack stayed bunched through 4000m in 11:13.0 (Clarke), with Mamo Wolde of Ethiopia prominent alongside Gammoudi and Clarke; and Mills led at halfway in 14:04.6, only seven seconds slower than his best for the distance. Noted Corder Nelson of *Track & Field News*: "Everyone knew he could not hold that world-record pace, but they admired his guts."

Now Clarke put in another of his famous surges, and spread them out. The leaders

were down to five: Clarke, Mills, Wolde, Gammoudi and Nikolay Dutov (USSR). By 5,600 metres Dutov came off the back and was struggling, quickly dropping 40 metres behind, and now they were down to four. Wolde was known as a gutsy marathon runner, having a speed workout here over 10,000. Gammoudi was feared because of his punishing last lap sprint in slowish tactical races. Only knowledgeable American fans knew anything much about Mills.

The four leaders alternated the lead without any more surges from Clarke. The kilometres roled by in 2:53.2, 2:54.8, 2:54.4 and 2:55.8, taking them out of line with the world record (28:15.6 by Clarke) but on schedule for a new Olympic mark. Things looked good for Clarke, who was expected to surge soon and break away for ever, just as soon as the others stopped bothering him and fell behind. The tough Australian had feared Halberg's kick, and ensured a strong tempo to kill it off. He said: "I felt I would win with three to go"

Clarke surged. The others responded, but Wolde was obviously finding it hard, and with 800m of cluttered track left to run, he began to slip back, losing eight metres. Now amazed American fans began to count on a bronze medal for Mills — an American getting a distance medal in the Olympics? Unheard of! But they were wrong about the colour.

Clarke led Gammoudi and Mills as the bell clanged loudly to signal the 25th lap. Now they were lapping runners but no one made any effort to let them through on the pole, and their pace was quickening all the time as Clarke began driving hard to defuse Gammoudi's famed finish. But Mills darted past him and the trio hit the final back-straight in a tight group. They were just passing another lapped runner, when Clarke reached out and tapped Mills on the shoulder.

He said later: "I wanted Billy to move out and let me by. He didn't move so I pushed harder. I guess I pushed too hard because he went right out into the third lane and stumbled a little. Then Gammoudi rushed through."

Forcing the two men apart with a shove, the little Tunisian streaked ahead, tearing into an all out sprint for Olympic glory. Mills dropped four metres back and his stride appeared tired at last. No wonder! He was going to beat his best time by almost a

minute, and these two ahead of him were world class runners. They were beginning to run away from him around the last curve, as Clarke worked hard to close the gap on Gammoudi. He caught his man with 90 metres left, both of them sprinting desperately around a cluster of lapped runners coming off the last bend. But Gammoudi was a game customer, and he held Clarke's final thrust, forcing his red vest ahead again as the Aussie pulled alongside with the crowd screaming.

Suddenly, there came one of those rare moments in athletics that remain forever in the memory of every spectator. For Billy Mills, the unknown US Marine, came charging up past the lapped runners, and then past both Clarke and Gammoudi with such amazing speed that he made them look as if they were Sunday joggers! He did not slow as his hungry, ground eating strides took him through the tape with arms upraised, a wild grin on his face, and Americans in the stands turning into screaming hysterics.

US track expert Dick Bank, commenting for an American radio station, pounded the bakerlite mike into his desk and screamed: "Look at Mills! Just look at Mills!" For several minutes his baffled audience back home were left trying to work out just what had happened.

What had happened was that Billy Mills had smashed one of the greatest 10,000m fields in Olympic history. John Hendershott wrote: "When Mills broke that tape he not only became the first American ever to win an Olympic 10,000m crown, but he also became one of the prime catalysts in starting a tremendous upsurge in American distance running. He also became America's greatest Tokyo hero in the space of 28 minutes 24.4 seconds — his Olympic record winning time."

His win was no failure by the top runners, because the place times were fast: Gammoudi hung on for the silver medal in 28:24.8, Clarke ran 28:25.8 for the bronze, and Wolde took fourth place in 28:31.8. Leonid Ivanov (USSR) placed fifth in 28:53.2, Kokichi Tsuburaya (Japan) was sixth in 28:59.4, Murray Halberg seventh in 29:10.8 and Tony Cook (Australia) eighth in 29:15.8. Ron Hill was the first Briton home, 18th in 29:53.0.

Mills, who had not been asked a single question by any journalists before the race,

was suddenly so besieged by the press that he had no peace. Among the things the eager reporters learned was that he was born William Marvin Mills on June 30th, 1938 in Pine Ridge, South Dakota. He stood 1.81m/5'11" and weighed 155lb/70.2kg.

Hendershott relates: "Billy's mother died when he was nine and his father when he was 13. He was sent to Haskell Institute in Lawrence, Kansas, a school for orphan Indian boys, for Billy was nearly half Sioux Indian in descent. Too small for most sports, he took up running to keep in shape for boxing; he was too small for boxing also, but he stuck with it because he wanted to prove himself.

"He gradually learned, though, that his real talent was as a runner so he dedicated himself to the sport. He won the state cross country title three consecutive years and the state mile crown in his junior and senior years, paring his mile time down to a respectable 4:22.8 by his senior season. He ventured to the University of Kansas, a raw, insecure youngster, unsure of the world around him. His college running can only be described as mediocre. His times improved but his record didn't. He won a couple of conference cross country titles, and twice placed third in the AAU cross country championship. His wins on the track were few and far between, however, and so many second and third places did little for his personal adjustment."

"I felt like a complete flop", Mills recalls with a smile, "I wanted so much to prove myself but something always prevented me; an injury or bad race tactics. Those were four long years." At the end of his senior year, Billy had another year to go before graduation; he had just got married and he wanted time to adjust. So he hung up his spikes and studied hard.

A year later, he graduated with a degree in physical education and was offered a commission in the Marines. He knew it was the opportunity he needed, so he took it. "I started running again right away," Mills recalls, "I trained hard, much harder than I ever did in College. Three weeks after I signed up, I ran a 9:10.0 two mile. I knew I always had the ability, but I just needed something to bring it out." He also had the fierce, stubborn independence and determination of the famous Sioux tribe.

By the end of 1963 he had sliced five seconds off his best mile time and two seconds from his previous two mile best. He ran the 10,000m for the first time that year, also, placing fourth in the CISM meeting in 30:08.0. And Olympic season, 1964, was coming up.

He had tried for the 1960 Olympic team, finishing sixth in the Final Trials 5000m in 14:47.6, and this time he vowed he would try for the 25 lap event. His wife Pat and 16-month-old daughter Christy moved from

Quantico, Virginia to Camp Pendleton, California, and he resumed hard training in his quest for the US Olympic team. In the Coliseum Relays 5000 in Los Angeles he improved dramatically, pushing Bill Baillie (NZ) all the way as he took second in 13:57.0. He then won the Inter-Services 5000 and 10,000 titles and trimmed his three mile best down to 13:30.2. He ran in the semi-trials 5000, but placed a disappointed eighth in 14:28.6.

Then Mills began to surprise close observers of the sport, and not for the last time. Even though he had never run more than 15km competitively before, he entered the Olympic Trials Marathon. Doggedly following pacesetter Pete McArdle throughout the sun-baked course, he came home second in 2:27:28. He was in the Olympic team. "That was a fantastic thrill", Billy revealed later, "I knew that I was now going to Tokyo no matter what."

He went after the teenage sensation Gerry Lingren in the Final Trials 10,000m, finishing second again in 29:10.4 as the 18 year-old Lingren broke away to win in 29:02.0. At an open meeting in Woodland Hills, California, Billy and Ron Larrieu both broke the American six mile record, Larrieu winning in 27:54.0 ahead of Mills' 27:56.2. He was becoming regarded by the observant as a dark horse, quite likely to pick up a surprise placing in the first eight at Tokyo. But those observers had no idea of the extent of Billy's determination and fighting spirit.

"One time I felt I was capable of 4:05 for a mile, even though my best was 4:10.4", Billy recalls. "I wrote down 4:05 for my next race in my training diary. I ran 4:05.2. Once I wrote down 13:12 for three miles and the next week I ran 13:12.0. And Tokyo? You'll never believe it but it's right there. 'Tokyo. Gold Medal, 28:25.0!'"

Mills remembered little of the shoving match on that frantic last lap in the Tokyo 10,000, only that at halfway he was finding the pace very hard, and began to wonder if he could hold on. Then when the pack of five broke away approaching 7000m, he began to feel strong again.

"I guess I was the only one who thought I had a chance," he told the press, "I figured that if I stayed up with them, my speed would carry me in on the last lap." Only he knew at

that point, that he had run 23.4 for 200m in a time trial a few days before the big race.

"Coming off the last curve I could sense that they were coming back to me fast," Billy recalled, "Then I was alongside them and going by. Thirty yards out, I remember telling myself, I've won! This is the Olympic Games and I've won! Finally I broke the tape. It was like a dream."

But it wasn't a dream. It was reality and that gold medal draped around his neck as he stood on the rostrum listening to 'The Star Spangled Banner' was ample proof that he had achieved his goal.

Mills ran again in Tokyo, gutting it out to a creditable 14th place in the marathon in 2:22:56, nearly five minutes faster than his first effort at the gruelling 42 kilometre distance.

Now Billy Mills had a third goal — a world record. He got it the next summer. He set a US indoor three mile record (13:25.4) in winning the AAU title at Madison Square Garden in New York that winter and ran some good races in the spring. At the AAU Championships, two weeks after returning 13:12.0 for three miles in Toronto, he announced that he would try for Clarke's world record of 27:17.6, to prove that his Olympic gold was no fluke performance.

For 24 laps of the track in San Diego — the entire six miles — Mills and the spritely Gerry Lingren ran stride for stride. At the gun lap, they both kicked hard but without either gaining an advantage. They pounded down the home straight locked together with the crowd screaming. At the tape, Billy just got his nose in front. Both had run 27:11.6, a new world record and the first longer than two miles ever to be claimed by an American. Billy's winning margin was a scant 6/100ths of a second.

"I finally had my world record," said Billy, "but I had to share it. Lingren is one tough guy. He just doesn't know when to lie down and quit."

Three weeks later at Oslo, Clarke took back his record with 26:47.0 en route to a stunning 27:39.4 for 10,000m, but in August Billy ran 28:17.6 for 10,000m in winning against the West Germans at Ausburg, leading most of the way against tough opposition, including Lutz Philip. It was another US record, and one he had achieved all by himself. At last he had a record which satisfied him.

Nowadays Billy Mills works for the Bureau of Indian Affairs, helping orphan Indian boys adjust to modern big city life. He identifies well with their feelings of personal pride and independence. In that sense, too, he is a true descendant of Big Chief Sitting Bull, who led the Sioux tribes in South Dakota in 19th century America. ☉

With grateful acknowledgements to Jan Hendershott and Gordon Nelson, for material and quotes.

UK ALL-TIME MILE LIST

Compiled by D.Cocksedge

3:47.33	Seb Coe	'81	3:59.0	Tony Harris	'65
3:48.40	Steve Ovett	'81	3:59.1	Ron Macdonald	'75
3:49.34	David Moorcroft	'82	3:59.16	Glen Grant	'76
3:49.92	Stephen Cram	'82	3:59.2	Mike Berisford	'62
3:50.65	Graham Williamson	'82		Derek Graham	'62
3:52.44	John Robson	'81	3:59.3	Ken Wood	'57
3:53.20	Ian Stewart II	'82		Bruce Tulloh	'62
3:53.45	Jack Buckner	'82		Andy Carter	'72
3:54.2	Frank Clement	'78	3:59.4	Bill McKim	'64
3:54.53	Tim Hutchings	'82		Roy Young	'71
3:55.0	Jim McGuinness	'77	3:59.6	David Lewis	'82
3:55.3	Peter Stewart	'72	3:59.61	Malcolm Plant	'79
3:55.41	Colin Reitz	'82	3:59.8	Chris Chataway	'55
3:55.68	Alan Simpson	'65		Maurice Benn	'68
3:55.8	Geoff Smith	'81		Rayfel Roseman	'69
3:55.9	Brendan Foster	'72	3:59.9	Ken Newton	'77
3:56.0	Jim Douglas	'72		Gordon Pirie	'60
3:56.04	Mike Downes	'82		Chris Mason	'70
3:56.1	Neill Duggan	'66	3:59.92	Tony Leonard	'79.
3:56.5	John Kirkbride	'72			
3:56.6	Walter Wilkinson	'71			
3:56.7	James Espir	'81			
3:56.8	Ian McCafferty	'69			
3:56.88	Mike McLeod	'79			
3:56.9	Ron Spiers	'77			
3:56.95	Sean Cahill	'79			
	David Clarke	'82			
3:57.2	Derek Ibbotson	'57			
3:57.3	Ian Stewart I	'69			
3:47.46	Barry Smith	'80			
3:57.49	Nick Rose	'80			
3:57.5	Mike Wiggs	'65			
3:57.6	Adrian Weatherhead	'75			
3:57.7	John Whetton	'65			
	Andy Green	'65			
	Ray Smedley	'74			
3:57.86	Mike Kearns	'77			
3:58.0	Stan Taylor	'62			
3:58.05	David McMeekin	'76			
3:58.23	Alan Mottershead	'79			
3:58.31	Alan Salter	'82			
3:58.49	Paul Lawther	'76			
3:58.5	Bob Maplestone	'73			
3:58.6	John Boulter	'68			
3:58.62	Steve Emson	'79			
3:58.68	Steve Flint	'80			
3:58.7	Alan Rushmer	'67			
	Norman Morrison	'71			
3:58.8	Roger Bannister	'54			
	Tony Settle	'76			
	Lawrie Spence	'77			
3:58.85	Chris Sly	'80			
3:58.9	Brian Hewson	'58			
	Ron Martin	'74			

Seventy three Britons have crashed through the once magic figure of four minutes for 4 laps of the track since Bannister first turned the trick with 3:59.4 at 6.10pm on May 6th, 1954 at the Iffley Road track, Oxford, in one of the most celebrated achievements in modern Sport. Five newcomers joined the 4 minute club in 1982, none more dramatically than Jack Buckner with his astonishing 3:53.45 in Dublin in a race won narrowly by Sydney Maree from Steve Cram (his only defeat of the year at mile/1500m).

Unluckiest athlete of 1982?
Possibly National CC Champion David Clarke. He ran 3:39.27m, 3:56.95, 13:26.22 and 27:55.77 in the Summer but failed to make both the European Championships and the Commonwealth Games teams.

Eastern European women always go out fast, but no one has yet quite matched the early pace of Anita Weiss in the 1976 Olympic semis (800m). She blistered through in 54.55 at 400 and 83.8 at 600m! In the final she ran 1:55.74 - and failed to win a medal..... Weiss (GDR) ran both the 800 and the 400m Hurdles (best of 55.63) in the 1978 European Championships in Prague.

UK ALL-TIME 1500m LIST

Compiled by D.Cocksedge

3:31.36	Steve Ovett	'80	3:41.68	Alex Amos	'77
3:31.95	Seb Coe	'81	3:41.75	Nat Muir	'81
3:33.66	Steve Cram	'82	3:41.9+	Derek Ibbotson	'57
3:33.79	David Moorcroft	'82		+ Stan Taylor	'62
3:33.83	John Robson	'79		Alan Gibson	'78
3:35.66	Frank Clement	'78	3:42.0	Julian Goater	'82
3:35.72	Graham Williamson	'80	3:42.1	John Cadman	'73
			3:42.18	David Gibbon	'76
3:36.81	Mike Kearns	'77	3:42.2+	Roger Bannister	'54
3:37.64	Brendan Foster	'74		Mike Blagrove	'58
3:37.96	Jack Buckner	'82		+ Andy Green	'65
3:38.05	Glen Grant	'78		Ian McCafferty	'70
3:38.1	Jim McGuinness	'77		Colin Hume	'82
3:38.2	James Espir	'80		Ron Martin	'76
3:38.22	Peter Stewart	'72	3:42.3	Andy Carter	'70
3:38.52	Ray Smedley	'72		Chris Ridler	'75
3:38.65	Ian Stewart II	'81		Billy Dee	'81
3:38.68	John Kirkbride	'72		Steve Jones	'82
3:38.78	Jim Douglas	'72	3:42.36	Malcolm Plant	'79
3:38.8	Paul Lawther	'77			
3:39.10	Alan Simpson	'64	Year	50th best mark	
3:39.12	Ian Stewart I	'69	1958	4:13.6y	
3:39.27	David Clarke	'82	1959	4:11.6y	
3:39.3	Tim Hutchings	'82	1960	4:12.1y	
3:39.4	John Whetton	'69	1961	4:11.0y	
3:39.7	Bob Maplestone	'72	1962	4:10.0y	
3:39.90	Sean Cahill	'81	1963	4:10.5y	
3:39.9	Phil Banning	'73	1964	4:09.5y	
3:39.98	Geoff Turnbull	'82	1965	4:09.0y	
3:40.0	Tony Settle	'76	1966	4:07.9y	
3:40.19	Alan Mottershead	'82	1967	4:07.8y	
3:40.4	John Boulter	'64	1968	4:06.5y	
3:40.41	Nick Rose	'80	1969	3:49.8m	
3:40.5	Barry Smith	'76	1970	3:49.8m	
3:40.6	Erwin Hartel	'75	1971	3:49.6m	
3:40.7	Mike Wiggs	'64	1972	3:49.4m	
3:40.72	Gary Taylor	'81	1973	3:49.0m	
3:40.75	Colin Reitz	'80	1974	3:49.0m	
3:40.79	David Glassborow	'81	1975	3:49.1m	
3:40.9	Ron Spiers	'76	1976	3:49.0m	
	David Rafferty	'80	1977	3:48.4m	
3:40.97	Alan Salter	'81	1978	3:47.0m	
3:41.0	Walter Wilkinson	'70	1979	3:46.1	
3:41.03	Mike Downes	'79	1980	3:46.4m	
3:41.04	David Warren	'80	1981	3:46.5	
3:41.1	Brian Hewson	'58	1982	3:45.8	
	Tony Simmons	'77			
3:41.12	Eamon Martin	'82			
3:41.18	Steve Emson	'79			
3:41.4	Adrian Weatherhead	'75			
3:41.50	Chris Sly	'80			
3:41.6	Eddie Wedderburn	'82			

Taken from NUTS rankings.

y: mile time

1983

1983 YEAR TO CELEBRATE

As you all know, the club celebrates its 20th anniversary this year. Founded by Frank Horwill in 1963 to raise the standard of British miling to world supremacy, it reached its goal in 1980 when members Steve Ovett and Seb Coe won Olympic gold medals in the 800 and 1500m events.

We thought we had reached our objective in 1967 in womens' miling when member Anne Smith broke the World mile record with 4:37.0. However, when the 1500m event for women was included in the Olympic programme, we soon realised that other countries had progressed faster.

The BMC is currently working on this weakness. In 1981, we launched a 12-point plan to improve British womens' md running. The signs are promising. In July 1982, member Rachel Hughes (13 years of age) nearly broke the world-age best for 800m with 2:06.5 in a BMC-staged race at Aldershot. A few days later, Rachel set a Championship Best of 4:32.1 in the WAAA Junior 1500m Championship, and on the same day, member Elise Lyon broke the Intermediate CBP with 4:22.51.

It may seem hard to believe that in 1963, not a single British miler broke 4 minutes for the distance. Especially as this was 9 years after Sir Roger Bannister had set his barrier-breaking sub four effort on a blustery day at Oxford.

British miling had reached an all-time low in 1963: we were totally eclipsed in the world top ten and worse still, we were eradicated from the European top ten at 1500m/mile. The racing practice at the time was to run the first 3 laps as slowly as possible and then sprint the last quarter.

The letters columns of athletics journals were packed with complaints about our milers and also, amazingly enough, with letters stating that when the right moment came, our milers would rise to the occasion.

In 1962 members of the American Los Angeles Track Club arrived in the UK to race in the famous Emsley Carr mile at London's White City. The three main protaganists were Jim Grelle, Jim Beatty and Bob Seaman. Grelle covered the first lap in 58 sec, which stunned the British! Seaman then took it up and they reached halfway in 1:58. Grelle came back and the leaders passed 1320y ($\frac{1}{2}$ mile) in 2:58.6. Beatty then kicked past Grelle in the home-straight to win in 3:56.5 for a UK all-comers record. Two Britons broke 4 minutes with Stan Taylor running 3:58.0 and Mike Berisford clocking 3:59.2 in 4th place.

A letter appeared in ATHLETICS WEEKLY in 1963 announcing the formation of the BMC after the AAA Championships mile, won in a slow time by Alan Simpson. The field had ignored the pace being set by Ray Roseman, who faded to second at the tape. Within a week, the writer had 35 letters of support. One was from Hugh Barrow, the AAA Junior mile champion, who stated: "I detest runners who run at the back and come through with a sprint finish..." This lad had the spirit we were looking for. He was given membership number one.

At that time, the qualifying standards to join the BMC were 4:20 for senior men, 4:30 for juniors and 4:40 for youths. Women gained membership if they could better 5:20 for the mile.

A National Committee was formed and founding members were Alf Wilkins, John Thresher,

Brian Buxton, Brian Boulton, Wilf Paish, Henry Hayes, and Frank Horwill. Roger Bannister accepted presidency of the club and designed a special tie for all those who broke 4 minutes for the first time.

Maureen Smith (nee Bonano) former WAAA mile champion, became vice president.

The country was divided up into regions and a AAA Senior Coach placed in charge of each region. Gordon Surtees was appointed to the North East, Eddie Powell headed the North West, George Candy directed the Midlands, Frank Horwill took the South and Cecil Smith (now director of the Ontario Track & Field Association) was selected for the East. Their job was to coach all members who requested help, and provide a fast race each month in their region as well as establish fields for invitation races.

The first BMC race was held at South Shields and included Derek Graham from Northern Ireland (4th in 1966 European 5km), Neil Duggan, the 3:56.1 miler in 1966, and two others.

This race taught us a lesson we have never forgotten. Twelve runners accepted and only four turned out. From then on, invitations to runners stated that if they withdrew from a race they had accepted without prior notice, they would be banned from all BMC races for a year. Only injury and international selection would be accepted as excuses for prior withdrawal.

Numerous athletes were subsequently banned and letters of complaint poured into the AAA. The BMC remained unmoved. 'Run or face the consequences' was our reply to all and sundry.

As a result, the BMC was hauled before the BAAB to answer complaints about this and the payment of expenses to athletes who raced in sponsored events.

It was a stormy meeting: One member threatened to punch

Senior Official Harold Abrahams on the nose.....the latter said he would take no further part in the proceedings. There was a united cry of 'Good!' from the BMC officers to this announcement!

Progress was made. The BMC was ordered to write to area AAA secretaries to get permission to pay expenses to athletes invited from their areas. But this backfired: The club was organising so many sponsored races that the area secretaries became fed up with the correspondence and began to give seasonal joint permission for the payment of expenses and for races.

In 1968 we became a middle distance club and drew up qualifying times for half-milers, 3000m/2Milers and 3milers/5000m men. Today the standards are 800 - 1:52, 1500 - 3:50, 3000 - 8:10, 5000 - 14:00.0. The senior standards for women are 2:10, 4:30 and 9:45.0. There are also standards for Juniors, Youths and Boys as well as for Junior and Intermediate Women.

The BMC has achieved some notable 'firsts':

- 1) The first club to stage races in the Wembley FA Cup Final.
- 2) The first club to stage races at professional football matches.
- 3) The first club to stage races at county cricket matches.
- 4) The first club to hold road mile races in the City of London.
- 5) The first club to send coaches to Commonwealth countries to assist in the raising of standards.
- 6) The first club to issue a directory of qualified middle-distance coaches.
- 7) The first club to introduce training methods based on statistical studies, i.e. the BMC Rest Table and Five Pace System of Training (Peter Coe has often paid tribute to

this method in his coaching of Sebastian to 9 world records).
8) The first club to issue instructional pamphlets on all aspects of middle-distance running.

But the BMC has its critics. In his book, TODAY'S ATHLETE by Brian Mitchell, page 63 states: "The BMC has much to answer for in encouraging youngsters to run fast times to the exclusion of other enjoyable sides to running." (To which Peter Coe says: 'I'm glad the BMC encouraged my son to run fast times!')

To celebrate in 1983, the BMC plans:

- 1) the introduction of a Master Coach Examination for senior BAAB Coaches only. This includes writing a thesis and research on an aspect of md running.
- 2) The introduction of a Coach

of the Year Award and lesser awards for outstanding coaching services.

3) A special Anniversary Postage Stamp.

4) A sponsored meeting for all age groups at all distances.

5) Grand Dinner at the Hendon Hall hotel, where famous milers of yesterday and today will be the guests of honour..

Among famous milers who joined the BMC as schoolboys are Steve Ovett, Sebastian Coe, David Moorcroft, Brendan Foster, John Whetton, Jim Douglas, Alan Simpson, John Kirkbride, John Boulter, Paul Lawther, Graham Williamson and Glen Grant. Famous women include Lillian Board, Rita Ridley, Sheila Carey, Christine Benning, Paula Fudge, Ann Ford and Anne Smith.

PLIOMETRICS WORK

Bedford College put 18 PE students on depth jumping involving ten jumps for half an hour once a week. After 3 months ALL the students improved their leg strength on the sarjent jump by an average of 5 cm. I reiterate that NO women will run 52 sec for 400 nor 1:56 for 800m unless she can do a sarjent jump in excess of 20 inches. An athlete who ignores strength training as part of his/her preparation is like the proverbial ostrich with its head in the sand.

We have been entirely underwhelmed by the response to last issue's Caption Competition (photo of FJH). Members responded with a mighty burst of apathy! Alf Wilkins therefore wins by default. Unfortunately, his verbal, solitary entry is very amusing but unprintable.....

Opinions expressed in BMC NEWS are entirely subjective and not necessarily a reflection of the views of the BMC National Committee.

The Coe/Ovett File and Complete Middle Distance Runner are both available from Greg Moon at 9 McDonough Close, Hook Road, Chessington, Surrey. The File costs just £3.00.

Greg also has Lecture transcripts by Horwill, Wilson and Holman for £1.50 for the three. BMC sticker thrown in free of charge.

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Top: Waiting for the gun in BMC Midnight Mile race at Battersea Park on New Year's Eve 1982/3. Below: David Moorcroft leads the field in European 5000m final, Athens. Following are Cova, Wessinghage, Kunze, Vainio, Hutchings and Ryffel. Photos: David Cocksedge.