

BMC NEWS

Official Journal of the
British Milers' Club

ISSUE NO. 39 AUTUMN 1984



SEBASTIAN COE's seventh Olympic race in nine days turned out to be his best, as he retained his 1500m title in 3:32.53. Here he sits in as STEVE SCOTT (USA) forges along. No 219 is JOSE ABASCAL (Spain). Coe now has four individual Olympic medals - a feat unsurpassed in British athletics history. Picture by Mark Shearman.

BMC NEWS

ISSUE NO.39 AUTUMN 1984

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SUBS UP!

For active members subs are now £5.00 per annum. BMC Coaches still pay £2.00. They will be due on January 1st, 1985!

A QUESTION OF TIMING

IS COE really the world record holder at 800m? Among many statisticians, there is considerable doubt about that ever since Joaquim Cruz of Brazil raced two laps of the Muengersdorf Stadium in Cologne on Sunday August 26th. The bare facts are that Sebastian Coe was credited with a time 1:41.73 in Florence, Italy on June 10th, 1981 and Cruz won at Cologne in 1:41.77. On the face of it, there are a clear 4/100ths of a second difference between the two times, but whereas Cruz's mark was recorded on a photo finish camera, with the time inscribed below his image crossing the finish line on a print, there exists no such print from Coe's run.

Quite simply, the photo finish equipment malfunctioned during Coe's run to the extent that chemicals were wrongly mixed when processing the film, which was ruined beyond recovery. Coe's time was returned courtesy of a photo electric cell. This electronic eye, placed on the finish line, registers a winner's time as he crosses the line and this time is usually displayed on a public scoreboard as a guide to spectators. Such 'pec' times are often amended, when checked with official photo finish equipment, as it is quite common for the cell to be wrongly placed in relation to the place of the finish line. Italian officials took some 20 minutes to return a time of 1:41.72 for Coe (bettering his Oslo mark of July 1979 at 1:42.33) which they later amended to 1:41.73 two weeks later.

The manual watches returned a time of 1:41.6 which should have been forwarded

as the official time since the auto timer had malfunctioned. But the Italians evidently wanted to record an *electronic* time for ratification to the IAAF, so consulted the photo electric cell evidence, amending it slightly so that a time in 1/100ths could be returned. Paperwork was then forwarded to the IAAF offices in London for a world record claim. The necessary photo finish print obviously could not be included in the file, but apparently IAAF officials decided it was not mandatory and ratified the mark as an automatic time.

This is quite unique among the ratified list of auto timed world records. Exactly why the IAAF did not reject the automatic timing evidence (since the photo electric cell is only designed as a guide for spectators and is *not* official) and ratify a manual time of 1:41.6 for Coe is not clear.

Interestingly enough, the manual time recorded for Cruz in Cologne was also 1:41.6. So Joaquim certainly equalled the world 800m record on manual watches. And to many statistical bodies, he also has the fastest automatically timed 800 metres ever run. **David Cocksedge**

BMC CLOTHING

New gear! New prices!

Men's new style mesh vests	£5.75
Womens'	£5.75
BMC ties	£3.25

Old stock - Sale!

Womens vests -	£1.00
Sweaters (red)	£2.00

In 1985 it is hoped that we will have T shirts and a new embroidered badge.

Write to: W.Anderson, 75 Chichester Road, North End, Portsmouth, Hants. (0705) 691000.

Editorial

Much of this issue is concerned with the Los Angeles Olympics. Whilst our women athletes especially benefitted from the Soviet boycott, we must not let the UK medal haul fool us into thinking that all is well with our system - note that no UK female broke 2 minutes for 800m in 1984 and that only two British ladies have ever done so - a total of five times.

The LA Opening Ceremonies included a tableau referred to as depicting 'America's earliest settlers.' In fact the earliest settlers were not depicted anywhere. Their descendants now live in open prisons called reservations, where they enjoy such luxuries as 75% unemployment and a life expectancy of 47 years.
Editor.

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BRITISH MILERS' CLUB AGM
Crystal Palace NSC, October 22nd, 1983.

Rule 4(b), Rule 6(a). Authority to call the meeting.

Apologies: K m Lock, Anne Hill, Pat Fitzgerald, Bob Small, Tony Ward, David Cocksedge.

Minutes of previous meeting: These were published in the Autumn 1983 BMC NEWS and were taken as read.

Treasurer's report: The year had started badly with the club having to transfer funds from deposit account to current account to meet the cost of the 1982 Deal AGM weekend and cost of producing BMC NEWS. The situation had improved but a full state of the BMC reserves was not possible since the Regions had started their own accounts and the precise figures were not forthcoming; nor was any financial support for the National Committee.

Expenditure and Income sheet was produced - reserve being £655.

National Secretary's report.

Women members were criticised for not making use of races with pacemakers. Ikem Billy's European Junior 800 win was a highlight. Club history was recalled along with meeting of 20th Anniversary. Members successes in World rankings were listed, but the Women had started off World Class in 1963 and regressed every year.

Bridget Smyth, Sussex BMC, criticised Secretary's report because of his attitude to women's effort - no encouraging or positive note detected. Secretary still stood by his report. He stated the only bright aspects for UK female middle distance had been Wendy Sly's 5th in the World Championships 1500 and 3000. (Greg Moon).

Regions

Scotland (Brian McAusland) Six men's races held after first meeting of new committee in early 1983. But Paul Forbes set a new Scottish Native and all-comers record for 800m with 1:46.23 on August 24th at Meadowbank.

Jimmy Bryce failed to get womens' races into action.

Coaching conference at Bishopbriggs with 46 in attendance. Alex Naylor,

Frank Horwill and Stan Grant were lecturers. Frank Clement interviewed. Membership increased but two BMC coaches died: Ron Kane and Harry Bennett.

Acknowledgements to RUNSPORT, Anna Poulton, Ken Ballantyne, Bryan Murray and John Brown for helping with race organisation. South: This area has taken on the task of forming a Coaching Committee for the whole BMC. Training day at Wc thing in March, Hendon in April and an Under-18 Course at Deal in April. Attempts to put on a Womens' MD Day in Cardiff had been thwarted by Welsh Coaching Office. Courses fixed for Glasgow, Norwich, Millfield School and Wycombe as well as West London. YA course set for November 1983.

Races were held mainly at West London thanks to TVH as Crystal Palace NSC track was being re-surfaced. Sub 1:50.0 800m at Woodford in September. Coach of the Year Award fixed for Hendon Hall in November (Pat Fitzgerald).

South West: (B.Lock) Committee of six active. Races held at Plymouth and Cheltenham with excellent results and plenty of pb's. Race a month planned for 1984. Training weekend cancelled due to fixture clash.

North West:(G.Barnes) Race a month series at Stretford had resulted in a splendid number of fast times for both sexes. Support for Blackburn mile had however been poor. Sec expressed disappointment at AGM weekend again being held in the South.

Eastern Counties: (A.Settle). New secretary appointed. Committee being formed with active plans for 1984.

Midlands: Mile at Harvey Haddon stadium cancelled due to track repair work. Efforts to get Midlands committee formed so far have been fruitless.

Election of officers

The following were proposed by the NC and seconded and approved.

President: Wendy Sly

Vice Presidents: All those on list plus Gerry Barnes.

Chairman: Tony Ward

Vice Chairman: Cyril Jerome

Nat.Secretary: Greg Moon

Hon. Treasurer: Janet Cole

Membership Secretary: Bob Small
Scottish Sec: Brian McAusland
Northern Sec: Gerry Barnes
Midlands Sec: John Whetton
Eastern Sec: Tony Settle
Southern Sec: Pat Fitzgerald
Welsh Sec: Anne Hill.
Committee members: Philip
LLewellyn, Hilary Baxter, Tony
Linford, John Lovett, Bill
Anderson, Bridget Smyth

Proposed and seconded that Committee members be immune from payment of Subs. This includes all officers holding position with National Committee and Regional Secs.
There were 40 new members during 1983. Acting Chairman, Cyril Jerome wished it to be placed on record that all work by the Regions and Committee was greatly appreciated. Vote of thanks to the Chair. 19 attended.

USE OF ICE TREATMENT

by Truman Spoon, United States

A summary of when and how to use ice in the treatment and rehabilitation of injuries. Guidelines are given which will help to maximize the benefits of their form of therapy. Texas Coach, April 1981, Vol. XXIV, No. 8.

In most musculoskeletal injuries the standard, automatic application is ICE—(1) the application of ice, (2) the application of compression, and (3) elevation of the injured part, if possible and higher than the head.

Cold compresses may be an elastic bandage immersed in ice water, ice bags or towels containing ice, or a sponge rubber compression wrapped about the injury, which is then immersed in ice water.

Compresses or compression reduces hemorrhage and edema about the area.

The three most common techniques of cold application are: ice massage (ice cubes or water frozen in a paper cup), cold packs (towels or plastic bags filled with ice), and an ice bath (a pail, pan, whirlpool filled with ice and water).

The preferred length of time for treatment for each application is as follows: first, ice massage, on, above, below, and either side of the injured area for a period of five to ten minutes; application of an ice pack of sufficient size to cover an area slightly larger than the injured part for a period of 20 minutes; immersion of the injured part in an ice bath for three to five minutes.

This will provide coldness to the deep areas of the human tissue, and even to the bone area.

The second part of the cold therapy, which immediately follows the application of cold, is exercise. To increase strength, flexibility, and joint range-of-motion, exercise helps prevent the build up of adhesions (fibrotic structures which are formed in and around muscle, tendon, and ligamentous tissue following trauma and are responsible for much of the disability of an athlete following injuries such as sprains, strains, dislocations, and fractures).

Exercise helps prevent these adhesions from forming by increasing local blood flow and stretching the scar tissue.

Exercise techniques used following the cold application are performed actively by the athlete through his or her pain free range-of-motion.

Pain is Mother Nature's alarm system and it should not be ignored during exercises for fear that we could do further damage to the already injured tissue. Resistive exercises are not initiated until the athlete exhibits full range-of-motion of the injured area.

During application, pain is at first experienced. Then a sensation of warning is felt, to be replaced by a degree of numbness.

When the point of numbness is reached, active exercise is begun and continued until pain returns to the area, then the procedure is then repeated.

Several advantages of cold therapy should not be overlooked by the trainer, coach, or student trainer. Compared to other modalities, the application of cold is an extremely safe form of therapy.

It is possible to cause damage to the skin using chemical coolants, it is very unlikely that damage will occur using the massage, pack, or bath techniques simply because the ice continues to melt.

Another advantage is the cost—very inexpensive with the use of ice. Still another advantage is the athlete can apply at home as self-treatment—as well as on return trips from the athletic event.

The adoption of cryokinetics as a standard treatment in the training room is the desire to give each athlete the best possible care under the safest conditions, and to allow the athlete to return to activity as rapidly as possible.

The results obtained with this method can be quite remarkable. Considerable time, effort, and expense can be saved in the management and aftercare of injuries which are applicable to treatment to cryokinetics.

DO NOT BE AFRAID TO ICE IT—ICE AND ACTION GIVES A REACTION.□

DON'T FORGET - BMC SUBS ARE NOW £5.00 PER YEAR! DUE ON JANUARY 1ST, 1985.
Hon. Treasurer is Janet Cole - 24 Kirchen Road, West Ealing, London, W.13.

FRANK HORWILL

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



GREAT 800 METRE MEN

JOAQUIM CRUZ - winner of the 1984 Olympic 800m will go down in history as being the runner who took part in the greatest series of races leading up to the final of any Olympic Games. Born on March 12, 1963 he has four more years before he reaches his peak. He is 1.88m and weighs 77 Kilos. On the Stillman Table he is the ideal weight for his height, the average man weighing 84 Kg.

At the age of 14 Joaquim ran 4:02.3 for 1500m and at 15 he began to show he possessed basic speed for World class two lapping when he ran 48.7 for 400m and 1:51.4 for 800. The next year he improved to 48.0 and 1:49.8 and clocked 3:54.2 for 1500. At 17, he went under 48sec with a bang, recording 47.17 and followed that up with bests of 1:47.8 and 3:47.3. It was becoming very clear that Cruz was more at home with two laps than $3\frac{1}{4}$, and had he raced the 1984 Olympic 1500 I feel that Coe knew too much to be beaten by him (or anyone else). When he was 18, Cruz chopped 3 sec off his best 800m to set a World Junior Record of 1:44.3. At 19, he was injured and had foot surgery. His right leg is an inch shorter than his left and he needs to wear a special built-up shoe. But

Cruz recovered that year to run 1:46.95 whilst Britain's John Gladwin topped the World Junior rankings with 1:46.46 in Oslo. But at 20, Cruz improved again to 1:44.04 to take the bronze medal in the World Championships. This year, of course, he is down to 1:41.77 and has run 1500m in 3:36.48.

He earned a place in the World Cup Americas 11 team in 1981 off his 1:44.3 but in that race finished well behind Coe (1:46.16) in 1:47.17. That Autumn he went to the USA, first to Provo Univ., then on to the famous Oregon setup in Eugene. Whilst there, he has won the NCAA 800/1500 double twice, and lowered his 1000m best to 2:15.28 and 2:14.09.

Training

An unusual aspect of Cruz's training and before racing is a one hour warmup involving half an hour of jogging followed by 30 minutes of suppling and stretching exercises. In the winter he does some light weight training twice a week. Every morning the schedule calls for a 6 mile run at 6 min pace and once a week in the evenings he does a circuit session. Three evenings a week are taken up with track work - one session of sprints at 20-30-40m with rolling start; one session of 10x400m at 61sec with 90sec rest. One session of 4x 1600 drills (600 in 90, jog 200, 300 in 45, jog 200, 300 in 43) with 3 min rest between sets. Once a week he does a fartlek session on a dirt road consisting of repetition 800s in 2:10 with 3min recovery. Once a week he has a 10 mile run at steady pace.

In the track season Cruz runs 5 miles every morning at $5\frac{1}{2}$ min pace. Twice a week he runs 5M in the evening and 3 times a week

he does track work consisting of 2 sets of 2x300 in 38sec with 100 jog and 3 min between sets followed by 2 sets of 2x200 in 22sec with 200 jog.

Another summer session is 2 sets of 3x400 in 52sec with 30-45sec rest/5min between sets. The third session is his favourite: 1600m total drill x 2. It's 600m in 78, jog 200, 400 in 50sec, jog 200, 200 in 23sec. 3 minutes between the two sets. Friday before a race is always a morning run of 6miles at 6.30 pace and an evening run of 4 miles at faster pace.

Cruz does not believe in full-out training - 90% effort is enough, he says!

Now compare that to another Olympic 800 Gold medallist - TOM COURTNEY (USA), who won in Melbourne in 1956. He, too was 1.88m tall and weighed 80Kg. He was faster over 400m (45.8) and had a best 800 of 1:45.8. But his weight told at the longer distances, his best mile being 4:07.2. Courtney's training load with regards to mileage was incredibly light - 80 miles a month! The quality, however was fantastic.

In the winter Courtney trained on the track every day - he had three basic sessions which he repeated twice during the rest of the week. Session 1: 10x300yards in 36sec with 300y walk rest. Session 2: 6x880y in 2:10 with 440y walk rest. Session 3: acceleration sprints on grass without timing.

In the track season he again trained on the track every day, but the number of reps was reduced by more than half -

Session 1: 4x300y in 32 sec with 300y walk rest. Fastest rep was 29.8.

Session 2: 1320y (½mile) in 3mins as follows 65-60-55sec laps. 10 min walk and 2x300y in 33sec with 300y walk rest.

Session 3: 3x300y in 31 sec with 300y walk, then 1x660y in 78sec.

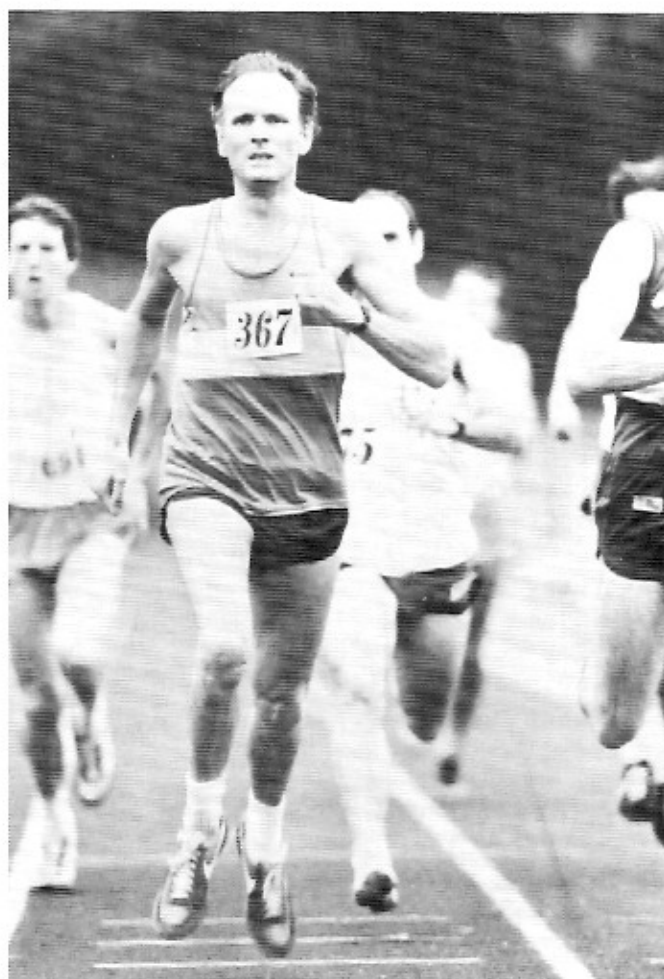
Session 4: 3x80y acceleration sprints with 80y walk back.

Courtney always rested on Thursday before a race and did Session 4

on the Friday before a race. He never trained on Sundays.

Courtney was basically a 400/800 type in the Kratochvilova mould whereas Cruz is an 800/1500 type who averages twice as much mileage per month. Overt is more a 1500 runner averaging twice as much mileage per month again as does Cruz.

The picture appears to be that if you have good 400m speed you can get away with limited mileage for the 800; if not so speedy (47.17) you need more miles in your legs and if you have average 400 speed (Overt's best of 47.5 dates back to 1974) you need plenty of mileage by comparison. It is also evident that very fast men over 400 can get away with being heavier than the average middle-distance runner.



Fittest Coach in the West? JOHN SULLIVAN, coach to David Clarke and John Gladwin, runs 800m in 2:09.9 last July. Cocksedge photo.

PSYCHOLOGY OF COACHING & COACHING CONDUCT

In their personality tests of successful coaches, Ogilvie and Tutko found they had the following in common:

- 1) Good powers of leadership
- 2) Dominant
- 3) Quick to take charge.

My own observations of successful coaches is that they have another trait in common - and not to the public good: They drive like maniacs trying to overtake everything in sight!

The same psychologists who tested a large number of experienced runners found they shared these characteristics: -

- 1) Aggressive
- 2) Introverted (Tenacity is part of introversion)
- 3) Autonomous.

The personalities of the coach and athlete seems destined to clash by this analysis. But the clash can be avoided if the coach accepts certain facts:

- a) The first four years of an athlete/coach relationship is one of tutor and pupil, the coach stressing his philosophy based on experience and knowledge. During this time some athletes may seek a father figure in their coach. This has dangers - an athlete will not mature until he/she rids himself/herself of this image.
- b) The next year or so the relationship is one of equal partners where training and racing plans are discussed with each contributing to the end object - SUCCESS.
- c) After this time the athlete to all intents and purposes is on his/her own with the coach rather like a fountain in a park - you use it when you need to. The time has gone when the coach says 'You must do this.....' The tone is: "May I suggest that.....?"

Are runners slightly around the bend? No more so than any other person who aims for success. This involves obsession but it is a healthy obsession. Women runners,

in particular, seem well strung together for they still face the traditional concept that severe training is for men, and they wish to prove themselves in the face of this. Masochism in the eyes of the non runner is in fact an aesthetic experience for the runner - to stagger across a finish line totally exhausted and then to say a few minutes later, "I enjoyed that!" is something only a runner can understand.....

Olympic runners under scrutiny have revealed various reasons for being in the sport: 1) Social; 2) Psychological; 3) Physical. Broken down these reasons all led to one over-riding reason for running - THERAPEUTIC. Blacks, coloureds and those from poor backgrounds saw running as a means of proving themselves equal to others of a majority society. Those from unhappy and even delinquent origins have found running and racing as a place to fit in with Society. I corresponded with a man in Parkhurst jail for many years. It was clear that on his release he would continue running, not only as a sport but as a means of becoming accepted. Many whose childhood was hindered by serious physical illness had become isolated from other children in team games; but running alone had enabled them to realise physical and social competence. In this category was Sydney Wooderson, world record holder for 880y and Mile in the thirties and European 5000m Champion in 1946. In this category came those who had no skill at ball games. Two from this group stated emphatically that they were going to win - and they did!

It was Aristotle who said that a man's physique reveals whether he will fight or negotiate. William Sheldon several hundred years later put Aristotle's opinions to the test. After studying 4000 students he categorised them as ectomorphic (nerve and skin tissue), mesomorph (bone and muscle) and endomorph (intestine bloated). The ectomorph is not enchanted with his youth. Age was approached with equanimity.

Alert, bird-like faces, they grow old slowly. Stress is combatted with solitude. Initial impressions are not good when faced with authoritative figures. He has a fear of forced socialising. Forms few but very intense attachments. Tense, hyper-attentive, cool, introspective, serious, reflective, shy, detached and gentle-tempered. These are general impressions of the ectomorph. Tanner and Lindsay Carter found that the majority of distance runners fell into this category. Golfers and channel swimmers are mainly endomorphic and Footballers endomorphic also (that means Loud-mouthed). Aristotle seemed to know a thing or two.

Coaching etiquette

This was discussed some years ago by the BMC National Committee follow-

ing a spate of statements by coaches about other coaches methods. These criticisms were frequently made to the coach's athletes and undermined their confidence. It was agreed that coaches:

- 1) Should refrain from commenting on an athlete's training verbally or in writing if his coach was not present.
- 2) Opinions on any athlete should be expressed to the coach in the first instance
- 3) Coaches who believe strongly in any facet of middle-distance training and racing should either lecture on their views or put pen to paper in the athletics press
- 4) Coaches should not criticise other coaches' methods. However they can criticise (constructively) coaches in authority over questionable policies.
- 5) BMC Coaches should lead the way in this matter.

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THOUGHTS OF CHAIRMAN WARD

BMC Chairman Tony Ward gets some interesting views off his chest

If there was one accepted coaching wisdom that was exploded in Los Angeles it was that the heats and semi-finals of the middle distance events preclude fast times in the finals. It was a wisdom that was constantly put to us on tv and indeed in Moscow in 1980, that may well have been the case. The iron man of the 800m, Steve Ovett came through in a slow early pace final and then felt that a fast-run semi in the 1500 put paid to his chances in that event. Steve Cram was injury ridden and without the necessary background. He was hoping against hope that this would be the case in 1984, but it was not to be.

In their respective finals Joaquim Cruz, Sebastian Coe and Said Aouita set Olympic records whilst Cruz and Aouita both ran the third fastest time in history in the 800 and 5000 (Prior to Cruz's barnstorming tour of the circuit afterwards).

Those who were relying on slow, tactical finals had history on their side. The Olympic records were beginning to look a little ancient. Juantorena's mark of 1:43.50 was set in 1976 as was Brendan Foster's 5000m time of 13:20.34. Kip Keino's Olympic best of 3:34.91 for 1500 was set at altitude in Mexico City all of 16 years ago! All three were demolished.

The most incredible marks were by ex-BMC President Seb Coe (he who, remember, was not supposed to be able to stand the hurly-burly of Olympic competition much preferring supposedly, balmy summer evenings with record attempts in Oslo or Zurich). He not only ran seven races as opposed to six in Moscow but had to run all of his 800's and two of his 1500's much faster than four years ago (see table 1). And at the end of it all he was barely half a second outside his best ever (3:31.95) with 3:32.53.

Cruz turned in a phenomenal series (detailed by David Cocksedge elsewhere in this issue) - and all done with a rangy, deceptive stride that says he will soon supplant Coe's world 800 record (he ran 1:41.77 in Cologne).

In the 5000m, Aouita put together 13:45.66/13:28.39/13:05.59 in a four day period and this compares well with what has occurred previously (table 2).

There are lessons to be learned from LA and coaches and athletes with eyes upon Stuttgart, Rome and Seoul would do well to set about that task immediately. Also we have to look hard at selection for these events and it has to be said that basic speed must be a predominant factor. Since Peter Snell way back in 1960-4 there has been a tremendous swing to the 800/1500 type of runner. Previous to him most two lap specialists were of the 400/800 type and way back in the 1950's such runners because of their basic speed, were able to bear first laps of 50 to 51 seconds. By Seoul the trend may change again for the 1:39 man must certainly be capable of 45.5 for 400m in order to maintain a pace of 48.5/49 for the first lap.

For too long British 10km runners have faced an agonising moment of truth as the bell has in their case, tolled for the final lap and away have gone competitors to put in a last lap faster than our men could manage from scratch.

In an interview with the Director of Coaching Frank Dick, he said that speed must be the essential criteria in selection for middle-distance events - and he was absolutely right. It was disappointing to see the National Event coaches hasten to question this in a follow-up letter to AW. This is the age of speed, right up to the marathon.

Poor selection by coaches at the

very beginning is, to my mind, the reason for our women 800m runners loitering year after year at just over 2 minutes. In the 1984 rankings only Lorraine Baker appeared in both 400 and 800 top 20's. It has to be asked: because of their lack of speed, are we asking too much of our current 2 lap women to sustain a pace of 58 to 58.5 to break two minutes?

The world of coaching seems to me to be getting more like the world of Trollope and his stories of ecclesiastical intrigues and bickering. Certainly it is getting almost as cloistered. Apart from age-old arguments as to who-is-coaching-who and more pertinently, who-is-poaching who, the endless behind-the-back diatribes between some venerable experts is really something that the sport could do without. Certainly the energies employed could surely be used more profitably elsewhere. There is more than one way to crack an egg and there is certainly more than one coaching/training path to gold in Rome and Seoul. And a study of the temperments and psychological make-ups of say Frank Horwill, Harry Wilson, Ron Holman, Neville Taylor, Jimmy Hedley and Peter Coe would surely indicate that one coach cannot suit every athlete.

This is a lesson that has not been learned by our coaching fraternity. Coaching has become too precious. Recent years have seen the rise of the coaching 'Guru' - a mystical figure who can seemingly produce miracles year after year with a variety of talent. Such men have begun to believe in their own publicity with fatal results. Coaching is but a means to an end and all of us would do well to remember that.

Are we also in the age of the theorists? At the European Coaches' Congress in the Algarve in 1983 Coach Squires from Boston lectured on Marathon running. Now Coach Squires is not everyone's cup of tea and certainly his lecture lacked that theoretical and erudite air that made some of other talks difficult to follow. There was some sniggering and a feeling of superiority but an examination of Squires' coaching credentials in terms of

athletes coached told a completely different story.

To my mind the most important factor in our so-called most successful coaches lives has been Fate - the fate that brought them together with athletes or an athlete of phenomenal talent. Most recognise this but a number do not and imagine that without their green-fingered talent their athletes would remain hacks. In reality the reverse is true.

The spectacle of world-class runners ploughing a lonely furrough in search of a world record to the accompaniment of shrieking fans in Brussels, Rome, Oslo or Zurich is not new and has been going on now for a number of years. It is accentuated by the encouragement of 'appearance money' as opposed to 'prize money' and there is little doubt that if it continues for any length of time it will lead to the debasement of the sport as a spectacle. The essence of track and field as a sport has been in COMPETITION - runner versus runner and some of the greatest moments in the history of the sport have come from these - Lovelock versus Wooderson; Bannister versus Landy; Chataway v Kuts; Elliott v Ibbotson; Ryun v Keino; Walker v Bayi and so on.

It is one of the great tragedies of athletics that Coe and Ovett, at the height of their talents, never met in the UK on a track and the Mile record is the poorer for them never having met over the distance at all.

The IAC/Coke meeting was saved in 1983 by the clash between Ovett and Cram and no one surely imagined for one moment that Steve Ovett's reputation or worth was in any way lessened by his narrow defeat by the World Champion that night after a fantastic last lap duel.

The IAC, with some cack-handidness, went for the same in 1984 in a clash between Aouita and Cram. The race ended, given the slow early pace and the size of the field, predictably. Bedford and co. were right in their assessment of what was wanted but entirely wrong in the manner of setting it up. Some move needs to be made to re-create the competitive element in the sport and next year's Grand Prix may well mean that we are on the way to an answer.

Finally, whither the BMC? At a time when athletics is undergoing such fundamental change it is important that the club examines itself and its role in the sport carefully over the next 12 months. And this means not just the Executive Committee, but the whole club. Failure to do this could well mean that the sport will pass us by and the BMC will be just a relic of the past. What should be our role? Do we still have a role to play? Where should our main emphasis lie? Do we need to modernise our outlook and have a new style compatible with the 1980's? These may be halcyon days for British middle-distance running but we need to look to the future to ensure that the great traditions so magnificently upheld by Coe, Cram, Ovett, Moorcroft and Hutchings both on and off the track are continued.

Our clue to our future should certainly lie in the reasons why you joined the BMC and I would like to know. If you have a moment drop me a line to tell me why and, just as importantly, whether you think we are fulfilling that role for you. Remember, it's YOUR club that we are talking about.

TONY WARD - 7 Garland Close, Burghfield Common, Near Reading, Berks.

Table 1:

Seb Coe's races at 80 and 84 Olympics

800m		(No second round heats in Moscow).
1980	1984	
1:48.51	1:45.71	
-	1:46.75	
1:46.72	1:45.51	
1:45.86	1:43.64	
1500m		
3:40.1	3:45.30	
3:39.33	3:35.81	
3:38.40	3:32.53	

Table 2:

Comparative races at 5000m

Yifter, Moscow 1980	
13:44.4	
13:40.0	
13:20.99	
Coghlan, Helsinki 1983	
14:13.80	
13:31.66	
13:28.53	
Aouita, Los Angeles, 1984	
13:45.66	
13:28.39	
13:05.59	



JACK BUCKNER (4) leads in UK 1500m at Cwmbran last May. Jack enjoyed a fine season in 1984, with times of 3:37.32 for 1500m, 3:51.57 for the Mile, 7:45.19 for 3km and 13:45.17 for 5km. Cocksedge Photo.

For Runners

400 ANAEROBIC POWER DEVELOPMENT

by Chris Neuhoff, Falmouth, Mass.

What makes the 400 meters such an exhausting event? Neuhoff explains some of the latest findings on the physiology of the one-lap event. This article appeared in the USTCA Track & Field Quarterly Review, vol. 78, no. 3, Fall, 1978.

It is well known that during maximal exercise of short duration, there is a lowering of the blood and muscle pH due to the increased concentrations of hydrogen ions and lactate. Coaches usually believe that 400m fatigue is caused solely by the lactate. Kindermann conducted a study which shows that 400m performance time is not enhanced after inducing alkalosis (raising pH) with bicarbonate (1). Maximal lactate concentration and heart rate did not change after the induced alkalosis.

This means that the reduction of pH, with the concomitant increase in lactate, might not be the limiting factor at all. Kindermann believes the glycolytic turnover rate to be the performance limiting factor for exercise phases of one minute duration.

In other words, the sprinter might not be able to produce the necessary energy to effectively sprint the entire 400m distance. The concentrations of creatine phosphate, ATP, and glycogen do markedly decrease during maximal exercise of short duration to exhaustion (2).

Fuchs [et al.] studied the effect of hydrogen ion concentration on the muscle and suggested that it might reduce the binding capacity of calcium ions to the contractile proteins of the myofibrils (3). This reduced binding capacity could interfere with muscular contraction, contributing to the tightening up process during the 400m race.

Hermansen and Vaage have also reported very large increases in muscle water content (10-15% of resting values) during intermittent exercise of 60 sec duration (4). This change in water content might affect the potassium, sodium, calcium, and magnesium ions, having an adverse effect on electrical impulse propagation and muscular contraction. In maximal efforts of less than one minute, neuromuscular junction fatigue may be the limiting factor (5).

Obviously, no one really completely understands the reasons for the devastating fatigue experienced in a 400m race. It must be a combination of factors: inefficient glycolytic

turnover rate, inhibited neuromuscular junction function, electrolyte imbalance affecting the muscle etc. These are some of the components of the mysterious "bear".

Unfortunately, physiologists do not have a good way to measure anaerobic power nor do they know how to increase the anaerobic reserves. But at least some of the known physiological components of 400m fatigue will give the coach input concerning the type of stress which must be dealt with during 400m training and competition. Proper training will help the athlete deal with this stress.

The human body constantly strives to maintain an equilibrium or constancy in its internal environment. The effectiveness of this homeostasis is crucial for the survival and viability of the organism. Severe exercise, as was mentioned before, imposes a huge stress on the organism and the body must somehow adapt to the stress or it will break down.

Training, however, will induce homeostatic adaptations to stress. When the body is gradually put under stress, it will do what is necessary, for its own well-being, to adjust to the new internal and external environment. When the organism is conditioned to the stress of athletic competition, it will be able to function in that environment. This is specificity of training.

During 400m racing, energy is derived from the breakdown of high-energy phosphate compounds and from the splitting of glycogen to lactic acid. Astrand says that repeat maximal 10-15 sec runs, with at least a few minutes rest between each, will train the phosphate energy sources (6).

He also recommends repeat maximal 30-60 sec runs, resting for 2 to 4 min and doing up to 10-15 repetitions depending on the preferred working time, to tax the glycogen splitting anaerobic processes (7). High lactic acid concentrations and low pH, similar to the internal state of the 400m sprinter during the race, are attained during the repeat 30-60 sec runs. The body must be exposed to such fatigue

to learn how to deal with it.

There should be a progressive overload on the body during the training sessions. The speed of the repeats should progressively get faster (more distance covered during a fixed time period or less time for the same distance). It would be too physiologically and psychologically demanding to do maximal repeats early in the season.

It is also important to run 400m repeats in practice. The speed of these runs will also vary with the time of the season and the condition of the athlete. Training must be specific. Many coaches have their athletes doing overdistance and underdistance work but never have them run the racing distance in practice. The body must get accustomed to the special demands of the 400m racing distance.

Overdistance workouts, such as 500-600m repeats, also help condition the 400m sprinter. During these workouts, the body is forced to deal with the low pH, lactate, and the other possible fatigue factors for a longer period of time. Overdistance work probably develops the body's buffer systems. Quality underdistance speedwork appears to facilitate fast-twitch muscle fiber recruitment (8).

The 400m sprinter also must not neglect his aerobic power. There is maximum oxygen uptake during the race with aerobic sources of energy contributing to the effort. Astrand comments that "the question is whether or not an extra oxygen store bound to myoglobin would contribute significantly to the total energy supply" (9). He recommends "devoting some time weekly to 'distance' training hoping that it should develop a good capillary density and increase the myoglobin content of the skeletal muscles" (9).

If the myoglobin content significantly influences 400m performance, then the more highly distance-trained 400-800m runners, such as Alberto Juantorena, might have an advantage over the 200-400m sprinters.

Distance training for the 400m sprinter could include some cross-country, fartlek, and/or high repetition interval work in the Fall. During all seasons, a mile jog "warm up" and "cool down" will help loosen up the athlete and would contribute somewhat to his aerobic power base. A distance run or fartlek once a week will help the 400m sprinter maintain this base. A good base or "increased maximal oxygen uptake" will help the sprinter handle the more intense anaerobic work.

In conclusion, repeat 30-60 seconds run or workouts such as: 20 x 100m with 60 seconds rest, 15 x 150m with 90 seconds rest, 10 x 200m with 2 minutes rest, 7 x 300m with 3 minutes rest, 5 x 400m with 4 minutes rest, 4 x 500m with 5 minutes rest, or 3 x 600 with 6-15 minutes rest will help the 400m sprinter tame the "bear". #

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L.A. PERSPECTIVE

BMC NEWS Editor David Cocksedge reviews the distance running action at the Los Angeles Olympics.

THE CRUZ MISSILE

800 Metres

Joaquim Cruz, the Boy from Brazil simply put together the greatest series of 800m marks in track history. On successive days, he ran 1:45.66, 1:44.84, 1:43.82 and 1:43.00..... and he went about it without any of the preening theatrics beloved of some other Olympic gold medallists.

Get a feeling of Deja Vu? I think we are back at the exciting 1976 stage of this event, whereby the best two lap exponent around is in the big, fast man mould. Cruz is 1.88m and 77Kg, but whereas he is much better than Alberto Juantorena over 1500m (3:36.48) his 400m speed (47.17) is not exceptional. The Big Cuban still holds the low altitude 400 best at 44.26 from Montreal, and he very sensibly did not attempt to race at anything longer than two laps of the track.

Cruz says he can better the world record (1:41.73) in a one off race, and we have to believe his sincerity after what he did to the LA finalists. But Coe's Florence mark (some Americans are still listing it at 1:41.8 because of the breakdown of the photo finish apparatus - 1:41.73 is a photo electric cell timing) is still pretty formidable. Only Seb himself has ever approached it (His earlier 1:42.33 from July 1979 in Oslo). If Cruz feels he can average faster than 50.86sec for two successive laps then he probably can. Start the bidding, Gents.

I admire his honesty of spirit too. When asked if he would like a statue erected in his honour in Brasilia, he politely suggested the money would be better spent on improving pathetic local track

facilities. Joaquim may never become a diplomat, but he may show Brazilian youngsters that there is an alternative sport to Soccer in this World. After the Games, he ran 1:42.34, 1:42.41 and 1:41.77 inside a week!

Seb Coe got caught up in the new tide sweeping the event, but held his own well with another silver medal in 1:43.64. He says his 800m career is now over, and he certainly looked happier with this medal than he did after the 800m final in Moscow. Seems a shame that the World's fastest man at the event has never won a Major Championship Gold, but it seems fate had such plans for him. Earl Jones and Billy Konchellah proved they have what it takes by surviving those fantastic qualifying rounds and still coming through with great runs in the final. Coe had to strain every sinew to pass the tough American in the last 60m. Konchellah, whose first ever 800m at the age of 18 was 1:46.79 (!) three years ago looks to be Kenya's best since the great Mike Boit. Here he improved over a second to 1:44.03. He and Ed Koech, who loves front running, could present a very strong African challenge in Rome by 1987, and Donato Sabia (1:43.88 this year) is Italy's finest since Marcello Fiascanaro who ran a World record 1:43.7 back in 1973.

Steve Ovett's career at 800m also surely came to an end.

Health problems aside, he was obviously maxed at running 1:44.81 off a 50.50 bell in his semi. Steve's only hope was a slower earlier pace in the final, but Koech and Cruz put paid to that very slim possibility. Still, he is a magnificent athlete and I doubt that any other Britisher

apart from Elliott could have survived those cruel heats and semis. Ikem Billy and Rob Harrison are both young and improving and will someday progress to that strength level. The future lies with them now, along with the very tough Elliott who was most unlucky to break down with injury in LA after two rounds.

1500 Metres

No more doubts about Seb Coe's ability to handle seven races over a nine day period. He came sailing through with a marvellous 3:32.53 to retain his title and chop Kip Keino Olympic record (3:34.91) from 1968. How good to see two great Olympic finals (this and the 5000m) where they RACED all the way, instead of the last 600m! In this case, Steve Scott and Jose Abascal made an honest affair of it, keeping a hard tempo going through the early and middle stages (58.8, 1:56.81, 2:53.21) Coe struck with 200 left, edged out Cram on the last curve and then threw in his patented kick from the front to win going away. His last lap was 53.25 and he was never troubled, whilst Cram started straining wildly in the stretch. Like Cram, I was fully expecting a slow early pace with an ultra fast last 500m. But even in that sort of race, as in Moscow, I feel Coe would have proved unbeatable. Nevertheless Cram coped well regarding his pre-Olympic poor form which must have drained even his confidence.

With 350m to go, the UK was in line for an unparalleled clean sweep, because Ovett was poised in 4th place looking strong. He has beaten Abascal before and in a healthy state would have done so again, but this time his severe health problems forced him out of the hunt. What a shame. But he will be back - and better than ever at 5000m in 1986.

Steve Scott crowed too much

as usual before the Games. He said the British would be 'Driven up the wall by being outside their Comfort Zone' in LA, and that on the Americans' home soil, they would come through. This proved to be entirely wrong, as he trailed home 10th. Scott should try running with his legs more often, instead of off at the mouth. The man has run a 3:31.95 for 1500m and a great 3:47.69 mile in 1982 in Oslo, but he has yet to win a really major title. He is usually very strong in one off circuit races, but the Americans continually overrate his abilities in major events, though he did win the World Championship silver behind Cram in Helsinki. This time he was beaten again by the very talented Jim Spivey (5th in 3:36.07). Note the brilliant (and overlooked) running of young Joseph Cheshire of Kenya in 4th place (3:34.52). He nearly nabbed the bronze from Abascal (3:34.30). I think we will see a lot more of him in the years ahead.....

The only thing this race lacked was the presence of Said Aouita, who ran 3:31.54 before the Games, and claimed Coe's victory was 'hollow'. Unfortunately, Coe wouldn't race him in Zurich and Cram avoided him in Brussels and Koblenz afterwards, so we were unable to test the strength of that claim.

5000 Metres

We have entered the age of Said Aouita. After his casual 13:04.78 in June, and his commanding victory here, who doubts that he will smash Moorcroft's world record (13:00.41) good as it is? Just take a look at the splits. He covered the last 3000m in 7:47.72, and his last 5 laps (2000m) in 5:06.20! Even at that fearsome finishing tempo, he was able to just push it up into another gear on the last lap, letting rip over the last 200m to down Markus Ryffel and the

brave Antonio Leitao with a 55.08 for the final circuit! Thanks to some wonderous pace-setting by Ezequiel Canario and Leitao, the finishing times were unparalleled in major Games 5000m history. Aouita ran 13:05.59, Ryffel 13:07.54 and Leitao 13:09.20. Clinging onto the lead group until the last 600m, Tim Hutchings ran a blinder of 13:11.50 for 4th place - a position and time largely ignored by the UK media.

Hutchings was under orders to pile on the pace with 1600m left, in a plan devised by coach Frank Horwill, but the leaders were moving along plenty fast enough for Tim to merely sit in there and hitch a ride. He has had a remarkable season, marred in the spring by shin trouble making his comeback a desperate bid with a 13:26.11 at the AAA Championships. But once selected, he was able to train and prepare thoroughly, and ran a brilliant final, emphasised by a 13:16.53 win at Koblenz after the Games.

Eamonn Martin peaked out too early, though he fared much better than in Helsinki a year ago. David Moorcroft was just not up to 3 hard races so close together, and was lucky to get pre-selection off a 13:34.0 effort in New Zealand last Autumn. His form indicated better results at 1500 rather than 5000m beforehand (Dream mile winner in 3:50.95) but perhaps that pelvic trouble would have struck anyway. It was sad to see the World Record holder limping in last but at least he showed a lot more guts than Mamede. John Anderson and Ron Pickering have referred to Moorcroft as the 'Greatest 5000m runner that has ever lived..' I would dispute that, as he has yet to win anything big in this event apart from the 1982 Commonwealth title (he was 3rd in the 1982 European and eliminated in the Moscow semis). The fastest time does not make him the Greatest, in my view. Perhaps David should move to 10,000m, but maybe time and injury have done for him.

The Kenyans, Paul Kipkoech and young Charles Cheruiyot ran good solid races and will have learned much here; same for Ray Flynn, who has showed much more aptitude for the 5000m that he ever did as a miler. He just needs to serve out his transition period. In one-off races, he is usually a winner. John Walker's 8th was a disappointment. He does not enjoy this race at all, and should have moved up several seasons ago, but I fear it is too late now. Walker can still turn in 3:34s and 3:50s on the Circuit to boost his bank account, and has little need to prove anything. He has a gold medal from 1976.

Aouita was born into a poor family in Morocco in 1960 and first showed real brilliance when he ran 3:37.05 for 1500m at age 20, which earned him a sports scholarship to Paris. After various rows with the French media and coaches, he fled to the South of France, and a brief sojourn under the guidance of Michel Jazy. Now he lives in Italy, is self-coached and is managed by Enrico Dionisi. He says he wants to race the British but so far our milers have studiously avoided him..... perhaps wisely. I saw him run 7:33.3 for 3000m on his own in Brussels and he looked pretty formidable.

10,000 Metres

A disappointing race. Alberto Cova must have been relieved that the task was made so easy for him. Apart from Marti Vainio (later disqualified for coming up positive on the Dope test) attempted to put any real pressure on the elegant Italian. Nike Rose Initiated the break after a desultory 14:19 for the first half, but was not up to keeping it going. He slipped back to finish 12th, a minute slower than his best, set in Oslo in 1983. I have to wonder just how much the ankle injury he incurred whilst training in LA held him back. Though Rose found the conditions hard, he is used to racing in the USA and has quietly prepared very well this year, winning the Cwmbran Trials race and running his best ever 5000m at 13:18.91. He deserved

better luck because at 33, he will not get another chance.

Mike McLeod sensibly settled for bronze (later promoted to silver) once the break was underway, knowing he could outkick Mysocki and Antibo. A satisfying run after a frustrating season for McLeod. Like David Clarke, he was left out of the International cross country team back in March when in super shape.

I expected better of Sostenes Bitok. He is an ungainly runner but has potential. Like most Africans, he squandered energy in the heats, kicking hard to a 28:12.17 when he could have qualified running 10sec slower; then in the final he never showed any real spark. Bitok has come up through the US college ranks (Richmond, Virginia) running 1500/Steeplechase and could grow to become the next great Kenyan, after Korir. But the man has a difficult temperament and not many coaches have been able to handle him sufficiently well for him to realise his talent.

Fernando Mamede once again bottled badly and must go down in history as one of the all-time great 'choke artists'. David Coleman referred to Mamede as a 'bad racer'. Not so. He has proved himself to be a very effective racer in oneoffs as well as being able to post fast times in low key affairs at home. It appears that major Championship occasions unnerve him. This time he exited from the final before the race was 20 minutes old. His colleague Carlos Lopes would undoubtedly have fared better but this time limited himself to the marathon, where he beat one of the greatest fields ever assembled in 2:09:21.

Nice to see three British finalists (2,8,12) though they should have been higher placed, in my view. The muggy conditions were too much for brave Steve Jones - he ran a very tough, gallant race in Brussels on Aug 24th and has plenty of major Games experience now.

You have to wonder just how boycotters Kunze, Schildhauer, Kadir, Bulti and Cirma would have

fared. The race certainly lacked the fartlek surging tactics beloved of the Ethiopians, who would have pushed it much harder in the first half. I have to figure at least three of those mentioned to place in the first six at the finish, though Alberto looked capable of being able to handle anyone and anything thrown at him. Vainio put down some real pace but Cova easily coped with a second half in inside 13:30.00, clocking 13:26.48 for the last 12½ laps! Who on earth can stand up to that? Mamede, obviously, but on this occasion he headed for the hills before the race was over. Coach Moniz Pereira (who also helps Lopes) certainly has a major problem with this man.

Womens' 800metres

A good competitive race, but unremarkable and forgettable. Frankly, it was not an Olympic final in the true sense. To be representative of the World's Best you have to figure three Soviet runners in there, plus one or two Czechs and one East German at least. The Rumanians could not compensate for the huge absence of Eastern bloc athletes, who always dominate the 800/1500/3km. My list leaves three places for the rest of the World, who probably would have been Melinte and Lovin plus Gallagher or Dorio. That's it. No finalists' berth for Lorraine Baker, as gutsy and determined as she is, in that sort of company. Irrespective of that Lorraine (who gets every ounce of strength out of her small frame) became the first UK finalists in the Olympic 800m since 1972, and her 5th place finish was far higher than I had predicted. Shame she was so close to that tantalising 2 minutes barrier without ducking under. I think even a 1:59.99 would have cheered her up somewhat!

Doina Melinte, 28 in December and 1.71m/59 kg, took her chance well and proved she can win them as well as run fast sometimes - her best is 1:55.05. Kim Gallagher

was inspired enough to nose out Fita Lovin and might have been closer to Melinte had she shown some sensible restraint in the qualifying rounds. Twice she ran much faster than was necessary to advance. It was senseless energy expenditure designed to thrill the partisan crowd. Just plain stupid. Gabriella Dorio made her break too early, otherwise she could have medalled as she was still strong in the stretch where she tangled physically with Lovin. In Moscow, she ran 1:59.20 for 8th place, a time good enough for 4 places better in LA - where she did in fact make 4th. Dorio has now made five successive Olympic finals - quite an achievement. She proved her worth with a win in the 1500m on the final day. My pick was Margrit Klinger, who usually does well in big ones, but this time she was unable to do any better than 4th, barely holding off Baker.

Womens' 1500 metres

The race was exciting; the times were not. Good to see Dorio finally win a Big One, though this event was pretty remarkable for those missing, either through deciding not to double (like Decker) or the boycott. Dorio has shown before that she can kick long and hard, as when she ran a 57.2 last lap in the 1981 World Cup in Rome, and here she kept up the pressure on Melinte to regain the lead at just the vital moment. Paricica Puica however finished like a steam train, gaining on everyone and might even have won the thing (a great Olympic double, too) had she started her amazing run for the line sooner.

It was indeed a successful Games for the Rumanians, who benefitted well from the boycotting Nations. Melinte went home with a gold and silver and Puica took a gold and bronze, whilst Lovin collected a bronze from the 800m. Note that Dorio was also a finalist (5th in 4:07.31) back in 1976 at Montreal!

After their fine running at Gateshead, and new found confidence

at 3½ laps, Chris Benning and Christina Boxer were a disappointment. The pace was not insane, but somehow they both started treading water in the final straight, Boxer tying up to such an extent that she faded to 6th. After her strong 2000m on July 13th, I felt sure she could place closer to the medals, and possibly duck below 4:00.0 in a fast race, but it seems her best effort of the year (4:00.57) was left behind at Gateshead.

Benning showed her strength with a 5th place in reasonable time (4:04.70) and went on to lower her best 3000m to 8:44.46 in Zurich after the Games. Closing in on age 30, I think she will get still better. Remember that Puica is all of 34 years old....

Young Lynn McDougall ran 4:09.08sf and 4:10.58 for 10th in the final and the experience will prove invaluable to her. She has enjoyed a fine, consistent season. I expected better of Ruth Wysocki, winner of the US trials in 4:00.19 against Decker, but she tied up badly in this her fifth race of the Games. She ran well in Brussels and Cologne afterwards and in London ran an excellent solo 4:21.78 mile. Had Decker run



CHRISTINE BENNING has had quite a season. Fifth in the Olympic 1500 and running 8:44.46 for 3000 in Zurich. Cocksedge photo.

this, I feel she would have won comfortably from Dorio and the Rumanians. The Italian's last 300 was 43.66, final lap in 61.46sec.

Womens' 3000m

Undoubtedly the most incident-packed and controversial event of the entire Games. Little Zola Budd, all 1.58m/38 kilos of her, is certainly good value for Newsprint. Seems she can't avoid headlines no matter what. In this case, as everyone knows, she tangled legs with Mary Decker whilst pushing for the lead, and the American went down. Brigitte Kraus, silver medallist from Helsinki also exited from the race after 2000m, so two of the pre-race favourites never even made it to the finish line.

All four leaders (Budd, Sly, Decker and Puicia) were crowding each other at that point (just after 1700m) and something was bound to happen. Whilst Budd was cutting in rather too sharply, Decker was slow to react and paid dearly for it. Her subsequent hysteria won her few new friends, however. Mary's rage was more possibly over the loss of a million dollars worth of endorsements, than over the actual incident itself. It was a most unsatisfactory affair and no one except Puica and Sly had much caused to be pleased with the result. Budd showed her inexperience by surging hard after the fall. By the bell lap she was maxed and out of it and it was a simple matter for Sly and Puica to stretch out and get away.

There was a certain inevitability about the outcome of the final sprint - an easy win for Puica to add to her IAAF CC title from last March. Wendy proved to all doubters that she is still better than Budd - a fact she never doubted beforehand (given time to recover from injury) but needed to get home to readers of the tabloids at home.... Young Lynn Williams must have been the most unrecognised medallist of the entire LA Games, but she cashed in well and deserved her pb. The total collapse of the Americans was a surprise, espec-

ially on their home ground, and after they looked so confident in the heats.

You have to have some sympathy for Budd. She can't have enjoyed any of her first major Games experience, in spite of the mind-boggling claims made in her diary in the DAILY MAIL. Basically the girl is desperately short of big race experience and if she wants to tread in the fearsome arenas of the world, she ought to be allowed to get on with it and learn by doing. But I fear the lady is manipulated by powerful interest groups who always seem to decide what's best for her.

Luckily for us, the packaging of an athlete by the DAILY MAIL has not been a logical road to gold medals and superstardom - and hopefully, the MAIL will be a little less strident in Championing her cause from now on. At least we may be spared the mind-numbing banality of the Zola Budd Diary.....

Splits: 1 km - 2:50.31; 2km - 5:44.08. I timed the first 1500m at 4:19.8. Puica and Sly hit the bell in 7:30.32 and the Rumanian ran the second half in 4:16.16.



ZOLA BUDD. Her Olympic traumas have been followed by a family feud back in Blomfontein. Cocksedge photo.

OLYMPIC FINALISTS 1948 - 1984 Compiled by David Cocksedge

	800	1500	5000	10,000	3Kms/C
London 1948	1 Parlett 9th	1 Nankerville 6th	0	2 Cox 7th Peters 8th	0
Helsinki 1952	1 Webster 5th	1 Bannister 4th	3 Pirie 4th Chataway 5th Parker 11th	2 Sando 5th Pirie 7th Norris 8th	2 Disley 3rd Brasher 11th
Melbourne 1956	2 Johnson 2nd Farrell 5th	3 Hewson 5th Boyd 8th Wood 9th	3 Pirie 2nd Ibbotson 3rd Chataway 11th	3 Norris 5th Pirie 8th Sando 10th	3 Brasher 1st Disley 6th Shirley 8th
Rome 1960	0	0	0	3 Merriman 8th Hyman 9th Pirie 10th	0
Tokyo 1964	0	2 Simpson 4th Whetton 8th	1 Wiggs 11th	0	2 Herriott 2nd Pomfret 10th
Mexico 1968	0	1 Whetton 5th	0	2 Hill 7th Tagg 13th	0
Munich 1972	1 A.Carter 6th	1 Foster 5th	3 Stewart 3rd McCafferty 11th Bedford 12th	1 Bedford 6th	0
Montreal 1976	1 Ovett 5th	2 Clement 5th Moorcroft 7th	2 Foster 5th Stewart 7th	3 Foster 3rd Simmons 4th Ford 8th	2 Coates 9th Staynings 11th
Moscow 1980	3 Ovett 1st Coe 2nd Warren 8th	3 Coe 1st Ovett 3rd Cram 8th	0	2 Foster 11th McLeod 12th	0
Los Angeles 1984	2 Coe 2nd Ovett 8th	3 Coe 1st Cram 2nd Ovett dnf	3 Hutchings 4th Martin 13th Moorcroft 14th	3 McLeod 2nd* Jones 8th Rose 12th	2 Reitz 5th Hackney 10th

* Moved to silver medal position after disqualification of Martii Vainio (Finland) on drug test evidence.

Where no heats were held for the 10,000m (1948 - 68) I have taken first 15 as 'finalists'.

Out of 30 possible finalists in the 10 Games listed, the scores are therefore: 800 - 11; 1500 - 17; 5000 - 15; 10,000 - 21; Steeplechase - 11. Of 15 possible finalists per Games Melbourne (1956) with 14 and Los Angeles (1984) with 13 have been our best since the War.