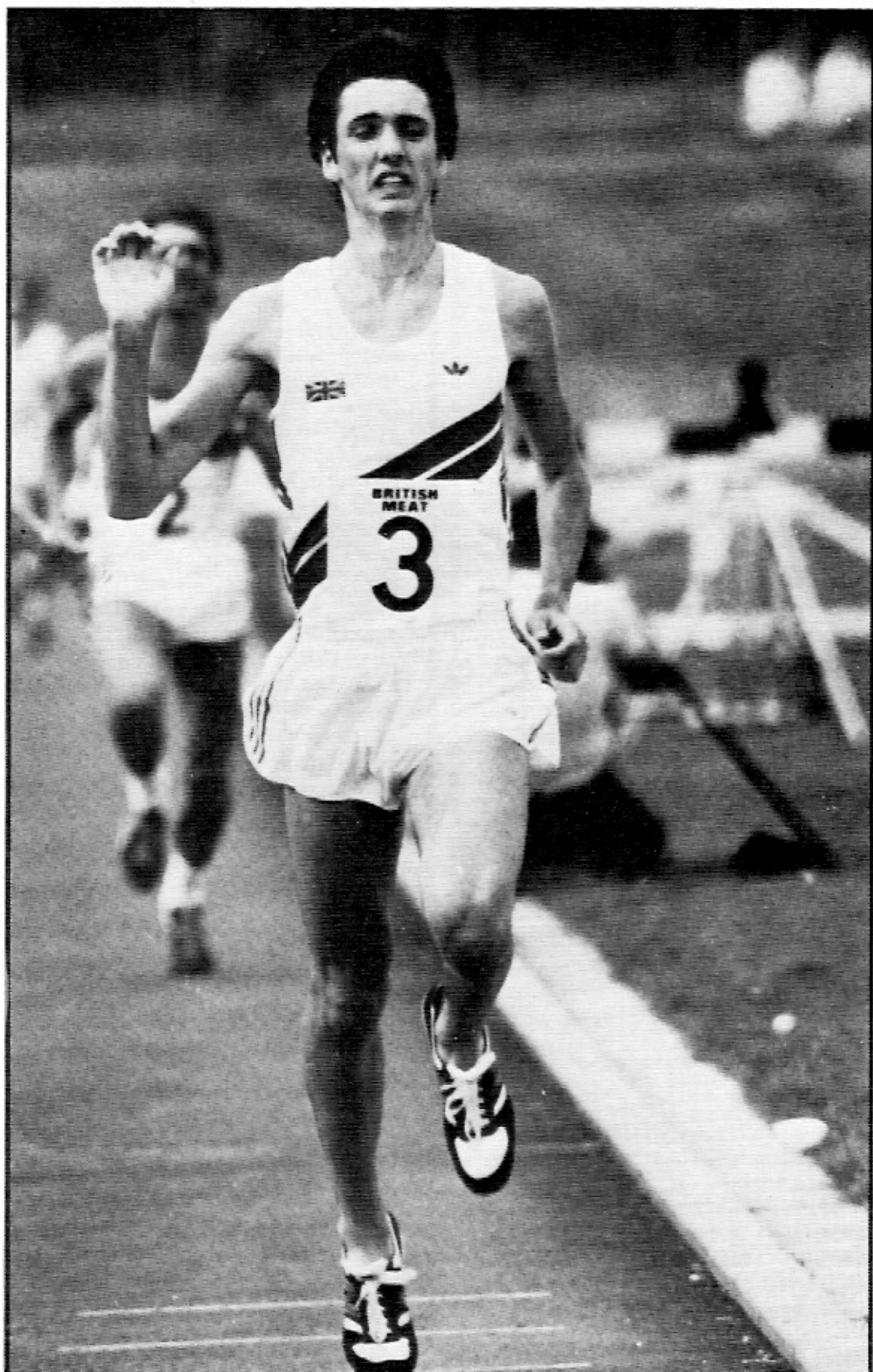


BMC NEWS

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BMC NEWS

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Editorial

The many whispering critics of Jarmila Kratochvilova have been quick to criticise her top billing since winning a brilliant double (400/800 in 47.99 and 1:54.68) at Helsinki last year. She also won an unusual 200/800 double at the Europa Cup and set a world record of 1:53.28 for 800m. She wins impressively, but she just doesn't look feminine, they say. They hold up Mary Decker as an example - win big, but don't neglect the glamour. Beat the Russians, but make sure you look good doing it. In other words, compete well and look glamorous in sport, or you just won't be accepted as being a natural athlete in the West. Win by all means, but with grace and beauty - no muscles in unsightly full view. And when our graceful, glamorous female athletes get beaten out of sight the tv viewing critics belch and call them a bunch of born losers. That's the beauty of being a tv

viewing critic: When a British athlete wins, it's One Up for Britain and a quick wave of the Union Jack. When a British athlete loses, no one wants to share the loss. The loser is just a wally, a Dog, a no-hoper. How the hell did he/she get selected for the UK team, anyway?

So the Western female athlete gets a mixed signal - do well, beat the Eastern Europeans, but look female at all times and you might grow to be the Golden Girl. Develop muscles and look powerful at the cost of being labelled a Freak. And in the West we don't like female Freaks - even winning ones.

The 1984 Olympics get into full swing at the end of July and it's becoming increasingly obvious that Los Angeles will be Rip Off City. Get ready for some of the most naked commercialism ever to surround a major sports festival, in an orgy of fiscal gamesmanship that will outshine the competition among the athletes.

Do we really need all this? I say No, we have a World Championships now, let's allow the Olympics to sink into the sunset, weighted down by synchronised swimming, darts, ball-room dancing, cow pat throwing and all the other inanities you care to dream up. The World can no longer afford a Major Sports festival such as this which becomes a platform for political posturing, and allows greed to run rampant among host city officials.

David Cocksedge, Editor

Paid your £2 subs yet? They were due on January 1st. Treasurer is JANET COLE, 24 Kirchen Road, West Ealing, London W.13.

Front Cover

Alastair Currie has run 1500m in 3:50.5 as an international Youth. Here he wins against the GFR Juniors at Birmingham in 1982. Photo by David Cocksedge.

OVERTRAINING: HOW TO SPOT IT AND AVOID IT

by Edmund R. Burke, Ph.D.

Burke, an exercise physiologist, offers some practical guidelines to help identify overtraining. More important, he offers some practical suggestions to help avoid overtraining. From The Olympian, February 1981, Vol. 7, No. 7.

Physiological and psychological improvement results as stresses are placed on your body during training. If your body adapts to stress it becomes stronger; if it fails to adapt it becomes weaker, and an excess of a particular stress could produce a breakdown. By applying the stresses of training sensibly and by keeping alert to the warning signs your body sends, overtraining can be avoided.

In his book, *The Conditioning of Distance Runners*, Tom Osler lists the following danger signs which an athlete's body post: when not responding properly to training:

1. Lowered general resistance (evidenced by headaches, sniffles, fever blisters, etc.) is a sign of physical depletion.
2. Mild leg soreness which occurs from day to day.
3. An "I don't care" feeling toward training and everyday activity.
4. The desire to quit during races.
5. That "hangover" feeling from the previous race and a significant drop in body weight from the day before.

To evaluate the stress of training and competing on your body you should keep a record of your pulse rate. Each morning before getting out of bed count your pulse for 15 seconds; then count it again right after you get up. Do this daily and record the difference between the two rates. If there is a sudden rise in the difference it is a sign your body has not recovered from yesterday's training.

If you haven't recovered, training should either be suspended for that day or done less

strenuously. This daily monitoring will give you a general guideline for judging your state of fitness and it will enable you to better evaluate the effects of training and the other stresses encountered each day.

If the signs of staleness are present you may have to spend days or even weeks getting back to the state of fitness you just passed. Therefore, the best treatment is prevention:

1. Do eight to ten weeks of endurance work to build up a good aerobic base.
2. Sleep at least eight hours a night.
3. Eat a diet which supplies all the basic nutrients.
4. Many coaches recommend a 15-30 minute nap before the afternoon workout.
5. After entering heavy training, speed workouts should be individualized. The appropriate pace is precisely what your own body can handle.
6. Monitor body signs as mentioned above.
7. Immediately before any major competition such as a World Championship, lighter training ("tapering") for several days will build strength both physically and mentally for the big effort.

Hans Selye stated in his book, *The Stress of Life*, that every person has only so much adaptation energy to use against stress. If you use much of your physical and mental energy for other matters, you will have less energy for training. Consequently, you will not be able to adapt to the stress of the sport. The only way out is to either decrease training or remove or reduce the other stress factors. □

Stand by for the first ever IAAF World Junior Championships in 1986. Venue is likely to be Bogota, Colombia.

A new IAAF Ruling states that an athlete has to wear the same brand of shoes throughout a Major international meeting. This is to curb some expected fierce infighting by show companies at the LA Games. So no getting bought off by Nike after a good semi-final.

Sydney Maree (now US citizen) feels he can run 1500m in the 3:27-28 range and that the record will be in that area within five years.

The American TAC and Mark McCormack's IMG (International Management Group) have entered into a formal agreement to promote a prize money road-mile circuit in 1984. Details are still being firmed up, but races will be held in the Spring and Autumn and some will be televised.

FRANK HORWILL

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

OBSERVATIONS ON ALTITUDE TRAINING
By Frank Horwill

Rationale The success of athletes born at altitude and who have resided therein since birth is well known. This has led governing bodies of athletic associations to investigate the possibility of sending middle and long distance runners to altitude for several days in the hope that the 'magic' of altitude descends upon the athletes.

Height The majority of experienced altitude exponents agree that the ideal height for altitude effectiveness ranges from 2000 to 3000 metres. However, the effect of altitude can be experienced in the first instance at heights from 1000 to 2000 metres. Above 3000m the limitation on the amount of training tends to cancel out any beneficial effects. However, the physiologist, Bruno Balke is of the opinion that athletes who have acclimatised to about 2500m can be moved to above 3000m for periods of two or three days and then brought down to 2500m again for a week before being taken up to the greater height for a further three days.

Balke is a world-renowned sports physiologist but there is no evidence of anyone actually carrying out his suggestions: experimentation is in order in this instance.

Physiological changes Within three days of arriving at altitude because the molecular pressure of the oxygen is less, there is a reduced oxygen uptake which results in reduced physical performance. A sub 4 minute miler would only be able to race a 4:10.0 mile at this stage. During these crucial three days the haemoglobin level will rise by 2 grams and the red cell count will increase by 2½ million per cc. The increased haemoglobin will be drawn from the



myoglobin in the bone. This is a compensatory process, since Hb is responsible for conveying oxygen in the blood: one gram of Hb carries 1.34 cc of oxygen at sea level.

But even this increase does not fully make up the difference of oxygen intake at sea level and at altitude, but after a WEEK our sub 4 minute man might manage to race a mile in 4:05.0. Other changes will be a marked pulse rate rise, sleeplessness, reduced appetite and aching limbs. The condition called tracheitis often occurs within athletes who go to altitude in a highly trained state but with no anti-stress reserves to combat infection.

Time at altitude The majority view is that the minimum period should be 14 days. Three weeks is preferable and a month ideal. However, the East Germans have reported good results with 10 days up and 7 days down

followed by 10 days up again. It is now considered a risky plan to take athletes to altitude for the FIRST time immediately before a major competition. The ideal is three or more exposures of 14 days at a time with one month at sea level in between.

Benefits of altitude Since the average Hb of runners is 15.5g for men and 13.5g for women, and the red cell count is 5½ million for men and 4½ million per cc for women, increases of 2g of Hb and 2½ million red cells in both sexes, must, on face value, be beneficial. This benefit is said to last for a maximum of 3 weeks, but individuals have recorded benefits up to 28 days after returning from altitude.

With regard to competition, the ideal time to compete afterwards has been reported as: (a) immediately (b) Seven days (c) 14 days; (d) 21 days.

Altitude training fell into disrepute following the 1972 Olympics when the UK team performed badly. This also happened in 1976. In 1972 they were brought down to sea level three days before competition and in 1976 six days beforehand. One critic, a 20 kilometre walker, stated that his legs felt 'dead' during his event and the evidence is that a metabolic readjustment at sea level is necessary before competition. This period should be 10 days.

However, there is evidence that those who have trained regularly at altitude adjust to sea level competition more quickly.

Apart from the benefits for competition there is also the benefit of increased training loads following altitude exposure. This in itself is an important factor and one Soviet Coaches attach much importance to in preparing female runners for major competition.

Diet Greenberg and Haggard have reported that frequent small meals enable the runner to cope with altitude more readily. So a regime of small meals at 8am, 12 mid-day, 4pm and 8pm is indicated. In view of the prevalence of trachea infection, I have recommended that Vitamin A, which is responsible for the health

of the trachea membranes, should be doubled to 12 milligrams per day. An East German sports nutritionist goes further and suggests that ALL the major vitamins should be doubled at altitude since it is an added stress. Therefore doses of 1G Vitamin C, 24mg of Vitamin Riboflavin and thiamin and 80mg of thiamine are indicated daily.

Training procedures The majority view is that only aerobic running should be attempted for the first three days. Thereafter anaerobic running should be introduced at 25% normal sea level load for two days and increased by that amount and period up to the full 100% in 11 days.

Criticisms The travel involved to altitude venues outside the UK is said to be disruptive to the training routine and is not well tolerated by all athletes. A further disruption is the reduced training load that can be handled. An athlete will only achieve a third of his normal anaerobic work over a period of 14 days. This is worrying to many athletes.

A criticism put forward by a speaker at the Royal College of Physicians Symposium on altitude training in 1974 was that the UK team in 1972 did not register ANY personal best times in the Olympics. (In fact, Brendan Foster-1500m semis, and Rosemary Wright - 800m final, ran pb's. Editor) Harry Wilson, National MD Event Coach countered this by asking how many Olympic running finals are won in personal best times. The answer is very few.

References - Pugh, Font Romeu 1967. Balke 1956. Watson 1972. Royal College of Physicians (GB) 1974.

At the BMC Young Athletes Course at Deal last Autumn, a questionnaire was put to the youngsters. One query read: Who is the National Event Coach for Middle Distance?

Some 90% of the answers stated ANDY NORMAN, which is very flattering to Sergeant Plod. Staff Coach Neville Taylor refused to believe this when it was recounted to him at Hendon last November! It's true, Neville. Ask the athletes yourself.

1983 World Ranking:

800metres

1:43.61	Steve Cram (GB)
1:43.65	Willi Wulbeck (WG) *
1:43.80	Sebastian Coe (GB)
1:47.98	Peter Elliott (GB)
1:44.04	Joaquim Cruz (Bra Or) *
1:44.20	Juma Ndiwa (Ken)
	Rob Druppers (Hol) *
1:44.29	*Don Paige (adi)
1:44.32	*James Robinson (ICAC)
1:44.38	Said Aouita (Mor) *
	(10)
1:44.39	*David Mack (SMTC)
1:44.3	Jose Luis Barbosa (Bra)
1:44.40	Sammy Koskei (Ken 4C)
1:44.6	Alberto Juantorena (Cub)
1:44.70	*David Patrick (AW)
1:44.83	James Maina (Ken)
1:44.93	Hans-Peter Ferner (WG)
1:44.96	Garry Cook (GB)
1:45.07	William Wuyke (Van-AI) *
1:45.13	Detlef Wagenknecht (EG)
	(20)
1:45.14	Chris McGeorge (GB)
1:45.15	Agberto Guimaraes (Bra)
1:45.23	*James Mays (AA)
1:45.25	Steve Ovett (GB)
1:45.30	Babacar Niang (Sen) *
1:45.49	Harald Schmid (WG)
1:45.50	*Johnny Gray (SMTC)
	Rob Harrison (GB)
1:45.55	Philippe Dupont (Fra)
1:45.58	Jose Marajo (Fra)
	(30)
1:45.65	Hans Joachim Mogalle (EG)
1:45.66	Paul Forbes (GB)
1:45.6	Viktor Kalinkin (SU)
	Aleksey Litvinov (SU)
	Graham Williamson (GB)
1:45.74	Mike Hillardt (Aus)
1:45.82	Fauzi Lahbi (Mor)
1:45.90	Paul Gilbert (Aus)
	Ryszard Ostrowski (Pol)
1:45.97	*Steve Scott (S4)
	(40)
1:45.98	Peter Bourke (Aus)
	Coloman Trabado (Spa)
1:46.01	*Brian Theriot (adi)
1:46.03	*Eugene Sanders (AA)
1:46.11	Matthias Asmann (WG)
1:46.13	*Stanley Redwine (Ar)
1:46.16	Andreas Hauck (EG)
1:46.29	Konstantin Rusikh (SU)
1:46.30	*Scott Davis (Mo)
1:46.34	Fanir Vakhitov (SU)

1500metres

3:30.77	Steve Ovett (GB) *
3:31.24	*Sydney Maree (Reab)
3:31.66	Steve Cram (GB)
3:32.54	Said Aouita (Mor) *
3:32.71	*Steve Scott (S4)
3:32.97	Pierre Deleze (Swi) *
3:33.18	Jose Abascal (Spa)
3:33.44	Jose Luis Gonzalez (Spa)
3:33.84	John Walker (NZ S4)
3:34.01	Graham Williamson (GB)
	(10)
3:34.52	Philippe Dien (Fra)
3:34.72	Thomas Wessinghage (WG 4C)
3:34.84	Uwe Becker (WG)
3:34.85	Dragan Zdravkovic (Yug) *
3:34.87	Jan Kubista (Cze) *
3:34.92	Kipkoech Cheruiyot (Ken)
3:34.93	Jose Marajo (Fra)
3:35.0	Wilson Waigwa (Ken EPTC)
3:35.17	Sebastian Coe (GB)
3:35.2	Johan Fourie (SA) *
	(20)
3:36.07	Pascal Thiebault (Fra)
3:36.08	Claudio Patrignani (Ital)
3:36.24	Klaus Peter Nabein (WG)
3:36.2	Eamonn Coghlan (Ire NYAC)
3:36.34	Paul Rugut (Ken SMU)
3:36.45	Mike Bolt (Ken 4C)
3:36.4	*Jim Spivey (AW)
3:36.72	Stefano Mei (Ital)
3:36.77	*Tom Byers (adi)
3:36.7	*Todd Harbour (SMTC)
	(30)
3:36.81	Peter Wirz (Swi)
	*Craig Masback (S4)
3:36.93	Piotr Kurek (Pol)
3:36.9	Eddy Stevens (Bel)
3:37.03	Ray Flynn (Ire N Ball)
3:37.19	Andreas Busse (EG)
3:37.25	Jack Buckner (GB)
3:37.30	Omar Khalifa (Sud)
3:37.45	Olaf Beyer (EG)
3:37.49	Joseph Muraya (Ken)
	(40)
3:37.55	Jan Persson (Swe)
3:37.5	Sergey Blatskiy (SU)
3:37.68	Joao Campos (Por)
3:37.71	Niels Kim Hjort (Den)
3:37.82	Imre Osvos (Hun)
3:37.89	*Ross Donoghue (NYAC)
3:37.95	*Doug Padilla (AW)
3:37.98	Alex Gonzalez (Fra)
3:38.05	Frank O'Mara (Ire Ar)
3:38.18	Abderrahmane Morceli (Algi)

5000metres

13:08.54	Fernando Mamede (Por)
13:13.31	Hansjorg Kunze (EG)
13:14.13	Antonio Leitao (Por)
13:17.69	*Doug Padilla (AW)
13:18.53	Antonio Prieto (Spa) *
13:18.86	Thomas Wessinghage (WG 4C)
13:19.24	*Jim Spivey (AW)
13:19.38	Markus Ryffel (Swi)
13:19.73	*Jim Hill (adi)
13:20.07	Martti Vainio (Fin)
	(10)
13:20.94	Eamonn Martin (GB)
13:21.1	Dmitriy Dmitriyev (SU)
13:21.2	Anatoliy Krakhmalyuk (SU)
13:21.31	Christoph Herle (WG)
13:21.60	*Chris Fox (AW)
13:21.98	Wilson Waigwa (Ken EPTC)
13:22.12	Mohamed Kadir (Eth)
13:22.32	Wodajo Bulti (Eth)
13:22.54	Dave Clarke (GB)
13:22.67	Nick Ro-z (GB S4)
	(20)
13:22.70	Julian Goater (GB)
13:23.53	Eamonn Coghlan (Ire NYAC)
13:24.02	Paul Kipkoech (Ken)
13:24.10	Tim Hutchings (GB)
13:24.4	Patriz Ilg (WG)
13:24.64	Stijn Jaspers (Hol-Clem)
13:25.33	Charles Cheruiyot (Ken)
13:26.19	Adrian Royle (GB 4C)
13:26.61	Jef Gees (Bel)
13:26.68	Valeriy Abramov (SU)
	(30)
13:26.86	Werner Schildhauer (EG)
	Steve Binns (GB-Prov)
13:27.01	Dietmar Millionig (Aut)
13:27.58	Thierry Watrice (Fra)
13:28.13	Alberto Salazar (AW)
13:28.1	Carlos Lopes (Por)
13:28.20	Jorge Garcia (Spa)
13:28.88	*Don Clary (adi)
13:29.02	Sosthenes Bitok (Ken-Rich TC)
13:29.1	Jackson Ruto (Ken)
	(40)
13:29.76	Kaarlo Maaninka (F:)
	Charles Spedding (GB-CSU)
13:30.11	*Paul Cummings (N Ball)
13:30.42	Lubos Tesacek (Cze)
13:30.43	Requiel Canario (Por)
13:30.44	*Dan Henderson (UCTC)
13:30.46	*Bill Krohn (PE)
13:30.55	David Lewis (GB)
13:30.56	Viktor Chumakov (SU)
13:30.60	Richard Tuwel (Ken Wa St)

10,000metres

27:23.44	Carlos Lopes (Por)
27:24.95	Werner Schildhauer (EG) *
27:25.13	Fernando Mamede (Por)
27:30.69	Hansjorg Kunze (EG)
27:31.19	Nick Rose (GB S4)
27:37.59	Alberto Coia (Ital)
27:39.14	Steve Jones (GB)
27:43.66	Antonio Prieto (Spa) *
27:44.5	Masanari Shintaku (Jap)
27:46.93	Gidamis Shahanga (Tan-EP)
	(10)
27:49.30	Bakale Debele (Eth)
27:52.41	*Mark Nenow (TRS)
27:53.1	*Greg Meyer (Brk)
27:54.88	Markus Ryffel (Swi)
27:55.23	*Jim Hill (adi)
27:55.66	Steve Binns (GB-Prov)
27:55.8	Adrian Royle (GB 4C)
27:56.74	Jose Gomez (Mex) *
27:57.83	Rodolfo Gomez (Mex)
27:59.14	Gabriel Kamau (Ken-Conv)
	(20)
27:59.16	Dietmar Millionig (Aut)
27:59.49	Dave Clarke (GB)
28:00.36	*Alberto Salazar (AW)
28:01.37	Martti Vainio (Fin)
28:02.2	*Makarrah Baria (Tan-EP)
28:02.73	Rob deCastella (Aus)
28:02.87	Valeriy Abramov (SU)
28:04.13	Christoph Herle (WG)
28:04.31	*Pat Porter (AW)
28:06.74	Henrik Jorgensen (Den) *
	(30)
28:06.7	Mike Musyoki (Ken 4C)
28:07.16	Mohamed Kadir (Eth)
28:08.12	Charles Spedding (GB-CSU)
28:08.13	*Bill McChesney (SMTC)
28:09.55	*Dan Dillon (AW)
28:10.93	Julian Goater (GB)
28:11.37	Goeff Smith (GB Prov)
28:11.85	Lawrie Spence (GB)
28:12.92	*Doug Brown (AW)
28:13.04	Gerry Helme (GB)
	(40)
28:13.06	*Craig Virgin (FRRT)
28:13.16	Peter Butler (Can)
28:13.96	Allister Hutton (GB)
28:15.19	Roy Anderson (Nor)
28:16.60	Girma Berhanu (Eth)
28:16.8	*Don Clary (adi)
28:19.97	Kevin Forster (GB)
28:20.18	Alex Hagelsteens (Bel)
28:21.48	Axel Krippschock (ET)
28:21.27	Thomas Turb (SU)



Womens' events

800metres

1:53.28	Jarmila Kratochvilova (Cze) @
1:55.95	Yekaterina Podkopayeva (SU)
1:56.11	Lyubov Gurina (SU)
1:56.21	Zamira Zaitseva (SU)
1:56.81	Tatyana Providokhina (SU)
1:56.96	Zuzana Moravickova (Cze)
1:57.06	Doina Melinte (Rum)
1:57.08	Ravilya Agletdinova (SU)
1:57.28	Milena Matejkovicova (Cze)
1:57.4	Lyudmila Borisova (SU) (10)
1:57.57	Antje Schroder (EG)
1:57.61	*Mary Decker (AW) @
1:57.99	Irina Podyalovskaya (SU)
1:57.9	Svetlana Popova (SU)
1:58.01	Margrit Klinger (WG)
1:58.12	Lyudmila Veselkova (SU)
1:58.2	Anzela Romanova (SU)
1:58.2	Tamara Sorokina (SU)
1:58.36	Ines Vogelgesang (EG)
1:58.5	Nina Vershinina (SU) (20)
1:58.63	Laima Yuknaviciene (SU)
1:58.63	Christiane Wartenberg (EG)
1:58.6	Laimute Baikaukaite (SU)
1:58.6	Valentina Shukova (SU)
1:58.70	Nadyezhda Svyaginzeva (SU)
1:58.82	Svetlana Kitova (SU)
1:58.9	Tatyana Kazankina (SU)
1:59.00	*Robin Campbell (PE)
1:59.28	Brigitte Kraus (WG)
1:59.31	Marita Arenta (SU) (30)
1:59.39	Iize Venter (SA)
1:59.40	Gaby Bussmann (WG)
1:59.40	Christine Wachtel (EG)
1:59.46	Lyubov Kirchina (SU)
1:59.54	Sharon Bailey (GB)

1500metres

3:57.12	*Mary Decker (AW) @
3:59.31	Ravilya Agletdinova (SU)
4:00.12	Fita Lovin (Rum)
4:00.3	Yekaterina Podkopayeva (SU)
4:00.62	Maria Radu (Rum)
4:00.7	Tamara Sorokina (SU)
4:01.19	Zamira Zaitseva (SU)
4:01.23	Tatyana Kazankina (SU)
4:01.29	Christiane Wartenberg (EG)
4:01.49	Doina Melinte (Rum) (10)
4:01.4	Irina Nikitina (SU)
4:01.67	Nadyezhda Raldugina (SU)
4:01.6	Anzela Romanova (SU)
4:02.23	Natalya Boharova (SU)
4:02.42	Brigitte Kraus (WG)
4:02.43	Gabriella Dorio (Ita)
4:02.63	Natalya Artyemova (SU)
4:02.66	Margrit Klinger (WG)
4:03.36	Britt McRoberts (Can) @
4:03.51	Olga Dvirna (SU) (20)
4:03.64	Svetlana Popova (SU)
4:04.14	Wendy Sly (GB) @
4:04.25	Ulrike Bruns (EG)
4:04.33	Tamara Kola (SU)
4:04.36	Lyudmila Baranova (SU)
4:04.38	Totika Petrova (Bul)
4:04.42	Astrid Pfeiffer (EG)
4:04.77	Olga Kuzuykova (SU)
4:05.06	Olga Zhuravlyeva (SU)
4:05.19	Lidia Volodina (SU) (30)
4:05.67	Lyubov Kremlyova (SU)
4:06.21	Alla Yushina (SU)
4:06.74	Christina Baker (GB)
4:06.87	Zola Budd (SA) @
4:07.00	Martina Krut' (WG)

10,000metres

31:27.58	Raisa Sadreydinova (SU) @
31:35.01	Lyudmila Baranova (SU)
31:35.61	Olga Krennter (SU)
31:48.94	Tatyana Pozdnyakova (SU)
31:52.85	Aurora Cunha (Por) @
32:00.26	Charlotte Teske (WG) @
32:02.89	Dorthe Rasmussen (Den) @
32:21.47	Anne Audain (NZ) @
32:23.04	Nancy Rooks (Can) @
32:23.1	Tuula Toivanen (Fin) (10)
32:28.28	Lyudmila Matveyeva (SU)
32:46.78	Rosa Mata (Por)
32:49.1	*Beth Farmer (FI)
32:50.71	Carla Beurskens (Hol) @
32:53.8	Gabrielle Meinel (EG)
32:58.6	*Eleanor Simonsick (MC)
33:01.02	*Betty Springs (NC) @
33:02.9	Nanase Sasaki (Jap)
33:04.23	Carol May (Ire) @
33:06.70	*Marianne Weaver (MI) (20)

3000metres

8:32.63	Tatyana Kazankina (SU)
8:34.04	Alla Yushina (SU)
8:34.60	Galina Zakharova (SU)
8:34.62	*Mary Decker (AW)
8:35.06	Svetlana Guskova (SU)
8:35.11	Brigitte Kraus (WG) @
8:35.55	Svetlana Ulmasova (SU)
8:37.06	Wendy Sly (GB) @
8:37.32	Tatyana Pozdnyakova (SU)
8:37.45	Olga Dvirna (SU) (10)
8:37.96	Agnese Possamai (Ita) @
8:38.22	Olga Kuzuykova (SU)
8:39.00	Zola Budd (SA) @
8:41.05	Raisa Sadreydinova (SU)
8:44.88	Ulrike Bruns (EG) @
8:45.69	Jane Furniss (GB)
8:46.94	Cornelia Burki (Swi)
8:47.02	Olga Krennter (SU)
8:47.36	Irina Nikitina (SU)
8:47.56	Natalya Artyemova (SU) (20)
8:48.09	*Brenda Webb (AW)
8:48.14	Shanna Turstanova (SU)
8:48.64	Lyubov Kuzuykova (SU)
8:49.17	Nadyezhda Raldugina (SU)
8:49.77	Christine Banning (GB)
8:49.96	*Maggie Keyes (AW)
8:50.20	Aurora Cunha (Por) @
8:50.36	Lyubov Smolka (SU)
8:50.63	Lyudmila Baranova (SU) (30)
8:50.79	*Kathy Hayes (Or)
8:51.27	Alison Wiley (Can) @
8:51.78	Lorraine Motter (NZ) @
8:51.91	Eva Ernstrom (Swe)
8:52.67	Vera Michaltek (WG)

5000metres

15:10.65	Zola Budd (SA) @
15:27.22	Anne Audain (NZ) @
15:27.5	Monica Joyce (Ire) @
15:31.7	Aurora Cunha (Por) @
15:33.43	*Betty Springs (NC) @
15:33.51	*Kathy Hayes (Or)
15:33.64	*Brenda Webb (AW)
15:34.77	Eva Ernstrom (Swe) @
15:35.11	*France Larnieu (N) @
15:38.17	Francine Peeters (Bel) @ (10)
15:38.53	Akemi Masuda (Jap)
15:40.78	Midge Hamrin (Swe) @
15:41.5	Alison Wiley (Can) @
15:47.77	Barbara Moore (NZ)
15:49.7	*Patti Sue Plumer (Stan)
15:50.34	*Joan Benoit (AW)
15:50.4	*Amy Harner (SLO)
15:52.03	*Andrea Fischer (Mo)
15:52.55	Yvonne Murray (GB)
15:52.60	Joella DeBruin (Fra) @ (20)
15:54.01	Wendy Van Marle (Can) @
15:54.13	Paula Fudge (GB)
15:55.03	Izcar Fernandez (Esp) @
15:55.04	Lynn Williams (Can)
15:55.70	Nanase Sasaki (Jap)
15:59.62	Elena van Zyl (SA)
15:59.66	Regina Joyce (Ire) @
15:59.70	Carla Beurskens (Hol)
16:00.9	Kate Wiley (Can) @
	Monika Schafar (WG) (30)

33:08.46	*Katie Ishmael (W)
33:11.3	Elvira Hofmann (WG)
33:12.1	Lisa Martin (Aus) @
33:14.45	Regina Joyce (Ire) @
33:19.76	Akemi Masuda (Jap)
33:21.15	Kristina Lisakki (Fin) @
33:22.17	Maggie Hand (Bel) @
33:33.58	*Anne Hind (N) @
33:35.19	*Jill Mohr (U)
33:37.07	Christina Tommasi (Ita)

Steve Cram (325) used a 51.9 last lap to bury a class field in World Championship 1500m final, Helsinki. Chasing are Steve Scott (018), Steve Ovett (341) Jose Abascal and Said Aouita (549). Mark Shearman photo.

1500 Metres

Mary Decker (4.8.58) 1.68/51Kg	USA 3:57.12
Zamira Zaitseva (16.2.53) 1.64/49Kg	SU 4:01.19
Yekaterina Podkopayeva (11.6.52) 1.64/52Kg	SU 4:00.3
Ravilya Agletdinova (10.2.60) 1.69/52Kg	SU 3:59.31
Tatyana Kazankina (17.12.51) 1.62/48Kg	SU 4:01.23
Nadyezhda Raldugina (56)	SU 4:01.67
Wendy Sly (5.11.59) 1.60/47Kg	UK 4:04.14
Doina Melinte (27.12.56) 1.71/56Kg	SU 4:01.49
Gabriella Dorio (27.6.57) 1.66/55Kg	It 4:02.43
Brigitte Kraus (12.8.56) 1.80/55Kg	GFR 4:02.42
Average (of 9) : 1.67m / 51.66 Kg.	

800 Metres

Jarmila Kratochvilova (26.1.51) 1.70/64Kg	Czech 1:53.28
Lyubov Gurina (6.8.57) 1.66/56Kg	SU 1:56.11
Yekaterina Podkopayeva (11.6.52) 1.64/52Kg	SU 1:55.96
Irina Podyalovskaya (19.10.59) 1.65/52Kg	SU 1:57.99
Margrit Klinger (22.6.50) 1.67/55Kg	GFR 1:58.01
Robin Campbell (25.1.59) 1.72/59Kg	USA 1:59.00
Doina Melinte (27.12.56) 1.71/56Kg	Rum 1:57.06
Milena Matejkovicova (23.6.61) 1.61/53Kg	Czech 1:57.28
Antje Schroder (2.9.63) 1.73/56Kg	GDR 1:57.57
Zuzana Moravickova (30.12.56) 1.66/52Kg	Czech 1:56.96

Average: 1.675m / 55.5 Kg.

HEIGHTS AND WEIGHTS HOW THEY AVERAGE OUT.

The World Top 10 Women, compiled by David Cocksedge.

Continued on Page 20.

MICHEL JAZY

French middle-distance hero of the Sixties

By DAVID COCKSEGE

ST. MAUR, FRANCE, OCTOBER 12th, 1966. It was to be the grand master's farewell appearance, and loyal French fans turned up in their thousands to cram the stadium. Michel Jazy's last international race was to be a cold-blooded world record attempt over five laps — 2000 metres. The special meeting had been organised by the French Sports Journalists Union to benefit the Guadeloupe Hurricane Relief Fund, and it dovetailed in nicely with Jazy's highly successful season, highlighted by his victory in the European 5000m in Budapest a month before. He was in superb shape and planned to end a wonderful career with another world record.

The target was Harald Norpoth's mark of 4:57.8 which he had equalled earlier in the year. This time good pacemakers were laid on among the eight starters, and everything went to plan. Marcel Darras cut out the early pace at a nice clip, passing 400 in 58.0 and 800 in 1:58.7. Then Jean-Luc Salomon, a finalist in the European 5km, took over and towed the smooth-striding Jazy through the kilometre in 2:29.2. Now it was Jean Wadoux's turn. The lean Parisian slipped past Jazy and led past 1200m in 2:59.6 and 1500m in a sizzling 3:44.5.

Now it was all up to Michel. He cut loose just before the bell (3:58.6 compared to 4:02.2 for Norpoth in his race) and the crowd roared with delight as his elegant sprinting stride widened the gap over Wadoux. Holding his form well and pressing down hard without overstraining, Jazy sped around the last lap in 57.6 and hit the tape to tumultuous applause. His 4:56.2 had wrecked Norpoth's mark by 1.6sec. It stood as a world record for ten years until John Walker's amazing 4:51.4 in 1976.

Wadoux finished an isolated second in 5:14.3 and Salomon was third in 5:20.2. It was the sort of farewell race all runners dream about, Jazy's ninth world record.

For six years Jazy had carried all of the hopes and aspirations of France, he could command more respect and admiration than President de Gaulle among his countrymen. To the French, he was Bannister, Pirie, Ibbotson, Overt and Coe all rolled into one. And only once did he fail to live up to their expectations, in the 1964 Tokyo Olympic 5000 final.

Born at Oignies, France on June 13th, 1936 of Polish/French parents, Michel Jazy stood 1.76m and weighed 66kg during his heyday. His personal bests amounted to an

impressive range of talent: 48.7 for 400, 1:47.1 for 800, 2:19.1 for 1000m, 3:36.3 for 1500, 3:53.6 for 1 mile, 4:56.2 (2000), 7:49.0 (3km), 8:27.6 (2 miles), 13:04.8 (3 miles), 13:27.6 (5km), 28:09.4 (6 miles) and 29:03.2 (10km). He also took part in two world records at 4 x 1500m: 15:04.2 in 1961 and 14:49.0 in 1965.

A silken-smooth mover over the cinder tracks of the world, Jazy came to be one of the most feared finishers in history, his searing sprint won 43 races out of 43 during an amazing 1962 season. A typographer by trade, he now works for Perrier and French TV.

A soccer fanatic in his early teens, Jazy did not take to the track seriously until he was 18 and joined an athletics club in Paris. In 1954 he ran 4:07.4 for 1500, improving to 4:00.2 in 1955. He made the French Olympic team in 1956 but bowed out early in Melbourne as he equalled his best of 3:49.8 in his heat, finishing 7th. He was an interested spectator as Ronnie Delancy (Rol) outkicked a strong field to take the final in 3:41.2.

In 1957, Jazy set French records at 1500m (3:44.0 and 3:43.6), 2000m (5:15.0) and 3000 (8:12.4) and at the age of 22 in 1958 he placed 10th (3:45.4) in the European 1500m final in Stockholm, won by Brian Hewson. His French national record came down to 3:42.5. He took to two-lapping in 1959, setting national records of 1:48.0 and 1:47.9 and also collected French bests of 2:20.6 for the kilometre, 3:42.1 for 1500 and 4:01.8 for the mile.

The track world was unprepared for his sudden emergence into the ranks of the very best when he travelled to Rome for the Olympic Games; but coach Rene Frassinelli was confident that his charge would do himself and France, proud, based on some sound training prior to their departure for the Stadio Olimpico.

Michel qualified comfortably for the 1500 final, running 3:44.9 a second behind Sweden's Dan Waern in heat three. Herb Elliott (Australia) had looked awesome in taking heat one in 3:41.4 after a year's absence from the track, sharpening his favourite's role. Istvan Rozsavolgyi (Hungary), a 3:38.9 man in 1959 and with a best of 3:38.8 in 1960, was favoured for the silver medal. Third looked to be between Zoltan Vamos (Rumania) and Waern.

The nine finalists lined up on the red cinder track on Tuesday, September 9th

minutes after an amazing 400m final which saw Otis Davis (US) and Karl Kaufmann (GFR) run 44.9 inches apart. Elliott was ready to oblige the 80,000 strong crowd with another world record. Michel Bernard, Jazy's countryman who had beaten him for the national title in 3:42.0, took them out fast, with Jazy settled into fifth just behind Elliott. Bernard led past 300 in 43.0, 400 in 58.2, 600 in 1:27.4 and 800 in 1:57.8, before Elliott suddenly swung wide and kicked. He shredded the field in the space of 100m, which he covered in a murderous 13.2. Only Rozsavolgyi and Jazy could follow immediately as the stoop-shouldered Australian with the punishing mid-race surge burst through 1000m in 2:25.4 and the bell in 2:40.0. At 1200m (2:54.0) he led by 3m from Rozsavolgyi with Jazy amazing everyone 2m further back in third. Vamos was 5m back, ahead of Bernard and Dyrol Burleson (USA). Elliott opened more daylight over the Hungarian, speeding through 1300m in 3:07.6, 1400 in 3:21.2 and eventually winning all by himself 20m clear in 3:35.6, to smash his own world record by 0.4 seconds in a devastating display of front running par excellence.

In spite of the world record pace, Jazy stayed with Elliott for 800m, then settled in behind Rozsavolgyi until 1200m when he sped into the no-man's land behind Elliott. His strong run at the Australian made little or no impression in the last 300m, but it netted him the silver medal in 3:38.4, making him the third fastest man ever at the distance. When informed who had finished second, Elliott took a swig of Italian beer and snapped "Never heard of him!"

Jazy said: "I suffered the woes of hell down the home straight. But I would have tortured myself to go a bit faster if I had known I was that close to the European record". (He missed Jungwirth's 3:38.1 by 0.3sec). Rozsavolgyi was third in 3:39.2 and Waern finished 4th in 3:40.0. Zoltan Vamos (3:40.8) held off Dyrol Burleson (3:40.9) for fifth.

Earlier in the year, Michel had equalled his French record at 800m (1:47.9) and lowered the mile standard to 4:01.3 in a tight race behind Laszlo Tabori (Hungary) and Mike Wiggs (4:01.2) in his first appearance at London's White City.

The following year was relatively quiet. He twice broke the French 2km record (5:10.2 and 5:09.4); and clocked 2:20.1 for 1000m. Jazy covered 1500m in only 3:42.5



Tokyo, 1964. Michel Jazy leads in 5000m final alongside Ron Clarke with Kip Keino, Bill Baillie, Bob Schul and Harald Norpoth up close.

but made an interesting foray into the 5000m, lowering his best by almost 62 seconds to 14:10.4. His first world record came about, at Versailles on June 28th, when a French quartet teamed up to clock 15:04.2 for 4 x 1500m. Training went very well that winter, and Michel was ready to embark on a glittering summer of 1962, when he went unbeaten over every distance he chose to race over. Oh, he did suffer one loss: he placed 3rd in a long jump contest!

The main aim was the European 1500m in Belgrade, but on the way Michel collected world records at 2000m (5:01.5 at Chartley, on June 14th); 3000m (7:49.2 at St. Maur, June 27th), and sharpened up for the big test with 1500m in 3:39.9 at Zurich in July.

In Belgrade Jazy toyed with his opponents in the heats, calmly striding around his last lap in 54.3 as he eased in to win in 3:47.7. In the final he and Witold Baran shared the pace through 400 in 59.8 and 800 in 2:01.0. Baran led at 1200 in 3:01.6 but was powerless to respond when Jazy burst into full cry along the final backstretch. The French national cross country champion covered the last 200m in 25.9 to win all alone by a dozen

metres in 3:40.9. Baran (3:42.1) took the silver medal and Tomas Salinger (Czech) the bronze in 3:42.2. Young Harald Norpoth, soon to be a formidable foe to Jazy, fell at the kilometre mark and did not finish.

Next on the agenda was an assault on the European 1500m record. Jazy prepared with his first four minute mile (3:59.8) at Lille on October 3rd and at St. Maur on October 7th came desperately close to breaking Jungwirth's stubborn figures of 3:38.1. After being paced through 400 in 58.0 and 800 in 1:57.0, Jazy hit the kilometre in 2:25.3 and 1100m in 2:40.5. But lack of opposition slowed him to 57.8 for the final lap, though his 3:38.3 clipped his French record and gave him top ranking for the year.

The 'failure' was especially frustrating, for the super-fit Frenchman finished feeling amazingly fresh. Six days later he proved it by returning 1:47.1 for 800m at Linoux. He had run 1:47.8 for 880yd in August and 1:47.3 in Colombes in September. From a national hero he had become a national idol. Michel couldn't put a foot wrong, it seemed. All of France confidently awaited a gold medal exploit in Tokyo (1964).

Another individual world record came his way at Chartley on June 5th, 1963 when the lean Frenchman hurried through two miles in 8:29.6. In Madrid in May he had sped 1000m in 2:19.1 and on July 28th at Colombes he and Michel Bernard teamed up to attack the European 1500m standard, Jazy winning in 3:37.8 to lower Jungwirth's mark by 0.3sec and Bernard posting an excellent 3:38.7 behind him, giving them first and second in the 1963 world lists. His best 800m was only 1:49.4 that year, but his 5km best came down, significantly, to 13:50.2 (French record!) in Moscow on July 2nd. He also ran a mile in 4:00.9 at Karlstaad on September 3rd and covered 3km in 7:59.8 at Paris in June.

Michel stepped up the endurance work the following winter in preparation for an October peak in Tokyo. Things looked good, as he ran 3km in 8:05.0 and 1500m in 3:39.8 at Alfortville sharpening up for a meeting with Ron Clarke (Australia) at Cologne on July 8th. Jazy lowered his French record to 13:49.4, but could not hold Clarke's mid-race surges after 3500m where the Australian broke away to win easily in

13:45.2. (Clarke had earlier run 13:39.0 behind Pytor Isotnikov's 13:38.6).

That was a serious setback, but Jazy comforted himself with the thought that Clarke might not be able to break away from his opposition before the last lap in Tokyo. He showed better endurance in September when he ran 13:46.8 at Fontainebleau and a mile in 3:57.9 in St. Maur which restored his confidence greatly.

At Tokyo Jazy plumped for the 5km, and looked immaculate winning his heat in 13:55.4 from Bill Baillie (NZ) and Stepan Baidiuk (USSR) on October 16th. Mike Wiggs won heat two in 13:51.0; Mohammed Gammoudi took heat three in 14:10.2 and Ron Clarke pushed to a 13:48.4 winning heat four from Kip Keino. The final, two days later, was run in pelting rain on a soggy track and it was so dark that the stadium lights were turned on as the 11 finalists (Gammoudi did not report) lined up.

After a slow start (68.8 and 2:18.5) Clarke kicked up the pace with a 64.7 lap. The next two laps, with Clarke leading the throng, went by in 67.2 and 68.5. Then Clarke pushed hard again, and strung them out with a 62.5. Only Jazy went with him, mindful of Clarke's ability to break a field halfway through a race; but Clarke then slowed to 70.6 and sealed his fate. Jazy led at 4000m in 11:15.6 and 9 men were still in contention with 600m left to run. Bill Dillinger (USA) surged past Clarke just before the bell, but this was where Jazy planned to attack. He kicked going into the penultimate curve, opening an 8m lead over Dellinger, Norpoth, Baillie and Bob Schul (USA) heading into the backstraight. It looked all over, for the blue-vested Frenchman was flying now and the others were fading. But wait! Schul suddenly started to run, spurting into second behind Jazy and cutting the gap somewhat as they raced into the final curve.

The tough American led the 1964 world rankings with 13:38.0 at Compton in June and had a withering kick of his own. But could Jazy the miler hold him off? Coming off the last turn, Jazy took an agonised look back. Schul smiled inwardly. "I knew I had him," he said later. The American rushed past a broken Jazy 70m from the tape and won in 13:48.8, his last 300m in 38.7 doing all the damage.

Jazy still had the silver medal, but Norpoth finished like a whirlwind, nipping the exhausted Frenchman 20m out for second spot. Michel gave up at that point, almost stopping dead a couple of metres from the line and Dellinger came roaring past to snatch the bronze medal away from him. Norpoth ran 13:49.6, Dellinger 13:49.8, same as Jazy. Keino was 5th in 13:50.4 and Baillie 6th in 13:51.0. Jazy was distraught and France went into mourning.

But great athletes always come back from bitter disappointment. Training began to go so well for Jazy in 1965 that he declared that the first two weeks of June, would be 'The Jazy two weeks'. In fact, he enjoyed a fantastic month.

On June 2nd he ran an European mile record of 3:55.4 at St. Maur and four days later cut the European 5km record to 13:34.4

at Lorient. Then, on June 9th on a cinder track at Rennes, he decided to attack the mile mark again. All of France's top milers lined up to lend a hand with the pace but a local hare took Jazy through 220yd in 28.0 and 56.5 at 440. Jean Wadoux and Claude Nicholas followed with Michel gliding along smoothly in 57.3. Wadoux took over just before 880yd (1:55.7) with Michel on 1:56.5. Nicholas kicked ahead 300yd later and led at 1320yd in 2:57.2 just ahead of Jazy (2:57.4).

Now Michel required a 56.6 lap to better Peter Snell's world record and he obliged the screaming crowd by sprinting around in 56.2 to snap the tape in 3:53.6. His en-route 1500m time was 3:38.4. The last French holder of the world mile record had been Jules Ladoumègue in 1931 (4:09.2).

The 29 year old Frenchman was in such form that he determined to test himself at 5km and two days later cut the European record again to 13:29.0 at Charleville, passing three miles in 13:05.6 en-route. Then in Melun on June 23rd he locked horns with Ron Clarke over two miles. It was a classic race. They shared the pacemaking through a 4:12 first mile and then Clarke tried to break Jazy with a string of 62/63 laps. Michel responded to every surge and then struck on the final back straight, sprinting past 3km in 7:49.0 (world record) and breaking the tape in 8:22.6 (world record). Clarke ran 7:51.0 and 8:24.8 in second place.

Two days later Michel ran in the French 'A' team which successfully broke their own 4 x 1500m standard with 14:49.0 at St. Maur. Gerard Vervoort ran 3:41.8, Claude Nicholas clocked 3:45.1, Michel contributed a 3:39.9 third leg and Jean Wadoux anchored in 3:42.2. Jean-Luc Salomon ran 3:42.8 for the 'B' team and Michel Bernard did not run!

At Clermont-Ferrand on June 27th as a tune up for the World Games 5km where all the world's best would clash, Jazy clocked 8:04.2 in outkicking Salomon over 3km and he flew to Helsinki ready for the 5000 of his life. So it was. Fifty thousand spectators roared throughout a gripping race watched live all over Europe on TV. Clarke and Jazy shared the pace through 2:41.0 for the first kilometre, 5:21.4 at 2km and 8:05.2 at 3'. Then Clarke kicked in an 8th lap of 64.0 that killed everyone except Jazy and Keino. They hit 4km in 10:50.2 and Clarke still led at the bell in 12:31.2. The Kenyan struck hard with 350m to go, dropping Clarke immediately with a withering sprint, but Jazy was ready for him and slipped into his wake smoothly before bursting ahead with just under 200m left. His last 200 in 26.6 gave Jazy another European record of 13:27.6 (13:04.8 at 3M) with Keino on 13:28.2 and Clarke returning 13:29.4 in third. Mike Wiggs set a UK record of 13:33.0 in 4th. Three days later Keino ran 13:26.2 at Turku ahead of Clarke (13:29.0) again!

Shortly afterwards, Michel went off on holiday, but in October he ran a French record of 28:09.4 for 6 miles at Colombes en-route to a 29:03.2 timing for 10,000m. Keino (7:39.6) broke his 3km record at Halsingborg on August 27th and Clarke's 5km record with 13:24.2 at Auckland in November, but it had definitely been

Michel's year on a competitive basis.

Strangely, Jazy ran the 10,000m for France in the Europa Cup at Stuttgart but made a poor debut, suffering from cramp at 7000m and hobbling home barefoot after removing his spikes to finish 6th and last in 30:38.4 (Nikolay Dutov won in 28:42.2).

The 1966 European Championships were to be held in Budapest and Michel, now 30, decided it was to be his final season. At Rennes on June 15th he cut his European 1500m record to 3:36.3 in a well-judged effort, paced by Wadoux and Bernard, and in Warsaw four days later won a hot 3km race in 7:51.8 with a last lap of 54.7. In Lorient on June 3rd he had covered 5km in 13:38.2 and his big design was to double up at 1500 and 5km in Budapest. He ran an easy 3:45.1 heat in the European Championships on August 30th behind Harald Norpoth (3:44.9) and in the final two days later lined up with Jean Wadoux and Claude Nicholas also having got through.

Eugene Allonsius (Bel) led at 400m in 59.5 but suddenly everyone became shy and the second lap slumped to 63.9. Norpoth led the jostling pack of 12 at the bell in 2:49.2 but it was the powerful 1.88m/70kg Bodo Tummler (GFR) who burst ahead on the backstretch. Jazy chased Norpoth hard, catching him 40m out, but could do nothing about Tummler, who won with arms aloft in 3:41.9 with a 52.2 last lap and last 700 in 1:38.5. Jazy ran 3:42.2 and Norpoth was third in 3:42.4.

The next day Michel eased through his 5km heat comfortably in 13:54.8 with a casual 56.0 last lap. The final was on September 4th after a day's rest: Lajos Meeser (Hun) led for most of the first 4km, passing 1000 in 2:50.8, 2km in 5:35.7 and 3km in 8:25.5. Istvan Kiss led at 4km in 11:14.6 but Norpoth took over soon after and started a prolonged drive designed to kill Jazy's formidable finish. It was a brave try. Only Michel could follow as Norpoth stomped hard on the gas pedal: they burst past the bell in 12:47.2 sprinting hard but the German was at full stretch whilst Jazy still had a gear left. Coming off the final curve, Michel attacked decisively and his powerful kick gave him an 8m advantage at the tape which he reached in 13:42.8. He had covered the last kilometre in 2:28.0 and the last 3 laps in a fraction outside 3 minutes. The last lap was 55.5 and the final 800 a scant 1:57.4!

Jazy ran 2km in 4:57.8 on September 24th at Chambéry and in his last international match race won against the British and Finns with a 13:46.4 5km at Paris on October 1st from Derek Graham (13:49.6). His final world record was where we came into this story, at St. Maur over five laps.

Most Frenchmen refused to believe that Michel, at 30, had finally hung up his spikes for good. Yes, he insisted, he would only run for fun and race occasionally at club level. "What about Mexico?" he was asked. Yes, Mexico and the honour of France at 5000 metres? Michel smiled, and there was perhaps a memory of Tokyo and those bitter tears as he replied: "Mexico is for tourists, not runners", he said. And he meant it. ☺

MOTIVATION

MENTAL PREPARATION FOR TRACK & FIELD

by Harry Marra, San Francisco State.

Marra, a successful decathlete and coach, presents a brief overview of all aspects of mental preparation for track and field performance.

The area of sport psychology is still a relatively unexplored area. It is the belief of this author that this area, more than any other, will lead us to improved performance.

I am not trying to downplay the importance of areas such as exercise physiology and biomechanics; rather, I feel that our *mental approach* to athletics needs to pick up the pace and stay abreast of these important fields of study.

MOTIVATION AND GOAL SETTING

As most of us are aware, motivation can come from some external stimulus or from within. The external stimulus can be in the form of a trophy, media recognition, financial gain, etc. All of these and more are relevant to the sport of track and field.

I would like to dwell for a moment on what psychologists refer to as *implicit* or *internal motivation*. Much more control of the mental factors is demanded if one is to have a high state of internal motivation. Most Olympic competitors will tell you that 90 percent of the competition at the Games is mental: *90 percent!*

Motivation can come from your physical state as well. An athlete who is free from those nagging injuries can, more often than not, have that winning psychological edge on his competitor. It is therefore important to train in a fundamentally sound program. Too much of any one area of emphasis can have deleterious effects upon your physical well being.

Positive reinforcement both from yourself (self praise) and from your coach can contribute to a higher level of motivation in the athlete. Confidence in what you are doing is important here. Security in the fact that you are training in the correct fashion usually develops over the

years as an athlete gains in that all important experience. National meets, high level invitationals, European tours, etc., all lend themselves to this type of confidence and motivation.

Athletes need to set goals that are one, *challenging* and two, *realistic*. If you have these ideas in mind, your motivation can increase accordingly. Fulfilling a non-challenging goal is meaningless. Likewise, visions of grandeur can be extremely frustrating when they do not find their way to fulfillment. We have to know and understand our mental and physical capacities and proceed from there.

STRESS MANAGEMENT

Stress can be defined simply as any adverse force of influence. As it relates to athletics, I believe that stress in an overdose form is simply the doubting of your ability to perform!! Too often, we have seen the highly tuned, ready-to-go athlete fall apart when the competition is upon him.

I am not advocating that we try to reduce all stressful situations to a zero level. On the contrary, athletics without some level of controllable stress is not conducive to a high level of performance. Surely, the Olympic Champion-to-be feels a tremendous amount of stress just prior to the start of competition. Yet, he becomes the Olympic Champion by learning how to deal with and control the situation to his benefit. He in effect, is not "psyched out" by this stress.

There are many ways (techniques) that we can control a stressful situation. First and foremost for the athlete is the concept of *progressive relaxation techniques*. Simply stated, you systematically tense and relax different

portions of your musculature and "feel" the tension "leave" the body during the relaxation phase. A program such as this needs to be carried on daily to master the technique. I would recommend it as a point just prior to the warm up phase for your event.

Autogenic training is another method enabling us to cope with stress. Basically, this method is a thought process that we use to create a relaxed state. For example, data from research is available to show us that we can slow down the rate of heart beat simply by thinking about it. An example might be to think that your leg is loosening up even prior to stretching. Sound far out? Try it. Believe in it... it will work!

The use of *imager techniques* is also very successful. Initially, you put your body into a relaxed state. At that point, suggestions in the form of progressive fears that you have about competition, athletics, etc., are read aloud to you.

As we hear the "fears" read, the body is monitored by a response mechanism to insure that we remain at the initial relaxed state. As we learn to handle and cope with the initial low level anxieties associated with our fears, the suggestions become more intensified in nature.

Shifting the stress to some other area has also proved to be a successful method of coping with anxieties. For example, a cross country runner who has a very hard time in a race each time a hill comes up, should try to focus his attention on some aspect other than the hill itself. You may want to look at a tree in the distance and run toward it, forgetting about the hill.

CONCENTRATION

What is concentration? How does one do it? Is there a skill to it?

There are four key areas to concentration. Initially, one needs to be able to focus in on the *important* and *relevant* aspect of your event. Needless hours can be wasted unless there is a logical progression on the important areas of the skill. This leads to the second area—one needs to be *aware* of the important and relevant aspect of the skill.

Third in order is that each athlete needs to maintain a positive attitude at all times about what he is doing. There can be no self doubt. It

will only lead to failure. Finally, concentration must last for a long time. We must practice at being able to concentrate for the duration of the event; not just at the onset or early stages of what we are doing.

Concentration can be learning to deal with *distractions*. I believe this is where the key to understanding how to concentrate lies. If we know our event thoroughly, then we can begin to zero in on it and ward off all unnecessary distractions. This knowing of your event implies an understanding of each aspect of the skill well enough that you can explain it verbally, not just in picture form. Being able to see the event is not enough.

Wishing that you will win is a negative aspect. It is a reaction to the negative part of yourself. You have to *believe* that you will win. If you *feel* this, then you can say you are concentrating. Your body acts the same way in both an *excited* (positive) and anxious (negative) state.

The difference in the final outcome of the race will rest in the mental aspect of the event. The best example that comes to mind is the reaction of an athlete to the following question, "How do you think you will do today in the competition?" The athlete who says "I think..." is not concentrating fully; is not *sure* of himself. The athlete who says, "I will..." is well ahead already before the gun goes off!!

This is not to say that you must systematically be thinking only of winning. Better yet, try to concentrate on *WHAT YOU NEED TO DO* to win. Your focus should cover a wide area. Be ready for the unexpected. Otherwise something will creep up behind you and cause your failure.

Letting go completely is in effect what concentration is all about. Yet, letting go is dependent upon a feeling of security and safety about yourself. We should have no fears about failing. An athlete should try to make his event, and all that is associated with it, the extreme point of thought at the onset of the competition. A certain level of tension about yourself is helpful, in case your race plan does not progress as you thought it would.

The psychological aspects of your event should be practiced all the time. You don't need to be on the track to get in some of this mental preparation. Maintain a positive attitude about yourself at all times. □



Sub 4 minute men gather for BMC 20th Anniversary luncheon. Left to right: JIM DOUGLAS (3:56.0); ALAN SIMPSON (3:55.68); Syd Lidiard (Courages); JOHN WHETTON (3:57.5); ANDY GREEN (3:57.7) and crouching TIM HUTCHINGS (3:54.53). Cocksedge photo.

BRITISH MILERS CLUB

Grand 20th Anniversary Lunch

Sunday, 20th November 1983

THE HENDON HALL HOTEL
Ashley Lane, Hendon, London NW4 1HF

COACHING IS CRITICAL

A personal view
By Conrad Milton

At any time in any athletic society there will be good and bad, and the most we can hope for is that the good outweighs the bad by a considerable amount. It has been said of Democracy that it is a far from perfect system, but it is at least the best we have: the UK Coaching System is in my view similar. It has evolved over a period and hopefully will continue to do so as the needs of both coaches and athletes change. It is unlikely to be all things to all men, but it is staffed by men and women of integrity with the different strengths and weaknesses that make up all of us.

Critics it must have since criticism is usually helpful but there is no point in criticism for the sake of it, or non-constructive criticism. Similarly criticism to be effective must be balanced and fair. There is a danger when personal opinions are written as if they are fact or if any article/letter to a journal is answered by another correspondent in the same issue when the original writer has to wait weeks/months for the next issue for his right of reply.

Similarly accuracy in articles or response is vital as is substantiation of statements made. For example, the Autumn 1983 BMC NEWS reproduced a letter of mine to ATHLETICS WEEKLY with comments from Frank Horwill. These comments accused me of 'talking humbug when he suggests that private sponsorship of athletes is a recent trend'. Had I made that suggestion the response would have been correct - but since I didn't I can't see the relevance. Later on page 11 I am 'quoted' from a 10 year old newspaper article that I certainly can't remember and Frank cannot now substantiate.

Anyway back to the coaching scheme. Within the combined constraints of finance and the number of hours in a day, the professional National Coaches and the amateur National Event Coaches operate within a system that has raised the levels of UK athletics over a wide spectrum. They operate within a scheme which for all its faults has been copied by numerous other countries and other sports in the United Kingdom.

The specialist knowledge and skills required are there to be used but they cannot be rammed down people's throats. You can encourage consultation and involvement within the generality of coaching, but you cannot - and would not want to - enforce it. By far the greater majority of all coaches in the UK belong to the 'Scheme' but those who choose to remain outside it for whatever reason are not resented, are not outcasts, and will hopefully continue to produce champions.

That alone does not mean the scheme has failed or that the outsider would not have been more successful had he/she joined the scheme.= Mind you, as a parent I would not send my child to an unqualified schoolteacher, doctor etc., and would personally see a direct parallel with coaching. The danger is not the experienced non-qualified coach but the charlatan who can also operate unchallenged and discredit all who bear the title 'Coach'.

Similarly if a coach chooses to remain outside the scheme he cannot then expect to receive the benefits. Thus all coaches qualified and registered under the scheme are covered for Third Party Insurance purposes. Recently the BAAB announced grants to enable coaches to athletes getting IAC warm weather grants to accompany the athlete(s) - clearly this benefit of the UK scheme is for qualified and registered coaches or those about to become so.

Those weaknesses that I find in the UK Coaching Scheme I try to rectify from the inside using logical, reasoned argument and democratic processes. Fortunately coaching is the main example of 'one body' with men and women adopting a unified approach. Many of the recent problems arose from an unstable financial position. Coaching will always be the main investment in our sport and thus the greatest expenditure. Yet of itself it produced little income. From my own financial background I have endeavoured to create a more commercial coaching approach. Without any direct sponsorship of coaching too much reliance remains on Sports Council grant aid which itself is constrained.

Thus whilst the books are balancing, expansion of expenditure (that means more courses, more competition trips abroad etc) can only follow increased income. With more funds available to them the Event Coaches can clearly do an even better job.

I haven't stopped criticising and hope I never will but hopefully I do it constructively and if mistakes are made don't always assume the worst motives. Some mistakes are genuine! Before criticising it is often best to ask a few simple questions to see if there is a simple answer. If an unsatisfactory answer results - or none at all - the criticism is much firmer. Perhaps I am privileged to work in a profession where integrity is paramount: in my dealings with people I have to judge them and be consistent. They cannot be super guys one moment, and absolute shits the next, and back again with strongest recommendations five minutes later. Thus if certain events occur which seem to merit criticism and a man of high integrity is involved my first reaction is to say "There must be another side to this", and to find out what it is.

There is also a need to understand procedures, particularly such sensitive issues as selection. The letters column of AW alone will show how many different views there are on selection and whatever method one chooses there will

be arguments. As a practical coach I am not too concerned what criteria are used so long as they are clear, announced in good time for me to prepare the athlete accordingly, and stuck to - not always have these requirements been present, but hopefully the lessons of the past have been learned.

One weakness of our selection process is the Committee system, particularly where members represent regional viewpoints and the time may be ripe for a solo selector equating to a National Football team manager. He would be criticised no doubt on every team, but paid by results and earning his respect the hard way. At present even the UK Director of Coaching, backed by contact with, and advice from, his team of National and Event Coaches does not have a vote. He can offer guidance, make recommendations, but go no further.

Accusations of favouritism under our present system for National team selections are thus hard to substantiate. When it comes to short trips or special competition tours it has to be accepted that the overseas promoter can largely call the tune, either by inviting only certain named athletes or specifying the events to be contested. Thus in 1979 when a Womens' middle distance competition tour was arranged the members of the party had to be chosen on ability to compete in 3 races in 5 -6 days over differing distances. Someone higher ranked, in say the 800m, then others picked might not have had the ability to race as well over 1500 or 3000m.

Similarly changes are sometimes forced by last minute withdrawals which make availability, possession of passports, contactability etc., almost as important if the cost of an air ticket is not to be wasted.

Anyone I coach gets selected for anything on merit. As is the right of any coach, I would submit race requirements for leading athletes to BAAB in the hope of satisfaction, but I neither have,

nor particularly want, any part of the selection process.

In talking of honesty it should be remembered that this is a two way thing. You need to actually hear an established international say on the 'phone: I'M sorry to pull out of the UK team for Saturday due to this persistent injury. Oh, by the way can I have a permit to run in Oslo on Monday?"

You may also read grant applications stating that the athlete currently spends £800 per week (!) on training to appreciate some of the hypocrisy. I have. At least be honest about it or don't treat the officials

as greater simpletons than they are.

One last point to my ramblings - critics must expect to meet a defence of any policy and must expect to be criticised themselves. I am a member of the UK Coaching Committee and expect criticism, expect to defend where defence is justified but also expect to criticise where that is justified. I am also a BMC member and would expect the BMC and its' National Committee to receive criticism, defend where justified, as well as criticise others.

CONRAD MILTON

ARE RUNNERS FIT, HEALTHY AND OUTDOOR TYPES ?

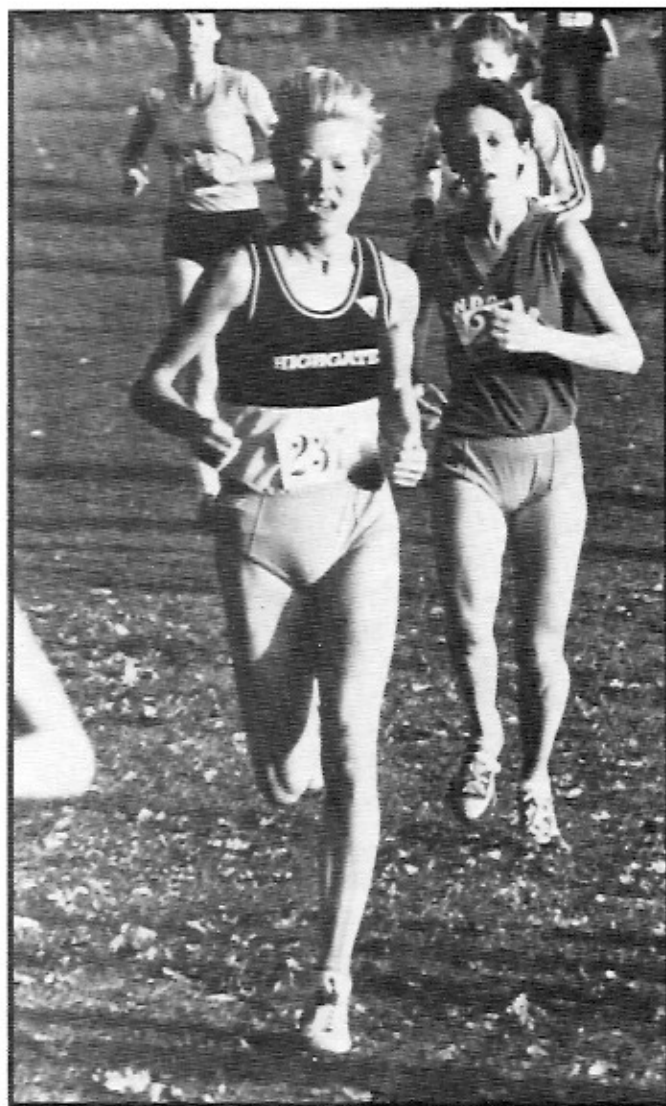
Asks Hilary Baxter

Being a fairly good club athlete, engaging in daily runs, plus 3 - 4 track sessions per week, I had always assumed, somewhat smugly, that I was one of the few elite, fit and healthy members of the Great British Public. Recently, however, several events have conspired to make me wonder if THE RUNNER is not all that he/she is made out to be.....

Last week, I was due to compete in a cross country race in fearful conditions. As soon as I left our minibus, my mind and voice became numb, and I headed for the changing room as fast as possible. There, I found numerous athletes huddled around the heaters, where we all stayed, shivering and moaning, till the last minute, before tottering out to begin our warm-up.

I could not help but notice some jovial souls, called Officials, who were nauseatingly hearty, and had obviously been out there all afternoon, oblivious to the blinding sleet and sub-zero temperature.

After our race, as we 'fit and healthy' runners rushed off to our hot baths, bandages and the million other accessories necessary to our survival, I reflected on the decidedly unhealthy comparison we had made with these 'non-running' officials.



Hilary Baxter runs for Highgate H. and won the Surrey 1500m title in 1982. Cocksedge photo.

On another occasion, I was out with a man-friend and changing tube trains at Kings' Cross. We heard the train rolling into our platform as we walked; whereupon my companion raced off to catch it. I kept on walking. As a result, we missed the train.

"What happened to you?" He said. "You're supposed to be a runner aren't you?"

Well, I couldn't possibly sprint without first warming up. I might have pulled somethingbut try and explain that to the non-athlete!

Some Sundays ago, the members of our office decided to spend a healthy day walking in the Chilterns, and I was persuaded to join them. Well, these unhealthy office types, who sit on their backsides all day, walked me under the table..... I was okay for the first 3/4 of an hour (maximum length of any of my runs); but after that exhaustion rapidly set in, followed by hypothermia, and I virtually had to be carried home at the end of the day.

We haven't even the consolation that running does anything for our minds....a recent drop out from our club, who had turned to mountaineering, announced with self-satisfaction "But Hilary, you runners haven't even graduated to a THINKING sport yet. Just imagine spending that much time each week in a completely moronic state of mind. Don't you owe it to yourself to try and improve your mind and body concurrently, with an INTELLECTUAL sport?"

The unfortunate thing is, I can't. Whenever I've tried a 'thinking' activity, the mental effort involved has been shattering. I find it enough strain counting to 12 in a 12x400m repetition effort.

In fact, I am forced to deduce that running makes one less alert, since I am inevitably useless at work the day after an exhausting track session. Fortunately, my employers don't seem to have caught onto this fact yet.

In conclusion, there is no doubt that, given the right conditions, and in between injuries, athletes are capable of performing some incredible feats, but we appear

pitifully unfit for most other sports. Simply because we train outside, we can't really be classified as 'Outdoor' types.

I also suggest, in contradiction to recent American Research (the scientists involved were no doubt sponsored by a multi-million dollar Health and Fitness conglomerate) runners are less alert than their unathletic friends, and are likely to die sooner from stress, injuries, or the increase in weight when we inevitably and finally cease our 'madness'

Well, I'll have to finish here, must fit in a run before dinner.....

WAYS TO IMPROVE BRITISH MILING

Better transition from winter to track training. All-Weather tracks available 'in the sticks'. Motivation - as with organised training days. Improvement of spiked racing shoes to parallel the development of training shoes (flats). ROD CHAPLIN

- 1) More competitive races at 5000m to assist this event.
 - (2) Better planning at Championship & league fixture dates etc.
 - (3) More publicity about sports injuries clinics/specialists etc.
- ANDREW EVANS

Young athletes should not be encouraged to train too hard at too young an age. I feel that the reason why a lot of young raw talent fails to make good at senior level is because of over-training. The athletes therefore lose their appetite for the sport or break down with serious injuries. PHIL HODDY

Those who can be recognised as potential top athletes are the next generation of this country's athletics representatives. Therefore I feel they should receive equal support as those already 'at the top' in terms of kit and expenses. PAUL FOWLER

More good middle distance races where a hare is included in the field to help the others achieve fast times. WENDY WRIGHT

Time for a coaching code of conduct?

By Derek Parker
(Senior BAAB Coach, BMC)

Recent issues of BMC NEWS and the Coaching Newsletter have highlighted the 'poaching' of talented athletes by Staff and National Event Coaches. Frank Horwill states (BMC NEWS, nO. 37) that certain people do have a reputation for this unethical practice and in my view it is time now to take action.

Some of the guilty coaches involved may think themselves quite clever by taking over athletes guided to a high level of achievement by someone who does not possess a prestigious title. They attempt to justify their actions by claiming that the athletes whom they poach are unable to make any further progress in their original coaching situation. Among the carrots dangled in front of impressionable young athletes' noses are the chance to train with better squads and the boast that all (or nearly all) the best athletes in particular areas train with a Name coach.

What is not stated is the fact that most of the so-called 'top squad' have been guided to their elevated status by some other coach whose hard work is given no credit and quickly forgotten.

The interest of the 'Poachers' among our coaches only manifests itself when the ability of the athletes whom they take over becomes evident at National Championships and they are invited to attend special event days. There, surrounded by other top class athletes and in ideal training surroundings with plenty of atmosphere, these young people invited to the courses can be easily led into believing that their futures lie in the guidance of some other coach.

It would seem, according to some of the complaints in BMC literature, that poaching is prevalent on a fairly widespread basis, and it is easy to understand why it can be so upsetting.

When one coaches an athlete from schooldays to international class, nursing him/her through all the problems of adolescence including

examinations, work difficulties, and social relationships, it is traumatic to be informed, when calmer waters are reached, that the athlete is moving onto another coach.

It is even more traumatic when one was unaware that the athlete had been planning to move and that arrangements had been well in hand for the departure for some time previously.

Let me add that no self-respecting coach would or should try to hold onto an athlete who is dissatisfied or where the relationship has deteriorated beyond reparation. He should, however, be informed of any problems affecting the coach-athlete relationship so that difficulties can at least be discussed before the pair decide to part if all else fails. Surely it is not asking too much for a coach to be at least made aware of the situation before a final decision is reached?

This is where I believe the BMC can make two significant contributions. Firstly, it can continue to draw the attention of the athletic public to blatant cases of poaching by some Staff or National Event Coaches. Secondly, it should draft a code of conduct which could be issued to all prospective members of the BMC whether they be athletes or coaches. This code would make athletes aware of their obligations to the coaches who guided them to their BMC Membership qualifying times and remind them that the contribution of these coaches should at least be assessed and considered if at any time they plan to move on.

It should be made clear that it is quite unethical for athletes to go behind their own coach's back and apply to join another coaching group without first telling their first coach of their intentions. The code would also impose a similar set of obligations on all BMC Coaches. They should be made aware that it is quite out of keeping with the spirit of the BMC to agree to coach someone else's athlete, either in response to a request or as a result of some encounter at a training day, without first attempting to rectify any problem

(real or imaginary) with the athlete's original coach. There should also be a complaints system to deal with any of the allegations of poaching with the regional or National BMC Committee empowered to take any disciplinary action deemed necessary against the guilty party.

I realise that these proposals may be unacceptable to many people since we live in a democratic, laissez-faire society here in the UK. In reply, I would say that if hard-working, dedicated club coaches lose their athletes to other coaches when the results of

their efforts are about to come to fruition, then these devoted individuals are going to lose heart and drift out of athletics.

At a time when our sport is crying out for more coaches to cope with an ever-increasing demand and need for expert guidance this would indeed be a tragedy.

That is why I would like to see the BMC give a lead by campaigning vigorously against the injustices of the poaching of athletes who have already made the grade by some of the people described as 'Having a reputation for taking over various athletes rather than assisting them at club level.'

OPEN MEETING BMC RACES

These are the Invitation races we have organised in the London area for 1984.

May	2	1500/3000 (M)	West London
	9	1500 (M)	Crystal P.
June	6	800/3000 (M/W)	West London
	13	800 (M)	Crystal P.
July	4	1500/3000 (M/W)	West London
	11	Mile (M)	Crystal P.
Aug	1	800/3000 (M/W)	West London
	8	3000 (M)	Crystal P.
Sep	5	1500/3000 (M/W)	West London
	12	1000 (M)	Crystal P.

For West London races, contact Pat Fitzgerald, Uxbridge 34211. For Crystal Palace races, contact David Cocksedge on 01-643-8040 ex 4430. Race fee is 50p. Non members pay £1.
.....oOo.....

NUTRITIONAL STUDY OF IRISH ATHLETES

A year-long study of Irish sportsmen belonging to the National team for their particular sport revealed the following:

- 1) 54.5% were supplementing their diets, but only 45% were doing so under medical direction.
- 2) Intake values for iron were well below the standard of 18mg a day for women.
- 3) Pyridoxine (Vitamin B6) levels among women were lower than the standard of 2mg.
- 4) Folic acid intake among women was inadequate.

5) Calcium intake was double the reference standard of 800mg.

6) Women did not have adequate Vitamin C intake.

7) Protein intake was higher than necessary. This led to calcium retention.

Conclusions were that women needed to be made aware of the foods containing iron, folate and B6, in the latter case a supplementation of 30mg a day is recommended for women on the Pill. Low iron counts were proportional to low Vitamin C intake.

Athletes needing advice on iron intake should apply to FRANK HORWILL for copies of his article, IRON - THE BREATH OF LIFE, published in Athletics Monthly. Frank can be reached at 62 Kelson House, Stewart Street, Milwall, London E.14. An SAE should accompany all requests for the article.
.....oOo.....

SUBS WERE DUE ON JANUARY 1st!

If you haven't paid up yet, send your £2.00 to Janet Cole at 24 Kirchen Road, West Ealing, London W.13.

The World Indoor Championships will be launched in 1985 and held thereafter every two years.

Womens' middle distance. Heights/Weights Averages. Continued from page 7

3000 metres

Mary Decker (4.8.58) 1.68/51Kg	USA	8:34.62
Tatyana Kazinkina (17.12.51) 1.62/48Kg	SU	8:32.08
Brigitte Kraus (12.8.56) 1.80/55Kg	GFR	8:35.11
Svyetlana Ulmasova (4.2.53) 1.62/52Kg	SU	8:35.55
Wendy Sly (5.11.59) 1.60/47Kg	UK	8:37.06
Agnese Possamai (17.1.53) 1.65/51Kg	It	8:37.96
Ulrike Bruns (17.11.53) 1.70/59Kg	GDR	8:44.88
Ulla Yushina (20.8.58) 1.71/60Kg	SU	8:34.04
Galina Zakharova (56)	SU	8:34.60
Zola Budd (26.5.66) 1.58/38Kg	SA	8:39.00

Average (of 9): 1.66 m/ 51.3 Kg

Average of 3 events: 1.67m / 52.8 Kg.

World record that isn't

South African teenager Zola Budd (born 1966) clocked 15:01.83 for 5000m early in 1984. That's 6.43 sec under Mary Decker's WR but the IAAF cannot ratify it as South Africa is not recognised for International competition. Budd runs barefoot and weighs just 38 kilos! How many of you fellows can better that time for 5000m?

When Henry Rono broke the World 3000m record (Oslo, 1978) he reportedly ran the last 7 laps in 7:00.6! That's four minute miling pace for SEVEN laps.....

Lasse Viren won the 1972 Olympic 5000m title with the last 2000m in 5:06.2, last 1600 in 3:59.8 and final lap in 55.5.

BOSS HOGG SCORES

Winner of the 1983 BMC Coach of the Year Award was HARRY WILSON. Special Awards went to NEVILLE TAYLOR and JIMMY HEDLEY. Presentations were made at Hendon Hall Hotel on November 20th 1983.

Run With Italian Style ... Wear 880



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