

BMC NEWS

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BMC NEWS

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BRITISH MILERS' CLUB.
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EDITORIAL

Last August, a Track Referee disqualified the entire field of twelve finishers in a BMC Mile race at Yeovil. The race had been organised as an attempt to be the first sub four minute mile to be run in the West Country. It seems our friendly referee did not like the fact that one runner made the pace before dropping out after 2½ laps. Following the Referee's decision, the BMC has requested that the Southern Counties AA hold an enquiry into the matter. This could become an important test case. Every summer, middle distance races are blatantly paced on the Grand Prix Circuit under the auspices of the IAAF. But when club runners get together in Britain to race fast, they risk disqualification under AAA Rule 69 (Assistance) which is itself vague and subject to interpretation. We have organised over 10,000 races successfully in 24 years, and this is the first time BMC runners have suffered such harsh and bigoted treatment. We will fight this unfair decision with every legal means at our disposal.

David Cocksedge, BMC NEWS Editor.

1987

WORLD

CHAMPIONSHIPS

UK ATHLETES PRE-SELECTED FOR ROME, 1987.

Athlete	Event	Performance
Linford Christie	100metres	4th
Roger Black	400metres	withdrew
Sebastian Coe	800metres	withdrew
Steve Cram	1500metres	8th
Jack Buckner	5000metres	3rd
Jonathan Solly	10,000metres	15th
Daley Thompson	Decathlon	9th
WOMEN		
Fatima Whitbread	Javelin	1st

UK FINALISTS IN ROME, 1987.

100m	200m	400m	800m	1500m	5000m	10,000m
1	1	1	2	1	3	1
3000SC	110H	400H	Mar	20kW	50Kw	HJ
1	2	1	1	1	0	1
PV	LJ	TJ	SP	DT	HT	JT
NE	NE	NE	NE	NE	0	2
4x100	4x400	Dec	W100	200	400	800
0	yes	1	0	NE	NE	0
1500	3000	10,000	Mar	100H	400H	HJ
1	3	2	1	0	NE	NE
LJ	SP	DT	JT	Hep	10kW	4x100
NE	0	NE	2	1	0	0
4x400						
NE						

Key:

NE : No Entry; W : Womens events follow.

For Walks, 10,000m Marathon and Multi events, first 12 count as 'finalists'.

Chart compiled by David Cocksedge.

ODDBALL

FACTS · QUIPS · QUOTES

Compiled by DAVID COCKSEGE

□ **Tom Courtney v Arnie Sowell.** In the final Olympic Trials at Los Angeles on July 2nd, 1956, Tom Courtney, a US Serviceman, finally beat the legendary Arnie Sowell from Pittsburg over 800 metres. Courtney, who went on to take the Olympic title from Derek Johnson, said he owed everything to his famous coach, Dean Cromwell.

The Dean worked extensively on the psychological aspect after many months of hard interval graft, continually telling Courtney that he could win. "Sowell has the outside lane and you are on the rail," he told Courtney just before the OT final, "Sowell will cut over as quickly as he can take the lead. If he sets a slow pace, just slot in behind him and run second. If he goes out fast — let him go. Don't try and tangle with Sowell over a quarter mile. Settle in fourth place and stay there. On the final curve, I want you to turn it on".

The race went according to the latter plan. Sowell blistered out for 51.7 at halfway and Courtney stayed second until he judged Sowell's pace. Then he settled back into fourth with Mal Whitfield and Lang Stanley acting as a buffer between him and his moving target. Sowell slowed to 55.2 for the second lap and was passed by Courtney's amazing sprint off the last bend, losing by three metres. Courtney put together laps of 52.5 and 53.9 to clock an outstanding 1:46.4.

That evening at the Helms Hall dinner Sowell's coach Carl Olson waited to greet Courtney and Cromwell as they entered the banquet. "Congratulations!" he said loudly, "A great half miler coached by the greatest coach in the world beat the greatest half-miler in the world coached by the dumbest track coach in the world!"

□ **Malinowski still remembered.** Remember the great Bronislaw Malinowski? He was twice European 3000m steeplechase champion and won the 1980 Olympic title at age 30 just a few weeks before his death in an automobile accident. Bronec as he was known met his

end on a bridge near his hometown and locals soon put up a plaque on the spot in memory of their most famous son.

Now the current regime in Poland does not like martyrs and the plaque was quickly torn down by secret police. The next night, another one went up in the exact spot. That too was torn down. The next night, a third plaque was in place. So it went on. The police gave up after destroying 54 plaques. Poles are stubborn, proud people and Bronec will not be forgotten. The likeable Pole had a Scottish mother and often spoke of a desire to settle in Scotland and race in the Commonwealth Games.

□ **Over-lauded Golds.** Interesting view from Bert Nelson, editor of the influential American track magazine, *Track and Field News*: "The most over-rated celebrities in the world of track are the original heroes of the Olympic Games, the stars of 1896. They are lauded in the history books, honoured by selection to halls of fame, and thought of as great athletes, as are current Olympic heroes. The reality is something else.

"Only ten countries took part in track and field and only 59 athletes were in the 1896 Games. The world's better athletes did not compete, allowing most of the medals to go to American collegians who were far from the best even in collegiate competition. A good example is Robert Garrett, winner of two golds and two silvers. He was a total novice in the discus and threw only 29.14m, but won. He also took the shot at only 11.22m, more than three metres short of the world record. Winning marks included 12.0 in the 100 (world best 10.8), 54.2 for 400 (48.2), 2:11.0 for 800 (1:52.7), 4:33.2 for 1500 (4:10.4) and 17.6 in the high hurdles (15.4).

"We can't turn back the pages of history. But we can put the historic exploits in perspective by remembering how limited those athletes were despite winning multiple medals."

□ **George's 4:12.8 still remembered** — just. On August 23rd 1886, Walter Goodall George set a fantastic professional mile record of 4:12½ seconds (4:12.8) at Lille Bridge in a two man race

against William Cummings. Amateur runners were not to better that mark for 37 years.

To commemorate that feat, the British Milers' Club planned to stage a mile race on August 23rd, 1986 — exactly 100 years after George's great effort at Stamford Bridge, built on the site of the Lille Bridge

ground which was burned down by enraged spectators smelling a 'fix' a few years after the George-Cummings matchup. Stamford Bridge is of course the ground of Chelsea Football Club, and it was felt that the 1986 memorial race could be held at half time during a soccer match at the ground. Chelsea FC officials seem to have scant interest in athletic history, however, despite Seb Coe's publicized interest in the club, and their response to the BMC was tepid at best.

Some suggested an 'old stager' race (Pirie v Ibbotson v Clarke v Hewson v Rawson) but it was doubted that such an event would stir any memories for soccer fans. The date was too close to the start of the track and field European Championships in Stuttgart (Aug 26th) to be viable for any 'name' runners. Seems a shame, but there it is. The BMC staged a mile race at Stamford Bridge in 1971, won by Maurice Benn in 4:11.1 — an excellent time on a five lap grass 'track'.

□ **Hot swim.** Helsinki triple gold medalist, Emil Zatopek was for many years an officer in the Czech Army with plenty of time off for training. One day in 1955, feeling particularly hot and uncomfortable after a hard training session, he changed out of his uniform and went for a swim in a forbidden section of the river close to Prague.

Very soon afterwards an alert guard spotted him and opened fire, kicking up plumes of water all round him. Hastily, Zatopek scrambled out of the water and ran for the bushes where his uniform lay and began changing. A posse of guards arrived on the scene just as he was squaring his cap. Confronted by a high-ranking officer, the men immediately sprang to attention, saluted and apologised. Emil saluted back and dismissed them. But the story soon reached high circles and Zatopek was subsequently scolded by a disciplinary committee of Commissars.

□ **Rash claim.** After Roger Bannister's historic 3:59.4 at Oxford on May 6th, 1954, coach Franz Stampfl was widely reported to claim that he could make a sub-four minute miler out of any man prepared to train hard. Shortly afterwards at Sloane Square, Duke of York's track (then open to the public) a Rolls-Royce drew up and a middle-aged man immaculately dressed in pinstripes but with a distinct paunch climbed out and presented himself to Stampfl. "I've come to train to become a four minute miler," he calmly announced.

FRANK HORWILL

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

COACHING BUNKUM!

There is too much coaching codswallop going on. Bio-rhythms, periodisation, bio-mechanics, ergonomics, concentric lifts, alactic running, cybernetics, etc. For God's sake - Stop! Stop copying huge chunks out of the the GDR and Soviet textbooks and then planting them in our coaching manuals as though we thought of them first. For all their scientific Huha, they can't run as fast as us from 800 to the marathon in the men's division, and we have a crop of women who are also catching them up.

Let's take Bio-Rhythms. So, some days we feel good and some days we don't. Often the reason for not feeling on top of the world is that we have had a succession of late nights or we have had a week of severe training. We may also have a 'bug' in our system, or we may have worked more than eight hours in a day for several days without break. If we start then looking at charts which tell us that we are in the ascendancy or we are in the doldrums, what good is it?

The day of the Olympic 800 final has arrived. We consult the chart, which informs us we are in the doldrums. If we believe this, we are beaten before we start.

Women, governed by monthly hormonal changes, are another story. For instance, the twelfth day onwards after the cessation of a period sees a woman in high state of mental and physical euphoria. Seven days before the period is due, the women may not be at her best physically. Does this mean a surrender to Nature? The whole of our human existence is aimed at using Nature and holding it back if it is detrimental. That is why Vitamin B6 is recommended for ALL women twelve days before a period is due. Dosage: 100mg per day and more if already on the birth pill. If a woman is seriously hindered by period trouble SHE MUST OVERCOME IT if she is going to get anywhere in athletics. Consult the book SPORTS MEDICINE by Sperry and Williams for a comprehensive discussion on how this can be done.

By the way, here is an old wives' tale related to me from the USA: Some women marathon runners who suffered from period cramps and who tried all the drugs without much success, suddenly discovered by accident that a pint or two of beer each day while the cramps persisted did the trick!

Then we have PERIODISATION, a fancy term for getting fit at the right time. The idea is a Soviet one and was formed many years ago when the sport was predominantly amateur and all-weather tracks had not been invented. The Autumn is called the TRANSITION period. What does that mean? It could mean the following: (1) There is no more sun around, track meetings have ended, tracks are not usable in the winter. It's getting colder. The track season has been long and tiring. This is the thinking of some twenty years ago. The top class athlete now chases the sun - Okay, so it's cold here in the six months from October to March; let's pack bags and fly out to California, New Zealand or Australia. Okay, so you're not yet top class, and you want to race indoors this winter. You have an all-weather synthetic track in your borough and you are going to use it this winter. But the Russians advise two months of

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steady running, then two months of something else and then two months of this and that.

(2) Let's clear away the humbug. The Soviet theory is out-moded; it still has a semblance of form for the novice to follow. For instance, I would divide the winter up into three sections of two months each:-

Section 1 (October-November): Aim - relaxed running, build up of muscular power and endurance. Mileage - 40 miles per week in October; 50 per week in November. Sprint drills. One (untimed) track session per week.

Section 2 (December - January) Aim: more positive running with an eye on cross country and indoor titles. Muscular power exercises reduced. Weekly mileage - 60 to 70 miles. Two track sessions per week, one timed.

Section 3 (February - March) Aim: Build up of mileage and transition towards the track season. Muscular endurance exercises reduced to once a week. Mileage - 80 to 90 miles per week. Three track sessions per week, all timed except full sprints.

Now, the experienced athlete who has served his/her four year apprenticeship as above may well decide that he/she wants to compete all year round on the track, outdoors and indoors. Thus we have the Walkers, Flynns, Coghlanes, Slaneys, Wades etc, running world class times indoors and outdoors in the same year. According to the Soviet theory, this is all wrong. What has made it a reality? One thing. MONEY! Offer a man £1000 each time he breaks 4 minutes for the mile, and he will do it every week of the year.

In other words, we are simply following the other major international sports such as Tennis, Cricket and Golf. World class tournaments go on all year round and the term 'periodisation' is unknown to them. So, what is the answer to all this? A clue comes from Holmes, World heavy-weight champion, who made nineteen successful defences of his crown. "Always get your office hours in each day." Basically, he was saying: No matter what time of year it is, get your training done so that you are ALWAYS ready.

My view on how this can be achieved all year round is by 30 minutes steady running before breakfast and one hour in the evening four days a week. Two track sessions a week and one hill session. Where does the peaking come in, if at all? Quite simple: If you are a miler (1500m), you race 3, 5 and 10km on the roads in the winter, with a couple of mile /1500m races indoors or in sunny climes; then you gradually increase the UNDER DISTANCE races as well as well as your 1500/mile races over here in the track season.

In other words: keep fit all the year round which includes training at track racing pace every week. I remember Peter Snell, triple Olympic gold medallist at 800 and 1500, telling me that on reflection he did not favour a steady build-up of mileage WITHOUT a weekly track session at race pace. He also confessed that whilst 100 miles a week training in a 10 week cycle might suit some people; it did not suit him - his maximum mileage was 92 miles, which he achieved once! When he came off his steady runs, he went onto 9 miles of hill running every day for six weeks, and promptly broke a bone in one foot. I recall his

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concluding remarks well: "If I had my time again, I would train pretty well the same all the year around."

The Russian theory of periodisation puts a lot of emphasis on the Lydiard logic for the winter. In 1971, at the BMC Training weekend at Chigwell, Lydiard's greatest coaching success had other thoughts. He also stated that he wishes he had had the benefit of being able to read THE COMPLETE MIDDLE DISTANCE RUNNERS by Wilson, Watts and Horwill, when he was competitively active, as then he would have avoided many mistakes. Peter Snell insisted on writing the foreword to the book.

BLUE PRINT FOR SUB FOUR MINUTES.

1) Examine your best times from 400 to 3000 metres and find out if they match up. To do this, add 5.5sec to your best 400 time and multiply by 2. e.g.: 50sec + 5.5 = 1:51.0. Multiply your 800m time by 2; e.g. 1:50.0 x2 = 3:40.0. Multiply your best 1500 time by 2 and add 30 seconds (40sec for women); e.g. 3:40 x2 = 30 = 7:50.0. If you find that they don't equal each other, this is the area to work on. For instance, if you can run 1:52.0 for 800m but only have a best of 52sec for 400m, you need to work on pure speed. If your best 800 is 1:52 and your best 1500 only 3:49, then you need plenty of 1500 pace work with short recovery. If your 1500 time is 3:50.0 and your 3km time outside 8:15, then you are lacking stamina.

2) Doing double the distance of your event in reps straight through is now OUTMODED. The new and proven system is to do the distance of your race, then take a long rest and repeat it. Example: Old system - 8x400m in 60sec with 60sec rest between each. New system - 2x3x400 + 300 in 60sec and 45sec with 30sec rest and 5 mins between sets. Add up the TOTAL time done on each occasion and divide by two. The answer will be what you will achieve in a race on your current state of fitness. For instance: if you do 60+60+60+45 on the first set; that equals 3:45 for 1500m. If you run 62+62+62+47 on the second; that equals 3:55.0. If you now take the average of the two, you get 3:50.0, and this is what you will run in a competitive race.

The combinations to use for getting your 1500 time down are:-

1st week: 2x3x400 + 300.

2nd week: 2x3x500 with 45sec rest and 5 min between sets.

3rd week: 2x2x600 + 300 with 60sec rest and 5 min between sets.

4th week: 2x1200 + 300 with 2 min rest and 5 mins between sets.

The combinations for 800m are:-

1st week: 2x8x100 in 13sec with 15sec rest and 5 mins between.

2nd week: 2x4x200 in 27sec with 30sec rest and 5 mins between.

3rd week: 2x2x300 + 200 in 40sec with 45 sec rest and 5 mins between.

4th week: 2x2x400 in 55sec with 1 min rest and 5 mins between.

Add two sets up and divide by two and this will give you the projected time.

The combinations for 3000m are:-

1st week: 2x7x400 + 200 in 64sec with 15sec rest; then 5 mins.

2nd week: 2x4x800 in 2:08 with 30sec rest and 5 mins.

3rd week: 2x2x1500 in 4:00.0 with 1min rest.

4th week: 2x3x1000 in 2:40 with 45sec rest and 5 mins.

SUBS (£5.00 per annum) ARE DUE ON
JANUARY 1st, 1988!

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3) So, the training pattern now should be:-

Sunday - 3km pace work.

Tuesday - 1500 pace work.

Thursday - 800 pace work.

Saturday - If no race, sprint work from 10 to 45sec full out with walk back recovery.

Monday, Wednesday and Friday can be twice a day steady runs of 30 minutes in the morning and one hour at night.

The race strategy is to aim for the fifth or seventh race at your specialist distance to be your big effort - weather permitting. The pattern should be an increase of 1500/mile races towards the target race:-

April - one 1500 race.

May - two 1500 races.

June - three 1500 races.

July - Major mile or 1500 race.

Other races could follow this plan with a faster increase of pace towards the big event:-

April - 3000 metres.

May - 3000 and 800m races.

June - two 800m races.

July - 3000m race, two 800m races, and the major title race.

Throughout the track sessions, constant adding up and taking the average will keep you informed of your racing progress.

The same system can be used for women on the sub Four track for 1500 metres and sub Two for 800 metres. Here the key times will be 64sec per 400 in 1500 pace sessions and 58sec per 400 for 800 pace sessions. Naturally the 800 specialist can drop the 3000m pace sessions and bring in a 400m pace session on similar lines. e.g. 2x2x200 full out with 30sec rest and 6 minutes between sets.

Frank Horwill, 1987.

Photo by David Cocksedge



BMC SOUTH OF THAMES AREA RACES REPORT, 1987.

Races organised by David Cocksedge.

March 30th, Tooting Bec. 2000 metres: Won by David Hayes in 5:25.8 (Ground record). Only four starters. Ten men withdrew before the night, and the Womens' 1000m was cancelled (no entries).

April 8th, Crystal Palace. 1500 metres won by Steve Burton in 3:58.9. (Very windy conditions) 11 men finished.

April 29th, Crystal Palace. 800 metres won by Graeme Saker in 1:53.59. Womens' 1500 metres won by Julie Adkin by 1/100sec from Kelly Holmes in 4:36.13. Only three women started. (Low entries for these races, as they were unfortunately missed off the 1987 National Races Programme sent out to members).

May 6th, Crystal Palace. Womens' 800 metres won by Kelly Holmes in 2:09.91 (personal best) from Lisa Thompson (2:10.43). Five starters. Protest filed with SCWAAA for taking Julie Adkin out of our race for match 800m. SCWAAA Secretary Jill Lindsay has agreed that in future match and BMC races will be combined in similar circumstances. Note: Fair enough, but this could lead to resentment over entry fees. Mens' Mile cancelled (only one entry!). Almost complete apathy from members towards Mile race to celebrate the 33rd anniversary of Bannister's first ever sub four at Oxford in 1954.

August 5th, Crystal Palace. Mens' 1500 metres won by Gary Couch in 3:47.59 from Darren Priestley (3:49.16) and Graeme Saker (3:49.48) with Junior John Andersson (3:50.51) fourth. Pace was 61.8, 2:01.8, 2:46.9 (1100) 3:02.2. No draw for pace: Pacemaker (Stuart Paton) withdrew!

August 12th, Colindale. Mens' and Womens' 800 metres. Two excellent races, won by Clive Gilby in 1:50.5 (previous best of 1:53.3) and Debbie Russell (2:07.0) from training partner Kim Myers (2:07.1) who improved from 2:11.0 and finished with astonishing closing speed over the last 120 metres. Eight out of 10 men and all 11 women starters finished. The Womens' race was a last-minute affair and the response was pleasing, proving that competition is needed for many athletes below international tier at this period of the season. ESAA Champion Nick Smith (1:51.7) was second ahead of Graeme Saker (1:52.1) and David Barlow (1:52.2). Janet Cole (2:09.6) was third from Sue Lanham (2:12.5) and Julie Adkin (2:12.9). Aaron Reader paced mens' race through in 54.6. Russell led at bell in 63.0. My thanks to Frank Horwill for his invaluable assistance once again.

Soviet Pole Vaulter, Sergey Bubka, is the first man to 'break' the IAAF conversion and scoring tables. He has vaulted 6.03m, whilst both sets of tables finish at 5.99m!

BMC Races report

August 22nd, Crystal Palace. BMC/DAIRY CREST PETER COE MILE for Youths won by Clydebank's Glen Stewart (16) in 4:18.34. Glen led from 660y out and covered the last 440y lap in 56.67sec to beat Phil Healey (4:19.01), Ian Grime (4:19.25) and Craig Winrow (15) who ran 4:20.05. ESAA Champion Steve Green (4:20.59) was fifth and Jeremy Arnold (4:21.57) sixth. 13 finished, with the last man, Dean Andrews (4:25.98) inside 4:26.00. Pace was 66.66, 2:14.95 and 3:21.67. No one was willing to race fast until the last 300y, it seemed... My thanks to Andy Norman and Dairy Crest for allowing us to hold this race in conjunction with the Dairy Crest Games, and to Peter Coe for presenting the Trophy.

However, I was disappointed that the BMC was not mentioned in the programme, along with the event record (4:11.3 by Darren Mead in 1985). I have written to Andy on these points. Thanks to the sponsorship of Dairy Crest, the Coe Mile will only cost us the price of the engraving on the trophy this year.

September 13th, Crystal Palace. BMC/McVITIES BOYS' 800 METRES. This event never took place - because BAAB Promotions Office SIMPLY FORGOT ABOUT IT! I am however hoping that we may be involved in organising a good quality Boys race in one of the big promotions next year in London or Birmingham.

In conclusion, my grateful thanks to BMC Founder Frank Horwill for his invaluable help and advice during the season. He is an excellent motivator and inspirational spirit when conducting draws for pace and organising distribution of numbers and lane allocations at our races.

This concludes my report for 1987 season.

David Cocksedge, BMC Races Committee.

☐ He's good, but he's not quite Crambo.

Filing copy for *Athletics Weekly* in Stuttgart, NUTS member David Martin credited Steve Cram with a last 800m of 1:46.0 in the 1500m final. Not so, Dave. I timed Cram at 700m in 1:52.5, which means he covered the last 800m in 1:48.6, finishing in 3:41.09. Had he run 1:46.0 for the last two laps, he would have been some 20 metres in front of the field at the bell, because his second to last lap would have to have been a 55.1. He in fact ran that lap in 57.7sec. Of course Cram is great, but let's not have him getting changed into tights and cape in a phone booth before racing, eh Dave?

☐ Big post for Alberto. Cuba's newly appointed track federation president is none other than Alberto Juantorena, the only man in history to win the immensely tough Olympic 400/800 double (1976). Juantorena says that he believes competition between the USA and Cuba "will increase in future".

☐ Pulling out the big one. "And they will run this first lane in bends." David Coleman (BBC), Stuttgart, August 1986.

☐ The 12 stepper cometh. UCLA sophomore Kevin Young has made a remarkable breakthrough in the 400 hurdles this season. It's not his time (48.77) that is amazing, it's the fact that he runs twelve strides between the first six hurdles before switching to thirteens for the last four. Ed Moses was the first to stride thirteens consistently all the way in 1976 and he caused quite a stir by doing so. Now Harald Schmid (GFR) regularly runs thirteens all the way also and everyone yawns. At the NCAA Championships, Young took eleven (yes eleven) steps between hurdles four and five. He is equally adept at hurdling off either leg, and will be a name to watch out for in 1987. Technical breakthroughs are rare in international athletics these days. Dick Fosbury's flop was perhaps the last.

In the Rome 1500m final, Adbi Bile covered his last 800m in 1:46.2, 600m in 78.3 and last lap in 51.8!

LEARNING TO SPRINT.

A paper from BAAB Senior Coach Brian Wilson.

In a coaching newsletter recently, Peter Coe made the case for modern miling being a sustained sprint. His maxim was: IF SPEED IS THE NAME OF THE GAME, THEN NEVER GET TOO FAR AWAY FROM IT."

Learning to sprint

Contrary to popular belief, running at high speed has to be learned to be done efficiently. As it is a complex movement, it cannot be learned in one piece. i.e. by just running fast. All that will do is to ingrain existing faults. Hence the use of drills which are aimed at learning bits at a time. The most important 'bits' are: high lift of the thigh; paw down and back of the lead leg; full extension of the rear leg; full and straight range of arms and high kick back. But good execution of drills also needs co-ordination and balance. These may have to be learned by initially doing each drill in slow motion.

Drills must be done regularly, frequently and correctly. As drills are learning situations, some fundamental learning principles need to be observed: you should not be tired; nor stiff or injured. Each drill must only progress to a more complex or faster form when the simple or slow form has become established. Only one or two drills should be tried in any one session. The session should be terminated once the drill has been well performed so that the next session will pick up from a correct experience. This means that drill sessions must not be too long (10 - 15 minutes and over 30 to 50 metres), or too tiring (perhaps 3 sets of 4 reps, 30sec and 2 min recoveries).

It also means that the drill must be done at least once a week so as not to forget the feeling. Use of video is very beneficial. A drill session must always end with 2 or 3 sprints over at least 60 metres, putting the drill into practise at speed. To use training time economically, drills can be incorporated into normal warm up WHEN the drill has been learnt correctly. One idea is to designate each month for a specific drill. For example: 'January, high thigh lift month'.

Getting what it takes

To sprint effectively needs mobility, strength and power. Most middle distance runners are unnecessarily stiff at the ankles, thighs and at the waist and shoulders. This comes about through not doing specific mobilisation work several times a week and through training at a single pace. It must be remembered that mobility naturally decreases from the late teens unless something is done. Mobility can be dramatically improved in the space of a few months. Mobility coaching can be done in every warm up and prior to circuit training.

Multi World record holder Ron Clarke once said: "No runner can be too strong around the middle." He might have added, "Or around the shoulders." Strength is VERY specific to the set of muscles, to the range through which they are exercised and to the speed at which they move. Conventional sit ups, even with weights and an incline bench, are not very effective. They do NOT isolate the abdominals and runners tend to use their quads instead. Try doing sit ups with the legs raised at right angles at the waist and at the knees, with the feet on a wall.

Learning to sprint/Wilson

Dumb bells and speed ball are still two of the most effective upper body exercises. Power is the function most usually lacking in middle distance runners. Without this, there can be no drive off the rear leg, the stride length will be short and energy inefficient. Power can be developed by bounding routines, depth jumping and specific weight training. Each requires techniques to be learned if they are to be done without incurring injury. And all should be brought into the training schedule slowly and progressively. For example: early winter circuit training and hill running can lead into hill bounding and then into depth jumping.

But the power must be related to the specific running. In terms of middle distance, two factors must be borne in mind. The power has to be distributed over the race distance. As in 400m; 800m cannot be a flat out sprint, as in the 100 or 200m. Secondly, and unlike the 400m, power may have to be applied in very intense bursts, often triggered by the tactics of other runners rather than at specific points in the race. Training must incorporate sessions to learn the feelings of power distribution and how to accelerate suddenly even when under lactate stress. Some suggestions:-

- * Back to back sprints. Build up to 3 sets of 10 x 7 to 8 seconds (about 55 metres) with 20 sec and 5 min recoveries. Best done on grass. A good session when a track is not available or a cinder track is not usable.

- * 180 metres repetitions, timing each 60 metre segment. The second segment should be faster than the first and the third faster than the second. The aim is to be able to run any given segment at specified speeds. Should be done at or near race pace and under moderate stress; up to 6 reps with 5 min recoveries.

- * 300m sprints with moderate (5 to 7 minutes) recovery. First 100m at 3/4 pace. Build up over 50m and sustain for 150m. This can progress to shorter build ups and starting the sprint at different points and to external cues from the coach or from a pace runner.

When

Two words of warning. Specific power training should not be attempted with immature athletes, although techniques can be taught. Secondly, if this sort of training has not been done before, introduce it gradually over years, not weeks.

Sprint training does involve learning many new skills. These should be learned when the athlete is young. But never expect the immature athlete to have the strength or the stamina to be able to carry them out over too many repetitions or when tired. Always remember that growth affects co-ordination and may require a skill to be re-learned. It also means that in a group of young athletes, there will be considerable variation in their abilities and this will call for slight variations in the coaching of one athlete to another.

"If speed is the name of the game, then never get too far away from it."
(Peter Coe).

Brian Wilson, BAAB Senior Coach.

In the Rome 400m semis, Jens Carlowitz
(GDR) ran 44.97sec and failed to make the
Final!

DISTANCE RUNNING - SCIENCE OR ART?

Asks BMC Founder Frank Horwill.

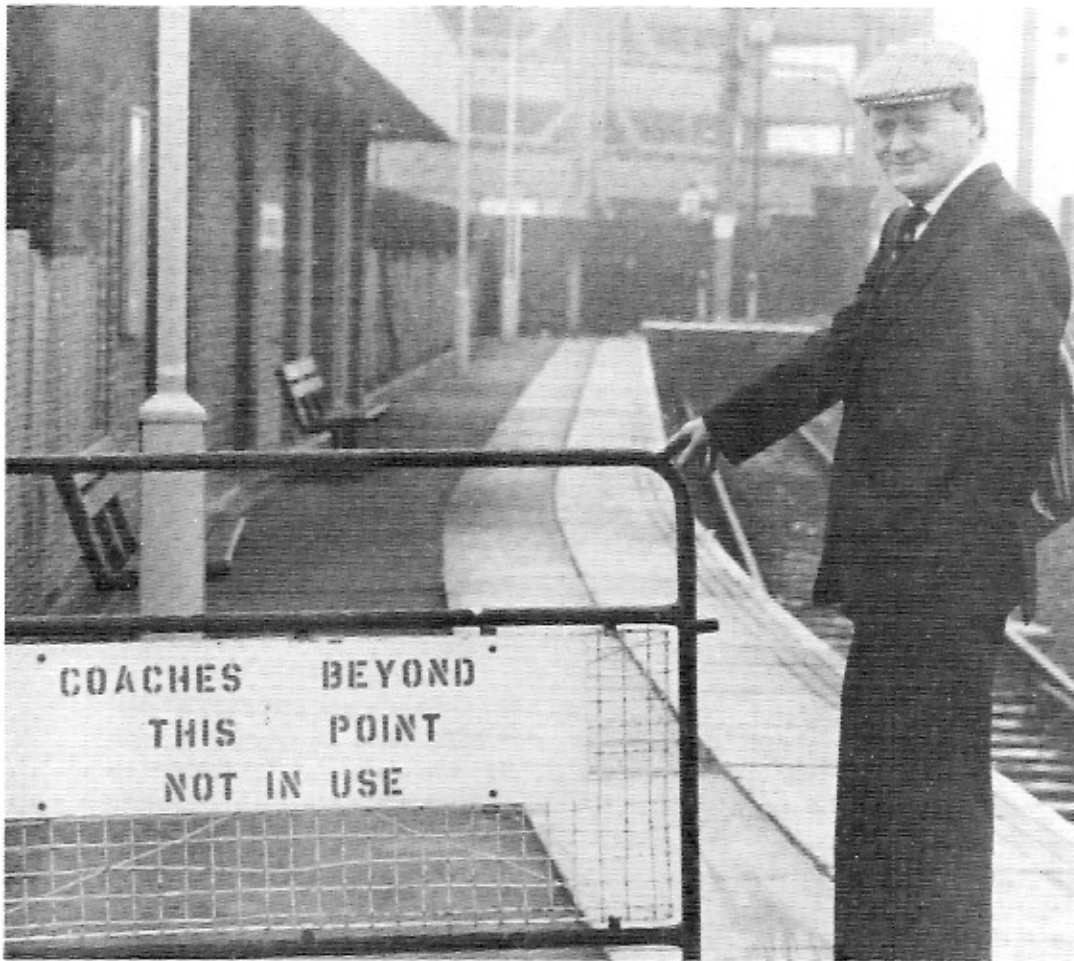
A discussion among coaches some 30 years ago came to the conclusion that the training of distance runners was an ART and not a SCIENCE. One National coach stated: "I do not like coaching middle distance. It is not an exact science. It's too damn vague. Whereas with the long jump, for example, you have specific laws of mechanics to follow."

Although Gerschler had introduced his 100 and 200 metres theory of exercising the heart in preference to steady running, it was not greatly accepted. I am now of the opinion that distance training is more a SCIENCE and less of an ART. The problem is finding an athlete with the time, the energy and perhaps the money to put scientific facts into practice. One thing was generally accepted, however: OVER-DISTANCE SLOW, UNDER-DISTANCE, FAST. Using this theory men were able to run sub 1:50.0 for 880 yards and below 4:06.0 for the mile.

SCIENTIFIC FACT ONE; The average man has a heart beat of 80 beats per minute. A good club runner has a rate of 60 bpm, and a World class runner, a rate of 40 bpm. For women it is about ten extra. The average man's heart is the size of a medium tomato; the club athlete has a heart the size of a medium apple; and the World class runner has one near the size of a grapefruit. The first heart pumps out amounts of blood equivalent to a teaspoonful at a time; the second, a dessert spoonful and the third a soup ladle full. Why the difference?

If an unfit man started jogging 15 minutes a day for six weeks his heart rate would come down from 80 to 70 bpm. If he then upped his total time of running to 30 minutes a day for six weeks it would drop again to 60 bpm, and if he doubled it to one hour a day for the same duration it would approach 50bpm. What is happening? The heart, being a muscular pump, is increasing in strength and like all muscles subjected to increasing work, it increases its size. As the size increases so does the amount pumped out each time the ventricles contract. Not only can the 'fit' heart pump out more blood normally, under stress it can multiply its output nearly five-fold compared to just double for the 'unfit' heart. In order to maintain this progress the runner must either keep increasing the amount of running he does or periodically run some of his mileage much faster than average to maintain pressure on the heart. We now come to an important truism of training: 'He who trains the same each day, week, month or year, will remain the same'.

SCIENTIFIC FACT TWO: When an athlete breathes in oxygen it goes into the lungs, then into air sacs and is diffused into the bloodstream. The job of conveying oxygen is the primary task of blood. In the blood are what may be called 'railway waggons' which carry the oxygen around. We may even call this stock 'iron railway waggons'. If there is a shortage of these there will be a shortage of oxygen. The collective term for this is haemoglobin. There may also be a shortage of lines on which the waggons travel i.e. red cells. This, too, will affect the oxygen uptake. If an athlete lacks one gram below the norm of 15 gm for men or 13.5 gm for women, there will be a shortage of 1.4 cc of oxygen or nearly 10%



COULD IT BE THAT THE
BAAB COACHING OFFICE
HAS FINALLY FOUND A
POSITION FOR FRANK?

Cocksedge photo

below maximum efficiency. Iron containing foods are liver, meat and dried peas/beans. Red cells cannot be produced in the absence of Vitamin B12 and Frolic acid, all found in liver and in smaller amounts in eggs. In addition to this, Vitamin C, five parts of it, are required for one part of iron to be absorbed. Pure vegetarians frequently go short of iron, B12 and frolic acid. for a further study, read Chapter 6 of THE COMPLETE MIDDLE DISTANCE RUNNER by Watts, Wilson and Horwill, published by Stanley Paul.

SCIENTIFIC FACT THREE: All distances from 800 metres to the marathon have had their oxygen requirements calculated by A.V.Hill. These are two thirds anaerobic and one third aerobic for 800m; 50 - 50 for 1500m, 40 - 60 for 3km; 10 - 90 for 10km and 2 - 98 for the marathon (42.195km). Professor Nocker states that these figures indicate the training loads for each type of running, i.e. anaerobic (without oxygen) and aerobic (with oxygen). An extreme example of anaerobic running is full out sprinting to 200 metres, but also running at 800 metres pace. Therefore an 800m runner should do four sessions out of six at 800m pace or faster, against only two aerobic outings in the same training cycle. An extreme form of aerobic running is jogging. But training for 1500, 3, 5 and 10km also fall into this category since it is largely aerobic. We call it FAST AEROBIC, however, since it is much faster than jogging and steady paced running. Thus a marathon runner may think that because his event is nearly all aerobic running, he can fill this requirement by steady running alone. This is a mistaken view; as is the notion that the best training for cross country racing is slow running. A marathon runner with a best time of 3 hours for the 42km distance (7min mile pace), can run 10 miles in 60min (6min miling), 10km in 34min (5:30

milong) and 5km in 16:30 (5:20 mile pace). Therefore HALF of his aerobic running can be at speeds far greater than his best time per mile in the marathon. This can take the form of repetition running with very short rest at 10km pace and increasing recovery periods for the faster paces of 5 and 3 km.

SCIENTIFIC FACT FOUR. Strength tests related to runners have revealed certain things. For example, the shorter the distance, the greater the muscular power required. BMC tests carried out on sub 1:50 800m runners and female sub 2 min runners show a greater leg strength quotient than those in longer events. e.g. 25 metre hop = 9 on each leg; standing long jump = Own height + 25% lengthways; vertical leap = Over 20 ins. In addition to this there is a marked general all-round strength, i.e. 60 press ups; 60 abdominals, 50 squat thrusts, all in one minute! From this it becomes obvious that men and women with ambitions at 800m must give attention to leg and all round strength if they fall short of the above figures.

SCIENTIFIC FACT FIVE. Injury is related to muscle imbalance, lack of flexibility and poor shock absorbence. Knee trouble is aggravated by weak quadriceps. Shin soreness is increased by muscle imbalance; and hamstring trouble by lack of flexibility and strength. Back and hip problems relate back to poor shock absorbence. To aid recovery from knee injury, try this: Sit over a table edge with a pot of paint hung over the toes and then slowly raise the leg to the horizontal. Repeat many times. Try the same exercise for shin soreness but only move the foot slowly this time. Sitting down with legs outstretched and touching the toes will stretch hamstrings. Wear SORBOTHANE sole and heel inserts to absorb 96% (per cent) of pounding and shock from running on roads.

THE RUNNER'S PERSONALITY. We consist of three basic forces: (1) The Will; (2) The Mind; (3) The Body. Of these three the Will is the most important, and oddly enough, the most neglected. The Will is subject to decisions of necessity: for example, we need will power to get up in the morning and start work. Behind that act of will there is an ominous threat: if we miss work too often we are likely to be dismissed and thus be unable to pay all the bills. The real test of the Will is in doing things we don't like or things that we are not too bright at. This is very applicable to training: a runner may not enjoy running uphill, so he chooses flat courses to run on all the time. Then he races on a hilly 10km and wonders why he does so poorly! He might not like running fast to a time schedule, so just runs easily every day. He might even be afraid of racing.

The answer is to recognise the weakness and decide to tackle it. This is where judgement is necessary. For instance; a female runner decided that she was over-weight for her event. She did not believe in dieting, but chose to get up every morning before breakfast to put in extra mileage to burn off the fat. A noble act, but after a fortnight she was totally exhausted and had to stop. She had done too much, too soon. If she had decided to train one extra session only for the first week and then two the next, adding one extra session every week, she would have reached twice per day training in seven weeks without too much strain. Ask yourself what you fear and avoid most in training and make up your mind to conquer it. Train the will and you train a Champion!

STRESS - THE RUNNER'S WORST ENEMY. Life itself is stressful and running is an additional stress even though we enjoy it and might not look on it as such. The stress bank is situated in the adrenal glands and is triggered off by the hypothalamus for all stressful activities, secreting corticoids. We all possess a limited number of anti-stress reserve. The body reacts to a new stress by alarm, resistance, absorption and equilibrium. If the stress is long and severe, there may be no acceptance and the result will show itself in stress symptoms..eg repeated sore throats, one day colds, skin rashes, insomnia, digestive troubles (ulcers are a form of advanced stress), weight loss. These are just a few signs, accompanied by loss of training and racing form.

The answer to this is to reduce the stress load **AT ONCE** by giving up daily training in favour of every other day sessions until freshness returns. Prokop has found that the stress resistance glands have a store house of Vitamin E, Vitamin C and pantothenic acid, and therefore stress-prone athletes should consider taking these in supplement form. Professor Linus Pauling is of the view that athletes under severe training need ten times the normal daily requirement of vitamin C (the normal dosage is 77 mg).

KEY TRAINING SESSIONS. These are sessions which **MUST** be done to ensure maximum preparation for any running event. Usually there are three to each event which can be done within a 7 to 21 days training cycle. Here are some key sessions for different events:-

Cross Country: One run double the distance of the National Championship. That means 18 miles for men, 12 miles for Juniors, 8 miles for Youths and Women, 6 miles for Boys and Intermediate Girls, 4 miles for Junior girls.

One run equal to the National distance in the form of an acceleration run: i.e. 3 miles jog, 3 miles steady, 3 miles full out.

One speed session at half the distance of the race in total. i.e. 4½ miles total for men, at a speed related to the race: 10k pace for men, 5k pace for juniors, 3k pace for youths, senior women and inters; 1500 pace for Boys and Junior girls.

Most effective are repetition miles at 10 and 5km pace, with **VERY SHORT** recovery. Also repetition 800's at 3k and 1500 pace, with a quarter distance jog for the former and half distance jog for the latter.

Marathon: One ultra long run at slow pace lasting up to 3 hours. One half marathon acceleration run i.e. 4 miles slow, 4 miles steady, 4 plus miles full out. One relative speed session lasting a third of the distance of the race (9 miles). If your best marathon time averages 7 min miling, then run repetition miles at 6 and 5½min per mile with short recovery.

5 and 10km: One track session **AT RACE PACE TO BE ACHIEVED** equal to the distance of the race; i.e. 25x400 with 15sec recovery for 10km, 10x500m with 30sec rest at 5km pace. One track session faster than race pace. For the 10km man this will be at 5km pace and for the 5km runner, at 3km or 1500 pace. A 12 and 6 mile run (double distance of races to be run).

3000m: one session at 5km pace for stamina. One session aimed at 3km pace to be achieved. One session at best 1500 pace.

1500m: One session at 3km pace. One session at 1500 pace to be achieved. One session at 800m pace. For example - a man with a best 1500 of 4:00.0 should run 3km pace sessions at 68sec per 400 with **short recovery**; 1500m pace sessions at 63 per 400 and 800m pace sessions at 60sec with the same distance jog recovery.

800m: one session at 400m pace. One session at 800m pace to be achieved. One session at 1500 pace. For example, a 2 minute 800m man should run 400 or 200 reps for speed at not slower than 56 and 28sec respectively.

CONVERTING TIMES DONE TO POTENTIAL TIMES AT OTHER DISTANCES. The 4 second theory is a good guide. If a girl has a best time of 4:40.0 for 1500, this 75sec pace equates to 2:22 (71sec pace) for 800. For 3km, she should be able to run at 79sec pace (9:53) and 17:18 for 5km (83sec pace). To give a further example - a man with a best 1500 of 4:10 (67 pace) should run 8:52 (71) for 3km, 15:37 (75's) for 5km, and 2:06 (63) for 800m. If these conversions have not been achieved it indicates that either insufficient races have been done at the other distances or that speed and endurance is lacking in the training cycle.

RACING MODE. Statistics show that the SEVENTH race within a six month period is likely to be the best at the low middle-distance events (800 and 1500) and the FIFTH race at the long middle distance events (5 and 10,000 metres). For the road specialists, the THIRD marathon in a year is likely to be the best one.

Frank Horwill, 1987.

Letter To The Editor

From Harry Wilson, National Coach.

'CREEPS' DRAW FIRE.

Dear Editor:

I'd like to reply to the comments made by Frank Horwill in the last BMC NEWS (issue no 40), particularly those under the heading of "Creeps". I'm amazed that Frank respects his 'controversial Coach' who says that "any athlete who chooses to be coached by a National or Staff Coach is a creep". Frank himself was once a Staff Coach - did he coach creeps? And what about athletes coached by such prominent men as Ron Holman, Neville Taylor and John Sullivan, all of whom have been Staff or Event Coaches - were their athletes 'creeps' when they held this responsibility, then became 'Lions' when their coaches gave up this position?

Here is a list of just a few of the runners that this mystery coach should have the nerve to go up to and call 'weak creeps': David Moorcroft, Liz Lynch, Lynne McDougall, John Graham, Steve Ovet, Tony Simmons, Julian Goater, Kirsty Wade, Angela Tooby, Mike McLeod, Jon Solly, Jane Furness, Hugh Jones. This is only a few of the athletes at present coached by National Event Coaches (and they are plenty more). Do these people train and race like 'creeps'?

But of course this coach remains anonymous, and as far as I'm concerned unless he's prepared to address all the above runners to their faces as 'creeps' than if he really wants to see (in his words) a "weak individual, unsure of himself", he should look in a mirror.

Sincerely,

Harry Wilson,

Welwyn Garden City, Herts.

QUIZ FOR THE ARDENT ATHLETICS FAN.

Compiled by David Cocksedge.

- 1) Who was the last male straddle jumper to win the Olympic high jump title?
- 2) Who was runner-up in the first two sub four minute miles in history in 1954?
- 3) What is the World record for Womens' 1000m, and who holds it?
- 4) Who won successive European titles at 1500 and then 5000 metres?
- 5) Why was Brian Oldfield's 22.86m with the 16lb shot in 1975 never ratified by the IAAF?
- 6) Who was the last European to win the Olympic 100/200m sprint double?
- 7) Who won the World 800m title (men) in 1983?
- 8) What was Canadian marathon star Jerome Drayton's previous name?
- 9) Under what name did Fatima Whitbread first compete as a Junior in the United Kingdom (before adoption)?
- 10) Who won the 1932 Olympic Womens' 80m Hurdles and Javelin titles?

Answers:

- 1) Yuri Tarmak (USSR) in Munich, 1972.
- 2) Christopher Chataway.
- 3) 2:30.6 by Tatyana Providokhina (USSR) in 1978.
- 4) Michel Jazy (France), 1500 in 1962, 5000 in 1966.
- 5) Oldfield threw in a Professional competition.
- 6) Valeriy Borzov (USSR).
- 7) Willi Wulbeck (GFR).
- 8) Peter Buniak.
- 9) Fatima Veadad.
- 10) Mildred 'Babe' Didrikson (USA).

☐ **Change affiliation, please.** Who says there's no patriotism left? Kitei Son won the 1936 Olympic marathon as a Japanese citizen, but was really a Korean, as Japan occupied the peninsula at that time. He now says he wants his affiliation and name changed on the winners' wall at Berlin's Olympic stadium. The Korean name is Sohn Kee-Chung. "I am not happy that in Germany I am still regarded as Japanese," says Son, er, sorry Sohn Kee-Chung.

☐ **Quote from Ron Hill.** "The new money in the sport seems to have bred a strange attitude. I'm thinking of Jon Solly, dropping out of the European Championships team because he was not allowed to race the 5000m as he wanted to. In my day we'd have killed or crawled across hot coals for the chance to wear a British vest."

☐ **Agents watchdog committee.** TAC, the American track and field authority, has established a 13-member 'Athletes Business Standards Committee' to initiate procedures for monitoring agents who claim to represent athletes. Not a bad idea, if you ask me, some of those people really need investigating. But are we organised enough to establish a similar committee in the UK? I doubt it.

ACHILLES WRITES.

Lift the ban on Junior women racing 400 metres!

The ban on Junior women in this country running 400 metres in competition is outdated and a hindrance to the advancement of British middle distance running. The sooner our women can get used to running sub 55 sec pace for 400m, the better. At present our women 800m specialists are eye-balls out with a first lap of 60 seconds. They then usually lose another three seconds on the second lap. We need to create a Brave New crop of female runners who look upon 57sec for the first 400m in an 800m race as commonplace. They should then be able to add a second lap of 59 seconds. The current World Record for Womens' 800 metres in 1:53.28. The UK Record is 1:57.42. We still have quite a way to go. Eastern Europeans have no such restriction on their young girl runners: Marita Koch ran 57.4 for 400m, aged 14. Her World record stands at 47.60 in 1985. Lifting the domestic ban on Juniors racing 400 metres is a step in the right direction.

The most disgraceful race in the World Championships?

The most boring and disgraceful race in Rome was the 5000 metres. Anyone who got a medal in that race should throw it away. Those with their eyes on sports news reports MUST have known that Said Aouita was out of action for a week with calf muscle trouble. Following an injection of cortisone, he only jogged for another week. Aouita was clearly worried about twelve and a half FAST laps, and withdrew his promise to the King of Morocco regarding a Gold medal in World record time.

Any runner in that race with an ounce of intelligence would have

realised that a man who has run 12:58 for the distance was being given an easy ride when the field sauntered past 3000m in 8:16, slower than the steeplechase final. No one attempted to put any pressure on Aouita, even though they knew he had injury problems and may well have feared a strong pace throughout. They all followed a snail's pace, thinking they could outspurt each other on the last lap for medals. What a gutless crowd they were!

One of the British contingent claimed he finished feeling "Quite fresh". Too right, mate, the winning time has been recorded about fifty times this year all over the world. Some of those 5000m heroes of Rome live in a dream world. "I've been working on my speed", announced one proudly. Nearly 30 years of age, this runner has not run sub 50sec for 400m or under 1:50 for 800m yet, so where does all this speed come from? He will NEVER improve his speed. The best thing he can do is learn to run 12½ laps together at 63sec a lap. That means hard work, like 4x1600 in 4:12 with 60sec recovery jog. Zatopek's best 1500m was only 3:54, yet at 5000, 10,000 and marathon, no one could live with him because of the blistering pace he could set. This was gained from sessions like 20x200, 20x400, 20x200. He worked on his STRENGTH. He knew he could never be a great speed merchant. Brendan Foster was another athlete who realised his limitations: he knew he could get no faster than his best 800 and 1500 times of 1:51 and 3:37.6. He relied on a big mileage and long reps to get the endurance for not only a good pace throughout, but fast bursts of 60sec per 400 in mid race. This bold tactic crushed his rivals many times in major races during his fine career.

From Rome's shoddiest race to the most revealing race at the World Championships - the Womens' 10,000metres. Let us ask ourselves this question. If you were a coach, would you allow your female athlete to enter a World Championship 800m without ever letting her race the distance in the months beforehand? I do not think many coaches would feel too confident about this.

So, with the 10,000 metres, twelve times the distance of 800 metres, would you race a woman who had not raced a 10km for six months? I think not. This is another case where the speed merchants have gone over the top. By all means, race 800, 1500 and 3000, but that is not the same as doing 25x400m in 75sec with no recovery after each lap. A medal lost, I fear.

Safety First is the motto for all relays. If the incoming runner cannot catch the outgoing runner with a six stride take-off point, it must be shortened to five strides. Elementary stuff. Yet, the UK Coaching Director, who was in charge of the sprint relay squads and who stocked them out with many reserves, somehow failed to emphasise this point. The British mens' sprint relay team was disqualified for a passing zone violation on the FIRST exchange in the heats, and the British womens' 4x100 team failed to advance beyond the FIRST round. What a disaster! Many aspects of Britain's World Championships performance were disastrous. A review of the whole concept of the UK Coaching Scheme is overdue. The message to all National Event Coaches is this :- INVOLVE BRITAIN'S SENIOR BAAB COACHES IN YOUR POLICY-MAKING.

Achilles.

BMC ANNUAL AGM/TRAINING WEEKEND

The Annual National BMC Training Weekend will take place on November 13 to 15th, 1987 at Heswall Camp and Activities Centre, Broad Lane, Heswall, Wirral, Merseyside. The cost, which includes Friday and Saturday nights' accommodation and all meals plus four lectures, will be £25 for BMC Coaches; £30 for BMC members, and £35 for non-members. Lectures will be by experts and training under the supervision of Senior BAAB Coaches. Cheques should be made payable to The British Milers' Club.

Applications for the weekend should be sent to FRANK HORWILL at 4 CAPSTAN HOUSE, GLENGARNOCK AVENUE, LONDON E14 9DF, stating age, best times for 800 to 5000m and Membership number. Please enclose a stamped, self-addressed envelope for details of the course.

There will be a number of strictly limited places for day-time attendance only, non-residential. The fee for this is £10 per day inclusive of lunch.

BMC VESTS!

Equipment Secretary, Bill (Andy) Anderson has BMC Womens' vests for sale. £3.50 each. Send for yours to W. Anderson, 75 Chichester Road, North End, Portsmouth, Hants. Other BMC clothing can also be ordered from Bill (ties, vests, badges, jumpers etc).

FRONT COVER: Steve Halliday (85) and Jonathan Dennis duel it out at finish of 1987 English Schools 3000m final. Halliday won in 8:15.3. Dennis set a new Age-17 best at 5000m with 14:17.4 last May.

Photo by David Cocksedge.

SUBSCRIPTIONS! SUBSCRIPTIONS!

Subs become due on January 1st, 1988. Send your £5.00 (£2.00 to BAAB Senior Coaches) to BMC Treasurer, Pat Fitzgerald at The Acacia, 47 Station Road Cowley, Uxbridge, Middlesex.