

British Milers' Club News



Issue no. 45, Autumn 1989.

BMC NEWS, Autumn, 1989.

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Editorial

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Cover photo: 800m
finalists in ESAA Junior
Championship.

Cocksedge Photo

AUGUST 13th, 1989 was an historic date. For the first time in their lengthy and glittering careers, superstars Sebastian Coe and Steve Ovett raced each other on a British track in the 1500 metres final of the Amateur Athletic Association Championships - fittingly, the World's oldest national championship meeting.

What a pity then, that what should have been a great showdown was marred by a squalid row involving an alleged financial inducement made by Promotions Officer Andy Norman to Ovett. Ironically, this surfaced just after Coe had stated how refreshing it was that they were racing each other in a championship meeting and not as part of some 'tacky' commercial operation.

The lurid drama of allegations detracted from Coe's astonishing 51.9sec last lap, and ruined Ovett's preparation. That he was in no healthy state of mind to race was amplified by the amazing sight of him breaking down on live television after the event. Accusations were swiftly followed by official denials; but top athletes HAVE been paid to compete in these national championships in the past: when the subvention package was introduced in 1965, the deal included participation in the AAA Championships - a fact that seemed to have slipped the memory of Andy Norman when he faced an ITV camera and stated that no such deal had ever been struck.

What is obvious is that an internal enquiry by AAA Officials is unlikely to reveal anything of substance, as the Association can hardly mount a detached, impartial investigation of its' own affairs. Massive corruption has been hinted at before, as in the Doping malpractice scandal of 1987/8, and top officials survived the subsequent Coney Enquiry. What is needed is not an inquiry BY the AAA/BAAB, but one OF the AAA/BAAB, by an independent body. Reportedly, Peter Yarranton, Chairman of the Sports Council, which part-subsidises athletics in the UK, is ready to take action if it becomes obvious that Ovett's accusations have been conveniently swept under the carpet.

When Canada's Ben Johnson was positively dope tested in Seoul last Autumn, many prominent persons called for a lifetime ban to be imposed on him, presumably because of the humiliation and scandal he heaped on the sport. The IAAF ruling is for a two year suspension from competition for any athlete found guilty of drug usage, and a lifetime ban for any subsequent drug violation. Whatever we may feel about the severity (or lack of it) of the sentence, that is the ruling of the sport's governing body. Johnson will be free to compete again in September 1990 if his national federation reinstates him. Just as in the name of fairness he is not afforded any preferential treatment just because of his high profile, so should he not be dumped on for the same reason. No one else has been suspended for life for a first-time steroid violation, so why pick on Johnson? All athletes should be equal when it comes to rules and regulations.

David Cocksedge, BMC NEWS editor.

Journal of the British Milers' Club

Technical Tips

WHERE DO YOU BEGIN?

It would indeed be wonderful if adults always could run with the natural ease and spontaneity of young children at play. In promoting physical growth and development, nature provides youngsters with a strong intrinsic motivation to run frequently in their daily activities.

For the adult, running remains important as an excellent general conditioner and preventive approach to cardiovascular disease which currently accounts for slightly more than half the annual US mortalities.

Yet there are many barriers to adult running such as increased pressures associated with social and professional responsibilities, and biological restraints against careless renewal of physical training. Adults, especially beginning runners, need a conditioning program that maximizes personal satisfaction and minimizes chance of injury.

A program emphasizing running can have two objectives:

1. To develop an optimal level of endurance fitness which produces health benefits from improvements in the oxygen transport system. This includes a preventive approach to the degenerative disease of aging, especially disorders of the heart and circulation. Endurance fitness can improve an individual's "quality of life" through the associated psycho-physiological benefits.

2. To achieve a level of fitness which will improve personal performance standards such as faster times or competitive ranking.

No matter what the personal objective(s), the training response will be largely determined by the intensity, frequency and duration of running.

Intensity. Research indicates that a minimum intensity, or threshold level, is necessary to produce a cardiovascular (endurance) training effect. Increasing your running workload increases your heart rate and oxygen uptake. Therefore, monitoring your pulse gives you a practical way of establishing your exercise intensity level. A level of 70-75% of maximal oxygen uptake will promote substantial increases in endur-

ance fitness with little danger of excessive stress.

Here is how you can determine your training threshold heart rate (intensity of pace) to achieve the desired cardiovascular stimulus and resulting fitness:

1. Run at maximum effort for 50-60 seconds. Immediately (within 2-3 seconds) after completion of the run, count either the radial (wrist) or carotid (neck) pulse for 10 seconds and multiply that count by six. The total is your maximum heart rate.

2. Subtract the resting pulse (obtained during quiet sitting or reclining) from the maximum and record the difference.

3. Take 70-75% of difference between rest and max HR and add to resting rate. This value represents the target training heart rate.

If you monitor your pulse often enough, you will soon develop a built-in awareness of pace or appropriate running speed needed to maintain your target heart rate level.

The more you run, and as your endurance (cardiovascular) conditioning improves, you will need to recompute your threshold level. Your heart rate response to a given workload gradually will decrease, requiring faster running to reach a given threshold level.

Frequency. In general, running 3-4 times a week will give you a minimum acceptable level of aerobic conditioning. And you will have enough energy left after a normal working day for enjoyment of other sports such as tennis, swimming or skiing.

However, if you want to approach an advanced endurance fitness level such as necessary for competition, you will need at least once a day, five days a week training.

And if you want to achieve maximum endurance fitness, such as required to meet Olympic standards, you need to run one or two times a day, seven days per week, year round.

Training is both individualized and specific. Don't let someone else determine your running frequency or pace. You should determine it, based on your personal objectives, ability, state of

training, age and physical characteristics.

Duration. The question of how much time you should spend running depends partly on your weight, diet and energy use. You want to run enough so that you can eat sensibly and achieve a desirable body weight, in addition to getting the cardio-respiratory benefits. A desirable goal might be to reduce your body fat to 10%-12% of your total weight.

Obviously, maintaining an acceptable weight requires either not consuming calories beyond your normal daily requirement or running more to burn off the excess. A practical estimate of a desirable calorie output is 400-500 calories per workout. Thirty to 40 minutes of running at 70%-75% of maximum heart rate can burn that amount.

Heavyweight. Athletes weighing in excess of 170 pounds appear more prone to foot and leg injuries than their lighter contemporaries. This partly may be explained by the greater stress required for running.

Larger runners should obtain an indirect assessment of body fat via skinfold measurements (perhaps at a local YMCA) and then effectively reduce the burden on their legs by losing weight if possible. Additionally, well-cushioned running shoes and frequent selection of soft surfaces much of the time will reduce injury susceptibility.

Everyone should adopt a slow, progressive approach to conditioning. You should permit several weeks for your musculo-skeletal system components to adjust to the demands of unaccustomed activity before concentrating on the endurance training effect. By all means, try to avoid the physical and mental trauma associated with "crash" training.

*Alan Claremont, Ph.D.
and Lloyd Boston, Ph.D.*

EXCELLENT TEACHING, EXCELLENT COACHING

As an athletic administrator and assistant principal, I believe that both coaching and teaching have much to offer each other. Many educators have admired the great organization, detail, and enthusiasm with which most coaches go about their task, while the coaches can learn a great deal from the principles of learning being used in the classrooms.

The laws of learning apply of course to all teaching situations, but many of the techniques being used in the two disciplines are frequently overlooked by one field or the other. It would thus appear that an analysis of modern techniques could lead to a greater understanding of them and, eventually, more effective teaching in athletics.

Let us see specifically how several of these concepts can be applied by the coaching profession.

Time on task.

When I ask coaches if they use "time on task," they invariably answer in the affirmative. But when I ask the coach to determine the precise amount of "time on task" spent by each athlete in practice, the coach is always surprised to discover how much time some players, generally substitutes, will waste standing around watching other players.

The coach must thus determine whether all of his players are staying "on task" during practice. Classroom research indicates that

the more the students participate in class, the greater is their opportunity to learn and to have the knowledge stick with them.

Moral: If you structure your practice schedules to assure greater active participation by everyone, you will enhance your team's overall performance level.

Once the coach has organized practice so that it is effectively "on task," he should ask himself: Have I clearly stated the long-term and short-term objectives for this practice session?

Stating the objectives.

For learning to be effective, the classroom student must clearly understand the objective(s) of the lesson. The athlete similarly will learn faster and retain the information and skills longer if he is made to understand how the specific skill being taught relates to the overall improvement of both himself and the team.

Practice should never be a mystery to the learner. Good coach/teachers will post their daily schedule on the bulletin board and then take the time to explain (1) why the practice is organized as it is, (2) the goal(s) of the day, and (3) the rationale for each unit of practice.

This is an excellent teaching

technique. Once the athlete understands the objective(s) of the day and the integration of them into the long-term learning strategy, he will be better prepared for the learning process.

Transfer theory.

Effective teachers like to tie in (or "hook") all new concepts to the knowledge already absorbed in the long-term memory. This kind of "hook in" facilitates the learning and absorption of new concepts.

Example: teaching a young girl basketball player how to leap for a rebound. Girls have difficulty remembering to flex the knees and hips prior to leaping.

Since almost all of them know how to jump rope, the coach can use rope jumping as a knowledge base onto which to "hook" the new skill. He (or she) can transfer the hip and knee flexion of the rope jump into the preparation of the body for the rebound.

This technique will obviously require the coach to plan exactly how to introduce each new skill/concept to the athletes.

Sequential teaching.

Teaching theory has strongly validated the holistic approach to learning; that is, you start by introducing the *overall* concept of the specific skill and then you teach it through sequential steps.

Example: the teaching of hurdling. Have an accomplished hurdler show your beginners how to take a few hurdles, and then have

By HARVEY J. GREER
Asst. Principal/Athletic Director
Leawood (Ks.) High School

the beginners try the technique over just one hurdle. The learner will thus gain an appreciation for the complexity of the event and will feel safer by going over just one hurdle.

At this point, the coach can begin teaching the technique step by step.

It is imperative for the coach to understand the skill/strategy well enough to break it down into small units that can be taught in a sequential manner.

Without such sequential teaching, the learner may glean an idea of the overall concept, but could develop poor habits in trying to achieve it.

Modeling.

The coach should reflect the attitude he wants his players to assume. Example: In a pressure situation, the coach will want to remain cool and analytical — as his players will be keying on him.

Motivation.

Positive reinforcement is the key factor in both short-term and long-term motivation. Such reinforcement probably has its greatest impact when it is specific and immediate, and it may have many nuances.

For example, during my early years as a high school athletic director, I made it a point to approach my coach after a game and say, "Good game, Coach. The kids played hard."

After learning more about positive motivation, I realized that such positive reinforcement was much too general and too likely to be quickly forgotten by the coach.

I now try to single out a specific aspect of the game that the team performed well and to communicate that to the coach. Such positive reinforcement is specific and immediate and will generally stimulate the coach's thinking.

Questioning technique.

Since this is a complex tech-

nique, everything considered, we'd like to dwell on just one of its simplest aspects.

Every coach should expect each player to learn *everything* about his specific position. The coach can then pose his question as follows: "What is the left tackle supposed to do on that play?"

Note that the coach does *not* use the player's name to attract his attention. He actually directs the question to *all* of the tackles.

This kind of approach will raise the anxiety level of all the tackles and force all of them to *think*. After an appropriate wait, the coach may then call on a specific athlete.

This simple concept may add a few minutes to the practice session, but the results will be well worth it. Anything that stimulates the thinking processes is worth trying.

Varied teaching resources.

The effective classroom teacher will utilize all the available teaching materials, such as textbooks, reference material, film, audio tape, TV tape, lecture notes, etc. The use of a varied assortment of materials and approaches will enable the teacher to reach every kind of student: visual learners, auditory learners, reading learners, etc.

The coach who confines himself to just one means of communication will limit his opportunities to reach everyone.

MBWA.

Peters and Waterman's superb book on management, *In Search of Excellence*, indicates that effective managers (which includes teachers and coaches) believe in MBWA, meaning: *Management By Wandering Around*. In short, they do not spend all their time in one place on the field or in the classroom. They "wander" around the classroom or circulate among the athletes.

The benefits are obvious: MBWA helps them communicate with many of the students/athletes and monitor the learning process.

Is Olympic 1500m finalist SHIREEN BAILEY really a raven-haired version of the legendary dumb blonde, or is it all an elaborate act? When dippy Shireen was informed that she must join the BMC if she wished to race in a BMC Womens' 800m at Aldershot last July, she was thunderstruck. "But I couldn't possibly leave Bromley Ladies for the BMC just to run in one race!" she exclaimed in anguish. It was carefully explained to her that we are a second-claim service club, not effecting her first claim status with Bromley; and in any case she has several times made use of us in the past for her own ends whilst rejecting all offers to become a member of the BMC. In the end she raced for Surrey in the match 800m at Aldershot and clocked 2:05.6 in a solo effort. Rhona McKay won the BMC race in 2:07.3.

The greatest one-evening double in history? Olympic 5km Champion JOHN MCUGI won the 5000m in the UK v Kenya match in London on July 28th in 13:17.72; and then lined up for the Mile just 95 minutes later - where he finished 4th in an astonishing 4:01.80! Only athletes will fully appreciate the enormity of that feat, which the majority of the press simply passed over.

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FRANK VIEWS FROM HORWILL

**EMC President FRANK HORWILL analyses those types programmed to lose.
Are you a MOANER, a POSER, an IDIOT, a DRAMATIST or a BLAMER?**

THERE has been quite an upsurge in the overall standard of middle distance racing in Northern Ireland. Note that the 1989 AAA under-20 1500m champion hails from the province. This renewed activity cannot be divorced from the arrival in Ulster of a permanent National Coach six years ago. NORMAN BROOK was a BMC Coach in Scotland before his posting and was vociferous in his criticism of the BMC's role in improving Scottish middle distance standards.

Since those days LACHIE STEWART has proved to be a stalwart in furthering the aims of the BMC north of the border. Many of you will recall Lachie winning the 1970 Commonwealth 10,000m title in Edinburgh; and now his son, GLEN STEWART, winner of the 1987 Peter Coe Mile for Youths, is one of the UK's most promising young middle distance runners.

Norwan's new book *ENDURANCE RUNNING* should be read by all aspiring juniors. Refreshingly devoid of the highly technical jargon which some National Coaches feel impelled to include in their tomes, it sets out the facts in plain language and all the athlete has to do is carry out the recommendations. Basically the message is simple: train regularly, race intelligently, and don't get downhearted if things don't go your way all the time.

TYPECASTING

TRAINING fads go in cycles. The latest is the use of psychology in getting the athlete's mind 'right' for competition. Much of what is written on the subject is pure commonsense. Now the Championship character has been well and truly analysed by Tutko and Ogilvie over 20 years ago, but what of the others - athletes who you just know will never achieve their full physical capabilities? I divide these types into MOANERS, POSERS, IDIOTS, DRAMATISTS and BLAMERS.

The MOANER always bemoans his/her lot. "I could be great if only I didn't have to work for a living..... I'd get to the top if I was sponsored like Thompson or Cram", are the moans you often hear in changing rooms and showers. The fact is that ALAN SIMPSON, - the man who led Britain's miling revival in the sixties - used to climb the fence of his local track in Rotherham after a hard day's work, and run his intervals by the shade of nearby street lighting. Instead of moaning about his circumstances, he simply made the best of what he had and got on with it. Simpson went on to place 4th in the 1964 Olympic 1500m and ran a 3:55.68 mile in 1965.

There are those who seek every appearance of being a top class international athlete, but sadly lack the guts and application to make it. These are the POSERS of the sport. You will find these brightly feathered types clustered around National Coaches wherever there is an appreciative audience. The poser wears all the latest skin-tight gear, trains and socialises with internationals; and name drops about his famous 'mates' at every opportunity. When it comes to hard, tough racing, however - forget it. The poser is only occasionally useful as a pacemaker. This type (for some reason they are nearly always male) lives in a world of

make believe. The female equivalent of the Poser is the training squad groupie: Her only purpose is to look decorative; her only claim to fame the fact that she has slept with several internationals.

The IDIOTS in middle distance running are numerous. Like the Posers, they often feel that only a National Coach with impressive credentials has the ability to take them to the 'top'. A humble BOOB or club coach just will not do. Well, tell that to Steve Cram, who was aided by Jimmy Hedley, a man working through his local club, outside the UK Coaching system. Tell it to Sebastian Coe, coached throughout his athletic life by his father, a former amateur cyclist. These two great athletes were guided by men with enthusiasm and common sense. They did not need well-connected National Coaches pulling strings for them. They proved that it IS possible to succeed at the highest level without having to attend elite warm weather training camps staffed by the top brass of British coaching.

The idiot will run a severe track session on a Thursday before a Saturday race, and then wonder why he/she races like a drain. The idiot never learns that hard running 48 hours before an event depletes the carbohydrate reserve. The idiot trains at one pace, and then fails miserably to race at a faster one. He or she complains that they cannot sprint or improve their 800m time; yet they never include specific speed work in their weekly training routine. Why? Because it HURTS!

The idiot races the same distance, week in, week out, and wonders why he/she plateaus. In early summer this year, we watched Cram race over 5km, 3km, 800 and 1500m in a month. How many idiots in that same span raced four times over 1500m?

The idiot runner is fooled by early success. He or she thinks that a junior international vest means that sponsors will be fawning over them. They think they have 'arrived', when in fact they have just started. It takes from eight to twelve years of solid, progressive grind to reach your peak in this game. The novice cannot scale Everest, but many idiots expect to.

The idiot runner is the one who goes to University and gets drawn into the social web of parties, cheap drink, fashionable drugs and quick, easy lays; and then wonders why he cannot race well anymore. A good example of this is the group of boy wonders from a Kent club who swept all before them as Youths and Juniors. They then went into further education, and could not resist the honey traps of excessive drinking, snorting coke, smoking dope and ceaseless pursuit of sexual gratification. They are now burnt out also-rans; idiots who threw away their potential.

The DRAMATISTS of the middle distance world are those who view a bad race as a total, world-shattering calamity. They frequently over-estimate their ability before racing, and are then devastated when they don't achieve their goals. These humourless individuals sulk for days after a 'bad one'; they fling their spikes to the ground and announce that they are giving up. They seem incapable of sitting down calmly without

distractions and analysing the reasons for a bad performance. They cannot be told that all great athletes have experienced bad races in their time; that nature individuals learn from their mistakes and bounce back again. The dramatist, for whom everyday life is a drama of Shakespearian proportions, never realises that out of perhaps 300 races in a track career, some are certain to be disappointing.

The **BLAMER** lives in a protected, fool's paradise. Usually he or she has a spoiled upbringing. Mummy and daddy really believe that the sun shines out of their star offspring's backside. Over the years in the BMC I have heard some amazing guilt-shifting quotes. Example: "As soon as I heard that the first lap was 04 seconds I knew that **THEY** had mucked up the race..." It's always the fault of someone else. The blamer only accepts responsibility for his own performance when he is pleased with it. If you decide to race four laps in 60sec apiece, go out and try your damnest to do it, even if it means that you are exposed in the lead in order to do so. And if you can't gauge how fast you are travelling in the first few strides of a race, get back to kindergarten and learn some pace judgement!

The blamer wants everything laid out on a plate. When things go wrong; when he is under pressure, he blames the weather, his work, his coach, his training partners, his rivals. The blamer never looks inwardly because he has never learned this form of brutal self-analysis. Mummy and daddy have instilled in him that he is always right, and when things do not go his way, it is because others have thwarted or wronged him.

These personality traits are often interchangeable. You may know a Poser who is also a Dramatist; Moaners are often Blamers and Idiots as well.

Take a long, hard look in the mirror today. Ask yourself if you are a **MOANER**, a **POSER**, an **IDIOT**, a **DRAMATIST** or a **BLAMER**. If you are really honest with yourself and decide that you are one of these, start by altering your attitude tomorrow. No one will pretend that it's going to be easy, but you might make it. More importantly, you will like yourself better and others will also begin to respect you.



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Most athletes have two legs each. Most have arms as well. And that's what I'm constantly on about: Alms for Veterans. I mean, how come we (Veterans, that is) are consistently low down the prize list? Isn't it bad enough that we have to put up with being balding, grizzled and cantankerous?

Guys like me who achieved very little until they became Vets, need recognition. You could almost say that we CRAVE it. We have fragile, restless egos that need stroking and feeding all the time. When I'm not winning Vets race medals, I like to spout off in this column. Sometimes I do both. Stir 'em up in the changing rooms; find a controversial topic to pontificate about. Or, better still, select a straightforward issue, and stir things up by bestowing my own lunatic view on it.

Just as long as people are talking about me. "Look out - here comes Guff!" they shout. See what I mean?

I've done it all, see? And I know it all. Don't you know it. Have a nice day!

VIEW FROM THE PRES.

"Coaches are a curious mob. At best, they are arrogant, bombastic, self-centred, opinionated individuals, attempting to project into their proteges a fierce mental compulsion, born of their own physical inadequacy. At worst, they are complete nutters..." PAT BUTCHER, writing in THE TIMES, January 24, 1988.

COACHES' PROFILE

Just how widely recognised is the British athletics coaching fraternity? TOM MCNAB tells the story of a letter sent from West Germany addressed to 'The British Director of Coaches, London, England'. The missive finally arrived at the BAAB's London offices after being re-directed to Victoria Coach Station!

HOLLOW WORDS FROM WARD?

"There are young lions waiting to take Seb Coe's place in the British team", said AAA Spokesman TONY WARD by way of justification when Coe was controversially not selected for the 1988 Olympics. Well, Coe won the 1989 AAA 1500m title with a 51.9sec last lap, and we have to say that the 'young lions' were not exactly conspicuous by their presence.

FEMALE POUCHES CHEAT TESTERS

"If Ben Johnson were female, she could still be competing today. For the most sophisticated drug-testing equipment in the world is being rendered useless by the female anatomy.

"For years, women athletes using banned drugs such as anabolic steroids have been able to cheat more effectively than men simply by concealing a rubber container of clean urine in a place where a man does not have a place.

"The container is inserted by the athlete into her vagina, like a tampon, before competition. Afterwards, despite the closest observations of a medical supervisor in accordance with the drug-testing procedure, she releases the urine from the artificial container. It is impossible to tell whether the urine is coming from its normal source, the bladder via the urethra, or from the artificial container concealed in the vagina."

CLIFF TEMPLE, writing in THE SUNDAY TIMES, March 19, 1989.

SOUTHERN MIDDLEWEIGHT CHAMPIONSHIP?

The two favourites for the Southern 3 miles Championship at Wotspur Park one day back in the sixties overtook each other five times in the first mile. One of them, Irishman JIM HOGAN of Polytechnic Harriers, quickly got fed up with this, and grabbed his opponent's vest as they entered the backstraight for the fifth time. "Do you want to take the f... lead or not?" he shouted, to the astonishment of spectators. The two athletes then stopped racing and engaged in a torrid shoving match as the rest of the field overtook them and pulled away. Both runners were disqualified for "unseemly and ungentlemanly" conduct. Hogan (previous name, Cregan) won the 1966 European marathon title in Budapest after changing Nationality from Eire to UK in 1965.

Editor's notes...

OXYGEN COCKTAILS - SAME AGAIN, DORIS

"In my experience in Soviet sport," writes GRIGORI RAIPORT in the New York Times (20/9/88), "only two Russian athletes took anabolic steroids. Soviet sports officials oppose such drugs for two reasons: they believe the drugs harm athletes, shortening their careers, and they feel they can get the same or better results with psychological techniques.

"Some methods, while not technically illegal, may still provoke ethical questions: whilst working with Soviet boxers and runners, I was instructed to administer a so-called oxygen cocktail - a special drink enriched with glucose and vitamins, filled with bubbles of pure oxygen. Now oxygen is absorbed much more slowly from the stomach than from the lungs, giving a runner an almost continuous supply of oxygen whilst

racing, enabling him or her to enjoy an edge over the competition. We even injected some distance runners with oxygen under the skin, creating a long-lasting supply of the vital gas...

"We also discovered electrically active points in the earlobe that represent various bodily organs, including musculature. By measuring the electric 'potential' of these points with a special device, scientists evaluate the condition of different bodily systems. If a system or organ registers a reduced potential, it is stimulated with a laser beam."

Meantime, the British athlete mixing his Gatorade drink after a run, plods on a couple of decades behind these scientific advances.

SPEEDY ENOUGH

Hard-drinking FRANK SALVAT was 1960 AAA 3 miles Champion and represented the UK in the Rome Olympics over 5000m. One evening, he became embroiled in a pub argument with some fellow athletes who were openly dubious of Frank's half mile speed. The one-eyed Salvat, who prided himself on his finishing kick, was furious. "I can run 1:54, lads, and I'll prove it, if you come along and watch me next week at Ruislip!" he challenged. Bets were soon laid, and Salvat's critics turned up at the designated trophy meeting the following week expecting to see Frank racing for his club, Finchley Harriers, in the 800 yards. Instead, he amazed everyone by toying the line for the 3 miles. At the gun, Salvat charged off at a suicidal pace and quickly built up a huge lead. After going through the first two laps in 1:54, he jogged on the spot until the rest of the field caught up with him. He then tucked in among the leaders and won the race with a sprint off the last bend.

TAKE ZINC!

It is reported that 35mg of zinc sulphate taken daily immunises athletes against viral infections, according to Doctors S.DAVIES and A.STEWART. They discovered that athletes lose too much zinc from sweating during training and competition and this tends to weaken their resistance to infection.

COLEMANBALLS

"When Flo-Jo turns it on, she turns it on; which is to say, she doesn't turn it on." DAVID COLEMAN comentating on Womens' 200m semis, Seoul Olympics.

ACHILLES WRITES:

DUFF PROTEST

Readers of ATHLETICS WEEKLY will be familiar with the ravings of columnist MARTIN DUFF, a man with an ego the size of a Jumbo Jet. When some of his loony views were challenged in the BACKMARKER column of LONDON ROAD RUNNER last Spring, Duff took great umbrage, huffing and puffing about it to editor STEVEN DOWNES. It seems that the Duffer objected to being labelled a 'pot hunter' who has changed clubs frequently in order to pursue trophies and self-glorification.

BMC Members may remember Duff suggesting that finishers' medals in road races should be abolished on the grounds that they devalued his own medal-winning achievements. He also asked FRANK HORWILL how many 'corpses' he had coached; and stated that he had 'cringed' with embarrassment when SEBASTIAN COE retained his Olympic 1500m title in Los Angeles.

The Duffer is retained by AW specifically to write a controversial column. Duff and editor KEITH NELSON are presumably on good terms, but it wasn't always so. A few years back Nelson resigned from Windsor, Slough and Eton AC after club captain Duff refused to select him for the club's 12 man Southern Road Relay team. Nelson went to Crawley AC and then Nene Valley Harriers whilst Duff subsequently left Windsor for Aldershot, Farnham & District AC, his fourth move between clubs.

VELLY SOLLY

Sometimes, it's difficult to probe the thought processes of athletes. JON SOLLY, Commonwealth 10,000m Champion in 1986, was desperate for races in July/August after returning from a long spell of altitude training in Kenya.

So he raced himself fit in several low key events. On August 2nd, he clocked a ground record of 7:53.0 for 3000m at Iooting Bec, winning all alone by over 30 seconds. Three miles up the road at Crystal Palace the same night, RICHARD NEBURKAR won over the same distance in 8:00.04 from TIM CROSSMAN, MIKE FLINT, ROGER HACKNEY AND BILLY DEE. For reasons best known to himself, Solly chose to engage in a time trial instead of mixing it with these good class athletes in a full-blooded race. Reminds us of the guy who always puts himself in the 'B' race at graded meetings, so that he can have a pose and win by 20 metres.

Solly has always been known as something of an oddball. He is the man who withdrew from the 1986 European Championship team, on the advice of his coach, ALAN STOREY, when he did not gain selection for 5000m.

MOCIE FOR 5000m?

"JACK BUCKNER is a little short of racing, and it is difficult to see him beating SALVATORE ANTILO, of Italy, in the 5000 metres, but DIETMAR MOGENBURG of West Germany, dropping out increases his chances...." PAI BUTCHER, The Times, August 5th, 1989.

Now, Mogenburg, the 2.39m high jumper, certainly towers over our Jack, but we doubt if he could ever be a threat to the European Champion at 5000m....

NO FIVE PACE IN WILSON'S BOOK

The job of a National Coach is to educate coaches and athletes about different training methods, explain advantages and disadvantages, and sum up. With this in mind, we find it strange that there is not a single mention in "Running my Way" by HARRY WILSON (Sackville, 1988) of the training system used by SEB COE for 14 years. Coe has taken four individual Olympic medals and set numerous world records using the five pace system, devised by FRANK HORWILL. Yet Wilson has rarely commented on the method during his career as a National Coach. Clearly, he does not have faith in five pace training, to the extent of excluding it from his summary, thus not even acknowledging its' existence.

Yet we know the system works: Take LAURA ADAM, who, in the doldrums for four years, set personal bests at three distances after just eight months of five pace work.

Here's how she did it: On Sundays she ran at 3km pace (3x1500 with 2min recovery); On Tuesdays, she ran at 1500 pace (2x3x500, 45sec recovery and 5min between sets). On Thursdays, 800 pace (2x400, 2min; 4x200, 1 min; 8x100, 30 sec). The rest of the week - Monday: 10 miles; Wednesday: 8 Miles. Friday: 6 miles if not racing next day. Saturday: 1 Hour Gershler Fartlek (15min jog, then 30sec fast strides with 90sec jog recovery, decreasing by 15sec after each effort i.e. 30/30; 30/75, 30/60 down to 30/15; then starting again at 30/90sec).

For short sprints Laura's favourite was a 20m run-up and 30m full out, increasing by 5 metres with each repeat - i.e. 35, 40, 45, up to 100m. The long sprints were tough - 1x350 full out; 1x300; 1x250; 1x200; 1x150; 1x100m; with a double distance walk recovery after each rep. Yes, Harry, five pace training WORKS!

TIME TO GET TOUGH?

President FRANK HORWILL is looking for the Boxhill Judas who agreed to hare the City Mile last June, and then no such thing, allowing the race to degenerate into a farce won in outside 4:15. Horwill had 129 fights as a Welterweight in his youth, losing only four, and claims that he can fell bigger men with his left hook. Rumour has it that he has gone into training ready for a confrontation with this snivelling Boxhill bunny!

Suggestions have been made that in future BMC races (and irrespective of weather), all members should be through 800/880y in 2 minutes or faster during 1500m/Mile races. In 800m races, the entire field should be through halfway in 55.0sec or faster. Those failing to achieve this standard during the race will not get their expenses. For women, the suggestion is 63sec or faster at the bell, and 2:20.0 at 800m/880y in 1500/mile events. Some of us think it's time we got tough on this, and this proposition may go forward to the floor at the AGM. What do you think?

CUTTERIDGE - THE BOARD'S HUMAN SACRIFICE?

More embarrassing than the ZOLA BUDD/HARRY WILSON Gaffe mentioned in the last issue is the pole vault sequence featuring JEFF CUTTERIDGE on pages 98 and 99 of TONY WARD's book, "The AAA Guide to better Athletics". Jeff became the first British athlete to be suspended for life after a positive drug test in April, 1988. Cynics might suggest that here was an administration under investigation for alleged malpractice over doping control and perhaps in need of a sacrifice. It could be that in those circumstances, a 32 year old athlete at the end of his career and with little international standing, makes the perfect fall guy....All you have to do is catch the poor fellow with a totally unexpected test, and then get as much media mileage as possible out of a positive. (Note that some well-placed journalists were informed of Cutteridge testing positive BEFORE the confirmation test result was known).

The beleaguered administration can hold up a subsequent lifetime ban as an example of how firmly it is prepared to deal with cheats and miscreants, thus disarming its critics. Some of us are just cynical enough to go along with this conspiracy theory.

The hypocrisy of all this is quite staggering, since BAAB officials wailed loudly in Seoul when an initial positive for pseudo-ephedrine relating to LINFORD CHRISTIE was leaked to the media by the International Olympic Committee - before the confirmation test. That's quite a breathtaking double standard, gentlemen.

"Uhartas can't get it up over 65 metres this season..."
IAN DARKE, Eurosport, Pescara, July 1989.

BRITAIN DOWN THE DRAIN?

Those who take ITU commentators seriously, may believe that British middle distance running is on its last legs. Some may feel that these chaps relish this 'dewise'. Take ALAN PARRY on The Miller Lite Grand Prix last July: "Many people who went to Edinburgh to watch the Kenyans would have been disappointed..." he gushed.

NOT disappointing to the spectators was the sight of TOM MCKEAN slamming the Kenyans over two laps, and to prove it was no fluke he did it again at Crystal Palace on July 28th, beating Olympic Champion PAUL ERENG in a Scottish record of 1:43.88.

Was Parry trying to convey the impression that as the Kenyans did not dominate, the Edinburgh meeting was a let-down? Or was he obliquely referring to the rumour that two top Kenyans were paid to stay away from the IAC meeting by a leading promoter? The word was that the two runners went directly to Nice for the Nikaia meeting on July 10th with all expenses paid, plus a fat bonus for saying 'No' to the IAC's DAVID BEDFORD.

BATTY THE BAWLER

Some officials who are also coaches seem to think that they can abuse their exalted positions when their own athletes are competing. Last July EAMON MARTIN was controversially disqualified after running a pb of 13:17.81 for 5000m when his coach, former World 10 mile

record holder MEL BATTY, was judged to have rendered 'assistance' from trackside during the race. Batty was working as a 'leg man' for ITU, a role that does not endear him to everyone. This was very tough luck on Martin, but if this action continues unchecked we could have fifty coaches lining the backstraight shouting on their athletes, and spectators, unable to see what they have paid to watch, will understandably be pretty annoyed!

Now we all remember bawling Mel Batty insisting that his lad double up in the Olympics last year, after Martin broke the UK 10000m record in Oslo and then won the AAA 5000m. Experts on the selection panel, however, disagreed. When Batty heard about this he lobbied top officials at every opportunity, insisting that his man was a running marvel - the greatest 25 lap man to grace British athletics and capable of five hard races in Seoul with medals at the end of them. He even buttonholed and confronted harassed officials in hotel bars, grunting and bawling into his beer as he pushed home his point. There must be times when Batty is an embarrassment to Eamon Martin, and this was surely one of them.

Well, Batty got his way, and Martin was allowed to double up in Seoul. We all know what a mess he made of it, too: dropping out of the 10,000m final, and then getting eliminated in the 5000m semis. Mr Batty was noticeably silent at this time.

Bawling Batty can never be silent for long, however. He was soon back to form. He says that Martin can double up at 5000 and 10,000 at the Commonwealth Games, thus depriving two athletes of team births. Let's hope the England selectors are brave enough to consign these parrot's squawks to the appropriate place.

WHITEFIELD NOT AMUSED

We hear that Coventry scribe NIGEL WHITEFIELD was enraged at his mention by Achilles in the last issue (No. 44). He threatened to 'lay one on' DMC NEWS editor, diminutive DAVID COCKSEGE, the next time he saw him. This threat comes from the man who, in a tired and emotional state at the British Athletics Writers' Dinner last November, picked up high jumper SHARON HUTCHINGS and dropped her on a hard floor. So you have to believe that fearless 'Whiters' is quite capable of punching the lights out of someone half his size.

In a twist of irony, the September issue of RUNNING was recalled from general sale after a high court injunction, brought about by DAVID BEDFORD, was slapped on it. Counsel acting for the magazine stated that no attempt would be made to justify the sting of the libel complained of, describing the article as a joke in poor taste. A slimy piece on Bedford, which sparked off the whole row, appeared in the 'Outside lane' gossip column, penned by none other than Nigel Whitefield.

Overheard in the changing rooms at Tooting Bec: "If British athletics is like Lebanon, then Boxhill Bunnies must be the Hezbollah".

LOSING AND GAINING

The negative effect of excess body fat on running performance is understood and accepted. However, I suspect that the magnitude of this effect, isolated from other factors, is not generally recognized. Recently, I had the opportunity to test it in a personal experiment lasting 16 months. This involved monitoring my "all-out" three-mile performance during a period when my training level was held constant and I was losing weight at the rate of a half-pound to one pound per week. Prior to my starting to lose weight I had established a constant training base at the 18-20 miles per week level for several years, and my running performances had not improved significantly in more than a year.

Figure One shows the results of the 16 months experiment at a constant 18-20 miles per week in training. During this period, I lost 35 pounds, decreased body fat by 8.4% and reduced my three-mile running time by three-minutes (13.2%).

Percentage body fat was determined in this experiment by the simple method of J.H. Wilmore and A.T. Behnke (*The Official YMCA Physical Fitness Handbook* by Clayton R. Myers, Page 61). In this method, the only measurements required for body fat determination are an accurate measurement of body weight and waist girth. Although probably not as accurate as other methods, this approach is satisfactory for measuring changes in body fat and is much simpler for the layman to use.

Figure Two shows improvement in three-mile performance plotted against percentage body fat, taking 21.8% body fat as the starting point. Although I suspect that other runners would follow somewhat different quantitative curves, the indicated trends should be generally applicable. Of particular importance to competitors is the magnitude of this effect.

A 1% decrease in body fat (about four pounds of weight loss) resulted, for me, in over a 1.5% improvement in running performance. This would amount to an improvement of 12-13 seconds in a top 5000-meter race, which is very often the difference between winning and being well back in the field.

It is unlikely that a top competitor who already has a very low percentage body fat would observe as large an effect as I did. Nevertheless, a few pounds of weight gain or loss still might make several seconds of difference in performance.

Jack Blumenthal •

TOTAL WEIGHT,
% BODY FAT AND RUNNING PERFORMANCE
AS A FUNCTION OF TIME

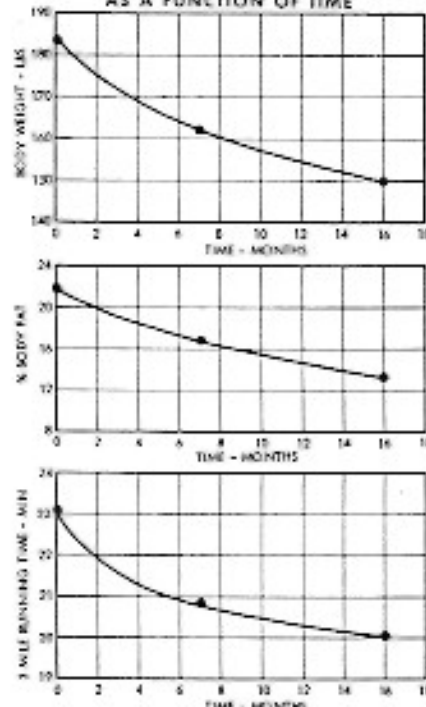


Figure One

PERFORMANCE IMPROVEMENT
AS A FUNCTION OF % BODY FAT
AT A CONSTANT TRAINING LEVEL

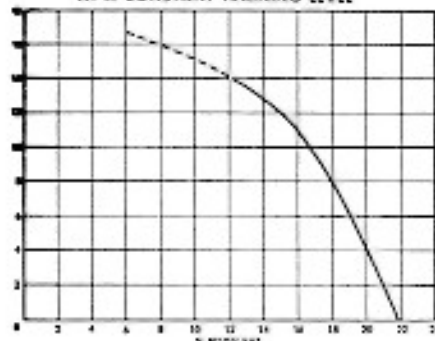


Figure Two

We understand that there is no truth to the rumour that **ATHLETICS TODAY** is soon to be renamed **THE DELGRAVIAN**.

BMC NEWS QUIZ, AUTUMN, 1983.

1. Who was the last British athlete to set a World mile record in Britain?
2. Who was the last person to set a World mile record in Britain and when was it?
3. Who set an European record en route to a World record, and when?
4. What is the highest placing by a Briton in the Olympic womens' 1500m, and who is the athlete?
5. In which mens' track event has no Briton ever won an European Championship medal?
6. Who was fourth in the Seoul (1988) Olympic 5000m final?
7. Who holds the English womens' record at 800m?
8. What average pace per 100m is required to equal the womens' World record at 1500m?
9. Who is the youngest mens' Olympic 800m Champion, and when was it?
10. What is Britain's best placing in the Olympic 3000m?

Answers.

1. Derek Ibbotson, at White City, London, in 1957.
2. Mia Commers (Netherlands) in BMC organised race at Leicester in 1909.
3. Sebastian Coe clocked 3:32.8 at 1500 metres en route to a World mile record of 3:48.95 at Oslo on July 17, 1979.
4. Fourth, by Christina Camill at Seoul in 1988.
5. 3000m Steeplechase. Best is fourth by Colin Reitz in 1968.
6. Domingos Castro of Portugal.
7. Shireen Bailey with 1:58.57 in 1987.
8. 1:55sec per 100m. The record is 3:52.47 by Tatjana Kazankina (Sov).
9. Ted Meredith (USA) at Stockholm in 1912.
10. Silver medal by Wendy Sly at Los Angeles in 1984.

DYSON WAS HONOURED

RON PICKERING informs us that, contrary to the statement made on page 21 of the last issue (no. 46), former Chief National Coach GEOFF DYSON was honoured with an OBE during his lifetime.

MANX FESTIVAL

Running and pints

By David Cocksedge

NESTLING in the Irish Sea off the Lancashire coastline is the Isle of Man. Whilst it is no longer the riviera of the north, it still has much to attract visitors, and not just the famous deadly TT motorcycle race. If you are perhaps looking for something slightly different you might consider the annual Manx Easter Festival of Sport.

For those of interest in a road racing Easter break there are four events: Good Friday's 5.8 mile night race at Douglas, the mini Fell race at Peel (or the entirely separate 30 mile Manx mountain marathon) on Saturday and the 4x4 mile relay on Sunday.

Women can also race in the Friday event, and have their own fell race and 4 miler on Sunday over the relay route. Walking events and age group races are also included. The festival, promoted by Manx Athletic Club, and part of tournaments involving Darts, Football, Rugby, Hockey, Shooting, Netball, Table Tennis, Bowling and Drama, has just celebrated its 27th year. In 1989, the road running event was sponsored by insurance brokers Bowring Tyson.

One of the Manx traditions is to run back across the Island from Peel on the west coast to Douglas after the Saturday fell race, stopping for refreshment at every hostelry along the 11 mile route. The pace is Royal Marine gomping and the local ale is Okells. About 100 hardy souls usually manage to complete the entire trip. For some this is the highlight of the weekend.

On Sunday night, after the presentations, is the Beer Race. This is a relay affair, with teams of four downing pints against the watch. There is always a large entry for this involving elimination rounds, which make it a test of endurance as well as speed and capacity. The atmosphere in the large hall in the Leisure Complex in Douglas builds towards a highly charged climax for the mens' and womens' finals, with tribal chants of opposing teams making great waves of sound. Kind of an indoor FA Cup final. Festivities close with a disco until 2am.

In 1989, the racing spoils went to Greg Hull of Leeds University (Doss AC) who won on Good Friday before taking the fell race and clocking fourth fastest split in the relay. The out and back relay course, along a winding coastal road from Douglas point, was controversial in 1989 as the first five teams were disqualified due to a leading runner turning back before the 2 mile marker and taking several chasing athletes with him. This was no fault of the organisation, as the route was clearly marked.

Lucy Elliott of Liverpool University 'Slags' was the overall Womens' Champion with two wins and a third place.

Anne Buckley of Manchester/Alehouse Whizzkids, entered under an unprintable name, had two seconds and a third place but led her team to an easy victory in the Beer Race final. "Next year the ladies will drink pints instead of halves," Festival Organiser Graham Davies informed us. This is all part of further equality and anyway is no problem for Ms. Buckley, who can run 10 miles in inside 60 minutes and swallow a pint of bitter in 4.8 seconds.

False names are another tradition at Manx where the entry lists boast such monikers as Alf Tupper, Rasputin, Grizzly Adams, John Thomas, Jimbo Lightsleeper, Nigel Puffer, R.Slicker, Woodrow Wyatt, Fanny Craddock etc. If that is interesting, the list of past winners is impressive: you will find John Whetton, Ron McAndrew,

Andy Holden, Ricky Wilde, Alan Rushmer, Graham Ellis, Hugh Jones and Bob Holt among them.

Past Womens' winners at Manx include Jean Lochhead, Julie Asgill, Sally Anne Hales, Sue Crehan and Jean Haigh. Andy Holden has become one of the Manx Festival legends as, racing for Birmingham University in the seventies, he was the first of the macho men to run 100 miles and sink 100 pints over the festive weekend. This year iron man Jack Maitland was 4th in the 30 mile mountain marathon, before joining his Doss AC team mates in the run across the island. He then wound down by drinking and disco dancing all night, breaking off only to pop into his hotel for breakfast at 8.30am!

The next day, Maitland ran two legs of the relay, drank for one of the Doss beer teams and was still sinking the pints at 5.30am in the Glen Villa hotel on Easter Monday. His tally was 83 pints by Monday morning. "If they introduce drug testing at the Festival, all they'll get out of Jack will be pure alcohol," remarked one of his team mates.

The 1989 mens' Beer Race final boiled down to a classic confrontation between Manchester University/Alehouse Whizzkids versus Manx AC. Both sides had massive spectator support, and the noise was shattering as the men from Manchester just clinched the coveted title in around 16 seconds. (Now we're talking 4 sec a pint average, and that after tough qualifying rounds).

For those unfamiliar with the intricacies of this specialist activity, the beer must be consumed with no spillage and the glass upturned rim down on the drinker's head before the next man can start. Two eagle-eyed judges per team watch for infringements or corner cutting, and there are always vociferous protests from rival groups of onlookers. The best spectator support this year were chanting hordes encouraging Leeds/Doss AC and Manchester/Alehouse Whizzkids. Several hundred pints of beer were consumed on the competition alone. "I just can't believe this!" said Tom Bulger, a thoroughly bewused American visitor. "You British take your beer drinking so damn SERIOUSLY!"

Club teams also support the festival, but southern squads such as North London AC and Hercules Wimbledon who used to attend regularly, are sadly absent these days as University teams tend to dominate the proceedings.

For the rest, I can tell you that the races are well organised, the hotels comfortable and staffed by amazingly tolerant workers: there has been the disco dancer who knocked herself out and missed her ferry connection as she recovered in hospital, and the paralytic drunk who found himself sleeping in his hotel bed on the beach with seagulls perched on the headrest, the next morning. And many hotel bars never shut.

The Manx Easter Athletic Festival is not for teetotallers who prefer to wrap themselves in cotton wool between races. It is something of an adventure in locating and perhaps pushing back personal boundaries in beer capacity and sleep denial. Oh, yes. There are a few races to run, too.

Manx Festival, 1990 April 13 - 16th.

For further details, contact: Graham Davies, Thisledome, Brookfield Terrace, Foxdale, Isle of Man

Blood lactate response running: the facts.

By Frank Horwill

WHEN Tommy Boyle lectured on blood lactate levels in running at the last BMC AGM weekend, there were several in the audience who had glazed eyes for they did not really know what he was talking about.

Tommy mentioned blood samples being taken from Yvonne Murray after fast runs in the winter and spring: optimum lactate level was first reached at 5:20 miling pace. Later, and after such hard training, the optimum became 4:53 mile pace, which indicates that Murray is capable of breaking UK records at 5 and 10km as well as Budd's 3000m mark (8:28.83 in 1985).

Some listeners doubted Boyle's figure of 4:53 miling pace for Yvonne, exclaiming that it was 'impossible' for any British woman to carry that pace for more than 3 miles or so. However, Daniel's table quotes this precise pace for optimum blood lactate level running based on a personal best 2 miles time of 9 minutes. If you deduct 30 seconds to arrive at the equivalent 3000m time, this becomes 8:30.0. And Yvonne Murray's best 3000m to date? 8:29.02 in the Seoul Olympic final...

So, let's clear up the mystery surrounding 'Blood lactate response running'. For a start, call it SUSTAINED RUNNING EFFORT from 3 to 5 miles. Lactate is a waste product produced in the blood following physical exertion. Jog for 30 minutes, and your build-up of lactate in the blood will be relatively small. Try and run flat out for 2 miles and your blood will be flooded with the stuff, and you will have to slow down until it clears before you can continue for another 2 miles.

Why this sudden interest in lactate levels? Well, tests carried out on twenty top American runners using this method of training twice a week, together with five outings of steady running, brought about major improvements in performance. Perhaps more to the point is the fact that during the ten weeks' trial, none of the tested athletes were injured which was often the case when they included intensive track work and fartlek sessions in their weekly training routines.

The man who conducted these tests was a physiologist named Daniels. After repeated tests on treadmills and blood analysis for lactates at many different running speeds, he came up with a formula which tells YOU what speed to run your SRE (Sustained Running Effort) for the best results. It is based on personal bests over 2 miles. If you have never raced over 2 miles, add 30 seconds to your best 3000m time if you have raced the metric distance between 8:00 to 8:30.0. For those slower than 8:30, add 35 seconds.

Now the formula put forward by Daniels is complicated, so we have calculated our own table from his research. I believe this is the first such table to be published anywhere in the world.

Let us take some extreme examples: if a man can run 2 miles in 8 minutes, his optimum blood lactate response would be to run at 4:16 mile pace up to four miles! Before you howl at this, remember that our mythical super athlete can handle eight laps at 60sec average with no recovery in a 2 mile race; so he can certainly handle 16 laps at 64sec pace.

Now take the case of a woman with a best 2 mile time of 12:00 (11:25 for 3000m). On the chart, her optimum sustained running rate would be 6:54 miling pace for 3 -

4 miles. Someone with a best of 10:00.0 for 2 miles, or 9:25 for 3000m, has an SRE of 5:32 per mile.

Now to the practical use of Sustained Running Effort.

Here are some recommendations put forward by Daniels:-
(1) Lactate response runs are severe and should not exceed an every other day pattern.

(2) SRE is faster than steady running but not as fast as track work and fartlek; but the effort is longer. Thus athletes prone to injury from fast, intensive efforts are recommended to try SRE as an alternative.

(3) SRE should be run at a shade slower than your 5000m racing pace, but faster than your 10,000m pace.

(4) SRE should not be less than 3 miles and not more than 5 miles. If it is less than 3 miles, it is too fast to be of benefit; and if more than 5 miles, too slow.

(5) The best way to monitor mile times is to run over an accurately measured mile or 2 mile course. Practice is required during first efforts.

(6) Whilst the recommended pace for SRE is based on your best 2 miles time, you may not always be fit enough to race that hard; so some adjustment is required when coming back from injury or when starting a fresh track season.

(7) Always jog for 15 minutes as a warm-up before going into an SRE. On no account should you use the first mile or so as a warm-up run inclusive in the SRE. For example: stretch thoroughly, jog two miles very easily from scratch, and then go into the SRE. Inexpensive modern lightweight chronographs with split functions allow athletes of all standard to time themselves during these runs: one of the marvels of the age which we all should applaud.

There have been many great athletes who ran lactate response sessions without fully realising the benefits. They include Ron Clarke, Ian Stewart, Eriel Puttenans, David Moorcroft and David Bedford.

Example from the table: 10:30 for 2 miles (worth 9:55 for 3000), equals 5:52 mile pace SRE for 3 to 5 miles. Run one SRE per week over an accurately measured course, and plot your progress. Good luck.

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GO ADIDAS!

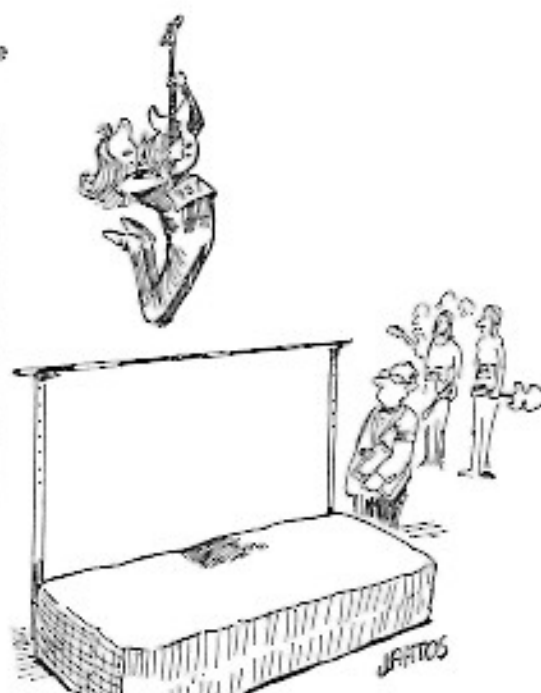
Down came the rain with great intensity one day, unfortunately whilst one of last Summer's one day rail strikes was on. A coach had an Adidas top and borrowed a pair of Brooks' wet-suit trousers. He then walked from Holborn to Tower Hill in heavy rain. The result? The upper half of his body, covered by Adidas, was completely dry. His lower half and legs were saturated. His conclusion? If you want a reliable wet suit, buy Adidas. If you just want to pose around and get wet through in any passing shower, buy other brands.

SUSTAINED RUNNING EFFORT CHART

Best 2 Miles Time

SRE Pace

8:00	4:16 per mile
8:15	4:26
8:30	4:35
8:45	4:45
9:00	4:53
9:15	5:03
9:30	5:13
9:45	5:23
10:00	5:32
10:15	5:42
10:30	5:52
10:45	6:02
11:00	6:13
11:15	6:23
11:30	6:33
11:45	6:44
12:00	6:54
12:15	7:05
12:30	7:16
12:45	7:27
13:00	7:38



COLOURFUL CHARACTER

A noted English distance runner was convicted at the age of 14 for stealing a car and knocking over an elderly lady on a zebra crossing. At 20 he was expelled from College for a betting scam; he persuaded many of his fellow pupils to part with £10 each in return for a guaranteed £2 per week each for a year. He used the funds as a gambling float, but his system failed to work and he could not pay back the money.

At the age of 24 our character was abroad with the British team when he stumbled across a large consignment of Adidas shoes. These had arrived at the team hotel and had been left outside an elevator entrance by team coach HARRY WILSON, who was responsible for distributing them to team members. Soon afterwards, the entire pile of boxes went missing. Understandably annoyed, Wilson reported the theft to hotel staff. The next day, he saw some British athletes in the hotel lobby wearing new Adidas shoes. When asked about them, one athlete replied, "We got them from ----- Not had eh? He only charged us £5 a pair".

DID YOU KNOW?

...that FATIMA WHITBREAD'S name prior to adoption was Fatima Uedad?...that Canadian marathon star HARRY JEROME was previously named Peter Buniak?...that when STEVE SCOTT crossed the line in 3:58.09 behind SAID AOUITA at Belfast on July 17th he had just run the world's 1,000th sub four minute mile?...that the row over loyalty to the British Europa Cup team featuring two leading distance runners last August became known as the 'ROWLAND/MARTIN laugh-in'?

WELSH BONNER

During his career as an active athlete in the fifties, a noted distance running coach was en route to the Welsh track & field championships when his train was halted in a tunnel because of a line fault. After half an hour of fretting, he realised that he would miss his race anyway, so why not while away the time by paying his girlfriend some close attention? She liked this idea, and the pair of them had Ugandan discussions in the darkened railway carriage until eventually the train was allowed to continue on its journey to Cardiff. On arrival at the stadium, our hero was astonished to discover that his race had been put back in the programme. He raced after all, and won the 6 miles in a Championship best.

JAIL SCHEDULE

A well-known middle distance coach and author, sentenced to three months' imprisonment for tax evasion, shared a large cell with a druggusher, an embezzler, a car thief, a vagrant and a soccer hooligan. He quickly organised them into a training squad and set them a schedule to work on each night. Eventually they were able to manage a circuit of 250 step-ups onto a chair, 100 press ups, 100 bent knee abdominals, 100 squat thrusts and finally, running on the spot with a high knee lift for five minutes. Rumours of the 'fitness cell' soon got around and prison staff asked the coach to take all the inmates for morning exercises in the gymnasium, where they would work out to his schedules, 100 at a time.

A sub four minute miler we know claimed that he always raced well when, as part of his warm up, he had sex with his girl friend. This was fine until his wife found out...

BMC in Acoteias!

The BMC is continually seeking new ways of improving standards in middle distance running here in the United Kingdom. As members, you can enjoy the benefits of top class races, BMC Training Courses, advice from experienced coaches, plus all the latest in coaching literature published in COACHING NEWSLETTER and BMC NEWS. It is now time to go one step further, and the BMC has in conjunction with Sportsmans' Travel Ltd agreed to send a party of athletes, along with a suitably qualified coach, to Acoteias, Portugal, for warm weather training next April (1990).

Sportsmans' Travel is a leading athletic tour specialist and it is important that as many members as possible support this tour to ensure its success. Acoteias enjoys a four lane, all weather track, 2000 metres grass jogging circuit, a 7km cross country course, private beach and a fully equipped weight-training room. Besides the athletic facilities, various other sports are catered for, and you will of course be allowed to utilise these facilities also.

The trip will give you an early opportunity to assess your fitness, develop your speed comfortably in a warmer climate, and train with other quality middle distance runners. A qualified BMC Coach will be there to supervise your training as well as present daily lectures, and impart advice and assistance.

See the advertisement from Sportsmans' Travel below. Please let me have your names as soon as possible to enable us to assess the number of members interested in warm weather training next year.

MIKE REZIN, 10 Wren Close, Woosehill, Wokingham, Berkshire, RG11 2VT.

16 TYPOS/ERRORS

He wrongly identified PAUL ROWBOTHAM in issue no. 43 (page 31). The athlete wearing no. 26 is CLIVE GILBY, not Robo. Clive keeps promising to join the BMC, but has not as yet done so. On page 22 of the same issue, Achilles stated that GARY STAINES had earned himself £100,000 in prize money from cross country racing during the 1987/88 season after a special weight losing schedule devised for him in Canberra. Not so, says Staines, fiancee to the lovely Nicole Boegman. Will you take 100,000 Aussie dollars, Gary?

OUTSIDE THE SYSTEM

"I hate being labelled as a javelin coach. Coaching isn't coaching events, it's coaching people. I know enough about biomechanics and physiology to work out what any event demands. The only problem is one of time. Fortunately I don't work. I'm not motivated by money - I don't take a penny from any of my athletes. Every penny I earn I spend on travelling to coach athletes. It's become an obsession with me. I like to keep thinking I can put two fingers up to the Board and say I'm the best coach and keep proving it...I consider I'm a total outcast. I have never been invited to do anything officially. I'm trying hard to get back in - my athletes won more medals at the last Commonwealths than the entire Scottish team put together..." BMC founder member WILF PAISH (Athletics Weekly, Aug 9).

When SAID AYOITA finally broke the world 3000m record with 7:29.45 in Cologne on August 20th, it was one of the all-time great feats of distance running. Ayuita followed pacemakers through 2km in 5:03 and then kicked the last kilometre in 2:26.4... His time averages out to 59.926 for seven and a half laps!

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