

Five "BMC" Medals in Kuala Lumpur

BMC



NEWS

*Official Journal of the
British Milers' Club*

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Vision 2000 - the Race is on!



Photo by Jeremy Hemming

14th June 1998 (l-r) Kevin McKay, Anthony Whiteman, Andy Hart, John Mayock, James McIlroy and Patrick Ndururi in the BMC 800m at Battersea Park.

The British Milers' Club

sponsored by NIKE

Founded 1963

BMC VISION 2000

'to strive to win all four middle distance gold medals for Britain in the 2000 Olympics and at each successive games'

OFFICERS

President	Li Col Glen Grant
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Honorary Auditor	Mike Rezin

RACE ORGANISERS

1998 BMC NIKE GRAND PRIX			
BMC Director	Ian Chalk	01438 714487	
1998 BA ENDURANCE INITIATIVE			
BMC Director	Mike Down	0117 973 3407	
1998 GOLD STANDARD MEETINGS			
Stretford	Mike Harris	0161 499 1901	
Watford	Tim Brennan (Men) Pat Fitzgerald (Women)	01628 415748 01895 234211	
Loughborough	George Gandy	01509 230176	
1998 REGIONAL SECRETARIES			
Scotland	Brian McAusland	01567 830331	
Wales	Steve Mosley	01222 206733	
Northern Ireland	Malcolm McAusland	01504 49212	
East	Ian Chalk	01438 714487	
Midlands	Maurice Millington Steve Edmunds	0121 353 8273 0121 561 4399	
North East	Phil Hayes Michael Gooch (Hortheside)	01207 570161 01472 358809	
North West	Mike Harris	0161 775 0719	
South West	Mike Down	0117 973 3407	
Southern Counties	Ray Thompson (Rosenheim) Ron Allison (Sneliffe Pk) Dave Pamah (Battersea Pk) John Sullivan (Finbury Pk)	01757 554450 0181 858 9580 0171 388 8279 0171 790 1961	

JOURNAL

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MEMBERSHIP

Membership is limited to athletes who have achieved the required qualifying times, and to Coaches. Associate membership is granted to those possessing special qualifications likely to benefit the club.

Members receive the *BMC News* twice a year. They are eligible for reduced entry fees to BMC races and courses, preference in BMC race-seeding, travel expenses to certain BMC races and access to PSA funds. Members are eligible to wear the BMC "White" Vest. Members with the BMC "Gold" Standard are eligible to wear the BMC "Gold" Vest. All applications to join the BMC should be sent to the Membership Secretary with a cheque for £25 (£30 overseas) stating vest size and enclosing an A4 SAE. Annual subscriptions of £15 (overseas £20) are due 1st January each year and should be sent to the Treasurer.

MERCHANDISE

BMC vests (gold/white - S/M/L/XL - £10), BMC T-shirts (S/M/L/XL - £10) and BMC ties (£5) are available from the membership secretary, William Anderson. Back issues of *BMC News* (£2 each) and the *BMC Fitness Testing Booklet* (£1) are available from the Treasurer, Pat Fitzgerald. Please make all cheques payable to "The British Milers' Club" and enclose an A4 SAE.

INTERNET

BMC Web Site: <http://www.british-athletics.co.uk/bmc/>
BMC E-mail: bmc@british-athletics.co.uk

Contents

TRAINING

		Page
Prompt Number 1	Peter Coe	6
Training for 800m and 1,500m	Dr Norman Poole	8 - 13
Training for 5,000m	Frank Horwill	16 - 17
Prompt Number 2	Peter Coe	20 - 21
Kenyan Insights	James Templeton and John Manners	26 - 29
Prompt Number 3	Peter Coe	34

SPECIAL FEATURES

BMC Quiz	Frank Horwill	17
Salutary Tales	Tony Ward	18 - 19
The Millfield "PB Classic"	Mike Down	22 - 23
1998 BMC Photospread	Mark Shearman et al.	24 - 25
BMC News Index 1972 - 1990	Brendon Byrne	32 - 33

REGULAR FEATURES

Chairman's Notes	3
BMC National News	3 - 5
New Members	7
BMC Merit Rankings	14 - 15
BMC Senior Records	21
BMC Junior Records	29
Your Letters	30 - 31
1998 BMC NIKE Grand Prix - Final Standings	35
1998 BMC Rankings	36 - 47

BMC QUALIFYING TIMES

(from 1st January 1999)

	MEMBERSHIP Entry Standard			
	800m	1,500m	3,000m	5,000m
Senior Men	1:56.0	3:56.0	8:30.0	14:45.0
Under 17	2:10.0	4:30.0	n/a	n/a
Veterans	2:10.0	4:30.0	n/a	n/a

Senior Women	2:20.0	4:45.0	10:15.0	18:00.0
Under 17	2:25.0	5:00.0	n/a	n/a
Veterans	2:25.0	5:00.0	n/a	n/a

	GOLD Standard			
	800m	1,500m	3,000m	5,000m
Men	1:52.0	3:49.0	n/a	n/a
Women	2:12.0	4:30.0	n/a	n/a

(the Gold Standard times were the BMC membership times prior to 1995)

	ELITE Standard			
	800m	1,500m	3,000m	5,000m
Men	1:49.0	3:43.0	n/a	n/a
Women	2:05.0	4:20.0	n/a	n/a

(the Elite Standard times are how we judge the success of Vision 2000.)



BMC News...News...News...

CHAIRMAN'S NOTES

by Dr Norman Poole

As we all know the BMC NIKE Grand Prix has continued with success during 1998. Our competitions are developing into an excellent blend of all the interrelated middle distance events from 800m to 5,000m for men and women and for the men's 3k Steeplechase.

We have also endeavoured to provide opportunities for all age groups from 15 years upwards to race on the same programme in competitions of an appropriate competitive standard. There is no better motivation for our younger athletes than to rub shoulders in such a way with the best in the UK. Although the open meetings at Stretford, Watford and Millfield have continued this tradition for some years, the BMC will further emphasise and highlight competitions for our younger athletes during 1999.

With the support of Norman Brook, PAS Technical Director for the Endurance events (and his National Event Coaches Peter Elliott, Malcolm Brown and Gordon Surtees) the GP series has continued to grow in stature and performance levels. During the coming years this partnership will continue to evolve and our combined aim is to develop the elite events within the GP meetings to a standard equal to the EAA Permit meets. It is these overseas meets which UK and indeed European athletes find so difficult to get entries to.

In any one season the standard of an individual event within our GP Series varies according to the availability and fitness level of our

athletes. The strategic inclusion of a small number of overseas athletes into a number of our 1998 men's events did ensure a higher standard of competition than would otherwise have been the case. Once again this will be our policy during 1999. A number of our female athletes have requested equal opportunities and we will pursue these aims with assistance from PAS and the European agents.

It has been mentioned to the BMC Committee that our competitions do not provide opportunities for athletes to learn the art of racing. I believe that the place to learn this art is in championships and with this in mind perhaps it is time to bring back the UK closed championships. Let us not forget that we are primarily concerned with offering athletes the opportunity to run fast times - it is what we are good at, it is what we know best and it is what the membership expects of us.

We will therefore remain firmly focused on providing opportunities for young athletes to run fast times and in this area we are particularly proud of helping James Mellroy during 1998. His fast times at Wythenshawe and Battersea Park enabled him to get into the Nice Grand Prix where he ran 1:45.32. We are equally proud to have helped our Commonwealth athletes Andy Hart, Lynn Gibson, Diane Modahl and Helen Pattinson with their final racing opportunities prior to their departure to Kuala Lumpur.

We look forward to an even more successful 1999 and the emergence of more exciting British middle distance talent.

1998 RACE PROGRAMME

In the second year of sponsorship from NIKE, the 1998 Race Programme comprised some 208 races of membership standard at 47 meetings at 25 venues.

1273 membership standards were set by 571 athletes (352 of whom were members). This compares favourably to last years figures of 1187 membership standards by 529 athletes.

At the pure middle distance events (800m - Mile) we achieved 400 gold standard performances by 170 athletes (128 of whom were members) and 70 elite standards by 48 athletes (31 of whom were members). This is the largest number of elite standards ever in BMC races.

In addition 12 BMC records were set during the season as follows:

- i **Dianne Henaghan** set a BMC 2000m record of 6:12.4 at the opening meeting of the season in a mixed race at Jarrow on 20th April. The previous record had stood for 27 years!
- ii **Joanne Pavey** took eight seconds off the BMC 3,000m record at Millfield with 8:58.2.
- iii Also at Millfield, **Rob Whalley** set an inaugural BMC 4,000m record of 11:03.2.
- iv At Wythenshawe **Angela Davies** set a BMC 5,000m members' record with 15:50.59.

- v Also at Wythenshawe we held our first ever Steeplechase. **Christian Stephenson** set an inaugural BMC record of 8:41.76.
- vi Behind Stephenson, **Craig Wheeler** set a inaugural BMC members' record of 8:43.36.
- vii At Watford on June 10th **Andrew Hart** broke Steve Overt's BMC 600m. This meant that Hart then held BMC records at 600m, 800m and 1,000m.
- viii However, four days later on June 14th at Battersea Park, **James Mellroy** took Hart's BMC 800m record with 1:46.7, a Northern Irish Record.
- ix Also at Battersea, **Hendrick Raamala** of South Africa set a new BMC 5,000m record, and **Dermot Donnelly** set a Northern Irish Record in second place.
- x However, that record did not last long - **Mizan Mehare** of Ethiopia broke Raamala's record on 5th August at Watford with 13:28.6.
- xi Also at Watford, **Sammy Nyamongo** of Kenya set a new BMC Steeplechase record of 8:38.5.
- xii To finish the season, **Diane Modahl** set a 800m BMC members' record of 2:01.93 at the Solihull Grand Prix Final on September 5th.

We are delighted to announce that NIKE will be continuing their support through the year 2000.

1999 RACE PROGRAMME

Next year's AAA's have been set for 23rd - 25th July and the World Championships are from 20th - 29th August. Accordingly some very provisional dates for next year's major BMC races have been proposed:

Mon 4th May	Millfield
Sun 23rd May	Loughborough (v AAA's)
Wed 9th June	GP1: Wythenshawe
Wed 23rd June	GP2: Watford
Wed 14th July	GP3: Cardiff
Wed 4th Aug	GP4: Swindon
Sat 21st Aug	GP5: Glasgow
Sat 4th Sept	GP6: Solihull GP Final

Events in bold will form the 1999 BMC NIKE Grand Prix.

Provisional Stretford dates have also been announced as follows: 27th April, 18th May, 1st June, 22nd June, 6th July, 20th July, 3rd August and 17th August.

1999 SUBSCRIPTIONS

The 1997 AGM increased subscriptions by £5 for the 1999 season to ensure financial stability of the club's core operations.

Subscriptions at the increased rate are due on 1st January 1999. If you do not pay by standing order or direct debit, please could you send your cheque for £15 (£20 overseas) made payable to the BMC, together with any change of address, to the BMC Treasurer Pat Fitzgerald.



BMC News...News...News...

BMC NIKE GRAND PRIX

The second year of the BMC NIKE Grand Prix once again comprised 5 meetings. The first was the traditional Wythenshawe meeting on a slightly cool cold June 3rd and the event winners were:

M800	James McLroy IRE	1:47.41
M1500	Neil Caddy	3:42.66
W800	Claire Raven	2:08.36
W1500	Helen Pattinson	4:17.85

The second meeting took place in cool showery conditions at Swindon on June 24th. The event winners were:

M800	Philip Tulba	1:48.71
M1500	Andrew Hart	3:42.55
W800	Lynn Gibson	2:04.61
W1500	Helen Pattinson	4:17.51

The third meeting took place on a still night at Cardiff on July 14th. The event winners were:

M800	Joseph Mutua KEN	1:47.81
M1500	Niall Bruton IRE	3:40.78
W800	Rachel Newcombe	2:04.75
W1500	Jillian Jones	4:20.61

The fourth meeting took place in near perfect conditions at Watford on August 5th. Despite the failure of electronic timing, this proved to be the best BMC meeting ever and the event winners were:

M800	Bradley Donkin	1:48.3
M1500	Samir Benfares FRA	3:39.4
W800	Angela Davies	2:04.6
W1500	Kerry Smithson	4:18.2

The Grand Prix Final took place in a thankful lull between showers on a Saturday afternoon at Solihull on September 5th. The winning times were superior to Watford:

M800	Andrew Hart	1:47.13
M Mile	Edwin Maranga KEN	3:58.11
W800	Diane Modahl	2:01.93
W1500	Lynn Gibson	4:14.84

Adding up all the points, the final standings in the Men's Grand Prix were:

1st	Matthew Shone	123pts
2nd	Philip Tulba	120pts
3rd	Stuart Poore	110pts
4th	Rob Scanlon	105pts
5th	Stephen Sharp	102pts
6th	Stuart Bailey	96pts
7th=	Terry Feasey	92pts
7th=	Jason Dupuy	92pts
9th=	Cor Datema HOL	90pts
9th=	Andrew Graffin	90pts

In the Women's Grand Prix the final standings were:

1st	Lynn Gibson	142pts
2nd	Angela Davies	136pts
3rd	Helen Pattinson	130pts

4th	Kerry Smithson	123pts
5th	Shirley Griffiths	122pts
6th	Maria Lynch IRE	118pts
7th	Victoria Sterne	114pts
8th	Alice Beecroft	100pts
9th	Bev Blakeman	93pts
10th	Maria Carville	85pts

Lynn Gibson won the overall first prize of £1,000.

BMC CHAMPIONSHIPS

The leading Britons in the BMC NIKE Grand Prix Final were crowned the 1998 BMC champions, as follows:

M800	Kevin McKay	1:47.13
M Mile	James McLroy IRE	3:59.48
M5000	Philip Mowbray	14:02.41
W800	Diane Modahl	2:01.93
W1500	Lynn Gibson	4:14.84

All four BMC champions in the middle distance events reached the finals of major championships in 1998.

SUB-FOUR FOR THE FIRST TIME

Congratulations to BMC members Michael Openshaw, Phillip Tulba and James McLroy who all went sub-four for the first time in 1998. There were 8 sub-four minute miles in BMC races in 1998.

1998 EUROPEAN CUP

Congratulations to the following BMC members who represented Great Britain and Northern Ireland in the European Cup in St. Petersburg, 27th - 28th June 1998:

M400	Mark Richardson	1st	45.81
M800	Andy Hart	3rd	1:46.19pb
M1500	John Mayoock	3rd	3:45.09
M3000	Anthony Whiteman	3rd	7:43.61pb
M3000SC	Ben Whitby	6th	8:42.12
W1500	Paula Radcliffe	2nd	4:05.92
W3000	Angela Davies	7th	9:17.03
W5000	Paula Radcliffe	1st	15:06.87

1998 EUROPEAN CHAMPIONSHIPS

Congratulations to the following BMC members who represented their countries in the European Championships in Budapest, Hungary, 18th - 23rd August 1998:

M400	Mark Richardson	3rd	45.14
M800	James McLroy IRE	4th	1:45.46
M800	Andy Hart	4th	1:47.40
M1500	Anthony Whiteman	4th	3:42.27
M1500	John Mayoock	5th	3:42.58
M1500	Matthew Yates	6th	3:42.63
M5000	Rod Finch	17th	14:09.87
W800	Diane Modahl	5s1	2:00.08
W10000	Paula Radcliffe	5th	31:36.51

Medallists are highlighted in bold.

1998 WORLD CUP

Congratulations to the following BMC members who represented their countries or continents in the World Cup, Johannesburg, 11th - 13th September 1998:

M800	Andy Hart	6th	1:50.07
M1500	Anthony Whiteman	3rd	3:40.99
M1500	Steve Agar (America)	8th	3:57.36
M3000	Neil Caddy	7th	8:16.81
M3000SC	Christian Stephenson	5th	8:55.67

1998 COMMONWEALTH GAMES

Congratulations to the 27 BMC members who represented their countries (England unless stated) in the Commonwealth Games, Kuala Lumpur, Malaysia, 16th - 21st September 1998:

M400	Mark Richardson	2nd	44:60
M800	Andy Hart	5th	1:45.71pb
M800	Bradley Donkin	6th	1:46.86pb
M800	Grant Graham SCO	5h4	1:49.25
M800	Richard Girvan NIR	3h5	1:49.33
M800	Eddie King NIR	3h5	1:49.38
M800	Stephen Agar CAN	5h2	1:51.07
M800	David Pamah SVG	6h5	1:52.91
M1500	John Mayoock	2nd	3:40.46
M1500	Anthony Whiteman	3rd	3:40.70
M1500	Kevin McKay	5th	3:43.22
M1500	Stephen Agar CAN	7th	3:44.17
M1500	Christian Stephenson WAL	9th	3:44.82
M1500	Stephen Green JAM	10th	3:45.66
M1500	David Pamah SVG	8h1	3:54.87
M5000	Ian Gillespie SCO	8h1	14:50.34
M10000	Glyn Tromans	9th	30:04.95
M3000SC	Christian Stephenson WAL	6th	8:42.95
M3000SC	Ben Whitby	7th	8:44.24
M3000SC	Craig Wheeler	8th	8:57.29
M3000SC	Spencer Duval	dnf	
W800	Diane Modahl	3rd	1:58.81
W800	Rachel Newcombe WAL	7s1	2:03.28pb
W1500	Kelly Holmes	2nd	4:06.10
W1500	Helen Pattinson	9th	4:12.61pb
W1500	Lynn Gibson	10th	4:13.35
W10000	Vicki McPherson SCO	4th	34:05.11
W10000	Sarah Bentley	6th	34:40.65
W10000	Angela Joiner	8th	35:22.80

Medallists are highlighted in bold.

COACH OF THE YEAR

In March the BMC held a young athletes' training weekend at Uxbridge, one of the attendees was a young lad from Northern Ireland together with his coach. This coach had some forty years coaching experience but still felt he could gain from a BMC training weekend.

The athlete was James McLroy, his coach was none other than Sean Kyle. The exploits of James in 1998 are well



BMC News...News...News...

documented elsewhere in this magazine, accordingly the 1998 BMC "Coach of the Year" is awarded to Sean Kyle.

Also nominated were James Templeton and Barry Kitcher. James Templeton is a BMC associate member from Australia, who is coach and agent to Japheth Kimutai, world number one and 800m Commonwealth Champion at age 19, and Kipkirui Miso, Commonwealth bronze medallist at the Steeplechase.

Barry Kitcher has done sterling work for the BMC over many years, and has been nurturing the talents of David Stanley and Philip Tulba. Barry now has a good group which includes Terry Feasey - the athlete who ran in the most BMC races in 1998.

BMC DEVELOPMENT OFFICER'S AWARD

This award is made to the athlete who, in the opinion of the BMC National Committee, made the outstanding contribution to the British Milers' Club in 1998.

This year the BMC National Committee felt that there were several athletes who were deserving of the award. The nominees included, in alphabetical order, Neil Caddy, Terry Feasey, Lynn Gibson, Maria Lynch, Tom Mayo, Helen Pattinson, Matthew Shone and Philip Tulba. However there were two athletes who were well clear in the voting.

James McLroy has been the sensation of the year. Last year he was ranked only 69th in the BMC 800m rankings with 1:51.8 when finishing 4th in the C race at last year's Watford Grand Prix.

This year he opened with 1:47.41 at Wythenshawe and followed that up with a new BMC members' record and a new Northern Irish record of 1:46.7 at Battersea Park. James went on to place 4th in the European Championships and finished his season by becoming the BMC Mile Champion for 1998, breaking 4 minutes for the mile at his debut for this distance.

We don't know for certain, but we have not been able to trace another instance of an athlete going sub-four on his debut without an equivalent 1,500m time. James' BMC races in 1998 were:

3/6/98	M800	WythGP	1st	1:47.41
14/6/98	M800	Battersea	2nd	1:46.7
5/9/98	M Mile	SolGPF	2nd	3:59.48

Andrew Hart has been a BMC member since 1992 and has always

contributed greatly to BMC races. He actually holds the all-time BMC record of the most elite times ever in BMC races, and has been undisputed British No. 1 over 800m for the last two years.

Last year he broke Seb Coe's BMC members' 800m record - this year he opened up by breaking Steve Ovett's BMC 600m record. Andy ran in all four major championships in 1998, the European Cup, the European Championships, the World Cup and the Commonwealth Games, setting pbs in the European Cup and the Commonwealth Games.

It was particularly noticeable that on each occasion Andy's last race before travelling to a major championships was a BMC race. Andy's sequence was:

10/6/98	M600	Watford	1st	1:17.8
14/6/98	M800	Battersea	3rd	1:47.0
24/6/98	M1500	SwinGP	1st	3:42.55
12/8/98	M Mile	Bath	6th	4:01.7
5/9/98	M800	SolGPF	1st	1:47.13

After a second vote, the 1998 Development Officer's award was made to Andrew Hart.

Also singled out for special praise were Helen Pattinson and Lynn Gibson. Helen's races were:

17/5/98	W3000	Lough	2nd	9:22.87
3/6/98	W1500	WythGP	1st	4:17.85
24/6/98	W1500	SwinGP	1st	4:17.51
15/7/98	W800	CardGP	6th	2:08.30
1/9/98	W1500	Stretford	1st	4:15.0
5/9/98	W1500	SolGPF	2nd	4:17.05

and Lynn's races were:

17/5/98	W3000	Lough	4th	9:24.60
3/6/98	W1500	WythGP	2nd	4:18.17
14/6/98	W800	Battersea	3rd	2:05.1
24/6/98	W800	SwinGP	1st	2:04.61
15/7/98	W800	CardGP	4th	2:06.10
5/8/98	W800	WarGP	2nd	2:04.9
5/9/98	W1500	SolGPF	1st	4:14.84

The committee felt that both athletes had superb seasons worthy of special recognition.

RECOMMENDED INTERNET SITES

- <http://www.british-athletics.co.uk/bmc/>
our own BMC site which now gets about 2,000 hits a month.
- <http://www.british-athletics.co.uk/>
the unofficial web site for British Athletics, hosted by C. Zacharides.
- <http://tilastopaja.vservers.com/>
Mirko Jalava's site - the best site for ranking lists as the season progresses.
- <http://www.hkkk.fi/~niininen/athl.html>
Petri Niininen's site lists world junior records and national records.

- <http://personal.computrain.nl/eric/m800/>
Eric Roosendaal's site which lists men's 800m statistics.
- <http://usuarios.iponet.es/acarras/athletics/1500.html> - Antonio Carraseo's site which lists men's 1,500m statistics
- <http://www.algonet.se/~pela2/index.html>
Peter Larsson's site which lists all time track and field performances.
- <http://members.aol.com/trackceof/index.html>
Ken Stone's Masters Track & Field site.
- <http://www.williams.edu/distervol/select/>
holds the archives from the track & field mailing list.
- <http://easyweb.easynet.co.uk/~rspark/>
Bob Spark's Web Site contains all British Records and houses the Association of Track and Field Statisticians (ATFS) home-page.
- <http://www.2000athletics.pennth.net.au>
Sydney 2000 Track & Field Training Site

RECOMMENDED SERVICES

- Leisure Pursuits Group**, for warm-weather training trips. See advertisement on page 7. Telephone 01256 471016.
- Body Language II**, custom competition and training apparel for clubs and individuals. Contact Lesley Graysmark on 01452 619486.
- Athletics International**, for the best coverage of international results. Write to Mel Watman, 13 Garden Court, Marsh Lane, Stanmore, Middlesex HA7 4TE.
- Peak Performance**, a technical athletics journal. Write to Peak Performance, 1st Floor, 5 Charterhouse Buildings, Goswell Road, London EC1B 1HH.
- Ultrafit Magazine**, a bi-monthly journal on all aspects of fitness. Write to Simone Kabum, Ultrafit Magazine, Champions House, 5 Princes Street, Penzance TR18 2NL, phone 01736 50204.
- Sports Tours International**, for warm-weather training trips. Write to Vince Regan, Sports Tours International, 91 Walkden Road, Walkden, Worsley, M28 5DQ or phone 0161 703 8161.
- Len Lewis**, for an excellent second-hand, no obligation, book-search service. Please ring any evening 01938 552023 or write to Len Lewis, 3 Aubet Drive, Guilsfield, Welshpool, Powys, SY21 9LX.

NEXT ISSUE

The next issue of the *BMC News* will be published in April 1999. Please send all articles to Matthew Fraser Moat, Ripple Court, Ripple, Deal, Kent CT14 8HX by 31st January 1999.



Prompt No. 1

by Peter Coe

Thoughts for all competitors, especially the younger members.

Motivation

- Why do you run?
- What do you want from running?
- Is that enough for success?

1) The current debate on nature versus nurture. Genetics or Environment

This is all about what is more important, what you were born with or how you live. Your genetic inheritance you cannot change, but you can enhance what gifts it gave you. Through your training which is an important part of the way you live you can influence your environment, i.e. there is always a lot you can do to help yourself. Life is never perfect or fair so don't waste time moaning. Difficulties are for overcoming. No matter how great are their gifts, the athletes will need good training and thus they are a product. Therefore, in the end even great runners are made not simply born.

2) The body has a head

Mind and body are inextricably linked and cannot be separated. You can go so far on a fit well trained body but the extra power you need to get to the top comes from harnessing the mind.

3) The will to win

This is based on **total self discipline**. This is a must. It is the only thing to carry you through the relentless grind to the top.

I do not exaggerate how hard it is to reach the top spot - to be number one. Why do I say this? Because if your physical and mental conditioning is being done properly then the racing is not only easier than the training - it comes as a welcome relief! No-one, certainly not Seb Coe, ever overheard me say that running or training must be fun. If you are enjoying it you are not concentrating on training hard enough. All the joy comes later, it comes from winning, from success.

It is essential that the physical training is hard enough to condition the mind!

Learn to cope with the big time when feeling like death, you will have to keep going to the end and without slowing up. That is the hallmark of a champion. In a field of your equals it all boils down to who wants it the most.

Life isn't easy, the obstacles are there to be faced and triumphed over. Do not join in with the "wannabes" who want all the obstacles removed. The ones who insist on being paid in order to indulge in full time training. Seniors with their hands out for grants and subsidies with nothing better to show than their 1:47 / 48s or a lucky 3:40. It would be stupid to think that up and coming young athletes should not get a helping hand but be fair they must do all they can to help themselves.

Solve it like the problem of selection. Give 'em a performance they can't refuse. Those with their hands out but without realistic credentials are the ones with limited horizons. All runners particularly youngsters and juniors must, think big.

Don't get hypnotised by staring at qualifying times, think far beyond them. They are not related in any way to the harsh realities of Grand Prix and Olympic racing. Think of how far the foreign competition will have pushed the records by the time you are 21 and 23 years of age. I did this for Seb when he was 16. He knew what he would have to achieve year after year in the long grind to the top.

Hate losing like hell but do not let it stop you learning your trade:

In the mid 1970's Seb Coe had the nerve to front run 1,500m and mile races against world class opposition. Each time he was caught and passed before the end, but always closer to the finish each time. He did this until he could run and win from the front. Finally he knew that he could not be run out of a race and had the necessary speed and strength to exercise the finer tactical ploys.

4) Now a few Rules of Training: Quality before quantity. Do the least amount of work necessary to do the job thoroughly and without useless slow junk mileage. Develop and maintain a hard professional attitude by pursuing excellence and not just chasing money. Training time is not socialising time. Socialising stops before training starts. Do not limit your concentration and seriousness by arriving with an adoring boy or girlfriend, or even a few buddies. Avoid distractions. Learn to concentrate, prepare to survive in the lonely world of big time racing.

Do not depend too heavily on pulse rates, they have their place in supplying necessary physiological information but not often in the fast hard reps, of middle

distance training. Training in the appropriate zone(s) is governed by a combination of other factors.

Mind and body: Remember to train the whole person. Be your own toughest opponent by seeking perfection. Set high long term goals. Think carefully of what you must learn and achieve to be ready for your big moment.

Never omit speed from your training:

Speed depends upon strength. Stamina is endurance plus strength. Stamina gets you there but it is repeatable speed that wins. Believe it or not you will need to practice short and long sprint training, especially 400m work.

Race tactics: Mind the box. The shortest distance may not be the quickest. As soon as possible make sure you are not boxed even if you have to run a little wide throughout the race. More time is easily lost getting out of a box for a clear run than is saved by hugging the kerb. Don't get too far off the pace. Don't be afraid of a fast start. It is far harder to catch up than to slow down!

Instant change of pace: From various points around the track and off a quick pace, practice producing a rapid change of pace within just a few strides. Learn to be able to continue these surges for distances between 40m and 300m. By now you should be quietly confident that your quiver is full of the right arrows and that you or your coach has done some homework on the opposition.

Front running: Used correctly it is a good tactic but not easy to carry out.

When to strike: Soon enough to be pre-emptive and late enough to prevent effective reply.

Don't just win - dominate: Make them think they're running for second spot.

Race day (or night).

1. Sleep well the two nights before the race.
2. Be alert, fresh but totally relaxed pre race.
3. At all times stay focused once called up.
4. Practice autogenics.
5. Be selfish, it's your big chance.
6. Do not rely on tactics alone.
7. When reacting to aggression be careful the response is not counter-productive.



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Training for 800m & 1,500m

by Dr Norman Poole

Introduction

Having successfully completed their winter training I am sure that many middle distance athletes are looking forward to the changes in training which will be introduced during March - May, prior to the start of the summer track season. This is usually referred to as a transition or pre-competition phase of training and in my view is the most critical if they are to have a successful summer campaign. It is also the time when mistakes can easily be made.

During my early years as an athlete and coach I improved my knowledge by reading the latest books on training theory and schedule planning. In general I found them difficult to follow. Energy systems, pace of sessions, variable intervals and recoveries, intensities, volumes of sessions, number of sessions per week, etc. were all rather confusing. Since all of these variables are interrelated it seemed a good idea to me to base a training plan on one of them. But which one? During the 1960's Frank Horwill proposed training ideas based on the following 5 race paces for any particular athlete, 400m, 800m, 1,500m, 3,000m and 5,000m. For the first time this was an idea which made a lot of sense to me because most other variables would immediately be accounted for, i.e. if on one evening an athlete is to perform a training session principally at 1,500m pace there are only a limited selection of meaningful volumes and recoveries which would permit the session to operate at 1,500m pace. For example, if the volume of work is too great the pace slows, if the intervals are too great the session speeds up etc. It is the 5 pace system which also was so brilliantly adapted by Peter Coe.

2 The Basic Framework

Although the above 5 paces are the basis of most of my major training sessions during March - May, I have also introduced a number of others for reasons of variety and because they work for certain individuals. In other words they are tried and tested.

In Table 1, I have listed the types of session I use in the vertical column and the various weeks in the horizontal. This I have referred to as "The Basic Framework".

Like Frank Horwill and Peter Coe I adopt a 2 week cycle of training and for a particular athlete I fill in each 2 week column with the number of training

sessions, principally at a particular pace best suited to him / her. It is also important to point out that the particular pace should equate approximately with the athlete's capability to race over that distance at that point in time.

In order that training is progressive throughout the period March - May the first column of training in weeks 1 and 2 has to take account of what type of training the athlete is performing at the end of the winter, i.e. the first 2 weeks of training in March are very much endurance based. The final column of training in weeks 13 and 14, represents where I expect the athletes training to be in early June and obviously should be focused on his / her main event, i.e. 800m, 1,500m or both.

With these 2 end columns in my basic framework the remaining columns can be completed by the simple process of gradually cascading down from the end of winter to the end of May. It is also worth pointing out that to avoid staleness etc. I may introduce 2-3 easier days every 3-4 weeks during the period March - May.

3 The Individual

It is at the early stage of planning that we must take account of an individual's state of fitness and his / her strengths and weaknesses. It is these factors and the aims for the season which will determine how to weight the sessions for each individual athlete. Different athletes require different types of training to reach their peak performance. The basic framework takes account of this and could almost be defined as a blueprint of the individual's training requirements to prepare him / her for the season ahead and should therefore be unique to him / her.

3.1 Strengths

In assessing an athlete's strengths one question we can ask is "over what distances are they best in competition" i.e. what "type" of athlete are they?

- A. a 400m / 800m type
e.g. Tom McKean, Craig Winrow, or
- B. an 800m / 1,500m type
e.g. Curtis Robb, Kelly Holmes, or
- C. a 1,500m / 5k / 10k type
e.g. John Mayock, Paula Radcliffe, Yvonne Murray, Dave Moorcroft, or
- D. a 400m / 800m / 1,500m type
e.g. Seb Coe, or
- E. an 800m / 1,500m / 5k type
e.g. Steve Ovett, Steve Cram, Peter Elliot.

Although I may not be 100% accurate with my assessment of the above athletes' "typing", I hope I have indicated that athletes with a similar capability over a given distance may have slightly differing strengths. It is the strengths which should be emphasised and developed during March - May.

3.2 Weaknesses

Although we could assume that an athlete's weaknesses are to some extent indicated by the competition distances over which he / she is less capable I want to give a little further food for thought concerning other weaknesses or individual athletic characteristics which may also have to be accounted for during the planning of training schedules.

Although these areas of concern are quite common they are difficult to spot, especially in a new athlete / coach relationship, and can lead to a shortened season or poor peaking unless treated correctly. For example:

- A) Middle distance athletes who lose more of their endurance capability than expected as the season progresses. The worst examples of these are those athletes who set pbs in the early part of the season and then gradually deteriorate and in particular start to weaken in the final stages of a competition. This is more common for women than men. To overcome this problem these athletes must maintain certain endurance elements of training throughout the track season. This may not necessarily mean a dramatic change to their major training sessions but may only be an increase in their weekly mileage.
- B) Middle distance athletes who tend to overdo quality training sessions, particularly short recovery interval sessions. The resulting excessive lactate levels can result in a deterioration of their normal rate of recovery from training and their "capability to perform" or race. This can occur in unsupervised sessions and it may be an improved safety measure for such athletes to perform high lactate tolerance training sessions, e.g. 10 x 400m with 60 secs recovery, less frequently or fewer "quality" sessions per week.
- C) Those athletes who rigidly maintain a traditional British winter of endurance work only and take almost the whole of the summer track season to speed up, for example the 1,500m athlete who is not approaching his / her pb for 400m and 800m



Training for 800m & 1,500m

Table 1: The Basic Framework

Week	<u>1</u> <u>2</u>	<u>3</u> <u>4</u>	<u>5</u> <u>6</u>	<u>7</u> <u>8</u>	<u>9</u> <u>10</u>	<u>11</u> <u>12</u>
Date						
OBLA (Continuous Hard Run)						
10k pace (on paths / grass)						
5k pace (on paths / grass)						
3k pace (on the track)						
1,500m pace (on the track)						
1,000m pace (on the track)						
800m pace (on the track)						
200 / 400m pace (on the track)						
30 sec hill reps (jog back recovery)						
60 sec hill reps (jog back recovery)						
hill sprints						
WEEKLY MILEAGE						

until late August and does not change pace as well as in previous years. Some athletes who experience this problem may find it worsens as the years pass even as early as their mid 20's. I suggest that the modern middle distance athlete should practice speed elements throughout the 12 months of the year. This is particularly so for those in the "lack of speed category". For this group the inclusion of 800m and occasional 400m type training from early March onwards is very important.

D) Those middle distance athletes who do not "breakdown" with quality training but simply initially advance very rapidly in capability even after performing only 4-6

800m / 1,500m quality training sessions and then experience very little progress. If these athletes are good over distance, i.e. endurance based, they may well benefit more from fewer 800m / 1,500m quality training sessions and an increase in their over distance work. It may also be the case that they are better suited to 5k.

4 Examples

In giving the following examples of training plans that have worked for me I am going to assume that the athletes in question are U23 at international level. He / she also works 5 days per week and can reasonably handle 3 major training sessions

per week with additional watered down speed sessions. I am also going to assume that he / she has had a successful winter's training and has achieved a peak of 70+ miles / week (1,500m) or 60+ miles / week (800m).

Finally, the 1,500m athlete is equally proficient across the range 800m - 3,000m whereas the 800m athlete has the primary range 400m - 800m and both are having a single periodised year i.e. they are aiming for one peak at their event in mid to late July. If I had to aim for mid June, due to an early AAA Championship for instance, then I would bring the whole of my basic framework forward by 4 weeks.



Table 2: A 1,500m Schedule

Week	<u>1</u> <u>2</u>	<u>3</u> <u>4</u>	<u>5</u> <u>6</u>	<u>7</u> <u>8</u>	<u>9</u> <u>10</u>	<u>11</u> <u>12</u>
Date	Mid March	April	April	May	May	Early June
OBLA (Continuous Hard Run)	1					
10k pace (on paths / grass)	1	2	1			
5k pace (on paths / grass)	1	1	1	2	1	
3k pace (on the track)	1	1	1	1	1	2
1,500m pace (on the track)	1	1	1	1	1	2
1,000m pace (on the track)			1	1	1	1
800m pace (on the track)					1	1
200 / 400m pace (on the track)						1
30 sec hill reps (jog back recovery)	1	1	1	1	1	
60 sec hill reps (jog back recovery)						
hill sprints						1
WEEKLY MILEAGE	70-75	70	70	65-70	60-65	50-60

5 1,500m Athlete

Table 2 represents the Basic Framework for my hypothetical 1,500m athlete and demonstrates an idealised progression from his / her winter work to training which is focused on 800m / 1,000m / 1,500m sessions by early June.

The weekly mileages account for all running, including warm ups.

During this period March - May any competitions, over a particular distance, replace that particular training session during the 2 week period. The 6 quality training sessions per 2 weeks include competitions.

Although Table 2 is fairly straightforward and easy to understand, even for those with limited athletic experience, the detail of the individual training sessions are only best derived by the experienced coach.

It would take a book to cover this in true detail but for purposes of illustration I have given a typical 2 weeks training for he 1,500m athlete during March, weeks 3 and 4, and May, weeks 11 and 12.

6 Additional Notes for 1,500m

A) Although I have indicated specific track pace and volumes of work I am still in favour of varying the surface on which certain of these sessions can be occasionally or regularly performed. Variety in this respect does keep athletes fresh although for the shorter, faster paced sessions i.e. up to 800m I do prefer to be on the track.

B) You may well have noticed that certain of my training sessions at a particular pace have reduced in volume and / or intervals or recoveries have increased during March - May.

As a consequence, closer inspection will show that during early March my athletes are operating at slightly slower than their race capability in training but by the end of May they are training slightly quicker. The purpose of this is fairly straightforward:

- i I am assimilating my athletes to race pace gradually with less chance of injury. This is particularly true for the faster pace work.
- ii Psychologically it is good for athletes to know that the pace of particular sessions is improving as we progress from March to May.
- iii I do not wish to achieve a peak of performance too early in the season.

C) A simple example of how I develop a particular paced training session in line with the above for certain of the 1,500m paced sessions is shown in table 2B.

D) When I have stated that particular sessions are principally of a particular pace



Table 2B: Illustrative 1,500m Weeks

		March Weeks 3 & 4		May Weeks 11 & 12	
Mon	5k pace	am: pm: 3 miles easy + 4 x 1,600m (3 mins recovery) + 2-3 miles easy	3k pace	am: pm: 2 miles easy + 3-4 x 1,000m (3-4 mins recovery) + 2 miles easy	
Tue		am: 30 mins easy pm: 40 mins steady + speed drills		am: 20-30 mins easy pm: 30-35 mins steady + speed drills	
Wed	3k pace	am: 30 mins easy pm: 3 miles easy + 5 x 800m (2 mins recovery) + 2-3 miles easy	800m pace	am: 20-30 mins easy pm: 2 miles easy + 2 x (600m + 200m) (30 secs recovery) with 15-20 mins between sets + speed drills + 5 x 80m change of	
Thur		am: 30 mins easy pm: 40 mins steady + speed drills	200/400m	am: 20-30 mins easy pm: 2 miles easy + 5 x 150m fast (slow walk back recovery)	
Fri		am: 45 mins steady pm:		am: 30 mins easy pm:	
Sat	30 sec hills	am: 2 miles easy + 3 x 10 x 30 secs hill (jog down recovery with 5 mins between sets) + 2 miles easy pm: 2 miles easy + speed e.g. 5 x 40m fast	1,500m pace	am: 2 miles easy + 2 x 2 x 800m (3 mins and 15 mins recovery) + 2 miles easy pm: 2 miles easy + 50m / 100m / 150m / 100m / 50m fast + 2 miles easy	
Sun		am: 60-80 mins easy pm:		am: 50-60 mins easy	
Mon	10 mile pace	am: pm: 3 miles easy + 6-8 miles at 10 mile pace	1,000m pace	am: pm: 2 miles easy + 1,000m / 600m / 400m (10-15 mins recovery) + speed drills	
Tue		am: 30 mins easy pm: 40 mins steady plus speed drills		am: 20-30 mins easy pm: 30-35 mins steady + speed drills	
Wed	1,500m pace	am: 30 mins easy pm: 3 miles easy plus 2 x 2 x 800m (3 mins and 10 mins between sets)	1,500m pace	am: 20-30 mins easy pm: 2 miles easy + 12 x 300m (45 secs recovery) or 2 x 5 x 400m (60 secs and 10 mins recovery) + 2 miles easy + speed drills	
Thur		am: 30 mins easy pm: 40 mins steady + speed drills	hill sprints	am: 30 mins easy pm: 2 miles easy + 5 x 20 secs hill sprints (several mins recovery) + 3 x 30m on flat	
Fri		am: 45 mins steady pm:		am: 45 mins steady pm:	
Sat	1,000m pace	am: 2 miles easy + 2 x 1,000m (10 mins recovery) + 2 miles easy pm: 2 miles easy + speed drills + 30m / 40m / 60m / 40m / 30m fast	1,000m pace	am: 2 miles easy + 2 x (800m + 200m) (30 secs recovery) (15 min between sets) + 2 miles easy pm: 2 miles easy + 5 x 100m (change of pace)	
Sun		am: 60-80 mins easy pm:		am: 50-60 mins easy pm:	

for a single training session it means that most of the training during that particular session is performed at one pace. Often I will introduce differing paced work during a particular training session since this is what occurs during races. For example the Monday 1,000m pace session of week 12 in May is actually 1,000m / 600m / 400m (10-15 mins recovery). The 1,000m is close to race pace for that distance, the 600m is at 800m race pace and the 400m will obviously be slightly slower than 400m race pace.

E) The other aspect of the above 1,000m / 600m / 400m session is that it becomes faster towards the end. This is an aspect of training adopted by many of the world's best middle distance athletes since it mirrors what often occurs in championship racing. In other words start the session slightly slower than average pace for the night but finish faster.

F) Another aspect of championship racing that can be added to the above training sessions is change of pace. For instance 2 x 2 x 800m could be performed

with the first 600m 2-3 secs slower than race pace and the final 200m considerably quicker. With a short recovery of 3 mins between each 800m of each set it may be more meaningful to introduce the change of pace to the final 800m of each set.

7 800m Athlete

Table 3 represents the Basic Framework for my hypothetical 800m athlete and once again demonstrates an idealised progression from his / her winter work to training which is focused on 400m / 800m / 1,000m race paced sessions by early June.

Just as for our 1,500m athlete the weekly mileages account for all running and again any competitions during this phase would replace that particular paced training session during each 2 week period.

During the early part of the season I would expect my athletes to compete in 2-4 low key track competitions, for example this

March	April	May	June
12 x 400m (60 secs recovery)	10 x 400m (60 secs recovery)	9 x 400m (60 secs recovery)	8 x 400m (60 secs recovery)
or 16 x 300m (45 secs recovery)	or 14 x 300m (45 secs recovery)	or 12 x 300m (45 secs recovery)	or 10 x 300m (45 secs recovery)
or 2 x 2 x 800m (3 mins & 10 mins)	or 2 x 2 x 800m (3 mins & 13 mins)	or 2 x 2 x 800m (3 mins & 16 mins)	or 2 x 2 x 800m (3 mins & 20 mins)



Table 3: An 800m Schedule

Week	1 2	3 4	5 6	7 8	9 10	11 12	13 14
Date	March	March	April	April	May	May	early June
OBLA (Continuous Hard Run)	occasional	occasional	occasional	occasional			
10k pace (on paths / grass)	occasional	occasional	occasional	occasional			
5k pace (on paths / grass)	1						
3k pace (on the track)	1	1					
1,500m pace (on the track)	1	1	1	1			
1,000m pace (on the track)			1	1	2	2	1
800m pace (on the track)		1	1	1	2	2	3
200 / 400m pace (on the track)		1	1	1	1	1	2
30 sec hill reps (jog back recovery)	2	2	2	2	1	1	
60 sec hill reps (jog back recovery)							
hill sprints			1	2	2	2	1-2
WEEKLY MILEAGE	55-65	50-60	45-55	45-55	40/50	40/50	35-45

may include 400m, 800m and 4 x 400m races on the same day. I have also included actual training sessions for April weeks 5 and 6 and June weeks 13 and 14.

8 Additional Notes for 800m

Rather than repeat my notes for 1,500m I will add a few particularly pertinent to the 800m athlete.

A) The athlete we are referring to is the 400m / 800m type who produces a lot of lactate and takes longer to recover from fast work. The recoveries between intervals for this athlete therefore have to be longer.

B) If our athlete can be developed to be effective over distance, e.g. in a 1,000m competition, and can also perform quickly over 400m then assuming that he / she trains regularly at 800m pace he / she should be very capable over 800m. In particular he / she should also be effective

with their finish in an 800m race. Hence, from May onwards I rarely incorporate track sessions slower than 1,000m race pace as shown in Table 3.

C) Although I need to maintain my 800m athlete's endurance capability or basic fitness until the end of the season I achieve this via the steady recovery runs or aerobic background work.

D) My 800m athlete will have maintained speed elements in his training throughout the winter. From March onwards he / she will be including speed elements almost every day. In order to enhance / maintain speed, e.g. 400m speed, these elements either have to be at the leg cadence, in case of speed drills, or the actual speed of his / her 400m capability or faster.

E) Once recovered from the major part of his / her training session I always perform speed elements e.g. speed under

conditions of fatigue. I do not include this when the major part of the session has been performed at 400m pace or faster, otherwise I am simply repeating the training and may cause an injury.

F) Just as for the 1,500m athlete I develop certain 800m training sessions throughout the period March - May and have found that certain specific sessions do work i.e. my athletes progress. Although I have given 3 examples of 800m sessions during weeks 13 and 14 the one that gives a true indication of their capability of 800m is 2 sets of 600m + 200m (30 secs recovery) with 20-30 mins between sets. I have set out below how I develop this session during the transition period.

Although the 3 above sessions are basically the same, I have found that the average time for the 2 sets of 400m (30 secs) 400m is about 2 secs slower than an athletes



Table 3B: Illustrative 800m Weeks

	April Weeks 5 & 6		June Weeks 13 & 14	
Mon	1,500m pace	am: pm: 2 miles easy + 10 x 400m (60 secs recovery) + 2-3 miles easy	1,000m pace	am: pm: 15 mins easy + 1,000m / 600m / 400m (15-30 mins recovery) + 15 mins easy + speed drills
Tue		am: 20-30 mins easy pm: 35 mins steady + speed drills		am: 20 mins easy pm: 30 mins steady + speed drills
Wed	800m pace	am: 20-30 mins easy pm: 2 miles easy + 2 x 2 x 400m (30 secs and 15 mins recovery) + 2 miles easy + speed drills	400m pace	am: 20 mins easy pm: 15 mins easy + 3-4 x 300m (15 mins) or 2-3 x 400m (15-20 mins) + 15 mins easy.
Thur	hill sprints	am: 20-30 mins easy pm: 2 miles easy + 5-7 x 30 secs hill sprint (5-10 mins recovery) + 4 x 30m on flat + 2 miles easy	hill sprints	am: 20 mins easy pm: 15 mins easy + 10 / 15 / 25 / 15 / 10 secs hill sprints (several mins recovery) + 4 x 30m on flat + 15 mins easy
Fri		am: pm: 35-40 mins easy + loosening drills		am: pm: 30 mins easy + loosening drills
Sat	30 sec hills	am: 2 miles easy + 3 x 7 x 30 secs hill (jog down recovery with 5 mins between sets) + 2 miles easy pm: 20 mins + speed drills + 6 x 40m fast	800m pace	am: 2 miles easy + 4-5 x 300m (3 mins recovery) + 2 miles easy pm: 2 miles easy + 30m / 60m / 100m / 60m / 30m fast (slow walk back recovery) + 2 miles easy
Sun		am: 50 mins easy pm: 15 mins easy + speed drills + change of pace strides		am: 45 - 50 mins easy + loosening drills pm: 10 mins easy + change of pace speedwork + sprint start + 10 mins easy
Mon	1,000m pace	am: pm: 2 miles easy + 2 x 1,000m (15 mins recovery) + speed drills	1,000m pace	am: pm: 2 miles easy + 2 x (600m + 200m) (30 secs recovery) (20-30 mins recovery) + speed drills + 2 miles easy
Tue		am: 20-30 mins easy pm: 35 mins steady plus speed drills		same as last Tuesday
Wed	1,500m pace	am: 20-30 mins easy pm: 2 miles easy plus 4 x 400m (7 - 10 mins recovery) or 5 x 300m (5 - 8 mins recovery) + 2 miles easy	1,500m pace	am: 20 mins easy pm: 15 mins easy + 3 x 2 x 200m (60 secs and 20-25 mins recovery) + 15 mins easy
Thur		am: 20-30 mins easy pm: 30 mins easy + speed drills + 5 x 100m acceleration or change of pace	hill sprints	same as last Thursday
Fri		am: pm: 35 - 40 mins easy + loosening drills		same as last Friday
Sat	30 sec hills	Same as last Saturday	800m pace	am: 15 mins easy + 2 x 4 x 200m (30 secs and 25 mins recovery) + 15 mins easy pm: 2 miles easy + 5 x 60m change of pace + 2 miles easy
Sun		Same as last Sunday		same as last Sunday

capability for 800m at that point in time. For 2 sets of 500m + 300m (30 secs) it is about equal to their 800m capability and for 2 sets of 600m + 200m (30 secs) it is about 2 secs faster. The psychological advantages of this progress are obvious.

G) Similarly I develop my 400m sessions which in March may be nearer to 500m / 600m race pace but by May / June have progressed to what I require.

H) The major hill session, which in March weeks 1 and 2 may be 3 x 10 x 30 secs with a jog back recovery and 5-7 mins easy jog between sets, will finish at the end of May with 3 x 5 x 30 secs.

By the end of May the speed of this hill work will obviously have considerably increased.

I) Whenever I perform hill sessions for the development of power and endurance I

prefer my athletes to perform a few short elements on the flat. The development of power is of no use to my athletes unless it can be transferred to the flat.

General Notes

1) Although I have not referred to circuit training and weights in this short article I do recommend them for the serious athlete who has time to include them in his / her training routine and also has the time to recover.

I normally include them twice per week for men during the transition period although the volume of work reduces and therefore speed of work increases during the periods March-May.

For women certain elements of circuit training should be included throughout the Summer track season.

2) To ensure that athletes do not compare times performed in training in previous months too often I do vary the sessions slightly if I feel it is required. This variety also prevents them from feeling jaded and bored with the sessions.

3) Once I have determined the Basic Framework and planned sessions which prove highly successful for an athlete I only go on in a following year to change one major variable in the Basic Framework. Otherwise if 2 major changes prove successful I will not know which has been the major factor in the change.



1998 BMC Merit Rankings

by Matthew Fraser Moat

Inspired by Peter Matthews' national merit rankings, the BMC Merit Rankings take account of performances made in BMC races only, on the following basis:

- best times and number of performances at that level;
- number of winning performances and the margins of their victories;
- win-loss record against other ranked athletes;
- performances in the 'special BMC events' i.e. the BMC NIKE Grand Prix Final incorporating the BMC Championships at Solihull;

- the style of the athlete's racing, i.e. whether they are willing to take up the pace, and
- the distances athletes are prepared to travel to get fast races.

The rankings are therefore meant to reward consistent excellence by BMC members prepared to travel throughout the season. They are not meant to predict what would happen in an idealised race. Non-members are excluded and members who only ran once are listed as 'not-ranked'. Places in the last three years BMC rankings are in brackets. Times for women set in mixed races are discounted slightly in the rankings.

Men's 600m / 800m / 1,000m

- McIlroy IRE (new)** 1:46.7:
1 WythGP, 2 Batt;
- Hart (1, 1, 2)** 1:17.8 / 1:47.0:
1 Wat 10/6, 3 Batt, 1 SolGPF;
- Lees U20 (23, -, -)** 1:47.69:
3 WythGP, 2 SolGPF;
- Tulba (15, 18, -)** 1:48.43:
1 SwinGP, 2 CardGP, 4 WatGP;
- Shone (new)** 1:48.39:
2b WythGP, 7b SwinGP, 4 CardGP, 2 WatGP,
3 SolGPF;
- Moss U20 (new)** 1:48.43:
1d WythGP, 2b SwinGP, 4 SolGPF;
- McKay (2, -, -)** 1:48.5 / 2:21.8:
2 WythGP, 8 Batt, 1 Stret 14/7, 2k Stret 18/8,
dns SolGPF;
- Donkin (13, nr, -)** 1:48.3 / 2:22.4:
1 WatGP, 3k Stret 18/8k;
- King (8,9, -)** 1:48.51:
4 WythGP, 3 CardGP, 1 Belfast;
- Griffin (-, 13, -)** 1:49.0:
5 WythGP, 1b Batt, 5 CardGP, 5 WatGP;
- Young (9, -, -)** 1:49.13:
6 WythGP, 3 SwinGP;
- Hall (14, -, -)** 1:49.1:
2b Batt, 6 SwinGP, 6 CardGP, 2b WatGP;
- Edwards (11, -, -)** 1:49.7:
1b WythGP, 3b Batt, 5 SwinGP, 9 CardGP,
9 WatGP;
- Dupuy (19, -, -)** 1:49.8:
4b WythGP, 4b Batt, 6b SwinGP, 7 WatGP,
1 Toot 18/8, 3b SolGPF;
- Hooton (-, 3, -)** 1:49.71:
6b WythGP, 5b Batt, 1b SwinGP, 7 CardGP;
- Yates (6, -, -)** 1:49.49:
4 SwinGP, dns CardGP, dns SolGPF;
- Thompson T (new)** 1:49.8:
3 Stret 28/4, 1f WythGP, 4b SwinGP, 1b WatGP,
7 Stret 18/8;
- Swift-Smith (3, 8, -)** 1:49.7:
dnf WythGP, 10 Batt;
- Cuddy (4, 19, -)** 1:49.8:
11 Batt, 9 SwinGP, 4 Stret 14/7;
- Mayo J (-, 5, -)** 1:50.02:
1 Antrim, 7b Batt, 3b SwinGP;
- Wilson (28, 27, -)** 1:50.2:
3b WythGP, 1 Jarrow 27/6;
- Hackley (new)** 1:50.5:
2c WythGP, 2 Jarrow 27/6, 5 Stret 14/7,
4b WatGP, 5 Stret 18/8;
- Openshaw (nr, -, -)** 1:50.6:
1 Stret 19/5, 2 Stret 14/7;
- Knight (7, 7, 3)** 1:50.8:
6b Batt, 9b SwinGP, 1 Fins 28/6, 1b CardGP;
- Bullock (new)** 1:50.62:
1c WythGP, 2 Stret 18/8, 4b SolGPF;

- Mills (new)** 1:50.72:
2 Fins 28/6, 1 Wat 1/7, 2 Toot 19/8, 2 Fins 23/8,
5b SolGPF;
 - Feasey (new)** 1:50.77:
7 Stret 19/5, 5 Wat 1/7, 1 Fins 23/8, 6b SolGPF;
 - Girvan (16, -, -)** 1:51.14:
8 SwinGP, 4 Belfast;
 - Thornton (new)** 1:50.8:
5 Stret 19/5, 5c WythGP, 6 Stret 14/7, 4c WatGP,
3 Stret 18/8, 7b SolGPF;
 - Scanlon (26, -, -)** 1:50.9:
2 Wat 1/7, 4 Stret 18/8;
- not ranked**
- Whiteman (nr, -, -)** 1:47.5: 4 Batt;
Mayoek (-, -, -) 1:47.8: 5 Batt;
Winrow (new) 1:49.05: 2 SwinGP;
Donaldson (27, 16, 9) 1:49.18: 1b SolGPF;

Despite setting a new BMC record over 600m and regaining his 800m BMC Championship, Andy Hart loses the number 1 ranking he has held for the last two years to the spectacular James McIlroy, whose performances are described elsewhere in this issue. Lees' 1:47.69 at Solihull was the fastest ever in a BMC race by a junior but Chris Moss was the highest placed junior in the Grand Prix. Tulba and Shone are hard to separate - the latter improved his time in every race and won the men's overall Grand Prix. We can only rank McKay and Donkin on what they achieved in BMC races. Standards in BMC races are getting better and better - 1:48 no longer guarantees a place in the "A" race and 11 of the top 30 set season's bests in "B" races.

Men's 1,500m / Mile

- Caddy (2, 1, 1)** 3:40.9 / 3:58.5M:
1 WythGP, 5 Batt, 2 Exeter, 1 Derry, 3 Bath;
- Gillespie (1, 4, 4)** 3:57.6M:
1 Exeter, dns Bath;
- Tulba (15, -, -)** 3:42.3 / 3:59.7M:
8 Batt, 1 Tooring, 11 SolGPF;
- Mayo T (new)** 3:41.2 / 4:00.02M:
4 WatGP, 4 SolGPF;
- Hart (-, 5, 3)** 3:42.55 / 4:01.7M:
1 SwinGP, 6 Bath;
- Stephenson (new)** 3:43.85 / 4:01.7M:
3 Exeter, 2 CardGP, 7 Bath;
- Graham (-, 27, 2)** 3:41.5:
dns WythGP, 6 Batt, dns SwinGP;
- Glenton (6, -, -)** 3:41.9 / 4:03.0M:
dnf Exeter, 7 SwinGP, dnf CardGP, 5 WatGP,
8 Bath;
- Graffin, Andrew (new)** 3:45.3 / 4:02.05:
7 WythGP, 2b WatGP, 10 Bath, 6 SolGPF;
- Sharp (22, -, -)** 3:43.66:
1 Wat 29/4, 9 WythGP, 4b Batt, 3 SwinGP,
6 CardGP, 8 WatGP;

- Scanlon (-, 13, -)** 3:44.79 / 4:04.50M:
6 WythGP, 5 SwinGP, 4 CardGP, 1 Sol 29/7,
7 SolGPF;
- Green (4, -, -)** 3:44.3 / 4:05.42:
3 WythGP, 10 Batt, 4 Stret 4/8, 9 SolGPF;
- Davoren (nr, 24, 20=)** 3:43.99 / 4:08.08M:
2 WythGP, 4 SwinGP, 13 WatGP, 13 SolGPF;
- Poore (14, 14, -)** 3:44.78:
5 WythGP, 3 CardGP, 8 WatGP;
- Datema HOI (new)** 3:45.0 / 4:05.70:
2b WythGP, 10 SwinGP, 7 CardGP, 1b WatGP,
10 SolGPF;
- Feasey (new)** 3:43.5 / 4:08.6M:
8b WythGP, 11 SwinGP, 8 CardGP, 2 Sol 29/7,
7 WatGP, 2 Tooring, 5 Wat 9/9;
- Mills (20, -, -)** 3:45.4:
1b Batt, 9 SwinGP, 12 WatGP, 2 Wat 9/9;
- Bullock (new)** 3:45.7:
2b Batt, 10 WatGP;
- Thie (new)** 3:45.8 / 4:03.9M:
5 Exeter, 9 CardGP, 4b WatGP, 11 Bath, 8 SolGPF;
- Moorhouse (new)** 3:46.5 / 4:09.24M:
3b Batt, 1b SolGPF;
- Neill (new)** 3:46.1 / 4:07.32M:
7 WythGP, 11 WatGP, 12 SolGPF, 3 Wat 9/9;
- Smith (13, 29, -)** 3:46.4 / 4:08.75M:
12 CardGP, 2 Stret 4/8, 3 Stret 1/9, 15 SolGPF;
- Dixon (new)** 3:45.90 / 4:13.86M:
1b SwinGP, 5 CardGP, 6 Stret 4/8, 4 Stret 1/9,
16 SolGPF;
- Davies (23, 17, 18)** 3:46.5 / 4:14.56M:
6b WythGP, 6b WatGP, 5b SolGPF;
- Livesey U20 (new)** 3:46.5:
1b WythGP, 1 Stret 23/6, 5b WatGP;
- Renfree (25, 30=, -)** 3:46.8 / 4:20.5M:
1b CardGP, 8b WatGP, 15 Bath, 6 Stret 1/9,
dnf b SolGPF, 4 Wat 9/9;
- Thompson U20 (new)** 3:47.0:
3 Millfield, 9b WatGP;
- Bolt U20 (new)** 3:47.07:
3b Wat 10/6, 11 CardGP;
- Garrett (-, -, -)** 3:48.2:
3b SwinGP, 2b CardGP, 4 Sol 29/7, 10b WatGP;
- Blidge (-, -, -)** 3:47.5:
10 Wat 10/6, 2b Stret 23/6, 7b CardGP, 1c WatGP,
5 Stret 1/9;

not ranked

Yates (-, -, -) 3:39.5: 2 WatGP;
Openshaw (nr, -, -) 3:39.7: 3 Batt;
Bruton IRE (new) 3:40.78: 1 CardGP;
Agar CAN (new) 3:42.88: 2 SwinGP;
McIlroy IRE (new) 3:59.48M: 2 SolGPF;
East (new) 3:44.86: 6 SwinGP;
Wilson (nr, -, -) 3:45.51: 8 SwinGP;
Finch (-, 16, -) 3:45.69: 4 WythGP;

Ian Gillespie had the best performance of the year at Exeter, but injury prevented him from completing the



1998 BMC Merit Rankings

season. Many top athletes had just a single performance and therefore Neil Caddy regains his number one ranking with a series of consistently good performances. Philip Tulba places highly despite his disappointment at Solihull and Tom Mayo finally made his breakthrough. Incredibly, six BMC members made the Commonwealth Games final!

Men's 3,000m - 10,000m

- Clarkson (new)** 7:59.6 / 13:52.4:
4 Lough, 3 SwinGP, 1 Stret 14/7, 4 WatGP;
- Moorhouse (new)** 8:02.0 / 13:48.5:
2 Stret 14/7, 2 WatGP;
- Mowbray (6)** 7:59.97 / 14:02.51:
2 WythGP, 8 Batt, 2 SolGPF
- Poore (new)** 8:02.88 / 14:05.45:
3 Lough, 6 Batt, 1 SwinGP;
- Cullen IRE (new)** 8:00.2 / 14:07.16:
8 Lough, 4 WythGP, 7 Batt, 4 CardGP;
- Whalley (1)** 11:03.2 / 14:07.73:
1 Millfield, 9 Lough;

not ranked

- Openshaw (new)** 7:58.92: 1 WythGP;
- Wild (new)** 7:59.59: 3 CardGP;
- Finch (new)** 13:52.94: 1 Lough;

Clarkson and Moorhouse were the only members inside 14 minutes for 5,000m who ran more than once - Clarkson gets top ranking on with his Stretford victory. Mowbray was BMC Champion at Solihull and Poore is unlucky having 1-0 records against both Clarkson and Mowbray. It was disappointing that few of our top runners chose to support the BA Endurance Initiative - the overseas runners brought in to "enhance" the series had little opposition.

Women's 600m / 800m / 1,000m

- Davies A (6, 7, 6)** 2:04.6:
3 CardGP, 1 WatGP, 4 SolGPF;
- Gibson (4, nr, -)** 2:04.61:
3 Batt, 1 SwinGP, 4 CardGP, 2 WatGP;
- Mersh-Fenn (nr, -, -)** 2:05.2:
2 SwinGP, 3 WatGP, dns SolGPF;
- Newcombe (new)** 2:04.75:
3 Stret 19/5, 4 WythGP, 1 CardGP, 2 Stret 18/8;
- Sterne (-, nr, 5)** 2:04.81:
3 SwinGP, 2 CardGP, 7 WatGP;
- Blakeman (new)** 2:05.33:
2 WythGP, 6 WatGP, 1 Jarrow 22/8, 2 SolGPF;
- Lynch IRE (new)** 2:06.87:
5 CardGP, 3 SolGPF;
- Raven (1, -, -)** 2:07.78:
1 WythGP, 4 SwinGP, dns WatGP;
- Becroft (5, 19, -)** 2:06.8:
5 Stret 19/5, 7 SwinGP, 3 Stret 14/7, 9 CardGP, 4 WatGP, 7 SolGPF;
- Prendeville IRE (new)** 2:07.3:
1 Londonderry, 8 CardGP, 5 WatGP;
- Buller (new)** 2:07.56:
1b WatGP, 5 SolGPF;
- Jordan-Smith (7, 5, 19)** 2:07.9:
4 Batt, dns SwinGP;
- Carter U20 (new)** 2:08.2:
3 Stret 18/8, 6 SolGPF;
- Aston (13, -, -)** 2:08.2:

- 1 Stret 19/5, 9 WythGP, 5 SwinGP, 1 Stret 14/7, 6 Stret 18/8, 1mx Stret 1/9, 8 SolGPF;
- Brady (15, -, -)** 2:09.61:
4 Stret 19/5, 1b WythGP, 1 Jarrow 27/6, 1b Cardiff GP, 5 Stret 18/8, 9 SolGPF;
- Parkinson (-, 16, 10)** 2:08.6:
2 Stret 14/7, 4 Stret 18/8;
- King (10, 8, 12)** 2:08.9:
5 WythGP, 1 Wat 1/7, 8 WatGP;
- Mitchell Julie (new)** 2:08.44:
2 Wat 1/7, 7 CardGP, 9 WatGP;
- Fryer (14, 10, 16)** 2:09.4:
6 Stret 19/5, 1mx Stret 23/6, 5 Stret 14/7; 1mx Stret 4/8, 1b Stret 18/8, 3mx Stret 1/9;
- Riley U17 (new)** 2:10.5mx:
1mx Stret 28/4, 2b WythGP, 3mx Stret 23/6, 5mx Stret 1/9;
- Brownhill U20 (new)** 2:09.6mx:
2mx Stret 28/4, 3b WythGP, 2b Stret 18/8, 2mx Stret 1/9;

not ranked

- Modahl (nr, -, -)** 2:01.93: 1 SolGPF;
- Pattinson (11, -, -)** 2:08.30, 6 CardGP;
- Smithson (-, 20, -)** 2:08.4: 2 Stret 19/5;
- Quinn-Thom (-, -, -)** 2:08.4mx: 1mx Belfast;

In a superb year Lynn Gibson and Angela Davies take joint honours. Davies was 2-0 vs Gibson but Gibson had the best overall sequence in a year in which there were five British athletes inside 2:05. Alex Carter and Cath Riley set the fastest times in Britain by an U20 and U17 respectively. Diane Modahl set a new BMC members' record in the Grand Prix Final.

Women's 1,500m / Mile

- Gibson (3, 1, -)** 4:14.84x:
2 WythGP, 1 SolGPF;
- Pattinson (4, 11, 6)** 4:15.0:
1 WythGP, 1 SwinGP, 1 Stret 1/9, 2 SolGPF;
- Smithson (-, -, -)** 4:17.6:
6 WythGP, 4 SwinGP, 2 CardGP, 1 WatGP, 2 Stret 1/9, 5 SolGPF;
- Colleran (9, -, -)** 4:19.0:
2mx Stret 14/7, 1mx Stret 18/8, 3 Stret 1/9, 3 SolGPF;
- Parkinson (4, 4, 2)** 4:19.96:
1 Stret 20/6, 4 Stret 1/9, 4 SolGPF;
- Griffiths S (new)** 4:20.3:
3 WythGP, 2 SwinGP, 3 CardGP, 3 WatGP;
- Fitzgerald IRE (new)** 4:21.00:
3 SwinGP, 6 CardGP;
- Lynch IRE (new)** 4:20.5:
7 WythGP, 6 SwinGP, 4 WatGP;
- York-Morris (new)** 4:20.5:
5 WatGP, 2 Wat 9/9;
- Parker-Lamb (-, nr, -)** 4:20.9:
7 Stret 23/6, 1 Sol 29/7, 6 WatGP, 9 SolGPF;
- Bull (new)** 4:21.7:
5 SwinGP, 7 WatGP, 1b SolGPF;
- Brown (new)** 4:23.0:
7 CardGP, 12 WatGP, 6 SolGPF, 1 Wat 9/9;
- O'Hare (7, 16, -)** 4:21.86:
4 CardGP, 14 WatGP;
- King (-, 9, 3)** 4:22.79:
5 CardGP, 3mx Stret 18/8;
- Wannell (new)** 4:23.46:

- 9 WythGP, 7 SwinGP;
- Quinn-Thom (-, -, -)** 4:22.8:
14 WythGP, 9 WatGP, 8 SolGPF;
- Pimblett (8, 6, -)** 4:23.5:
2 Stret 23/6, 2mx Stret 18/8, 5 Stret 1/9, 11 SolGPF;
- Field (13, 12, -)** 4:25.52:
4 WythGP, 9 CardGP, 4 Sol 29/7, 11 WatGP;
- Carter U20 (new)** 4:25.3:
2mx Stret 28/4, 8 WythGP, 4 Stret 23/6, 6 Stret 1/9;
- Carville (-, 19, -)** 4:24.2:
10 WatGP;
- Ingman (14, -, -)** 4:26.1:
6 Stret 23/6, 7 Stret 1/9, 10 SolGPF;

not ranked

- Jones (6, 10, -)** 4:20.61: 1 CardGP;
- Rowyer (-, 3, -)** 4:21.6: 1mx Stret 14/7;
- Henaghan (nr, -, -)** 4:25.65: 5 WythGP;
- McPherson K (nr, 20, -)** 4:25.6: 5 Stret 23/6;

Helen Pattinson went into the Grand Prix final unbeaten and with the three fastest winning times, but was beaten there by Lynn Gibson who thus regains the number one ranking she held in 1996. Pattinson however got her revenge in the Commonwealth Games Final. Smithson had a fine breakthrough at Watford and it was pleasing to see a noticeable increase in standards at this event.

Women's 3,000m - 10,000m

- Talbot (-)** 9:15.25 / 15:52.61:
2 WythGP, 1 SwinGP;
- Heansman (3)** 9:16.5mx / 15:57.24:
1mx Stret 19/5, 5 WythGP, 1mx Stret 23/6, 3mx Stret 14/7;
- Gunning (-)** 9:16.6 / 16:10.8:
3 Millfield, 9 WythGP, 2 SwinGP;
- McPherson V (2)** 9:21.2 / 16:07.7:
1 So'ton, 3 Stret 18/8, 3 Birm;
- Fairweather (-)** 9:23.38 / 16:07.34:
3 Lough, 8 WythGP;
- Pimblett (nr)** 9:18.6mx / 16:34.51:
2mx Stret 19/5, 13 WythGP, 1mx Stret 14/7
- Ingman (-)** 9:19.4mx:
1mx Stret 2/6, 2mx Stret 14/7
- Wannell (6)** 9:27.8 / 16:52.6:
4 Millfield, 7 Lough, 2 Cwmbran, 2 CardGP, 8 Birm;
- Gascoigne U20 (-)** 9:25.95 / 17:22.97:
6 Millfield, 5 Lough, 15 WythGP;
- Waterlow (-)** 9:30.08 / 16:19.72:
6 Lough, 10 WythGP;
- Bentley (1)** 9:26.5mx:
12 Lough, 2mx Stret 23/6, 4mx Stret 18/8;
- Joiner (5)** 9:33.89 / 16:44.2:
8 Lough, 2 Batt;
- Thackray (-)** 9:39.14 / 16:29.57:
9 Lough, 11 WythGP, 3 CardGP;

not ranked

- Pavey (nr)** 8:58.2: 1 Millfield;
- Davies A (-)** 15:50.59: 1 WythGP;

A dramatic increase in standards resulting from the 5k at Wythenshawe, however the best sequences were from non-members (Krzywicki and Young) which left Laz Talbot to just take top ranking from Heather Heansman. Amber Gascoigne set a BMC Junior 3,000m record.



Training for 5,000m

by Frank Horwill

Hold your breath! The computerised prediction for the 5k world record in the year 2028 is 12:09.39, and for 2040, 11:56.19. That's just for men. Women's records for those years will be 13:41.56 and 13:37.75. Will there be some revolutionary change in training methods to bring about these times?

The evolution of training regimes has been slow and they are not expected to change dramatically for the next fifty years. However, what is changing is the age for peak performance. The age when an athlete was expected to run a sub 4-minute mile for the first time in 1964 was 24 years. It's now 21 years. Thirty years ago it was virtually impossible for a 20 year old to be ranked in the first three of the all-time best 5k performances, this is not so today.

The Nobel Prize winning physiologist, AV Hill, analysed the 5k event in 1932, as being 80% aerobic and 20% anaerobic. This means that given 10 training sessions, eight of them would be aerobic and two would be anaerobic. Not only do we have to define those terms, we must also decide which types of running included in those descriptions are going to be the most beneficial. Aerobic running ranges from jogging (100% aerobic) to 3k speed (60% aerobic - 100% VO_{2max}).

The first may be running at 12 mins / mile, while the second may be at 4:16 / mile. A big difference - but both are covered by the description - aerobic.

Similarly, anaerobic running starts with 200m (95% anaerobic) and extends to 1,500m speed (50% anaerobic - 110% VO_{2max}). The first could be run at 25mph, while the second at 15mph, another big difference, but both considered anaerobic.

If we take the intermediate stage of aerobic running we get half marathon speed (94% aerobic - 80% VO_{2max}). And, if we do the same with anaerobic running we will find that it is 800m speed (67% anaerobic - 130% VO_{2max}). We are now in a position to draw up a "Priority Table" from which ALL training sessions must be selected.

AEROBIC TRAINING

- Half marathon speed (6 mins / mile - 94% aerobic - 80% VO_{2max})
- 10k speed (5:45 / mile - 90% aerobic - 90% VO_{2max})
- 5k speed (5:30 / mile - 80% aerobic - 95% VO_{2max})
- 3k speed (5:15 / mile - 60% aerobic - 100% VO_{2max})

ANAEROBIC TRAINING

- 200m speed (95% anaerobic)
- 400m speed (83% anaerobic)
- 800m speed (67% anaerobic)
- 1,500m speed (50% anaerobic)

The times given per mile in the aerobic table are, of course, examples. An athlete who can comfortably run the half marathon distance at 5 mins / mile, will pro rata be running 3k at 4:15 / mile (7:52.5 / 3k).

We can safely say that ALL the speeds indicated in the aerobic table should be used in a 14 day training cycle. The two most beneficial speeds in the anaerobic table are at 800m and 1,500 metres pace. The inclusion of 800m metres speed may surprise some, however, the father of work-physiology, the great Olaf Astrand, discovered that the 800m metres event brings about more lactic acid in the system than any other middle distance event and suggested that *all* distance runners train and race at that speed because they will be able to deal more efficiently with lesser amounts incurred in longer races. This is particularly the case in a race where an athlete injects a surge of speed for 400m metres or longer. In the 1984 Olympic 5k final, Aouita went from 4:16 miling to 4:02 for the final mile.

When an athlete moves up to the 5k distance from 1,500m what can be expected? There is, in fact, a foolproof formula for predicting potential times:

- 1,500m time x 3 + 3 mins = poor endurance 5k time
- 1,500m time x 3 + 2:30 mins = good endurance 5k time
- 1,500m time x 3 + 2:15 mins = excellent endurance 5k time.

Let us take actual performances:

- Zola Budd: best 1,500m / 3:59.96 - best 5k / 14:48.07 - that's 3 x 1,500m time + 2:48.
- Dave Moorcroft: best 1,500m / 3:33.79 - best 5k / 13:00.41 - that's 3 x 1,500m time + 2:18.
- Tim Hutchings: best 1,500m / 3:36 (converted from mile time) - best 5k / 13:11.50 - that's 3 x 1,500m time + 2:23.

It will be seen that all things being equal, a runner with the time of 4 mins for 1,500m has the possibility of running from 15 mins for 5k to 14:15 for 5k. Such a runner will not improve further until the 1,500 metres time improves. On this basis, a runner like John Maycock, with a time of 3:31 for 1,500m, has the potential to run well under 13 mins for 5k and to create a new UK record!

Another major factor with 5k pace running is that it must not be forgotten that the race is now 12 *consecutive* laps at 61.5 secs per 400m, plus 200 metres. An athlete who does 13 x 400m in 61.5 secs and jogs 400m recovery (2-3 mins), is *not* getting used to *sustained running effort*. There may be a hundred or more athletes in the UK who could do such a session, however, it is not specific to 5k racing. Nearer the mark would be 7 x 800m in 2:03 with 400m jog recovery, better still would be 5 x 1200m in 3:04.5.

There are two ways of doing specific 5k sessions. The first is to start with slow repetitions with very short recovery and get faster. The second is to start with very fast short repetitions with adequate recovery and then to extend the distance of the rep. *with the original recovery retained*. The latter method has the advantage of running near to world-class speed, the disadvantage being that the process may take months or even years to come to fruition. Here are examples of the two methods:

- Slow Pace - Short Recovery**
7 x 800m in 2:08 (13:20 / 5k) with 30 secs recovery
- Fast Pace - Short Rep. - Adequate Recovery**
25 x 200m in 30 secs with 60 secs rest. Graduating to 17 x 300m in 45 secs with 60 secs rest, thence to 13 x 400m in 61.5 secs with 60 secs rest, moving on to 10 x 500m in 77 secs with 60 secs rest. Ultimately to 3 x 1 mile in 4:06 with 60 secs rest!

With the first method (slow pace - short recovery), the aim is to speed up the rep. in time. The writer recalls Hutchings starting with 4 x 1 mile in 4:40 (14:35 / 5k) with 60 secs rest, and 12 weeks later he was doing 4:15 / miles (13:19 / 5k).

We can now select training sessions on the basis of eight aerobic work-outs to two anaerobic ones:

- Day 1 Aerobic - run half marathon distance fast
- Day 2 Aerobic - 3 x 2 miles at 10k speed with 90 secs recovery
- Day 3 Anaerobic - 8 x 400m at 1,500m speed with 60 secs rest
- Day 4 Aerobic - 4 x 1 mile at 5k speed (target speed) with 60 secs rest
- Day 5 Aerobic - 3 x 1,500m at 3k speed with 3 mins rest
- Day 6 REST
- Day 7 If no race, Anaerobic - 8 x 200m at 800m speed with 60 secs rest
- Day 8 Aerobic - run 10k very fast
- Day 9 Aerobic - run half marathon fast



Training for 5,000m

Day 10 Aerobic - 7 x 800m at 5k speed with 30 secs rest

Day 11 Aerobic - 4 x 1k at 3k speed with 2:30 rest

Day 12 Start the cycle again

Now, that looks pretty tough and it is! But a study of Kenyan full-time 5k runners shows that this is precisely the type of work they do. Haile Gebrselassie (ETH) told one of the writers' athletes that his favourite session was 50 x 400m at 63 secs with thirty secs rest!

But, we have to study our bodies. For example, a Dublin 5k runner aged over 30, had the ambition of running sub 14-minutes. He was put on the above type schedule. He reported that he was not recovering enough from the previous day's work when starting a fresh day.

He was put on jogging 30 mins the day after each of the above workouts. This meant that the 10 day training cycle was extended to 22 days. He regained his freshness and realised his ambition (13:58/5k).

A female 5k runner (15:49), took a different line. She calculated that after the

third consecutive day of training she needed a day off. She was later able to extend this to four consecutive days and a day off. With perseverance and adjustment the whole cycle can be accommodated in its entirety within 12 weeks.

But supposing you are a runner who doesn't believe in all this aerobic and anaerobic stuff, you train by instinct. Fair enough.

However, there are a few common sense matters to consider. If you want to run 15 mins for 5k, you have to know that's 72 secs / 400m and get used to it for spells lasting 3-5 minutes' duration with short rest.

Also, you will realise that a good 3k time aids the realisation of a good 5k. For example, Liz McColgan ran 8:34.80 for 3k in 1989, that's 69 secs / 400m. She also ran 15:01.8 (72 secs / 400m), only 3 secs per lap difference. *Training at 3k pace and improving 3k speed is paramount.*

A further aid to 3k improvement is work at 1,500m speed. McColgan recorded 4:01.38 (64.3 secs / 400m), 5 secs per 400m faster than her 3k time.

And what about over-distance work? A 5k runner should be able to convert the time for 5k with this formula - 2 x 5k time + 60 secs = 10k time.

Work at that pace needs to be done lasting for spells of at least 8 mins, e.g. 4 x 8 mins at 74 secs / 400m. And, of course, there is the old steady run lasting four times the duration of the 5k (4 x 15 mins = 60 mins).

What about racing? Usually, it's the fifth to seventh 5k race which will realise a peak performance in a season. Aids to this will be the same number of under-distance races (1,500m / 3k), and perhaps a couple of 10k's as a psychological endurance boost.

Sweat loss in 5k runners during the summer is extensive, sweat removes minerals, particularly potassium which has a direct affect on heart function.

Pure orange juice with all meals will restore the status quo. 5k running is tough, it needs fuel, and carbohydrates in liquid form should be consumed within 30 mins of finishing any training session as well as being abundant in *all* meals.

BMC QUIZ (compiled by Frank Horwill)

So, you know all about running, do you? Try your hand at this DISTANCE RUNNING QUIZ. (Answers on Page 33)

History

1. Name two runners who, in winning their Olympic 1500 metres final, also broke the world record?
2. Who was the first man to break 13 mins for 5,000m?
3. Who was the first Englishman to break 3 mins for three-quarters of a Mile?
4. Name the man who ran his first ever marathon in the Olympics and not only won, but broke the Olympic record?
5. Who was the first British woman to break 2 mins for 800m metres?
6. What extraordinary cross-country feat did Dave Bedford achieve in one afternoon?

Exercise Physiology

7. What is the difference between VO₂max testing and lactate threshold testing?
8. What middle distance event produces more lactic acid in the blood than any other?
9. What is the latest method of calculating your maximum pulse in theory?
10. What is one of the benefits of training in the morning?
11. What speed of running is running at 100% of your VO₂max?

12. What pulse rate is required to run at 80% of your VO₂max?

Sports Nutrition

13. What is the body's main fuel used in running?
14. Name the anti-stress and anti-infection vitamin and mineral.
15. How can you calculate your daily carbohydrate needs for running?
16. What foods help manufacture new red blood cells?
17. Why is excessive consumption of cola drinks particularly bad for runners?
18. When is it particularly advisable to consume carbohydrates?

Sports Medicine

19. What is Morton's Foot?
20. How long should ice be applied to a fresh muscle injury?
21. Why is the substance *sorbothane* recommended for those who get stress fractures of the foot?
22. What are "contrast baths"?
23. What percentage of hamstring strength to quadriceps strength is required to reduce hamstring injury?
24. Name a simple anti-inflammatory medicine?



Salutary Tales

by Tony Ward

Three internationals, Joanne Pavey, James Mellroy and Andy Hart were all at the BMC AGM and Congress in October. All had salutary lessons to learn from 1998. Each had to deal with triumph and disaster in their own way. They all talked to Tony Ward.

Andy's Tale

Andy Hart spent 1998 rubbing shoulders with the world's 800m metre elite at the European Cup, European Championships, World Cup and Commonwealth Games.

He didn't come away with any medals but, through going through vagaries of life as an international athlete: triumph, disaster, frustration, education - he learnt one invaluable lesson: how to run an 800m metres.

"Of course you know at the beginning of the season that if you run well, you'll be at the major championships and I'd run well enough to be selected for the European Cup. But a week after I'd run my first pb I got a calf injury and was out of action for three weeks. It ruined my middle part of the season. I'd run 1:46.1 in St. Petersburg and I thought I might have had a Grand Prix out of it but the injury cut out any hope of that.

"The injury didn't do me any good mentally, that's for sure. I arrived at the European Championships full of nerves, I don't think that I've ever been so nervous. I didn't know how I would run. If your training has gone well it gives you confidence but if you've been injured there are nagging doubts.

"I was gutted by my performance. I had thought that I could run 1:45 in the final and I ran 1:47.9 in the heat. I could run that now [October]. I've never been in tears after a race ever. I had been in a decent position, which is unusual for me (!), but it just didn't happen and I ended up fourth. I've no idea why. I was lacking races, I was lacking training. It was just one of those things.

"After the Championships I had eighteen days of sheer hell. I did everything I could - I did my circuit, got that back on track; I did my stretching right. I did eighteen days of formal hard work and then eased down a little for the World Cup.

"The World Cup went well for me. All right, coming sixth doesn't sound all that fantastic but my first 200 was the best it's ever been. I've always been a lay-at-the-back, see-how-it-goes, let-'em-all-go-they'll-come-back-to-me type of runner.

In Johannesburg my first 200 was the best it's ever been. That changed my whole focus on racing; it got my confidence back. Before I'd never run the first two hundred fast. I was a big believer in even pace. 52 for the first lap? I'd run 26 followed by 26. That's unrealistic these days, it's dead, a waste of time. If you run 26 then you're two seconds down. That never came across to me before even though people have been telling me for five or six years, 'you're too far back, get up there.' Suddenly I'd learnt the lesson.

"The trouble in Johannesburg was that I was so busy congratulating myself on my first 200 that I forgot the other 600! I was thinking how great it was when the field swept by me and I'd lost it. But, looking at it as a learning experience, it was fantastic."

Listening to Andy I was reminded of a conversation I had heard in Zurich a few years ago between Steve Ovett and Kevin McKay (a notorious "sitter-in"). Steve was patiently explaining that, in a middle-distance race, after the initial burst most of the field ran at the same pace. The runner in third and the runner in sixth running at the same tempo. So why not run in third and be in contention?

"I took that experience to the Commonwealths. Since the World Cup the first 200 is hang-on, except for the semi-final in Kuala Lumpur when I went off too quick for the first 100, found myself in the lead, didn't want it, eased back and they swept past. But, going off too quick is better than too slow. I ran fifth in the final, think I could have got a medal.

"I didn't run in any of the Grand Prix's and that was a problem for me. They're fast races and you can get your time down. I think that I'm capable of running 1:44 but unless you get fast races.... still, 1:45 is better than 1:46.... I don't think it will get me into a Grand Prix I but it might get me into a Permit Meeting.

"I'll take British 800m running to 1:44 next year. Things are looking up for the distance domestically with Bradley [Donkin] and James [Mellroy] coming through and probably Mark Sesay and Curtis Robb coming back. I'll keep a step ahead of them but we should have the competition we all need.

"It's no good being number one with 1:45 and the next ranked to you is running 1:48. After all Coe, Cram and Ovett brought each other through to fantastic heights.

"I'm really encouraged by my year. I haven't had much recognition, maybe because of the way that I've run, maybe because of my age [29]. To gain it I've got to run 1:44 and I'm optimistic."

Joanne's Tale

"I think that when you are running and everything is fine you can become complacent. I was getting away with doing too much too soon. I went to Australia; I'd been injured up until I went there. I panicked and then developed a hip injury. When I got rid of that I thought that I was so very late - it was February - that I really put the boot in in training. I got away with it until my knee problem started."

The speaker is 25 year old Jo Pavey, the blue-eyed girl of the BMC in 1997. It was her breakthrough year when she progressed from an unremarkable 4:21.14 in 1996 to a magnificent 4:07.28. She reached the semi-final of the World Championships in Athens, after running 4:08.23 in her heat.

This was a new star on the firmament. But the winter training of 1997-98 was an unmitigated disaster that resulted in a wretched, non-existent 1998 season. Her 4:07.28 could have gained her a bronze in Kuala Lumpur.

Her's, regrettably, is a familiar story down the years but with the bright new dawn of PAS and the appointment of National Coaches one was hopeful that this would be a tale from the past. Clearly not and surely someone somewhere should have realised that this newcomer with obviously phenomenal natural talent needed guidance, especially if enquiries had been made about her preparation for the 1997 season.

"I had an unusual preparation for the 1997 season. My husband and I packed in our jobs in November and we went backpacking for five months. At that stage I didn't think that my times justified my thinking of going to a training camp. I went travelling but also did a lot of training that I hadn't done previously - I had been working in a hospital and it was really very busy.

I was surprised by 1997 so last winter I thought that if I trained specifically it would set me up for 1998. When we were away the previous winter I had no one to train with but my husband."

There is a self-confessed naiveté about Jo's approach to her running and as she watched the 1998 athletics world go by she came to realise this.

"This year I've sat back and thought 'It's no wonder things aren't going right - because I'm not planning anything'. I've just got up each day and thought 'what shall I do today' and then went out and did it. That's not good enough for the level of top achievement.

"It's not fair on your rivals and certainly isn't fair on yourself. When it's too late and you analyse it all you realise that you've been a bit silly."



Salutary Tales

"So, this summer I was able to sit back and watch some of the races because I felt that last year I was inexperienced tactically. I watched how races were won and from what position and that was useful."

So, the first thing she has done, in preparation for 1999, is to switch coaches and she is now advised by Chris Boxer. She is, though, fulsome in her praise for her previous coach, Mike Down.

"I really appreciate everything that Mike has done. He is a great bloke. A good quality of his is that he is so involved with the BMC. He was the one who started off the Grand Prix with a series in the south west. He is so busy with a big group of athletes; he is so interested in everyone. I want to thank Mike for all he's done."

"Chris will look at what I am doing on a daily basis, which, apart from everything else, will help with injury prevention. Apart from that her vast experience, competing at the very highest level, will be invaluable to me."

"The main aim for 1999 is to plan my training and to improve on my 1,500m time but looking towards 2000 I think that I will have to move up to 5,000m, because it's Olympic year and you don't get many opportunities to compete at Olympic level."

One of the surprising pieces of information to come out of our conversation was that her fastest 800m time of 2:09.68 was set in 1990 when she was 16. She believes that she is basically a 1,500m / 5,000m type rather than a 800m / 1,500m but speed has always been an essential requisite at all distances.

"I want to get stronger. My weakness is not having a sprint finish, so I need to work on my upper body strength. But this winter I will plan, with the help of Chris and listen to my body more."

So, this is Joanne's tale and a salutary lesson it is. Surely British Athletics is not so well off that it can afford to let talent such as hers go to waste as it has, sadly, done in the past.

James' Tale

There is a semblance between the experience of James McIlroy in 1998 and that of Peter Snell thirty-eight years previously. The New Zealander travelled to the Rome Olympics a complete unknown. Bruce Tulloh told him in the Village that the Games would be "a good experience".

Snell progressed from round to round, gaining in confidence, his innate talent slowly emerging in the cauldron of the world's fiercest competitive arena. So, with James in the

Budapest European. The similarity ends with the final: Snell won Olympic gold, McIlroy had a lackluster run in the European final, surging through at the finish, full of running and missing a medal by a stride.

But did the Irishman, at the beginning of the year, ever contemplate such a startling six second improvement?

"Yes and no. To come from 1:51.8 to 1:45.32, that's a big jump. But athletics is the most honest of sports. Whatever you put in, you get out. Sean [Kyle, his coach from Ballymena] and I discussed at the beginning of the year and we thought that 1:47 something would be realistic. 1:45 well, over the moon obviously."

We looked back on his European experience. It was his first major championship.

"I had to accustom myself to everything, naturally. I was in on the Friday and we arrived on the Sunday so I had almost a week to kill. I was very nervous going into the heat. I thought that I would front run it - this was mainly due to the fact that I wanted to make absolutely sure that I qualified. Only two were guaranteed to go through. The heats are very important from that aspect and they are usually quite fast, everybody battling to get through. Semi-finals are more of a race, stay up there and try to pick off people."

I knew that you need eyes in the back of your head to front run but I'd done 1:46.6 on a cold day in Battersea and run 1:45.32 in Nice, so I said to myself that if I did 1:46 I should get through, go through in 53, do another 53. I thought I was capable of doing that. I went through in 52 and came home in 1:46.81."

Did that give him confidence for the semi-final?

"Well, I was not as nervous. Obviously, it gets a bit harder with each round. As soon as you get the first round out of the way you enter race mode, so to speak. I was actually laid back about the semi, if anything."

"It was a funny affair. Schumann took it out. I stayed in lane two the whole way round because I didn't want to get involved - there's some big lads out there! I tried to stay in second or third position. I think Longo [Italy] took it out so I crept up on him and was shoulder level with 200 to go, a perfect position."

"What I can remember is that there were three of us going home, pretty okay and then I think it was Vydra came up, so he was the spanner in the works and I didn't know if I had qualified or not. I had eased up."

"It was just inexperience - I looked to my right and saw Vydra and to my left at Longo coming up. I panicked a bit and then looked at

the big screen, praying and hoping, because I knew that I was going to get a bollocking anyway! Luckily I was okay in third."

Did he think that by getting to the final he had achieved everything he wanted from the championships?

"No, I was going for a medal. I was going for gold. Sean and I discussed it and he got it spot on. He said this German guy [Schumann] is the one to watch. I was going on about the Italian the whole time. He said, don't worry he is not going to be that good. He thought that Kipketer was still sick, as it turned out he was."

"The final was a totally different affair. I was in lane eight, which didn't help. Kipketer went through like an express train, 200 in 23.8. It sunk in then 'My God you're in the final!' But it was a different ball game. I was quite disappointed. In the other two races I was always in contention. In the final I wasn't."

"We had had two Kenyans over for a BMC race and they were always studying videos, analysing them, saying: 'You shouldn't be there, you should be there, always in the top three. I wasn't. I left myself too much to do. I came through quite strong but I was never looking like winning it."

"I've had a good year (!). It's something to build on. As long as you're always progressing, as long as you're going up, even by a hundredth of a second."

He doesn't think that the situation in Britain or Ireland is as bad as people make out. "People keep talking about the Kenyans with nine runners in the top twenty. But that's a harder society. You don't see many overweight Kenyans! They will get up at six and they will train three times a day. From that aspect maybe the Europeans are a bit soft."

Next year James has set his sights on a medal at the World Championships in Seville.

"But I'm not putting too much pressure on myself. I'm 1:45 at the minute; if you run a low 1:43 in Spain you'll probably win a medal. It's only two seconds. That means hard work but then progressing from 1:52 to 1:45 was hard work!"

This is a refreshing voice in British middle distance running - let's hope it is infectious.



Prompt No. 2

by Peter Coe

TRAINING for the MD?

then....

Think about the following

All MD events
are endurance based -
even the 800m *Sprint*

The KEY to success is Speed-endurance

Speed endurance for MD runners is best defined as marrying repeatable 400m speed to fast distance work. Here repeatable means being able to call on it more than once or whenever needed in a race.

The best foundation for all MD racing is hard 5k training

Because the weekly mileage and other factors will vary according to ability and personal circumstances this cannot be a training schedule. The following are suggestions for suitable training runs and methods of performing them that develop the essential abilities for successful competition.

What kind of Mileage?

LSD (*Long Slow Distance*) is out. Except for special circumstances such as recovery from illness or injury, long slow distance running only makes slow distance runners. Recent studies (B Saltin et al 1995) show that greater adaptation takes place at 80-85% VO_2max . This fast marathon pace around 85% max. heart rate (HR) is well above the lactate / ventilatory shift and into anaerobic conditioning.

Distance training at this pace will make every mile count. In one part of the training year, usually early, some long steady runs at a slower pace may be necessary when simply laying down a solid endurance base. But endurance only becomes stamina when it is coupled to enduring strength.

Once this base is firmly laid the modern aspiring MD athletes cannot afford to wear out their bodies on junk mileage.

Keep the mileage down and the quality up. Always make your work specific to the need.

Develop a Fast Finish

Work on runs like these:

- An 'out and home' 6 miles. Cruise the outward 3 miles but not too slowly and preferably against any prevailing wind. Return steadily increasing the pace until there is only a little left near the end. Then run the last 400m all out. Beginners may leave the final sprint to the last 200m and then progress through 300m and then to the last 400m.
- On an easy flat course run a fast 3 miles. At the end of the first and second miles fast sprint the last 200m. Near the finish sprint the last 400m all out!

Mental conditioning is a very important part of training. Try to finish every run quickly so that the last thing you and your body remember is fast running.

Main Armoury - Weapons to be kept sharp

1) Total Concentration

Ignore the rest of the meeting, be aware only of what is relevant to your race but without losing specific alertness.

2) Instant Change of Pace

To instantly *exploit* any weakness shown or advantage offered by the opposition.

3) Pace Judgement

Acquiring the ability to judge pace accurately at all times and under all conditions is totally essential. Floodlight is very different from daylight and keeping constant lap times in a 5k is a long way from getting your opening lap spot-on in a classy 800m. You must know whether any pace makers are too fast or too slow!

4) Relaxation

Physically, before the race and when at speed during the race, never mentally when racing.

Multi-Pace Training

The proven concept of multi pace training for MD runners is that they will train at four to five different race paces during say a 10 to 14 day period. Today there is no escape from speed at any distance therefore it is only common prudence that a MD athlete should comprehensively practice at

400m, 800m, 1,500m, 3k and 5k race paces. Although I am happy to work without too much attention to heart rates there are coaches and athletes who do, heart rates can give a fair indication of the physiological zone in which one is training.

Know Your Zones

Fig. 1 shows four separate zones in which there is a different physiological response to the required work in each division. It is a little schematic because these are not sharp divisions with sudden transitions from one to the next. Even with the ventilatory and the lactate / ventilatory shifts when these onsets can be felt by the athlete there is not an instant change. It is in sprinting or when making rapid changes of pace that the move from one zone to another is sharpest.

Zone 1 Aerobic conditioning

Running in this zone is suitable when resuming training after a three to four week complete recovery lay-off at the end of the competitive season. This is to achieve only a basic level of fitness which, barring illness or injury, the serious and well trained athletes will always maintain during the year.

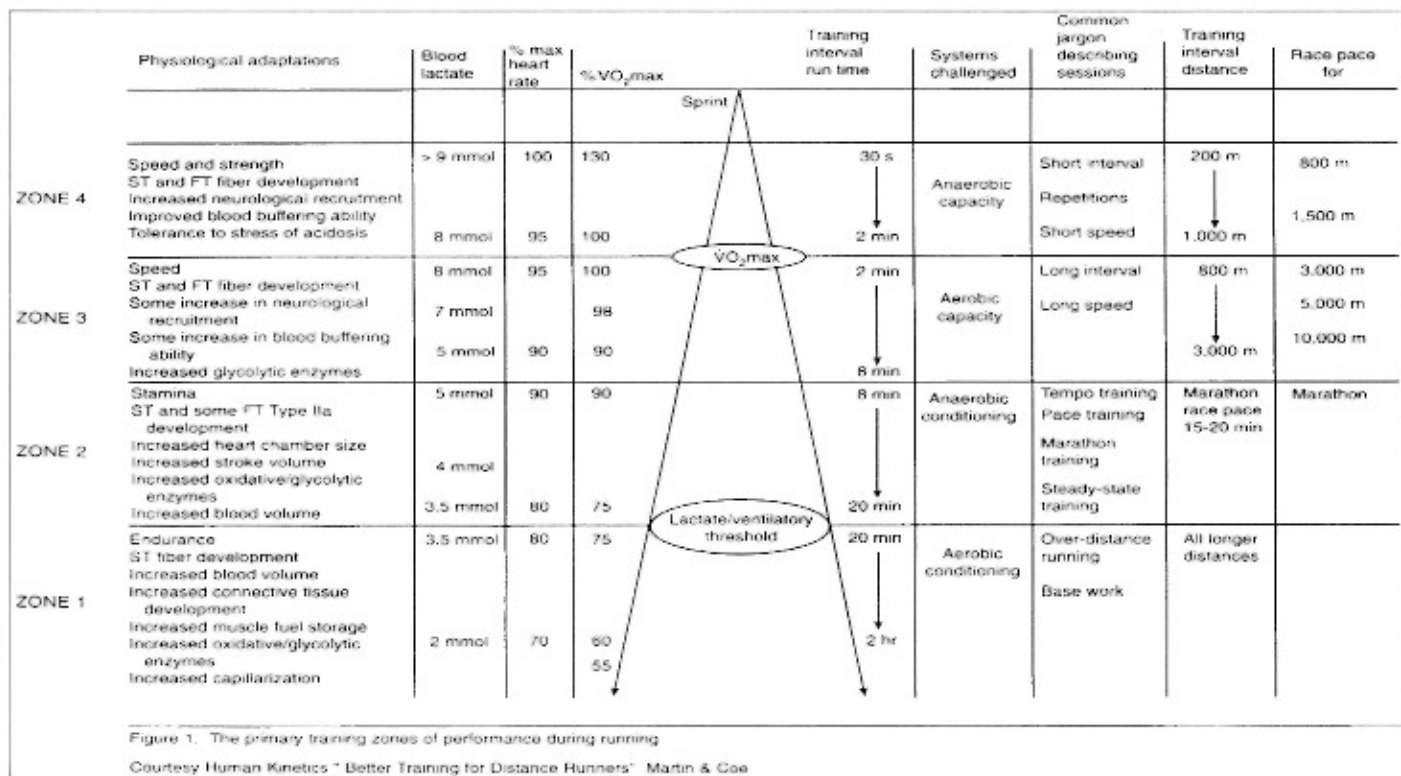
Zone 2 Anaerobic conditioning

This is the zone in which the hard stamina building work is done. It is ushered in via the lactate / ventilatory threshold. To optimise the relationship between max. adaptation and lowest mileage that will properly do the job the bulk of the running should be performed at 80 / 85% of VO_2max . This is best done at a fast marathon pace, about 5 mins / mile (3:06 mins / km). Too fast? Not really for any distance from 5 to 10 miles and even faster for any long interval reps.

Zone 3 Aerobic capacity

The work done here is long speed to put an edge to stamina and develop speed endurance. Lactate production is high and the HR (except in some high class athletes) around the 180 minimum mark and much of the work will be at VO_2max . This is the training zone to enhance the ability to buffer acidosis using long reps at event related speeds. I have seen De Castella, a fine marathon athlete, doing 3,000m training in his race build up. Much of the essential foundation work which is 5k training needs to be done at VO_2max pace.





Zone 4 Anaerobic capacity

Success may depend upon how well you can perform in this zone which presents the greatest challenges and offers the highest rewards.

Shorter high speed work involving suitable short recovery repetition speed work and specific speed training plus

emphasis on 400m sprinting. Practice rapid change of pace and maintain a regime of sprinters speed drills. An apparent contradiction can be solved by carefully balancing the speed sessions.

A MD athlete seeking speed endurance must keep the recoveries short but if you are getting expert advice on

acquiring a good sprinting style and technique, some speed sessions must be performed with full recoveries between runs.

The test for such new acquisitions is whether the bad habits return when tired and under pressure but note - these improvements cannot be thoroughly acquired when fatigued.

British Milers' Club Records (as at 1st October 1998)

	BMC Members' Record <i>by a paid-up BMC member in a BMC race</i>	"BMC Record" <i>by anyone in a BMC race</i>	BMC Club Record <i>by a paid-up BMC member in any race world-wide</i>
Men			
M600	1:17.8 Andrew Hart 1998	1:17.8 Andrew Hart 1998	1:15.0+ Seb Coe 1981
M800	1:46.7 James McIlroy IRE 1998	1:45.2 * Patrick Ndururi KEN 1997	1:41.73 Seb Coe 1981
M1000	2:19.4 Andrew Hart 1997	2:19.4 Andrew Hart 1997	2:12.18 Seb Coe 1981
M1500	3:37.5 Anthony Whiteman 1997	3:37.5 Anthony Whiteman 1997	3:29.77 Seb Coe 1986
M Mile	3:56.35 Anthony Whiteman 1996	3:56.35 Anthony Whiteman 1996	3:47.33 Seb Coe 1981
M2000	5:11.0 Walter Wilkinson 1972	5:11.0 Walter Wilkinson 1972	4:53.06 Jack Buckner 1987
M3000	7:51.4 Rob Whalley 1997	7:51.4 Rob Whalley 1997	7:32.79 David Moorcroft 1982
M 2 Mile	8:34.5 Ian Gillespie 1997	8:34.5 Ian Gillespie 1997	8:13.51 Steve Ovett 1978
M4000	11:03.2 Rob Whalley 1998	11:03.2 Rob Whalley 1998	10:28.7+ David Moorcroft 1982
M5000	13:41.08 Rob Whalley 1997	13:28.6 * Mizan Mehare U20 ETH 1998	13:00.41 David Moorcroft 1982
M10000	29:49.2 John Lisiewicz 1994	29:32.8 * David Taylor 1997	27:30.3 Brendan Foster 1978
M3000SC	8:43.36 Craig Wheeler 1998	8:38.5 Sammy Nyamongo KEN 1998	8:18.91 Roger Hackney 1988
Women			
W600	1:29.4 Linda Staines 1997	1:29.4 Linda Staines 1997	1:26.5 Kirsty Wade 1985
W800	2:01.93 Diane Modahl 1998	2:00.7 * Shireen Bailey 1985	1:57.14 Kelly Holmes 1997
W1000	2:44.9 Jo White 1980	2:44.9 Jo White 1980	2:32.55 Kelly Holmes 1997
W1500	4:10.7mx Sonya Bowyer 1996	4:10.7mx Sonya Bowyer 1996	3:58.07 Kelly Holmes 1997
W Mile	4:30.77 Joanne Pavey 1997	4:30.77 Joanne Pavey 1997	4:19.41 Kirsty Wade 1985
W2000	6:12.4mx Dianne Henaghan 1998	6:12.4mx Dianne Henaghan 1998	5:37.00 Christine Benning 1984
W3000	8:58.2x Joanne Pavey 1998	8:58.2x Joanne Pavey 1998	8:37.06 Wendy Sly 1983
W5000	15:50.59 Angela Davies 1998	15:47.9 * Andrea Wallace 1990	14:51.27 Paula Radcliffe 1998
W10000	34:44.9 Heather Heasman 1997	33:33.7 * Theresa Duffy IRE 1997	31:36.51 Paula Radcliffe 1998

* denotes non-member



The Millfield "PB Classic"

by Mike Down

As any coach is aware, every young athlete's fancy in the spring turns not to life's more popular pleasures, but to English Schools qualifying times! So with this fact of athletic life in mind, what better idea than to promote a meeting with this as its central focus?

It is this emphasis that has transformed Millfield School's traditional Bank Holiday open meeting into perhaps the most successful festival of middle distance running for young athletes in the country.

With the co-operation of Gordon McBride, Millfield's master in charge of athletics, and Wells coach Clive Thomas, who is a teacher at the junior school, I had established a BMC slot in the Millfield meeting back in 1994, though that year it was the senior invitation events that took priority. It was the following year that we hit on the idea of marketing the event as a special English Schools Standards meeting and, with the subsequent backing of former international long jumper Alan Lerwill, who took over as the school's master in charge of athletics two years ago, the meeting has never looked back.

So successful has it become that perhaps it should be re christened the BMC Millfield "PB Classic", as the young athletes' 800m and 1,500m races produced a staggering 93 personal bests last year, which consolidated the meeting's growing reputation, having produced 47 in 1996 and 69 in 1997.

Despite it being an evening meeting, competitors now regularly travel from all over the country. It is not difficult to understand why, as no less than 60% of the runners set personal bests this year!

It is a formula that is at the heart of the BMC's philosophy, for whether those who criticise paced races like it or not, there is nothing that motivates athletes more than running faster than they have done before, whatever their finishing position.

Quality

The quality of the Millfield meeting has always matched the quantity, and many of Britain's outstanding young middle distance runners have tasted its atmosphere before going on to greater deeds in the summer championships.

1995

The 1995 meeting set the tone of what was to follow, with David Stanley in the boys 800m and Georgie Salmon in the girls

1,500m setting the fastest times in the country for the U17 age group.

Stanley powered away from his rivals in the 800m to record a spectacular time for a 16 year old of 1:56.0 in a race in which all but two of the runners bettered their previous bests, while Salmon broke 4:40 for the first time in outstripping the future English Schools champion Laura Hale.

1996

The following year saw the meeting records tumble all round. Britain's top ranked U17 runner at the time, Amanda Pritchard, defied the cold breezy conditions to clock 2:12.0 after a blistering 63 second first lap, while behind her the National U17 cross-country champion Amber Gascoigne showed she had speed too by clipping more than two seconds off her best to finish a close second in 2:13.8 and avenge her defeat the previous year by Jessica Woolley, when the pair of them had both been beaten by another budding Welsh talent Sarah Mead in 2:17.3. Behind the leading trio Suzanne Hasler was best of the U15 competitors in fourth place in a meeting record 2:18.0, with the first eight all finishing well inside the BMC entry standard.

Millfield's own National and English Schools 800m champion Rachael Ogden proved that she can last 1,500m too, holding on to the previous year's English Schools silver and bronze medallists Tommi Kemp and Camilla Waite before storming away over the last 200m to emulate Pritchard with a new meeting record of 4:38.5.

Pick of the boys performances came from English Schools senior boys cross-country champion Kairn Stone and Welsh junior title-holder Dino Davie. Stone displayed his range of ability by coming with a late run in the 800m to catch Welsh senior international Darrell Maynard, who generously volunteered to help his young rivals by acting as the hare. Welsh steeplechase champion, Phil Cook, did the same in the 1,500m, though he held off his promising protégé Davey, whose 3:56.5 was only just outside his best as was the first U17 runner, former English Schools Junior Cross champion, Ross Fittall in third place.

1997

In 1997 the A races again produced the fastest early season times in the country.

Back to her specialist 800m event, Ogden slashed three seconds off Pritchard's meeting record, completing a spectacular gun to tape effort in 2:09.0.

Kemp, runner-up to Ogden the previous year, went one better in the 1,500m and like Ogden before her took just over three seconds off the meeting record the Millfield girl had set in 1996.

Yet this race will surely always be remembered for the contribution of the brilliant little Bournemouth girls Charlotte Moore and Louise Damen. Seemingly unaware of what pacemakers were for, the pair of them set off shoulder to shoulder as if their lives depended on it, with the hare, Paul Bristow, towering over them but quite unable to get past till they had run nearly 400m! Though inevitably flagging in the closing stages, the two Bournemouth girls showed their toughness by battling on to break 4:50 for the first time. Moore at the time was just 12 years old, Damen 13.

In the boys event, Maynard returned and made sure of victory this time, though after a suicidal 51 second first lap he still had to dig deep to hold off the late challenge of this year's English Schools champion, Ross Fittall, who shaved a tenth of a second off Stone's meeting record with a time of 1:55.2. The race was also notable for the performance of Swindon's young prodigy Andrew Fulford, who broke 1:57 for the first time at only 15 to take fourth place.

In the B race another potential champion Andrew Ingle underlined his talent by flying round the opening lap in 53 seconds and still surviving to win, albeit only just inside 1:58, while winner of the D (!) race was another runner who went on to bigger things by winning the AAA U17 title later in the summer, Nick Andrews.

Yet another junior star in the making, Chris Thompson, then still in the U17 age group, won the 1,500m in an impressive time of 3:58.5, though this was the one event in which the meeting record survived.

1998

And so to this year's meeting. Picking out the outstanding performance is almost impossible - there were so many among those 93 PBs, most of the A races could have graced championship finals.

But the boys 800m was surely as spectacular as any, with no less than eight of the ten runners setting new best times, led by Millfield's own James Parker, who just held off Fittall and Brian Stopher in an



The Millfield "PB Classic"

impressive 1:53.2. All three broke 1:54, as did Stopher's Aldershot training partner Mark Best, with young Fulford, still only just 16, again displaying his precocious talent with a fantastic time of 1:54.6 for sixth place exactly a second ahead of another promising U17 lad from Millfield, Alistair Maclean-Foreman, who is now based at Bath University.

The 1,500m event produced an equally exciting finish, with Ingle, who had first made his mark in the previous year's 800m B race, just having the legs on world junior cross-country star Chris Thompson, the 1997 winner and promising Team Solent pair Angus Maclean and Tom Laurie. All four broke 4 mins, with Maclean and Laurie slashing more than ten seconds off their best times and another young champion in the making. Matt Thompson, who went on to win the AAA U17 800m and the English Schools 1,500m silver title, best of the U17's with a fine 4:02.4 in seventh place.

The girls in the 800m never really recovered from a reckless start in which the hare had to run 29 seconds for the first 200m to get to the front, though this did not deter Midland champion Simone Hardy from keeping up the suicidal pace.

It was the sort of committed aggression that would have earned praise from National Event Coach Peter Elliott, but in the end it cost her the race, for she tied up in the straight and Welsh junior international Sarah Mead, the 1995 winner, surged past to take line honours in 2:13.2. Suzanne Hasler, who has regularly made her mark in the Millfield meeting, almost caught Hardy too, holding off her Royal Sutton club mates Helen Bebbington and Emily Hathaway, who went on to win the English Schools title, to take third place in the best U17 time of 2:14.4.

But perhaps the day's most spectacular winner was young Juliet Potter in the B race. Confirming the talent she showed over the country last winter, the 15 year old Nottinghamshire girl dominated her race to finish only just over a second slower than Hasler. Runner-up Cornish star Jemma Simpson, later to take the bronze medal in the AAA U17 championship, was by far the best of the U15 contingent with 2:18.0 in second place. Tommi Kemp, yet again to be English Schools silver medallist, was just too strong for what was a comparatively young 1,500m field, and pulled right away on the last lap to score a

comfortable victory by some 20m from Bristol girl Leanne Appleton, who broke 4:40 for the first time. Kemp's time of 4:36.8 was just outside her own meeting record, which was not surprising with no one to push her, while it was a breakthrough for Appleton, who went on to take the bronze medal in the English Schools final, again behind Kemp.

Behind Appleton the dynamic Bourne-mouth duo Moore and Damen, who had caught the eye so captivatingly with their tactics in the previous year's race and went on to take the AAA U17 and English Schools titles respectively, were only just outside their best times. They led the next five girls into new territory, with all of them finishing inside 4:45, including Moore's U15 rivals Kent girl Diana Jeffrey and Simpson's Cornish training partner Zoe Jelbert, who was to win the English Schools title.

Seniors Too

Although the junior events have always been the hard core of the meeting, it would be remiss to make no mention of the special senior races that have long been a feature and have spawned a succession of BMC records over unconventional distances.

Impressive solo victories by Ian Gillespie in the men's 1,000m and US international Nnenna Lynch in the women's 3,000m were the best senior performances in 1995. Lynch's time of 9:18.5 setting the high standard that was to be maintained in subsequent years.

Gillespie has always used the Millfield meeting as a marker of his early season fitness, and in 1996 he announced his impending move up from 1,500m by scoring another spectacular solo success in the inaugural BMC 5,000m championship.

In 1997 Gillespie made the BMC 2 mile record of 8:44.6 his target. Set by former international Alan Blinston, it had survived since 1970. Gillespie showed no sign of weakening over the last three laps, smashing the record by more than ten seconds with the fastest time in the World up to then of 8:34.5.

Gillespie missed this year's meeting as he was competing in the USA, but in his absence Whalley, who unlike the previous two years was free from injury took over his training partner's mantle. The challenge was to set an unofficial UK best in what is thought to have been the first 4000m race ever staged in Britain.

His winning time of 11:03.2 is there to be shot at for a distance that has strangely been ignored until it was selected for the new Short Course Cross-Country event, despite the fact that ten laps is the obvious decimal distance, with a time of ten minutes the equivalent of the old four minute mile for the new breed of distance runner. Come on promoters, the BMC has once again set the pace for the rest of the world!

If Gillespie has been the star of the senior men's events at the Millfield meeting, then Jo Pavey has dominated the women's. She competed for the first time back in 1996, when Pavey came from behind with a storming late run to catch Midland champion Julie Swann on the line. Her time of 9:45.5 was more than ten seconds faster than her previous best in a race in which the first five broke 10 minutes.

Last year, not long back from her now well chronicled back-packing expedition, she scored the upset of the meeting by out-sprinting the hot favourite Lucy Elliott in what was the opening event of the British Athletics Endurance Initiative Programme. It represented a remarkable breakthrough for Pavey, as she hacked almost half a minute off her previous best to reduce Lynch's record by a couple of seconds to 9:16.3.

This year's race was Pavey's first for six months - her target was to improve on the PB of 9:05.87 she had set at Gateshead, and at the same time break the BMC record of 9:06.2. Not only did she achieve both, but broke the 9 minute barrier, which is generally regarded as the gateway to world class. Her final time of 8:58.2 remained the second fastest by a British athlete all summer behind Paula Radcliffe.

The Future

And so to the future. Clearly, something special has been created in the Millfield meeting. It's a model the BMC Committee has been considering for similar meetings elsewhere in the country for the benefit of our emerging young talent. This focus on youth has been reflected by NIKE, who have increased their sponsorship of the BMC to permit the Club to develop the Millfield meeting and initiate a "Northern Millfield" meeting, probably 7 - 10 days away from the original meeting. So, all you young athletes reading this should look out for the date's of next year's meetings in your diaries. Come and join the "Millfield" mission. The target is to top the PB ton! Can you really afford not to be there?



1998 Photo Spread

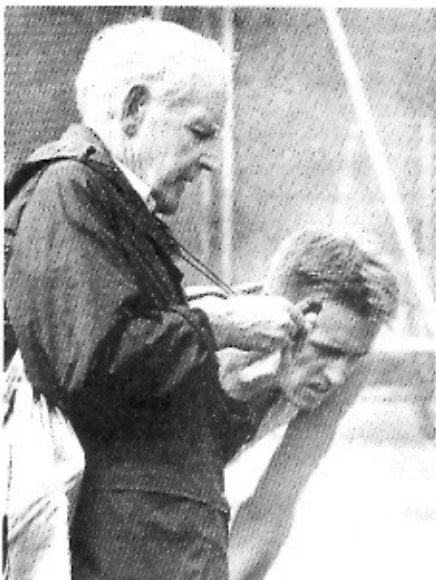
by Mark Shearman, Ken Hickey and Jeremy Hemming



BMC NIKE GP overall winner Lynn Gibson (249) and Helen Pattinson at Wythenshawe. (MS)



World No. 2 Patrick Ndururi (9) just beats James McIlroy at Battersea Park, but James sets a Northern Ireland Record of 1:46.7. (JH)



BMC Coach of the Year Sean Kyle (KH)



Spencer Duval at Watford in the BMC's second ever steeplechase. (MS)



Samir Benfares (181) just beats Matt Yates at Watford. (MS)



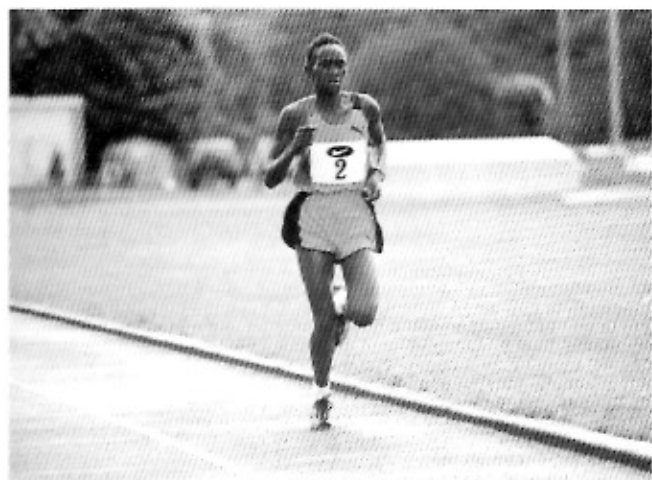
(l-r) Helen Pattinson, Elaine Fitzgerald, Kerry Smithson, Shirley Griffiths and Michelle Wannell in the 1,500m at Swindon. (MS)



Phillip Tulba (7) just beats Eddie King at Cardiff but both are behind Joseph Mutua. (MS)



1998 Photo Spread



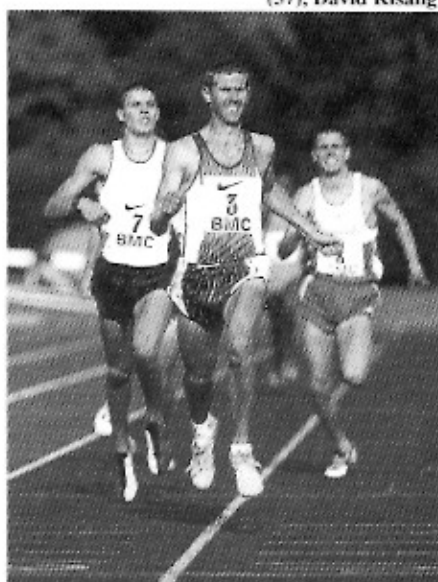
1,500m Commonwealth Champion Jackline Maranga winning the 800m at Battersea Park. (JH)



Elijah Maru (46), Paul Bitok (49), Francis Kemboi (12), Sammy Langat (1), Commonwealth Champion Laban Rotich (45), Edwin Maranga (57), David Kisang (48) and John Kosgei (47) at Battersea Park. (KH)



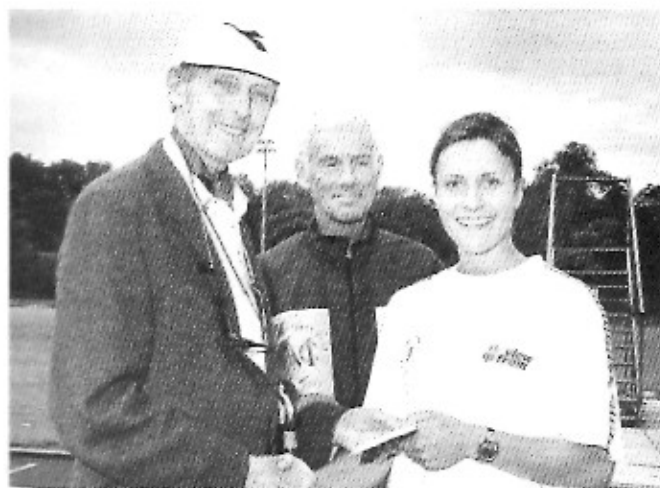
Diane Modahl (202) on her way to a BMC Members' record at Solihull. (MS)



Andy Hart (3) just wins at Solihull from Britain's leading two juniors Simon Lees (7) and Chris Moss. (MS)



James McIlroy (77) on his way to a sub-four minute mile (3:59.48) in his debut at the distance. Tom Mayo (82) ran 4:00.02. (MS)



Peter Coe (left) and Mike Down present BAEI Grand Prix winner Tara Krzywicki at Battersea Park. (KH)



Dave Moorcroft (right) presents Matthew Shone with the BMC NIKE Mens' Grand Prix trophy. (MS)

Kenyan Insights

by James Templeton and John Manners

A few thoughts on Kenyan success

by James Templeton

Most running people are fascinated with the Kenyans and the factors behind their talent and great success. I have a few comments that I thought may be of interest to members of the BMC.

I have spent quite a lot of time with a group of Kenyan athletes both in Kenya and Europe. I represent Japheth Kimutai, steeplechaser Kipkirui Misoi and seventeen year old Benjamin Kipkirui; have observed countless training sessions and joined them on many runs.

While not claiming to have any definitive answers, there are some things to consider. Of course there is no one answer, but a series of factors that result in their great talent and success.

1 Genetics / physique

Talking of genetics seems to offend some, however I believe it a good starting point and a definite factor. Approximately 75% of elite Kenyan athletes are from the Kalenjin tribe, who represent just over 10% of Kenya's population of some 30 million. So you have the remarkable situation of a high percentage of the top middle distance runners coming from a population base of around three million. This can't be just coincidence.

The Kalenjins have incredible physiques for middle and long distance running. Their ancestors for hundreds / thousands of years have been (and still are) herders and farmers. They have obviously developed great natural endurance to cope with a pretty tough and demanding lifestyle.

Kalenjins are lean by 'European' standards, however have good musculature and endurance levels and obviously have good power / weight ratios. Taking the example of Japheth Kimutai, he is only 55 kilos and very lean yet seemingly has all the power a middle distance runner needs.

I'm not quite sure why people have a problem with discussing physical differences among races. At the extremes, most people would admit that the pygmies are short and the South Pacific islanders are strongly built! Further back from these extremes, look at the West Africans and the East Africans. The West Africans have the power and powerful build to sprint; the East Africans have the endurance and the

lean physique to run distances. Not all of them of course, but those overwhelmingly are the natural characteristics. It is a good starting point.

2 Training

There have been various books in recent times outlining what the Kenyans do in training. They work very hard; often training twice or three times a day during peak training times. Their discipline and dedication in often fairly spartan conditions is incredible. 6am runs of 30-70 mins are rarely missed except on rest days, followed by track work or another steady run at 10am (on Tuesday, Thursday and Saturday) and often an easy session of jogging and exercises at 4pm.

Steady runs generally start very slowly; as slow as 7-8 minute mile pace, however gradually increase until the last couple of miles can be under 4:30 pace! A typical run of 60 mins could be 35 mins out and 25 mins home. A lot of their running is done like this and a lot therefore has a good quality component to it.

All of their training in the Rift Valley is of course done at 2,000m+ altitude, which as everyone knows, has a lot of benefit. My layman's understanding of EPO is that this is doing chemically what occurs in Kenyans naturally by living and training at altitude. My understanding is that the 'red-blood count' of Kenyan runners is "getting close to 50" (the level that cyclists are 'rested' because it is considered close to dangerous). My personal view is that Kenyans are not on drugs. There may be a couple, but believe me there are hundreds of Kenyans running in the world (track & road) and the vast majority are not. These guys can RUN!

In my view however, a very important factor in the training is not just the sessions themselves, but the effectiveness of this work through the total and exclusive dedication to training. Athletes live in camps and devote themselves 100% to training. Apart from running, the rest of the day fits around resting, washing, preparing food and eating. I think they get maximum benefit from the work they do. I consider this very beneficial and a key aspect of their training and preparations.

There are hundreds upon hundreds who devote themselves in such a fashion. Look at Bernard Barmasai, or Robert Chirchir. They each have a wife and children, however to train they must live

away from home because there are just too many distractions at home. Apart from returning for a few days each month, they would be in camp with other athletes for most of the November to May period, and then be in Europe until the end of August. Road racers like Laban Chege have different racing periods, however a similar training regime.

This dedication is very typical. Think of how difficult it is for Europeans or indeed most Westerners to be so singularly dedicated. Although overtraining is I think a bit of a problem, with many athletes below the top level training with an incredible ferocity, on the whole the leading Kenyans seem quite good about mixing the very hard training with rest days and periods of relaxation. The hard training is very hard, while easy work is just that. I think the tendency for Western distance runners is to have too much in that middle ground.

People would be surprised just how easy the easy days are. The day after Zurich this year I jogged a 9.5km course with Misoi in 55 mins! Seemingly ridiculously slow, however I'm sure very beneficial in 'flushing out the system' after a hard effort. Maybe that's an African thing - I saw Gebrselassie running in Brussels last year - jogging around a park for nearly an hour. I doubt he was going as fast as that!

3 Lifestyle and culture for young Kalenjins

Young Kalenjins usually do not wear shoes until twelve or thirteen. Their feet, achilles and legs I think are very strong and supple. I believe this to be a much underrated factor. They often start training at a young age, say 14 or 15 and seem able to adapt easily to a heavy load without chronic injuries such as stress fractures. A lot of 'training' has in fact occurred before the formal training starts. I think this is what people are referring to with the 'running to school business'. A lot do in fact run to school. Some don't and still become great runners - they still have a very physical background. Japheth lived 5km from his primary school and usually ran to school purely because he was always running late and fearful of being beaten! He had an hour for lunch and used to run home for lunch and then run back to school within the hour.

Diet. Their diet is high in good and fresh food, with an emphasis on carbohydrates such as ugali (which is eaten at least once every day) and vegetables.



Kenyan Insights

Meat and milk is eaten a number of times each week (depending on the resources of the family). The diet is very low in junk food. In short, it is ideal for developing bodies and athletes.

Circumcision. Some experts consider this a pivotal point in the psychology and toughness of the Kenyan. I'm not so sure, however I do know that being circumcised in the early teen years (and then sent off into the forest to undertake various tasks and rituals for the best part of a month) is a source of huge pride to the young Kalenjin men and must toughen them somehow. It's not talked about much, however I was fascinated one night over dinner when Misoi and Benjamin spoke of all the aspects. It's no picnic, that's for sure.

4 Technical aspects

Associated with the aspects of shoes etc., I think it's no coincidence that a lot of the very top Kenyan runners all move so beautifully. Their hips are so high and the legs just swing fluently underneath. To me, this is shown best in the 800m guys. Look at Wilson Kipketer or Japheth Kimutai. Look at World Junior Champion William Chirchir or 1,500m runner Laban Rotich. I was watching some of the British middle distance runners training in Kuala Lumpur. It struck me how 'sloppy' the footstrike was. The Kenyans have a lot of 'snap' in their footstrike; more like sprinters.

Why do Kenyans steeple so well? There have been strange examples whereby a particular Kenyan is a lot slower than a particular European steeplechaser over both shorter and longer flat distances; and a noticeably more inefficient hurdler, and yet leaves him for dead over the steeplechase! While cardiovascular strength and the strength of the Kalenjin heart and lungs is of course a major factor, I think part of the reason is in the strength/power and resilience of the feet and legs.

5 Attitude & traditions

Kenyans expect to win. They have seen Kenyans win so much and therefore expect to do the same themselves. Is this expectation or 'arrogance' the same as the Brazilians at soccer? Or New Zealanders at rugby? I am sure this expectation is a factor. After all, we're always told that barriers are in the mind and that performance is limited by expectations.

Injuries: Although Kenyans get injured, they generally don't seem to suffer from

stress fractures, and if anything, their muscle injuries seem to heal quicker. I have an interesting example. Kipkirui Misoi suffered a slight tear on the inside of his thigh in Stockholm on Wednesday 5th August. He was limping very badly that night and also the next day on our return to Germany. The medical diagnosis was that he would be out for one to two weeks; which was not good with Zurich on the 12th. I left on the Saturday morning for a meet in Leverkusen and was returning on the Monday. When I spoke to him on Sunday, he surprised me by saying he had had a couple of 30-40 minute easy runs and thought he would be okay for Zurich. I said if he did not think he could run under 8:20 he shouldn't (and wouldn't) go to Zurich. He agreed to go to the track on the Monday and test it out - if he couldn't run a few laps comfortably at say 61 / 62 second pace and a couple of faster 200s he would see it was crazy to go to Zurich. I was surprised he was prepared to do this. We duly went to the track; Misoi ran an 800m in a PB 1:53, looking very, very comfortable. He thought he had run around 2:02! I was left shaking my head. I couldn't believe this was the same guy who could hardly walk just a few days previously. He ran a smart race in Zurich and came a good 4th in 8:12.

I have seen similar things on other occasions. I think they heal pretty quickly from muscle injuries. Is this genetics? Maybe as herders and farmers over hundreds / thousands of years, they couldn't afford to be 'out of action' with a pulled muscle for long. This may sound nonsense but what other conclusion can I reach?

These are just a few things that come to mind. There are many other things which impact. A lot of Kenyans are of course very, very talented and they work very, very hard. Their training is generally in controlled environments. Their training generally occurs in groups with many like-minded individuals striving with great desire and determination to reach the top.

Their success is no accident. I actually think Kenyans should win more major championships than they do.

Kenyans and EPO

by John Manners

Here are John's comments on the latest allegations (as published on the track-and-field mailing list).

Sorry to be so late weighing in on this, but I felt I couldn't let the topic pass without commenting on a few of the points raised by John Molvar and Ward Nicholson.

The latest round of discussion began two weeks ago with a profile from the Daily Telegraph on the British runner Jon Brown (4th last week in the European 10,000m), which said Brown believed that "in the distance events on the track you have to be either African or on drugs." John Molvar leapt on this, accusing Brown of naïvely missing the forest for the trees and implicitly attributing African distance runners' recent success to massive EPO use.

As evidence he trotted out the usual factors offered as explanations for Africans' success: altitude, poverty, running to school, etc., and suggested that none of them have changed in recent years while Africa's record in international competition has changed dramatically, because "now we are in the EPO era."

There were several questionable assertions in John's evidence, the most glaring of which were ably dissected by Coty Pinckney and Steven Downes. Coty, in addition, noted the fundamental illogic of attributing Kenyan (or African) success to EPO, since, unless Kenyans or Africans were the only ones using the stuff (which not even the most fanciful rumours allege), their competitive success against the at-least-equally-doped-up Europeans would not have changed.

John professed to "remain thoroughly unconvinced" by these counter arguments and there followed a second polite but unavailing exchange between him and Coty. Meanwhile, Ward Nicholson joined the discussion, suggesting that recent world record improvements in themselves raise questions of illicit goings on and that Africans on the European circuit, exposed to EPO and subject to "the same pressures" as their European rivals, are no less likely to try it.

So much for the context, I've addressed general arguments about African drug use several times in the past year. Indeed, a few of John's sentences sounded eerie echoes of posts I answered last fall from somebody calling himself Jack Nubbins. I won't go over all that again, but I do want to look at a few of the points John and Ward raised.

1) In his first post on the topic, John asserted that Africans in the pre-EPO era (he refers specifically to 1983 and '84) "had



Kenyan Insights

tremendous opportunities to compete internationally". When Coty responded that Kenyans at the time "were controlled much more closely" by their federation, John replied: "If that were true, how was Henry Rono ... able ... to race in any race he wanted to, and make any appearance and prize money he wanted. The federation only controlled who would run in major championships (and they still do)."

OK, let's look at John's claims. It's true that Rono, like a few other US-based athletes with established international reputations, could move around fairly freely with the help of a few sympathetic European promoters. But until 1990 there were never more than half-a-dozen Kenyans in that position, and the KAAA continued to do its best to curtail their movements. Among other things, the federation once had Rono and Mike Boit pulled off the track in Oslo, and it tried to get Mike Musyoki banned by the IAAF for placing his road race winnings in trust with the US federation (remember trust funds?) rather than sending the money home to Kenya, where he justifiably suspected he'd never see it again.

More to the point, though, most US based Kenyans were just college runners and were simply not big enough names to get themselves into many European races, let alone collect serious money from them. And the far greater number of runners based in Kenya were completely at the federation's mercy. Whatever races they ran, the KAAA arranged; whatever appearance money was paid, the KAAA collected, and the KAAA held all athletes' passports.

By the late 1980s, a few runners who had made names for themselves - John Ngugi, Paul Kipkoech - managed to make contact with a couple of European agents and were actually permitted to compete in a few races they were invited to, but these were exceptional cases. The big change didn't come until 1990, when Mike Boit was named Commissioner of Sports. He ordered that athletes be given their passports and be allowed to compete where and when they wanted. He also invited European agents to come to Kenya and enlist athletes, which they quickly did in droves. This is what has produced the intimidating mass of Kenyans at major European meets and US road races. The financial rewards to which all these runners now have free access have resulted in a

significant broadening of the participation base in Kenya - lots more kids are running competitively - and a continuing escalation of training intensity.

2) Back to John's first post. I quote: "They [Africans] were poor ... so they had few distractions so they could focus and train harder than the rest of the world." He's talking about 1983-84 here, and at that time, at least in Kenya, the part about training simply isn't so. Until the late 1980s, Kenyans, by and large, were extraordinarily light trainers. Kipchoge Keino, for example, at the height of his career in the late '60s, ran three workouts a week; maximum total mileage never more than 50. Informed Western observers checking out Kenya's training "secrets" could hardly believe their eyes. Franz Stampfl (Roger Bannister's coach) went to Kenya in the mid '70s to see what was producing the country's extraordinary middle distance runners and gave a memorable interview to Bud Greenspan, in which he said of the Kenyans: "Their training was totally inadequate to me. To my mind they did not come up to the kind of training that would produce a great athlete."

There were exceptions, of course, but they usually did their training outside Kenya. Rono, under John Chaplin at WSU, ran what in 1978 were thought to be murderous workouts. So did Ben Jipcho, on his own in Europe and the US in 1973 and '74. I don't know about Musyoki, but I imagine Ted Banks pushed him pretty hard at UTEP, and Yobes Ondieki was a famously diligent worker at Iowa State. But back in Kenya, training was, at best, casual. And it showed in the results of the longer races - the 5,000m and 10,000m. You can count on the fingers of one hand Kenya's truly world class 5 and 10K runners before 1987: Keino, Temu, Jipcho, Rono and Kimobwa. There were a few others who might fit the description - Musyoki, John Ngeno, Peter Koech, Nyandika Maiyoro - but that's about it. In the 18 years from 1968 to 1985, there were nine in which not a single Kenyan made T&FN's top 10 in the 10,000m. From today's perspective, this is an astonishing figure. But the reason is simple: nobody in Kenya was logging the miles.

The change began in 1986 with John Ngugi, who all on his own concluded that hard work would win races and proved just

hat to his awestruck teammates and countrymen. I've written about this before so I won't go on. The point is this: Kenyans are not merely training a little harder now than they used to. By Western standards, they barely trained at all in "the pre-EPO era"; now they're working their asses off. That's what's made the difference.

3) Ward cites the July 20 Sports Illustrated piece "Distance Thunder" and it's "compelling" graphs in suggesting that the recent world record improvements in the distances are cause for suspicion. The article itself raises these suspicions with a quote from Alberto Salazar: "I believe that there can always be that one great person, that "Superman" who can run 45 seconds faster than Henry Rono. But all these people running so fast? That's incomprehensible to me."

All these people? The story is essentially about two men, Gebrselassie and Komen. They're the ones causing the graphs to drop off the edge of the table. Sure, a few other names turn up here and there: Kiptanui, Morceli, Tergat and Hissou. But it's really Gebrselassie and Komen. They're leading the way, pushing each other, setting new standards that everybody else is working all the harder to keep up with. (Maybe too hard - would Kiptanui's tendon have torn if he'd taken it a little easier the past few years?)

Gebrselassie and Komen are the sort of supermen Salazar says he "can" comprehend. And their achievements, relative to the standards of the day, are no more incomprehensible than Rono's were 20 years ago, long before "the EPO era." The fact that there are now masses of Kenyans and a few Ethiopians and Moroccans running times comparable to Roan's breakthrough marks of 20 years ago is adequately accounted for by increased participation levels and training intensities. If Rono had trained the way these guys do now - and not topped off his workouts with four pitchers of beer every night - he'd have been running 12:40 and 26:30 too. Maybe faster.

4) Now to Ward's point about Africans in Europe being exposed to EPO and subject to the same pressures as Europeans to use it. Well, there's no doubt about the exposure, at least for those who spend much of their time in Europe. And there's certainly pressure to win, though whether that translates into



Kenyan Insights

"exactly the same pressures" to use EPO is another question. Ward himself casts doubt on this idea a sentence later: "How long do you think that [Africans' avoidance of drugs because of their "genetic advantage"] would continue if they saw Europeans using EPO, and they started getting beat once in awhile?"

Well if the Africans "were" getting beat by juiced Europeans, maybe things would change. Some West African sprinters, after all, have used anabolic compounds in their efforts to catch Americans. But at distances from the 800m to the half-marathon, Africans, collectively, aren't getting beat - not by Europeans or Americans, not even once in a while. And that fact - the rock-solid African hegemony in the distances - is one factor that may keep Africans from being subject to quite the same pressures toward drug use as their woebegone rivals from other continents. If the typical African on the European circuit sees himself and his fellow Africans utterly dominant, and he believes - as every one of them I've talked to does - that the Africans aren't using drugs, then he's likely to be a lot less inclined to try the stuff himself.

Now if we throw in the problems of access, cost, peer scrutiny and traditional attitudes (the much derided notion I advanced here a year ago that performance enhancing drugs, like malaria prophylactics, are seen as mambo ya wazungu, white men's business), I think it's fair to say that Africans don't really face the same pressures at all. This is not to suggest that no African will ever try the stuff. For all I know, some already have.

But I follow this pretty closely, and I know of no credible evidence to that effect.

5) Ward makes a final point. "Has anyone ever noticed that often when the super Africans based in Europe return to Africa, they are more mortal, and don't win by as large margins, or take 3rd or 4th at their national trials, or finish out of the top 5 or 10 at the World Cross Country Champs after having been forced to spend several weeks at their national training camps away from Europe?"

I'm not sure, but I think he's talking about Komen and Gebrselassie again. Komen did indeed fail to make the Kenyan Olympic team in 1996, finishing 4th in the trials. But unless I'm completely missing the point here, I don't see how his example supports the argument. He ran within a day or two of arriving from Europe, when, if we assume his talent is drug-induced, he presumably would still have been juiced to the gills. But the problem he complained of after finishing 4th was his inability to adapt quickly enough to Nairobi's altitude - a problem I'd have thought EPO would have helped counteract.

Gebrselassie has failed several times to live up to expectations at the World Cross Country Championships, and lately he seems to have given up on them, concluding that he's not really a cross-country runner. I don't think it makes much sense to attribute his failures to EPO withdrawal though. Surely if he was a regular user and couldn't get any while training in Ethiopia, he could have been supplied on arrival at Amorebieta or

Budapest or Durham or Johannesburg. And isn't it curious if EPO is what makes him go, and it's not available in Ethiopia, that he chose to go back to Ethiopia to train after his 10,000m record last June and returned to Europe just in time to lower the 5,000m record two weeks later?

Maybe Ward has other more persuasive examples in mind, but these two certainly don't support his argument.

John began by accusing Jon Brown of naivete for not including Africans in his accusations of drug use, and he dismissed Coty's arguments on the grounds that his reason was clouded by his emotional attachment to Kenya. Well, Brown has trained with the Kenyan elites and Coty has spent three years in Kenya, so who's really naive here? No-one I know who has spent more than a few days in Kenya has even the remotest suspicion that drugs have anything to do with Kenya's success. Are they all deluded? Is John, with not much good information but his cynical antennae all aquiver, the only one who can see the forest for the trees?

Dieter Baumann, who trains regularly in Kenya with Komen's group at Nyahururu, has a stock response to those who raise questions about Kenyan drug use. "Go to Kenya," he says. "See how they live, how they train. Uncover all their secrets. Then if you still think they might be using drugs, then I will talk to you."



British Milers' Club Junior Records (as at 1st October 1998)

Junior Men	BMC Junior Members' Record <i>by a paid-up BMC junior member in a BMC race</i>	"BMC Junior Record" <i>by any junior in a BMC race</i>	BMC Junior Club Record <i>by a paid-up BMC junior member in any race world-wide</i>
M800	1:47.69 Simon Lees 1998	1:47.69 Simon Lees 1998	1:45.77 Steve Ovett 1974
M1000	2:23.4 Justin Swift-Smith 1993	2:23.4 Justin Swift-Smith 1993	2:20.0 Steve Ovett 1973
M1500	3:42.2 Paul Wynn 1983	3:42.2 Paul Wynn 1983	3:40.90 David Robertson 1992
M Mile	3:59.4 Steven Ovett 1974	3:59.4 Steven Ovett 1974	3:59.4 Steven Ovett 1974
M3000	no mark under 8:05.0	7:53.40 * Mizan Mehare U20 ETH 1998	no mark under 8:05.0
M5000	14:17.2 Samuel Haughian 1998	13:28.6 * Mizan Mehare U20 ETH 1998	no mark under 14:00
Junior Women			
W800	2:06.5 Rachel Hughes 1982	2:04.6 * Janet Lawrence 1977	2:02.0 Jo White 1977
W1000	no mark under 2:50.0	no mark under 2:50.0	2:38.58 Jo White 1977
W1500	4:20.0 Bev Hartigan 1986	4:16.4 * Julie Holland 1984	4:13.40 Wendy Sly 1976
W3000	9:25.95 Amber Gascoigne 1998	9:25.95 Amber Gascoigne 1998	9:09.14 Lisa York 1989
W5000	no mark under 16:30.0	16:30.38 * Louise Kelly 1998	no mark under 15:00.0

* denotes non-member



Your Letters

From Steve Bennett

The "How to win gold!" Seminar with Ralph Doubell and Herb Elliott was held on Sunday June 7th 1998, at the Sydney International Aquatic Centre. What follows are some of my notes:

Ralph Doubell started off with a presentation including a video of his Mexico 800m win. It was a great race that went exactly to plan. Interestingly he had a fast cadence technique with arms held in close similar to an extent to Kipkeeter. His training was intense and systematic. Coach Franz Stampfl was adviser to Bannister's sub 4 minute mile and he had him complete everything precisely as planned. Ralph trained hard 6 days per week.

Winter - To develop strength: usually a slow 3 mile morning run and a 3 mile warmup in the evening before a track session like any of the following:

- 20 x 400m in 64 - 68s recovery 100m jog 100m walk last rep in 52 secs
- 10 x 800m in 2:15-2:20 recovery 100m walk 300m jog last rep 100%
- 40 x 200m in 27 - 30 secs
- 8 x 1,200m
- 50 x 100m recovery 25m walk in 13 - 14 secs

Technique focus -

- Time trials over 300m or 600m or 1,200m
- Sprinting and sprint starts on a regular basis
- Occasional 10 mile runs in 53 mins
- Weights a small amount

In summer generally the sessions were decreased in total volume and performed much faster with longer rests. All track sessions were done in spikes on a cinder track. Ralph presented his training as what worked for him an example of the commitment that may be required.

He presented strongly his opinion that there is too much of a focus on long slow distance as a way to perform well in middle distance. He questioned the value for a middle distance athlete of LSD other than as a massage.

He also felt that athletes do not test the limits of their bodies progressively and many train in constant fear of injury preventing them from developing toughness and maximum development of their potential.

Herb Elliott presented a challenging story of what it takes within to be a champion. Cerutti challenged him at 17 with "Why bother to do it, running around a track is pretty trivial really???" He felt the only reason to commit yourself to

anything was if you could grow out of it as a human being. He then set about teaching Herb how to embrace adversity and grow from it. Obstacles are needed to grow in life. Races were to Herb like an exam to test his growth. Most of the challenge and the battle is with ourselves not with the other athletes.

He felt strongly that within us there are 2 people. One that is a hero the other that is a wimp. The challenge is always in enhancing through training the hero side and overcoming the spoiler within us. This meant never compromising and giving in to the loser within us but continuously and consistently conducting ourselves in a way that enhances the hero.

Herb was initially inspired himself by the feats of Kuts in the 1956 Olympics where he decimated the field. Herb felt to be able to do that requires overcoming the battle within which is far tougher than overcoming the competitors.

We need to learn to push the limits to the ultimate to develop the spirit to be able to get the best out of ourselves mentally as well as physically. Athletes need to control their destiny and accept responsibility for what happens. He amazingly set his own programme a week ahead with Percy's very general guidance.

He emphasised the point that once a session is set it is critical never to compromise. Everyone needs a coach but the athlete must be in control of themselves. He mentioned that he learned a huge amount from Percy and that he misses him every day.

In the 1960 Olympics he felt badly with 800m to go and the negative voice inside was shouting at him with his worst fears trying to convince him to change his tactics of surging with 700m to go. But because he had embraced this situation on many occasions in training, he could overcome it and win.

Many of his training runs were like the Kenyans do now starting slow in a 5 mile run and gradually turning into a battle with other squad members and his permanent imaginary competitor that is just behind him off his right shoulder.

Herb did not think of or study his competitors. In Rome he said that he did not know the other medallists in the race. His competition was with himself and his imaginary athlete. Many have reported him as having a killer instinct because of the way he looked before races. He says today

he was simply nervous and got his energy from being by himself. Because he did not study his competitors he had nothing that he could say to them before the race and anyway he was there to do an exam.

For training Herb had 4 hard days e.g. 5 mile sub 24, 10 mile sub 50 etc. He rarely trained on the track but trained on sand and hilly terrain hard. Only to do sprint-jogs (45 min of 120m sprint - 100% jog to recover) done on grass. 2 easier days 60-90 min runs at 6 min / mile. Also 30 mins of weights 3 times a week.

He mentioned that there is much more science now but science in training says nothing about "heart, mind & spirit". It could be said that the value of developing toughness may have been forgotten?? (My idea is maybe a bit of that 50s Aussie spirit of toughness is needed?)

"To be a champion never compromise even once in training. Never look for the easy way out."

I found for myself the best thing I walked away with was a clearer sense of the need to develop toughness in an athlete and the need to focus more on the inner battle and to teach athletes that part of the game.

The seminar was great for the growing NSW middle distance community and was well organized by Paul Laurendet. About 60 coaches and athletes attended, some from Interstate.

From Frank Horwill - a book review

I would like to draw BMC members' attention to Alastair Aitken's new book - "The Winning Edge". Alastair's first book "More than Winning" was a big success and received a good review in the *BMC News*.

Those interested in middle and long distances will find the interviews with some of the past characters and performers on the British scene, such as Frank Sando, Brian Hewson, Brian Kilby, Bruce Tulloh and Dave Bedford, a fascinating study of their personalities.

There are also some snippets from coaches such as Malcolm Arnold and Bob Parker.

Under the heading "Morceli the magic miler", the reader will discover that Noureddine, a specialist miler, has run 13:03.85 for 5,000m, an Algerian record, achieving it with a 51.9 second last lap! This makes the case that a prerequisite of good miling is the ability to gain the endurance for a good 5k. British Milers please note.



Your Letters

His height / weight ratio is 1:72m / 62 kg (5ft 8ins / 9st 11lbs), which is just over 9% less than the average man's weight for his height (the non active person weighing 11st (70kgs). Who says that weight is not a relevant factor in distance running?

It is also refreshing to read that in Algeria, according to Noureddine, athletics has taken over from soccer as the number one sport. A deeply religious man, he prays five times a day as demanded by his Islamic faith. Perhaps a few British runners might like to try this?

Read this book if you want that little extra knowledge about the minds of the great. To order a copy please ring Joanne Bentley on 01273 472534.

From Janet Cole

Re your list of best ever BMC races in the last issue - Race No 11 at Ipswich 19th June 1985. My memory tells me that this race was organised by Tony Settle, then East Anglian regional BMC secretary, as I remember running in the later 1,500m race won by Carole Bradford.

Hope this helps clear the missing link. Whilst on the subject, perhaps you would like to do articles on previous secretaries of the club, e.g. whatever happened to people like Tony and Gillian Settle, and Ann Hill of Wales.

Congratulations on the excellent magazine and the 1997 races - looking forward to the 1998 races to come.

From Joanne Fenn

Thank you for a great night on the 24 June in Swindon. I had a great time seeing international faces and enjoyed being part of the meeting. The 800m A race provided me with the opportunity to run a season's best time.

I thought the organisers did a brilliant job and was chuffed to receive a £75 cheque. I would like to personally thank you all for a great night and I am looking forward to competing at the next meetings.

From Michelle Wannell

Please pass on my thanks to all those involved in the BMC races. After ten years attempting to break my 1,500m pb I finally did it at the Grand Prix at Swindon. In BMC meetings I also reduced my 3,000m and 5,000m times and I am now looking forward to more reductions next year.

The racing this year has been excellent and lets hope that the experience will show

through next year and GB can again be a force to be reckoned with in middle distance events.

From Ian Hodge

Thanks very much for the BMC rankings for the 1998 season.

Once more it was a year of notable expansion for the BMC with the introduction of new events bringing more quality athletes into the meetings.

Many runners are now relying on the BMC for perhaps 60% of their year's competitions.

Clearly the support from NIKE has been instrumental in this and is most welcome. It was pleasing personally that the Swindon meet received some air time in the Channel 4 magazine series and I feel BMC events will continue to raise the middle distance profile in the future.

From Andrew Walling

The end of the track season saw the BMC represented at a prestigious meeting in Barcelona. The meeting celebrated one hundred years of Catalan Athletics and the opening of a new track in Igualada. The event was funded mainly by sponsorship but also by the town Council of Igualada.

Most male BMC members will be aware of the race because a last minute withdrawal left a free place - James Thie was the lucky benefactor following an evening of phone calls!

The Saturday evening meeting proved to be of a very high quality. The main competition was between the full teams from the Catalan and Lombard regions. A number of guests ran in selected races, including the British Milers' Club's representatives in the 1,500m.

Athletes on display included Spain's number one 400m runner David Canal, who ran a swift 46.2 and 1,500m hero Reyes Estevez who decided not to compete in the 1,500m after Stuart Bailey told him about his finishing kick!

The 1,500m was a quality 12 man field with some sub-3.38 men. However, nobody went with the early pace set by Thie. Matthew Davies led the rest of the field with Stuart Bailey shadowing the favourite. The race proper began with 700m to go. Off the final bend, Stuart Bailey just miss-timed his run to finish 4th in a blanket finish. James Thie finished a close 5th, Matt Davies 6th and Andy Walling 8th.

The BMC boys rounded off the evening with the 4 x 400m finishing a creditable 3rd though some way behind the Canal led Catalan quartet.

Following the race, the superb Spanish hospitality continued with a huge banquet, followed by a night out in Barcelona. The six-day trip meant there was just enough time to visit the Olympic stadium, Nou Camp, Guadi buildings and Las Ramblas!

The experience of running abroad was unique to those who went and a great experience.

Thanks go to our Spanish hosts, notably Jose for the tremendous welcome we received and the BMC for supplying the new dashing 1999 BMC NIKE kit. Hopefully a re-match can be arranged next year.

From Frank Horwill

The Peter Coe Mile for boys over 14 and under 17 years was introduced to give young athletes the feel of competing in a big meeting, also to run for good time. Boys from all over the UK were anxious to get an invite, and this year invitations were given to those athletes that performed well at our Millfield meeting.

On the acceptance slip to be signed by the applicant was this declaration:- "having accepted to run in this race I realise I am obligated to run unless I am ill or injured or selected to run in a Junior International on or near the same day. Failure to appear without due reason I realise will jeopardise my entry into other BMC races in the future"

When with 14 days to go before the race, the organisers phoned up the athletes, two stated "I'm not running, I've been ordered by my club to run at Swindon as television is there".

There is a AAA rule which states "Having accepted to run in a race on a particular day, the athlete cannot withdraw from that race and compete elsewhere on that day".

So club officials encouraged their athletes to break a AAA rule so that their athletes could be seen on Channel Four magazine programme for a few seconds? God help British middle-distance running if this is the attitude of Britain's club officials! But, we will remember....

From Frank Dick OBE

Many thanks for my copy of the *BMC News*. I'd like to congratulate you and editorial colleagues for a very professional job with the journal.



BMC News Index 1972-90

by *Brendon Byrne*

Jan 1972 No 14

- A New Look at Altitude Training
- Blood Conditioning

Aug 1972 No 15

- Jim Ryun
- Elementary Physiology of Middle Distance Running
- David Lowes

Jan 1973 No 16

- Reflections on Approach
- Liz Connors

Nov 1973 No 17

- Phil Banning
- Closing the Gap
- Home Cooking (Ron Holman)
- Fartlek Variations

Spring 1974 No 18

- Paul Lawther
- MD at Christchurch
- Coach Athlete Relationship (Frank Horwill)

Autumn 1974 No 19

- Lesley Kiernan
- Try, Try, Try Again (Conrad Milton)
- Review MD Rome
- Distance Running Research (Ron Holman)
- BMC Spirit (Frank Horwill)
- Thoughts on 3,000m for Women (Frank Horwill & Brian Smith)

Spring 1975 No 20

- Vitamin C (Conrad Milton)
- Fartlek (Frank Horwill)
- Paul Williams
- Something Afoot (Peter Thompson)
- Comments (Gordon Surtees)

Autumn 1975 No 21

- Janet Lawrence, Looking Back At '75
- Anaemia Revisited (Ron Holman)
- Frank Speaking

Spring 1976 No 22

- Dave Moorcroft
- Looking at People (Ron Holman)
- Through the Looking Glass
- Frank Speaking

Autumn 1976 No 23

- Montreal MD
- Nicky Morris
- Frank Speaking
- Getting Fit at the Right Time

Spring 1977 No 24

- Sebastian Coe, Peaking (TS)
- Looking at People (DS)
- Training Cycles or Periodisation (MD)
- The Warm-up (Frank Horwill)
- Anti Inflammatory Drugs (Peter Sperryn)
- Ways to Increased Flexibility

Autumn 1977 No 25

- Chris Sly
- Frank Speaking
- Mile / 1,500m Conversion
- Looking at People
- Some Thoughts on 800m (Ron Holman)
- Developing the Finishing Kick & A Review of Race Tactics (Brendon Byrne)
- Peaking - Tony Saunders

Spring 1978 No 26

- Jo White, Looking at People
- How to Adapt to different Racing Distances - Chris Stewart
- Vitamin Requirements (Frank Horwill)
- Coaching Newsletter
- Women MD Runners (Frank Horwill)

Autumn 1978 No 27

- Graham Williamson
- Commonwealth Games MD
- Prague MD
- Spotlight on Two Lap Running (FH)

Spring 1979 No 28

- Tim Hutchings
- Art and Science of MD (FH)
- Speed Endurance Events (Harry Wilson)
- Improvements in Women's MD & LD Standards (Ron Holman)

Autumn 1979 No 29

- Steve Meson
- Physiological Impact of Interval Training (Ron Holman)
- Vitamins (Frank Horwill)

Spring 1980 No 30

- More on Steroids (Ron Holman)

Autumn 1980 No 31

- Moscow 1980

Spring 1981 No 32

- Knee
- Vitamin C
- Vladimir Kuts (Frank Horwill)
- The Development of Young Runners (HW)

Autumn 1981 No 33

- Anaerobic Power (Frank Horwill)

- Roger Moens
- Tactics in 800m / MD
- Blood Doping (Ron Holman)
- Moon's Decline (Greg Moon)

Spring 1983 No 36

- Tobacco Sponsorship
- The Pill
- Vitamin B6
- Monitoring Heart Rate
- Cadence: The Modulation of Running Style

Autumn 1983 No 37

- Helsinki World Champs
- Coaching the Growing Child - Gordon Adams

Spring 1984 No 38

- Overtraining and How to Spot It (ER Burke)
- Observations on Altitude Training (FH), Michel Jazy
- Motivation (Mental Preparation) (Harry Mara)
- Time for a Coaching Code of Conduct - Derek Parker

Autumn 1984 No 39

- Joaquim Cruz / Tom Courtney
- Psychology of Coaching & Coaching Conduct
- 400m Anaerobic Power Development - Chris Neuhoff
- LA Perspective

Winter 1986 No 40

- Fundamental Movements in Running - Fred Wilt
- The Development of Training Methods in MD - O Karikoski
- Key Words: Unlocking Potential - Bill Harvey
- Stuttgart Goldrush

Autumn 1987 No 41

- Blue Print for Sub 4 mins (FH)
- Learning to Sprint (Brian Wilson)
- Distance Running - Science or Art? (FJ)

Spring 1988 No 42

- Blood, Oxygen and Running Performance - David Martin
- Converting 1,500m / mile, Olympic 1,500m races
- Women's Olympic 1,500m '72-'84
- Terminology of Training Theory - Frank Dick
- Nutrition Quiz
- The Right Path (FH)
- How Soviet Women Athletes Train



BMC News Index 1972-90

Autumn 1988 No 43

- Running Injuries (FH)
- Juantorena's Training
- Athletes Agents
- Psoas Test
- Nutrition for Endurance Athletes - Sue Lanham

Spring 1989 No 44

- Have We Gone Soft? - Derek Parker
- Track Sessions 800m - 5,000m (FH)
- MD Quiz (FH)
- Women's 10,000m - Steve Downs

Autumn 1989 No 45

- Technical Tips, Excellent Teaching, Excellent Coaching - Harvey Greer
- Laura Adams Training, 5 Pace
- Losing & Gaining Weight,
- Blood Lactate Response Running (FH)
- Daniel's Tables

Spring 1990 No 46

- Expel Exhaust - Harry Daniell
- Anabolic Steroids and Physical Growth - Lyle Knudson
- Fallacies (FH) - Training Mileage and Cross Country

Autumn 1990 No 47

- Quiz (FH)
- Questions for the Winter (FH)
- Pollution Dangers - Greg Moon
- Antibo Sessions

Part 2 of this article, the Index for the BMC News from 1991 - 1998, will appear in the next issue.



Answers to QUIZ

History

1. Jack Lovelock (NZ) and Herb Elliott (Aus), 1936 and 1960.
2. Said Aouita (Mar), 1987.
3. Sydney Wooderson, in 1939. He is now 84 years of age.
4. Emil Zatopek in 1952 (2:23.03.2).
5. Christina Boxer, 1979.
6. Dave Bedford won the SCAAA Senior Cross-Country Championship, and then lined up again a few mins later to win the Junior title!

Exercise Physiology

7. VO_{2max} is a running test done to exhaustion. Lactate threshold testing is running at a speed just below the sudden onset of rapid lactate acid build up. This might be 10 miles an hour / 16k an hour. A runner with a 3k time of 8:30, would, on a lactate run of 4 miles have to register 4:53 per mile. Sometimes this is called a "lactate response run".
8. The 800m metres. The 400m metres produces more, it is not a middle-distance event.
9. The old method was your age subtracted from 220. For men it is 214 and 0.8 for every year of age deducted from it. For example, a male of 30 years $\times 0.8 = 24$ subtracted from 214 = 190bpm maximum. For women it is 209 and 0.7 for every year. Example: 25 year old woman $\times 0.7 = 17.5$ subtracted from 209 = 191½bpm.
10. It raises the resting metabolic rate for several hours afterwards and is one of the ways of keeping one's weight in check.
11. Running at 100% of your VO_{2max} is running at your 3k speed. If you have never raced 3k, add 4 secs per 400m to your best 1,500m time. Or deduct 8 secs per 400m from your 10k time. If the 1,500m time is 4 mins (64 secs /400m) the 3k time will be approximately 68 secs / 400m. If the 10k time is 37:30 (90/400m), the estimated 3k speed would be 82 secs / 400m or 5:07.5 secs per 1,500m. *Russian women believe this is the great fitness booster.*
12. Running at 88% of your maximum pulse rate is equivalent to running at 80% of your VO_{2max} .

Sports Nutrition

13. Carbohydrates (fructose, flour-containing foods, rice, syrup, jam, oatmeal, raisins, dates, currants, sweetened condensed milk, bread, bananas, potatoes, beans and grapes).

14. Vitamin C and zinc. The first is found in pure orange juice, the second in most nuts.
15. Multiply your weight in pounds by 3 and convert to grams. This is if you only run one hour daily. If you run for 2 hours, multiply by 6.
16. Vitamin B12 and folic acid. (Liver, kidney, meat, milk, fish and eggs for B12. For folic acid - liver, beans, lentils, broccoli, spinach and other green leaves.)
17. The excess phosphorous found in cola drinks prevents calcium being absorbed and will weaken bones and teeth.
18. A liquid carbo-loader should be consumed within 30 mins of finishing training. Further carbohydrates should be taken within two hours. Glycogen is preferentially stored in that time, it is not stored all around the clock.

Sports Medicine

19. Morton's Foot is where the second toe is much longer than the big toe. This causes a too flexible foot and if frequent injuries occur a Morton's pad should be fitted in the shoe.
20. It used to be for 30 mins! It's now for just 5 mins inside a plastic bag. The former practice caused, allegedly, muscle paralysis!
21. Sorbothane absorbs 96% of the shock from running. Foam and air soles absorb just over half of that.
22. Contrast baths are a form of hydrotherapy. Forty-eight hours after an injury occurs, the area is submerged into as hot as bearable water for two mins, then ice is applied for the same time. The process is repeated for a total of 16 mins, if possible, every four hours (Ref. Medical Aspects of Sport and Physical Fitness, p149, JGP Williams).
23. The hamstrings should be at least 60% as strong as the quadriceps.
24. Two 200mg of Ibuprofen (Neurofen) tablets every four hours are anti-inflammatory. *Do not take if you are allergic to them or suffer from stomach ulcers.*

Scoring:

- 20-24 correct answers means you are on the way to becoming a guru!
- 16-20 denotes that you are quite well versed in modern trends.
- 12-16 indicates that there are a few things to read up about.
- Below 12 means that if you are a coach you work mainly from instinct. If you're a runner, you could improve 25% with the right all-round programme.



Prompt No. 3

by Peter Coe

TRAINING for the MD?

then....

Think about the following

Would you consider using the advice of a good all-round conditioning strength trainer? If so, why not use the help of an expert 400m coach?

Do You Have?

- 1) A sufficient background of fast running at 5k and 10k pace?
The min VO₂max for a good middle distance athlete is 76ml / kg / min
80+ ml gets a Gold (male)
- 2) Repeatable good 400m speed during hard races?
- 3) Regular practice of a rapid change of pace?
- 4) Finally, a high enough VO₂max and a fast enough max. speed to compete at the top level?

What Steps Should be Taken?

The Six S's Suppleness, Strength, Speed, Stamina, Skill, (P)sychological Preparation

Start with injury prevention using the following course of ongoing techniques.

Get a full assessment of your physical status. As many injuries start with imbalances a good gait analysis is vital plus a follow-up with any recommended orthopaedic or osteopathic work

Analysis might also reveal that some osteopathic treatment is also required. Next an all-round strength test to check that your strength is in balance and adequate for your task. Experienced athletes who over the years, have done a lot of fast (anti-clock) bend running in training will develop stronger adductors for the left leg and extra strength to the right quads (usually the naturally favoured right leg).

Tests such as those on the Cybex machine can show incorrect ratios of strength between the quads and the hamstrings and may offer very important information for those doing sprinting and speedwork.

Create and maintain balanced strength

Use regular comprehensive physiological testing. It is difficult to plan the most effective training without knowing VO₂max, lactate, ferritin levels and other key markers.

Maintain good unhurried warm up and warm-down routines. These should always precede and then end the full and careful flexibility routines. Without specifying all the details of a flexibility routine all runners could do worse than use a typical good routine of hurdlers but avoiding their more severe rotational stresses.

Conditioning Modalities

Circuit Training

A very vigorous all-round physical conditioning activity in a sports hall or gymnasium. An excellent combination of various repetition exercises performed in sets. The duration of the sets and the recovery periods are best arranged as in an interval training which provides additional aerobic and anaerobic work.

Stage Training

Similar to circuit training but using fewer stations and longer repetitions. The chief advantage is that with a little ingenuity in devising the exercise it can be done anywhere, e.g. at home or in hotel rooms when travelling. This is also true for doing flexibility exercises.

Weight Training

Hypertrophy is useless if it is only pumped up dead weight. Runners need lean strong muscles provided and conditioned by correct training that:

- increases maximum strength
- increases local muscular endurance.

Increasing Maximum Strength

This is pyramid lifting. The base represents the first few lifts at a lower weight. The apex indicates a single max. or near max. lift.

Increasing Local Muscle Endurance

This is achieved by long reps with lighter but testing loads, e.g. long sets of half squats, working up to say 500 per set using only body weight.

Training for Speed

Style is always important both on road and track and it is essential for very fast running and sprinting. For middle distance runners style is flexible, not rigid, it changes to match the pace. A top class runner must be able to change pace instantly and this mandates an *instant style change* to effect a rapid transition from just cruising or fast running into all-out sprinting. Developing and maintaining this skill requires frequent practice and updating of technique.

Speed Drills

Other than it being better in winter to have, say, the use of a sports hall, speed drills, like stage training, do not need any special facilities, they can be practised almost anywhere at any suitable time.

Plyometrics

This can be simply described as bouncing, bounding and jumping exercises designed to exploit the increase in the force generated by a contraction when the muscle *has been pre-stretched*.

These exercises carry an extra injury risk if not done carefully but are excellent for developing *dynamic strength*. Producing really fast running needs a *high power output*. Sustained running at 8m / sec in the 800m and towards the end of 1,500m is energy costly and very draining.

However this is what is demanded for a chance of winning in world class competition.



1998 BMC NIKE Grand Prix

1	Lynn Gibson	142	76	Neil Caddy	35	146	Jamie McLoughlin	15	221	Andrew Prohett	5
2	Angela Davies	136	77	* Lynne Gallagher	34	146	Georgina Parnell U17	15	221	* Mark Reed	5
3	Helen Pattinson	130	77	Jillian Jones	34	146	Helen Pearson U20	15	221	* Louis Wells	5
4	Matthew Shore	123	77	* Gary Lough	34	154	How Jenkins	14	221	* Louise Whittaker U17	5
4	Kerry Smithson	123	77	Kevin McKay	34	154	Paul Morby U20	14	221	Thomas Yule	5
6	Shirley Griffiths	122	81	Stephen Agar CAN	33	154	* Amy Stiles	14	231	Chris Beswick	4
7	Phillip Tulha	120	81	Marcus Bridges	33	154	Andrew Walling	14	231	Allen Graffin	4
8	Marta Lynch IRE	118	81	* Darius Burrows	33	158	Eric Crowther	13	231	* Robert Maycock U20	4
9	Victoria Sterne	114	81	* Lucky Hudebe SA U20	33	158	Charlotte Goff	13	231	Patrick O'Reilly	4
10	Stuart Poore	110	81	Eugene O'Neill IRE	33	158	Ian Grime	13	231	Gareth Price U20	4
11	Robert Scanlon	105	81	Craig Winrow	33	158	Ruth Homby	13	231	Tom Ranger	4
12	Stephen Sharp	102	81	Mark Wiscombe	33	162	* Paul Burgess	12	231	* Stuart Reid U20	4
13	Alice Beecroft	100	88	Lee Garrett	32	162	Modupe Cole W35	12	231	* Bela Siwera	4
14	* Stuart Bailey	96	88	* Selma Koskei KEN	32	162	Esther Evans	12	231	* Michael Skinner U20	4
15	Bev Blakeman	93	88	Christopher Livesey U20	32	162	Wendy Farrow	12	231	* Kevin Warlock	4
16	Jason Dupuy	92	91	Joanne Collieran	31	162	Richard Girvan	12	241	Delwyn Bainton	3
16	Terry Teasey	92	91	Alasdair Donaldson	31	162	Matthew Lawson	12	241	Simon Beardsall	3
18	Cor Duierna HOL	90	91	Claudia Minguez	31	162	Joanna Ross U20	12	241	Jeremy Bridger	3
18	Andrew Graffin	90	91	David Stanley U20	31	169	Suzanne Hasler U17	11	241	* Jayne Buckeridge	3
20	Noel Edwards	89	95	Martin Airey	30	169	Deborah Howard W40	11	241	* Richard Burman	3
21	Mark Griffin	87	95	* Spencer Barden	30	169	Kheredne Idessane	11	241	Tracy Caine	3
22	Maria Carville	85	95	Andrew Knight	30	169	Steve Kneller	11	241	Allan Caple	3
23	Patrick Davoren IRE	82	95	Amanda Parkinson	30	169	Hayley Mittelberger	11	241	Richard Daniels	3
23	James Thie	82	95	Susan Scott	30	169	Julian Moorhouse	11	241	Lisa Dobriskey U15	3
25	Sarah Bull	79	100	* Andrew Walker IRE	29	169	Kate Reed U17	11	241	Alexandra Ercolani	3
25	Sharon King	79	100	Sharon York-Morris	29	169	Chris Thompson U20	11	241	* Shaun Gillam	3
27	Michelle Wannell	78	102	Rod Finch	28	169	Nicola Wastenev	11	241	Toby Gosnell	3
28	Thomas Mayo	77	102	Brendan Smith	28	178	Barbara Dix U20	10	241	Ceri Grech-Thomas	3
29	Dominic Hall	76	102	Jessica Woolley U20	28	178	Ross Fittall U20	10	241	Ben Hyman	3
30	Andrew Hart	74	105	Michael East	27	178	Samuel Haughian U20	10	241	Charlotte Moore U15	3
31	James McIlroy IRE	73	106	Chris Bolt U20	26	178	Sam Hidge	10	241	Stacey Penn U20	3
32	Robin Hooton	72	106	* Nathan Dosanjh U20	26	178	* Annette Keaty IRE	10	241	* Joseph Rainer	3
33	Chris Moss U20	71	106	Dianne Henaghan	26	178	* Laura McCabe U20	10	241	Matthew Thompson U17	3
34	Simon Lees U20	69	106	James Mayo	26	178	* Richard Sinclair U20	10	241	Emma Turner	3
35	Emma Brady	67	106	Neil Speaight	26	178	Gavin Thompson U20	10	241	* Richard Wheeler	3
35	Jenny Brown	67	111	* Neave Beirne IRE	25	178	Julian Wikkie	10	261	Mark Barrow	2
35	Matthew Yates	67	111	* Tara Krzywicki	25	187	Helen Bebbington U20	9	261	Simon Burton U20	2
38	Joanne Marsh-Fenn	66	111	Rachael Ogden U20	25	187	* Michael Combe	9	261	Simon Cotton	2
38	Rachel Newcombe	66	111	David Thornton	25	187	Scott Hughes	9	261	Pat Gallagher W50	2
38	Christian Stephenson	66	111	Claire Wilson	25	187	Matthew Kloiber	9	261	* Matthew Hibberd	2
41	Lacy Doughty-Field	65	116	* Karlhennick Felde NOR	24	187	* Ceri Rees	9	261	Rosanna Iannone U20	2
42	Sally Evans	64	116	Karen McPherson	24	187	Ian Roylance	9	261	* Andrea Kershaw	2
42	Eddie King	64	116	Andrew Renfree	24	187	Brian Stophor U20	9	261	* Joanne Kalmister	2
44	Faith Aston	63	116	Richard Vint U20	24	194	* Jennifer Connolly U17	8	261	Mark Kukhrski	2
44	Claire Raven	63	116	Camilla Waite U20	24	194	Paula Gowing	8	261	Paul Laslett U20	2
46	Tony Thompson	61	121	* Neil Dunn IRE	22	194	Richard Griffiths	8	261	* James Latimer	2
47	David Bullock	60	121	Simone Hardy	22	194	Victoria Rolfe U20	8	261	Neil A Miller	2
47	Pauline Quinn-Thom	60	121	* Brendan O'Shea IRE	22	194	John Truckle	8	261	* Oliver Norman	2
47	Penny Thackray	60	121	Rupert Waters	22	194	Steve Turvill	8	261	Dave Reader	2
50	Andrew Young	58	125	* Kelly McNeice	21	200	* Kate Brennan U17	7	261	Darren Talbot	2
51	Elaine Fitzgerald IRE	56	125	Matthew Morris	21	200	* Andrew Brown	7	261	Alan Wray	2
51	Bradford Glenton	56	127	* Neville Davey IRE	20	200	* Paul Causley	7	277	* Tim Alexander U20	1
51	Steve Neill	56	127	Catherine Riley U17	20	200	Grant Cuddy	7	277	Gareth Beard U20	1
54	Joe Mills	54	129	Matthew Davies	19	200	Rebecca Everett U20	7	277	Andrew Beckwith U20	1
54	Maura Prendeville IRE	54	129	Jilly Ingman	19	200	Kevin Farrow	7	277	Tsegay Berhe U20	1
56	Rachel Butler	53	129	Roger Morley	19	200	Andrew Fulford U17	7	277	* Andy Cain	1
56	Candy Perkins	53	129	Sarah Simmons	19	200	Emma Grant U20	7	277	Dean Clark	1
58	Alexandra Carter U20	50	133	* Keith Cullen	18	200	Steve Mosley	7	277	Matthew Clarke	1
58	Stephen Green	50	133	* Robert Denmark	18	200	Stuart Overthrow	7	277	Daniel Dalmedo U20	1
58	Susan Parker-Lamb	50	133	* Jane Groves	18	210	* Steve Clarke	6	277	* Martin Gosling	1
61	Matthew Dixon	46	133	Sarah Knights	18	210	Nick Davy	6	277	Michael Hatch U20	1
62	Steve Rees-Jones	45	133	Caroline Pimblett	18	210	Clive Gilby	6	277	* Gareth Hill U20	1
62	Vince Wilson	45	133	* Hayley Yelling	18	210	Jonathan Guiney	6	277	* John Howell U20	1
64	Julie Mitchell	40	139	Clayton Bannon	17	210	* Stephen Holmes U20	6	277	* Gary Jones	1
64	Diane Modahl	40	139	Kelly Brownhill U20	17	210	Rebecca Lovett	6	277	* Dave Miller	1
66	* Samir Benfares FRA	38	139	* Kim Crutchley	17	210	Steve Lowe	6	277	* Martin Palmer	1
66	Kate Doherty U20	38	139	Jonathan McCallum	17	210	* Kerrie Nott	6	277	Gavin Pavey	1
66	* Joseph Mutua KEN	38	143	Claire Entwistle	16	210	Dalydd Solomon U20	6	277	* Jonathan Prowse	1
66	Ellen O'Hare	38	143	Amber Gascoigne U20	16	210	Ryan Walker	6	277	Andrew Sherman U17	1
70	Niall Bruton IRE	37	143	* Chris Mulvaney U20	16	210	Terence West	6	277	* Steven Wilkinson	1
70	Bradley Dunkin	37	146	Kathryn Bright	15	221	* Patrick Clement	5	277	* Tom Wilson U17	1
70	Catherine Dugdale	37	146	* Abraham Chirchir KEN	15	221	Steve Cooper	5	277	Ben Woodd	1
70	Peter Hackley	37	146	Paul Gilbert U20	15	221	John Gens	5	277	Bradley Yewer U20	1
70	* Edwin Maranga KEN	37	146	Emily Hathaway U20	15	221	Jane Horner	5			
75	Valerie Bothams	36	146	Alan McDougall	15	221	* Claire Matchett	5			



1998 BMC Rankings

Performances set in BMC races - compiled by Matthew Fraser Moot

Men's 600m

1:17.8	Andrew Hart <i>(BMC Record)</i>	1	Watford	10-Jun	1:49.7	Noel Edwards	3rB	Battersea Park	14-Jun
1:21.4	Jason Dupuy	1	Sutcliffe Park	12-Apr	1:50.19		5rA	Swindon	24-Jun
1:22.0	Neil Kirk	2	Sutcliffe Park	12-Apr	1:50.62		1rB	Wythenshawe	03-Jun
1:23.0	Clive Gilby	3	Sutcliffe Park	12-Apr	1:50.7		9rA	Watford	05-Aug
1:23.9	Alan McDougall	4	Sutcliffe Park	12-Apr	1:52.03		9rA	Cardiff	15-Jul
1:23.9	* Steve Clarke	5	Sutcliffe Park	12-Apr	1:49.7	* Andrew Walker IRE	1rA	Stretford	18-Aug
1:24.1	* Wayne Dumbleton	2	Watford	10-Jun	1:50.57		2rA	Belfast	26-Aug
					1:49.71	Robin Hooton	1rB	Swindon	24-Jun
						1:49.81	7rA	Cardiff	15-Jul
						1:50.8	5rB	Battersea Park	14-Jun
						1:51.74	6rB	Wythenshawe	03-Jun
					1:49.8	Grant Cuddy	11rA	Battersea Park	14-Jun
						1:51.4	4rA	Stretford	14-Jul
						1:52.69	9rA	Swindon	24-Jun
						(30)			

7 'membership' performances to 1:25.0 by 7 athletes

Men's 800m

1:46.6	* Patrick Ndururi KEN	1rA	Battersea Park	14-Jun	1:49.8	Jason Dupuy	4rB	Battersea Park	14-Jun
1:46.7	James McIlroy IRE <i>(N Ireland Record and BMC Members' Record)</i>	2rA	Battersea Park	14-Jun	1:49.8	Andrew Hart	3rA	Battersea Park	14-Jun
						1:47.41	1rA	Wythenshawe	03-Jun
1:47.0	Andrew Hart	3rA	Battersea Park	14-Jun	1:49.8	Andrew Hart	3rA	Battersea Park	14-Jun
						1:47.13	1rA	Solihull	05-Sep
1:47.5	Anthony Whiteman	4rA	Battersea Park	14-Jun	1:50.26		3rB	Solihull	05-Sep
1:47.69	Simon Lees U20	2rA	Solihull	05-Sep	1:50.54		6rB	Swindon	24-Jun
					1:50.9		1	Tooting	19-Aug
					1:51.22		4rB	Wythenshawe	03-Jun
1:47.8	John Mayock	5rA	Battersea Park	14-Jun	1:49.8	Tony Thompson	1rB	Watford	05-Aug
1:47.81	* Joseph Mutua KEN	1rA	Cardiff	15-Jul	1:50.07		4rB	Swindon	24-Jun
1:47.9	* Martin Keino KEN	6rA	Battersea Park	14-Jun	1:51.8		7rA	Stretford	18-Aug
1:48.0	* Francis Kemboi KEN	7rA	Battersea Park	14-Jun	1:52.88		1rF	Wythenshawe	03-Jun
1:48.3	Bradley Donkin <i>(10)</i>	1rA	Watford	05-Aug	1:53.8		2	Stretford	28-Apr
1:48.39	Matthew Shone	3rA	Solihull	05-Sep	1:50.0	* KarlHenrick Felde NOR	8rA	Watford	05-Aug
					1:50.02	James Mayo	3rB	Swindon	24-Jun
						1:51.0	7rB	Battersea Park	14-Jun
						1:53.46	1	Antrim	23-May
					1:50.2	Vince Wilson	1rA	Jarrow	27-Jun
						1:51.18	3rB	Wythenshawe	03-Jun
1:48.43	Phillip Tulba	2rA	Swindon	15-Jul	1:50.28	* Brendan O'Shea IRE	5rB	Swindon	24-Jun
					1:50.4	* Neil Dunn IRE	3rB	Watford	05-Aug
					1:50.5	Peter Hackley	4rB	Watford	05-Aug
						1:51.0	5rA	Stretford	18-Aug
1:48.43	Chris Moss U20	4rA	Solihull	05-Sep	1:51.4		2rA	Jarrow	27-Jun
					1:51.6		5rA	Stretford	14-Jul
					1:51.71		2rC	Wythenshawe	03-Jun
1:48.5	Kevin McKay	8rA	Battersea Park	14-Jun	1:50.6	Michael Openshaw	2rA	Stretford	14-Jul
						1:51.0	1rA	Stretford	19-May
					1:50.62	David Bullock	4rB	Solihull	05-Sep
						1:50.8	2rA	Stretford	18-Aug
						1:51.51	1rC	Wythenshawe	03-Jun
						(40)			
1:48.51	Eddie King	3rA	Cardiff	15-Jul	1:50.65	Gareth Turnbull IRE U20	3rA	Belfast	26-Aug
					1:50.72	Joe Mills	5rB	Solihull	05-Sep
						1:51.1	1rA	Watford	01-Jul
						1:51.5	2	Tooting	19-Aug
						1:51.8	2rA	Finsbury Park	28-Jun
1:49.0	Mark Griffin	1rB	Battersea Park	14-Jun	1:52.2		2rA	Finsbury Park	23-Aug
					1:50.77	Terry Feasey	6rB	Solihull	05-Sep
						1:51.2	1rA	Finsbury Park	23-Aug
						1:52.8	5rA	Watford	01-Jul
						1:53.3	7rA	Stretford	19-May
					1:50.8	Andrew Knight	6rB	Battersea Park	14-Jun
						1:51.8	1rA	Finsbury Park	28-Jun
						1:52.00	9rB	Swindon	24-Jun
						1:52.04	1rB	Cardiff	15-Jul
1:49.13	Andrew Young	3rA	Swindon	24-Jun	1:50.8	David Thornton	3rA	Stretford	18-Aug
						1:51.8	6rA	Stretford	14-Jul
1:49.18	Alasdair Donaldson	1rB	Solihull	05-Sep		1:52.2	4rC	Watford	05-Aug
1:49.49	Matthew Yates	4rA	Swindon	24-Jun		1:52.4	5rA	Stretford	19-May
1:49.57	* Stuart Bailey	2rB	Solihull	05-Sep		1:53.25	5rC	Wythenshawe	03-Jun
						1:53.96	7rB	Solihull	05-Sep
					1:50.9	Robert Scanton	4rA	Stretford	18-Aug
						1:51.9	2rA	Watford	01-Jul
					1:51.14	Richard Girvan	4rA	Belfast	26-Aug
						1:51.68	8rA	Swindon	24-Jun



1998 BMC Rankings

Performances set in BMC races - compiled by Matthew Fraser Moat

1:51.27	Rupert Waters	1rC	Swindon	24-Jun	1:52.7	* Andrew Brown	6rC	Watford	05-Aug
	1:53.58	8rB	Wythenshawe	03-Jun		1:54.4	3rA	Jarrow	22-Aug
1:51.28	Steve Rees-Jones	5rB	Wythenshawe	03-Jun		1:55.7	4rB	Jarrow	27-Jun
	1:51.30	8rB	Swindon	24-Jun	1:52.7	Brendan Smith	9rA	Stretford	18-Aug
	1:51.7	3rA	Stretford	19-May	1:52.7	Steve Neill	1rB	Stretford	18-Aug
	1:52.2	5rB	Watford	05-Aug		1:53.5	1	Sutton	19-Sep
1:51.37	David Stanley U20	8rA	Cardiff	15-Jul	1:52.76	* John Rodgers	5rA	Belfast	26-Aug
	1:52.4	6rB	Watford	05-Aug		1:52.8	3rC	Battersea Park	14-Jun
	(50)					(89)			
1:51.4	Michael Morris	6rA	Stretford	18-Aug	1:52.8	Stephen Sharp	6rA	Watford	01-Jul
	1:51.6	3rA	Jarrow	27-Jun	1:52.8	Matthew Lawson	2rB	Watford	01-Jul
	1:52.5	1rB	Stretford	14-Jul		1:53.33	1rG	Solihull	05-Sep
	1:52.6	2rC	Battersea Park	14-Jun	1:52.86	* Michael Combe	1rE	Wythenshawe	03-Jun
	1:52.7	1rA	Jarrow	22-Aug	1:52.9	Gavin MacPherson	2rB	Stretford	19-May
1:51.44	Thomas Mayo	2rC	Swindon	24-Jun	1:52.9	* Chris Mulvaney U20	1rA	Stretford	01-Sep
	1:52.1	3rA	Watford	01-Jul		1:53.32	1rE	Solihull	05-Sep
	1:53.4	4rC	Battersea Park	14-Jun		1:53.5	3rB	Stretford	18-Aug
1:51.6	Tom Ranger	4rA	Jarrow	27-Jun		1:54.1	2rA	Jarrow	22-Aug
	1:54.08	4rD	Wythenshawe	03-Jun		1:54.4	3rA	Stretford	04-Aug
1:51.7	Jonathan McCallum	1rC	Watford	05-Aug		1:54.94	3rG	Wythenshawe	03-Jun
	1:52.7	1	Tooting	03-Jun	1:52.95	* Abraham Chirehir KEN	5rA	Solihull	05-Sep
1:51.9	* Paul Gilbert	2rC	Watford	05-Aug	1:53.0	Roger Morley	3rD	Watford	05-Aug
1:51.94	Andrew Walling	3rC	Wythenshawe	03-Jun		1:53.56	5rC	Solihull	05-Sep
	1:52.4	6rA	Stretford	19-May		1:54.33	3rF	Wythenshawe	03-Jun
1:52.0	Garth Watson	4rA	Stretford	19-May		1:54.6	6rA	Finsbury Park	23-Aug
	1:54.5	7rB	Stretford	18-Aug		1:56.0	6rA	Watford	13-May
	1:56.00	9rC	Wythenshawe	03-Jun	1:53.05	Terence West	8rA	Wythenshawe	03-Jun
1:52.04	* Paul Burgess	4rC	Wythenshawe	03-Jun	1:53.1	Andrew Prohett	7rA	Watford	01-Jul
1:52.12	Kheredine Idessane	7rB	Wythenshawe	03-Jun		1:54.3	5rB	Stretford	18-Aug
	1:52.8	6rA	Jarrow	27-Jun		1:54.6	10rC	Watford	05-Aug
1:52.2	Steve Lowe	1rB	Stretford	19-May	1:53.1	James Scarth	3rB	Watford	01-Jul
	1:53.26	6rC	Wythenshawe	03-Jun		(90)			
1:52.2	Patrick Davoren IRE	1rC	Battersea Park	14-Jun	1:53.1	Clive Gilby	7rB	Watford	05-Aug
1:52.2	Mark Wiscombe	3rC	Watford	05-Aug	1:53.1	Brian Stopher U20	4rD	Watford	05-Aug
	1:53.04	3rB	Cardiff	15-Jul		1:53.5	3rA	Millfield	04-May
	1:53.4	8rA	Watford	01-Jul	1:53.1	1:54.70	3rD	Swindon	24-Jun
	1:53.59	2rD	Wythenshawe	03-Jun		1:54.71	6rB	Cardiff	15-Jul
1:52.21	Matthew Kloiber	10rB	Swindon	24-Jun		1:53.53	4rC	Solihull	05-Sep
	1:52.8	8rB	Battersea Park	14-Jun		1:54.0	7rB	Watford	01-Jul
1:52.24	Andrew Graffin	2rB	Cardiff	15-Jul	1:53.1	1:55.5	10rC	Battersea Park	14-Jun
	1:52.4	3rA	Finsbury Park	23-Aug		* John Stewart U20	2rB	Stretford	18-Aug
1:52.3	Ross Fittall U20	5rC	Watford	05-Aug		1:54.9	1rC	Stretford	19-May
	1:53.3	2rA	Millfield	04-May	1:53.2	James Parker U20	1rA	Millfield	04-May
1:52.34	Neil Speaight	1rC	Solihull	05-Sep	1:53.2	* Aaron Hargreaves	3rB	Stretford	14-Jul
	1:52.67	3rC	Swindon	24-Jun		1:55.9	7rB	Stretford	19-May
1:52.4	Dean Clark	4rA	Watford	01-Jul	1:53.2	Nick Davy	6rD	Watford	05-Aug
	1:55.6	11rC	Watford	05-Aug	1:53.3	* D Peters	4rA	Finsbury Park	28-Jun
1:52.4	Chris Bolt U20	1rB	Watford	01-Jul	1:53.3	Clayton Bannon	4rB	Watford	01-Jul
	1:52.9	7rC	Watford	05-Aug		1:53.5	1rD	Battersea Park	14-Jun
	1:55.5	1rB	Watford	13-May		1:54.6	4rA	Jarrow	22-Aug
1:52.4	Gavin Thompson U20	1rD	Watford	05-Aug	1:53.3	1:55.13	4rD	Solihull	05-Sep
1:52.5	Matthew Morris	1	Stretford	28-Apr		* Steve Clarke	7rD	Watford	05-Aug
	1:53.1	8rA	Stretford	14-Jul		1:53.5	4	Tooting	19-Aug
	1:54.12	4rB	Cardiff	15-Jul		1:53.6	3	Tooting	03-Jun
	(70)					(100)			
1:52.5	* Paul Causey	7rA	Stretford	14-Jul	1:53.4	Paul Roberts	1rA	Watford	13-May
	1:52.96	4rC	Swindon	24-Jun	1:53.4	Simon Jones	2	Tooting	03-Jun
1:52.5	Marcus Bridges	2rD	Watford	05-Aug	1:53.4	Steve Kneller	8rC	Watford	05-Aug
	1:53.17	3rC	Solihull	05-Sep		1:53.9	9rA	Watford	01-Jul
	1:53.5	5rB	Watford	01-Jul		1:54.71	6rB	Cardiff	15-Jul
	1:54.13	3rC	Cardiff	15-Jul	1:53.4	* Stephen Holmes U20	8rD	Watford	05-Aug
	1:54.59	2rD	Swindon	24-Jun	1:53.4	* Jason Boothroyd	2rA	Stretford	01-Sep
	1:54.9	7rA	Millfield	04-May	1:53.5	Ryan Walker	9rD	Watford	05-Aug
1:52.51	Martin Arey	2rC	Solihull	05-Sep	1:53.6	Bruno Witchalls	9rB	Battersea Park	14-Jun
	1:52.9	3	Tooting	19-Aug	1:53.6	Alan McDougall	5	Tooting	19-Aug
1:52.6	Christopher Livesey U20	8rA	Stretford	18-Aug		1:53.90	5rC	Swindon	24-Jun
1:52.7	Kevin Carr U20	5rA	Jarrow	27-Jun		1:54.68	4rC	Cardiff	15-Jul
1:52.7	* Tatum Johnson	3rA	Finsbury Park	28-Jun	1:53.64	1:54.8	8rC	Battersea Park	14-Jun
	1:53.3	4rA	Finsbury Park	23-Aug	1:53.7	Huw Jenkins	1rC	Cardiff	15-Jul
						Allen Graffin	6rB	Watford	01-Jul
						(110)			



1998 BMC Rankings

Performances set in BMC races - compiled by Matthew Fraser Moot

1:53.7	Andrew Renfree	5rA	Finsbury Park	23-Aug	1:54.75	Sam Illidge	2rD	Solihull	05-Sep
1:53.70	* Louis Wells	3rD	Wythenshawe	03-Jun	1:54.8	Darren Talbot	3	Stretford	28-Apr
1:53.78	John Geres	7rC	Wythenshawe	03-Jun		1:55.39	4rG	Wythenshawe	03-Jun
1:53.8	Mark Best U20	4rA	Millfield	04-May	1:54.8	Neil Kirk	7	Tooting	19-Aug
1:53.80	* Nathan Dossanjh U20	2rC	Cardiff	15-Jul	1:54.8	Craig Houston U20	1rB	Jarrow	22-Aug
	1:54.4	3rE	Watford	05-Aug	1:54.81	Ben Hyman	2rG	Wythenshawe	03-Jun
1:53.81	Thomas Yule	2rE	Wythenshawe	03-Jun	1:54.89	* Joseph Rainer	5rE	Wythenshawe	03-Jun
	1:55.0	8rA	Jarrow	27-Jun	1:54.9	Patrick Chance	6rB	Stretford	19-May
1:53.9	Chris Beswick	3rB	Stretford	19-May	1:54.9	* Shaun Gillam	11rD	Watford	05-Aug
	1:54.1	4rB	Stretford	18-Aug	1:54.9	Ian Craig	7rA	Finsbury Park	23-Aug
	1:54.15	3rE	Wythenshawe	03-Jun	1:54.9	* J Ferguson	2rB	Stretford	01-Sep
	1:54.7	5rB	Stretford	14-Jul					
1:53.9	Jeremy Bridger	2rD	Battersea Park	14-Jun	1:54.99	* Richard Wheeler	2rF	Solihull	05-Sep
	1:54.65	4rE	Wythenshawe	03-Jun	1:55.03	Mark Barrow	4rF	Wythenshawe	03-Jun
1:53.94	* Patrick Clement	2rF	Wythenshawe	03-Jun	1:55.06	Allan Caple	3rD	Solihull	05-Sep
	1:54.3	7rA	Jarrow	27-Jun		1:55.6	6rF	Watford	05-Aug
	1:55.6	7rB	Stretford	14-Jul	1:55.1	Paul Laslett U20	9rC	Battersea Park	14-Jun
1:53.95	Andrew Fulford U17	6rC	Swindon	24-Jun		1:55.1	5rE	Watford	05-Aug
	1:54.6	6rA	Millfield	04-May		1:55.2	8rA	Millfield	04-May
	1:54.6	2	Sutton	19-Sep	1:55.1	Ivan Hollingsworth	6rB	Stretford	14-Jul
	1:55.03	7rC	Solihull	05-Sep	1:55.1	Matthew Thompson U17	4rE	Watford	05-Aug
	(120)				1:55.12	Mark Kuklinski	9rC	Swindon	24-Jun
1:53.97	Dafydd Solomon U20	2rE	Solihull	05-Sep	1:55.15	* Matthew Hibberd	8rC	Wythenshawe	03-Jun
	1:54.1	5rA	Millfield	04-May	1:55.19	Alan Wray	5rD	Solihull	05-Sep
	1:54.6	3	Sutton	19-Sep		1:55.7	4	Tooting	03-Jun
1:54.0	Paul Bristow	2rA	Watford	13-May	1:55.3	Neil A Miller	6rE	Watford	05-Aug
1:54.0	Matthew Davies	6	Tooting	19-Aug					
1:54.01	* Raymond Adams U17	6rA	Belfast	26-Aug	1:55.39	* James Latimer	3rF	Solihull	05-Sep
1:54.1	* Z Maynard	4rB	Stretford	19-May		1:55.8	1rB	Finsbury Park	23-Aug
1:54.1	Jonathan Guiney	5rC	Battersea Park	14-Jun	1:55.4	Ken Harker	4	Stretford	28-Apr
	1:54.2	9rC	Watford	05-Aug	1:55.4	Matthew Raw	3rB	Jarrow	27-Jun
	1:55.46	6rE	Wythenshawe	03-Jun	1:55.4	Richard Cressey	2rC	Watford	01-Jul
1:54.1	Paul Douglass	3rB	Stretford	14-Jul	1:55.4	Adrian Jones	2rC	Stretford	14-Jul
1:54.1	* Peter Walsh U20	3rA	Stretford	01-Sep	1:55.4	John Moore	4	Sutton	19-Sep
1:54.10	* Mark Reed	1rD	Swindon	24-Jun	1:55.48	Richard Simms	7rA	Belfast	26-Aug
	1:55.2	3rD	Battersea Park	14-Jun	1:55.6	Simon Deakin	5	Stretford	28-Apr
1:54.18	Lee Garrett	1rG	Wythenshawe	03-Jun	1:55.6	* A MacLean-Foreman U17	9rA	Millfield	04-May
	(130)				1:55.6	Elliot Igor	4rD	Battersea Park	14-Jun
1:54.18	Richard Griffiths	1rD	Solihull	05-Sep	1:55.6	Mark Hughes	5rD	Battersea Park	14-Jun
	1:54.5	6rB	Stretford	18-Aug	1:55.6	Matthew Clarke	4rF	Watford	05-Aug
	1:54.9	3rF	Watford	05-Aug	1:55.6	* Tim Alexander U20	5rF	Watford	05-Aug
	1:55.5	8rA	Finsbury Park	23-Aug	1:55.6	Dave Reader	5rC	Cardiff	15-Jul
1:54.2	* Zac Ashkanasy	3rA	Watford	13-May	1:55.65				
1:54.2	Steve Cooper	1rE	Watford	05-Aug		1:55.7	1rC	Stretford	18-Aug
	1:55.4	1rC	Watford	01-Jul	1:55.7	* Adam Omar U20	3rC	Watford	01-Jul
1:54.3	Patrick O'Reilly	4rA	Watford	13-May		1:56.6	10rE	Watford	05-Aug
	1:54.66	8rC	Swindon	24-Jun	1:55.73	Andrew Sherman U17	4rD	Swindon	24-Jun
	1:55.73	6rD	Wythenshawe	03-Jun	1:55.75	* Gareth Hill U20	4rF	Solihull	05-Sep
1:54.3	Mark Arndt	1rB	Jarrow	27-Jun		1:58.4	1rB	Belfast	26-Aug
	1:54.9	5rA	Jarrow	22-Aug	1:55.8	Aaron Rea	5	Tooting	03-Jun
1:54.3	William Barry U20	4rB	Stretford	14-Jul	1:55.91	* Dave Miller	5rF	Solihull	05-Sep
	1:54.4	2rA	Stretford	04-Aug	1:56.0	Steve Kennifick	4rC	Watford	01-Jul
1:54.30	* Stuart Reid U20	5rD	Wythenshawe	03-Jun		(190)			
1:54.39	Steve Turvill	5rB	Cardiff	15-Jul	1:56.0	* D Moulton U17	8	Tooting	19-Aug
1:54.4	* Andrew Atkinson	5rB	Stretford	19-May	1:56.0	* John Howell U20	4rA	Stretford	01-Sep
1:54.4	Simon Burton U20	6rC	Battersea Park	14-Jun					
	1:55.1	5rA	Watford	13-May					
	(140)								
1:54.5	Steven Baldock	7rC	Battersea Park	14-Jun					
1:54.5	John Truckle	2rE	Watford	05-Aug	1:56.28	* Jamie Hickson U20	5rG	Wythenshawe	03-Jun
	1:54.93	1rF	Solihull	05-Sep		1:59.8	8rA	Stretford	04-Aug
1:54.5	* Adam Buckley U20	1rB	Stretford	01-Sep	1:56.36	* James Hendry U20	5rF	Wythenshawe	03-Jun
1:54.55	Ian Roylance	6rC	Solihull	05-Sep	1:56.7	* Andrew Franklin U17	7	Tooting	03-Jun
	1:55.8	2rB	Watford	13-May	1:56.7	Richard Ward U17	5	Sutton	19-Sep
1:54.6	Richard Daniels	10rD	Watford	05-Aug	1:56.9	* Peter Saint V40	7rB	Jarrow	27-Jun
1:54.62	Toby Gosnall	7rC	Swindon	24-Jun	1:57.1	* Alasdair McLain U17	11rE	Watford	05-Aug
1:54.7	Stuart Campbell	2rB	Jarrow	27-Jun	1:57.5	* M Almond U20	1rB	Millfield	04-May
1:54.7	* G Parkinson	1rC	Stretford	14-Jul	1:57.9	* James Burrows U20	2rB	Millfield	04-May
1:54.7	* Kevin Warlock	1rF	Watford	05-Aug		1:59.10	3rD	Cardiff	15-Jul
	1:55.8	6rD	Battersea Park	14-Jun		2:00.67	7rE	Swindon	24-Jun
1:54.7	* Richard Burman	2rF	Watford	05-Aug	1:58.1	* Graham Brownhill U20	8rB	Stretford	19-May
	(150)					1:58.67	6rH	Wythenshawe	03-Jun

23 elite performances to 1:49.0 by 17 athletes

119 gold performances to 1:52.0 by 57 athletes

372 membership performances to 1:56.0 by 192 athletes

Additional Age Group

1:56.28	* Jamie Hickson U20	5rG	Wythenshawe	03-Jun
	1:59.8	8rA	Stretford	04-Aug
1:56.36	* James Hendry U20	5rF	Wythenshawe	03-Jun
1:56.7	* Andrew Franklin U17	7	Tooting	03-Jun
1:56.7	Richard Ward U17	5	Sutton	19-Sep
1:56.9	* Peter Saint V40	7rB	Jarrow	27-Jun
1:57.1	* Alasdair McLain U17	11rE	Watford	05-Aug
1:57.5	* M Almond U20	1rB	Millfield	04-May
1:57.9	* James Burrows U20	2rB	Millfield	04-May
	1:59.10	3rD	Cardiff	15-Jul
	2:00.67	7rE	Swindon	24-Jun
1:58.1	* Graham Brownhill U20	8rB	Stretford	19-May
	1:58.67	6rH	Wythenshawe	03-Jun



1998 BMC Rankings

Performances set in BMC races - compiled by Matthew Fraser Mout

1:58.1	* Daniel Acheson U17	10rF	Watford	05-Aug	3:40.8	* Elijah Maru KEN	4rA	Battersea Park	14-Jun
	1:58.53	3rE	Swindon	24-Jun	3:40.8	* Gary Lough	3rA	Watford	05-Aug
	1:59.7	2rC	Millfield	04-May	3:40.9	Neil Caddy	5rA	Battersea Park	14-Jun
1:58.11	Luke John U17	2rE	Swindon	24-Jun		3:42.66	1rA	Wythenshawe	03-Jun
1:58.20	Ian Smith U20	7rG	Wythenshawe	03-Jun	3:41.2	Thomas Mayo	4rA	Watford	05-Aug
1:58.5	Alan Old U20	6rB	Jarrow	22-Aug		(10)			
1:58.6	Timothy Brierley U17	11rF	Watford	05-Aug	3:41.5	Grant Graham	6rA	Battersea Park	14-Jun
	1:59.09	2rG	Solihull	05-Sep	3:41.5	* John Kosgei KEN	7rA	Battersea Park	14-Jun
	2:01.5	3rB	Finsbury Park	23-Aug	3:41.9	Bradford Glenton	5rA	Watford	05-Aug
1:59.11	David Bedwell V40	3rG	Solihull	05-Sep		3:45.05	7rA	Swindon	24-Jun
	2:01.73	2rI	Wythenshawe	03-Jun	3:42.3	Phillip Tulba	8rA	Battersea Park	14-Jun
1:59.2	Tseguy Berhe U20	1rG	Watford	05-Aug	3:42.5	* Andrew Walker IRE	6rA	Watford	05-Aug
	2:00.23	4rD	Cardiff	15-Jul	3:42.55	Andrew Hart	1rA	Swindon	24-Jun
	2:00.69	7rH	Wythenshawe	03-Jun	3:42.58	Stephen Agar CAN	2rA	Swindon	24-Jun
1:59.25	Robert Whittle U20	8rD	Solihull	05-Sep	3:43.5	Terry Feasey	7rA	Watford	05-Aug
1:59.37	* Paul Growcock U20	4rE	Swindon	24-Jun		3:46.89	8rA	Cardiff	15-Jul
1:59.4	* Lee McCash U17	3rC	Stretford	01-Sep		3:46.91	11rA	Swindon	24-Jun
1:59.5	Adrian Leonard U20	3rB	Millfield	04-May		3:52.7	2	Solihull	29-Jul
1:59.5	* I Boneham U17	1rC	Millfield	04-May		3:54.26	8rB	Wythenshawe	03-Jun
1:59.50	* Adam Thomas U20	5rE	Swindon	24-Jun		3:54.8	5rA	Watford	09-Sep
1:59.7	* S Haworth U17	4rC	Stretford	01-Sep	3:43.66	Stephen Sharp	3rA	Swindon	24-Jun
2:00.0	* R Pearce U20	4rB	Millfield	04-May		3:44.6	8rA	Watford	05-Aug
2:00.0	* C Taylor U17	6rC	Stretford	01-Sep		3:46.36	6rA	Cardiff	15-Jul
2:00.00	Mark Curson U20	6rE	Swindon	24-Jun		3:47.0	4rB	Battersea Park	14-Jun
2:00.1	Wayne Harrison U20	10rC	Stretford	18-Aug		3:47.93	9rA	Wythenshawe	03-Jun
2:00.28	Ric Sumner U20	5rD	Cardiff	15-Jul		3:50.6	1	Watford	29-Apr
2:00.29	* Aaron Bullock U20	2rJ	Wythenshawe	03-Jun	3:43.85	Christian Stephenson	2rA	Cardiff	15-Jul
2:00.53	Angus MacLean U20	10rD	Swindon	24-Jun		(20)			
2:00.6	Leigh Crispin U20	6	Sutton	19-Sep	3:43.99	Patrick Davoren IRE	4rA	Swindon	24-Jun
2:00.75	Michael Hatch U20	1rI	Wythenshawe	03-Jun		3:45.14	2rA	Wythenshawe	03-Jun
2:00.84	Corin Hughes U17	8rF	Solihull	05-Sep		3:48.9	13rA	Watford	05-Aug
	2:01.0	4rG	Watford	05-Aug	3:44.1	* Edwin Maranga KEN	9rA	Battersea Park	14-Jun
2:01.0	* Philip Jelly U20	3rG	Watford	05-Aug	3:44.3	Stephen Green	10rA	Battersea Park	14-Jun
2:01.6	* Nick Cockayne U20	5rG	Watford	05-Aug		3:45.47	3rA	Wythenshawe	03-Jun
2:01.64	* Tom Wilson U17	1rE	Cardiff	15-Jul		3:48.5	4rA	Stretford	04-Aug
2:01.79	Gareth Robbins U17	9rE	Swindon	24-Jun	3:44.78	Stuart Poore	3rA	Cardiff	15-Jul
	2:04.27	6rE	Cardiff	15-Jul		3:45.3	9rA	Watford	05-Aug
2:01.9	Daryn Castle U20	6rG	Watford	05-Aug		3:45.95	5rA	Wythenshawe	03-Jun
2:02.0	* Guy Briggs U20	8rG	Watford	05-Aug	3:44.79	Robert Scanlon	5rA	Swindon	24-Jun
	2:03.98	5rE	Cardiff	15-Jul		3:45.32	4rA	Cardiff	15-Jul
2:02.14	* Sean Martin U20	4rJ	Wythenshawe	03-Jun		3:46.35	6rA	Wythenshawe	03-Jun
2:02.95	Malcolm McCausland V45	6rJ	Wythenshawe	03-Jun		3:51.0	1	Solihull	29-Jul
	2:04.30	4	Antrim	23-May	3:44.86	Michael East	6rA	Swindon	24-Jun
2:03.48	Tom Bolton U15	5rG	Solihull	05-Sep	3:45.0	Cor Datema HOL	1rB	Watford	05-Aug
2:03.71	Steven Willis U17	10rE	Swindon	24-Jun		3:46.49	7rA	Cardiff	15-Jul
2:03.73	* Nathan Montague U20	11rE	Swindon	24-Jun		3:46.64	10rA	Swindon	24-Jun
	2:05.1	9rG	Watford	05-Aug		3:49.76	3rB	Wythenshawe	03-Jun
2:03.82	Tim Grose	6rG	Solihull	05-Sep	3:45.3	Andrew Graffin	2rB	Watford	05-Aug
2:04.90	Robert Bigger V40	5	Antrim	23-May		3:46.92	7rA	Wythenshawe	03-Jun
	2:06.69	7rI	Wythenshawe	03-Jun	3:45.4	Joe Mills	1rB	Battersea Park	14-Jun
2:05.15	Steven Ablitt U15	7rG	Solihull	05-Sep		3:46.39	9rA	Swindon	24-Jun
2:05.43	* Jamie Glover U20	1rC	Belfast	26-Aug		3:47.8	12rA	Watford	05-Aug
2:08.15	* John Potts V45	8rG	Solihull	05-Sep		3:49.4	2rA	Watford	09-Sep
2:09.30	* Robert Wilson V40	3rC	Belfast	26-Aug	3:45.51	Vince Wilson	8rA	Swindon	24-Jun
						(30)			
					3:45.6	* Neville Davey IRE	3rB	Watford	05-Aug
					3:45.6	* Stuart Bailey	1	Stretford	01-Sep
2:20.9	* Jason Lobo	1	Stretford	18-Aug	3:45.69	Rod Finch	4rA	Wythenshawe	03-Jun
2:21.8	Kevin McKay	2	Stretford	18-Aug	3:45.7	David Bullock	2rB	Battersea Park	14-Jun
2:22.4	Bradley Donkin	3	Stretford	18-Aug		3:45.9	10rA	Watford	05-Aug
2:22.7	Matthew Dixon	4	Stretford	18-Aug	3:45.7	* John Stewart U20	2	Stretford	01-Sep
					3:45.8	* Shane Healy IRE	1	Antrim	16-Jun
					3:45.8	James Thie	4rB	Watford	05-Aug
						3:47.01	9rA	Cardiff	15-Jul
					3:45.90	Matthew Dixon	5rA	Cardiff	15-Jul
3:39.0	* Laban Rotich KEN	1rA	Battersea Park	14-Jun		3:46.6	4	Stretford	01-Sep
3:39.4	* Samir Benfares FRA	1rA	Watford	05-Aug		3:49.94	1rB	Swindon	24-Jun
3:39.5	Matthew Yates	2rA	Watford	05-Aug		3:52.7	6rA	Stretford	04-Aug
3:39.6	* Paul Bitok KEN	2rA	Battersea Park	14-Jun	3:46.1	Steve Neill	11rA	Watford	05-Aug
3:39.7	Michael Openshaw	3rA	Battersea Park	14-Jun		3:46.74	7rA	Wythenshawe	03-Jun
3:40.78	Niall Bruton IRE	1rA	Cardiff	15-Jul		3:51.8	3rA	Watford	09-Sep

Men's 1,000m

2:20.9	* Jason Lobo	1	Stretford	18-Aug
2:21.8	Kevin McKay	2	Stretford	18-Aug
2:22.4	Bradley Donkin	3	Stretford	18-Aug
2:22.7	Matthew Dixon	4	Stretford	18-Aug

4 'membership' performances to 2:32.0 by 4 athletes

Men's 1,500m

3:39.0	* Laban Rotich KEN	1rA	Battersea Park	14-Jun
3:39.4	* Samir Benfares FRA	1rA	Watford	05-Aug
3:39.5	Matthew Yates	2rA	Watford	05-Aug
3:39.6	* Paul Bitok KEN	2rA	Battersea Park	14-Jun
3:39.7	Michael Openshaw	3rA	Battersea Park	14-Jun
3:40.78	Niall Bruton IRE	1rA	Cardiff	15-Jul



1998 BMC Rankings

Performances set in BMC races - compiled by Matthew Fraser Mout

3:46.4	Brendan Smith	3	Stretford	01-Sep	3:52.8	Julian Wilkie	4rC	Watford	05-Aug
3:48.1		2rA	Stretford	04-Aug	3:52.99	Kevin Farrow	13rA	Wythenshawe	03-Jun
3:49.58		12rA	Cardiff	15-Jul	3:53.0	Alan McDougall	5rC	Watford	05-Aug
(40)					3:53.1	David Stanley U20	5	Watford	29-Apr
3:46.5	Julian Moorhouse	3rB	Battersea Park	14-Jun	3:53.1	Simon Beardsall	6rC	Watford	05-Aug
3:46.5	Christopher Livesey U20	5rB	Watford	05-Aug	3:53.2	Simon Jones	4rA	Watford	10-Jun
3:49.67		1rB	Wythenshawe	03-Jun		(80)			
3:50.7		1rA	Stretford	23-Jun	3:53.4	Patrick Chance	5rA	Watford	10-Jun
3:46.5	Matthew Davies	6rB	Watford	05-Aug	3:53.5	Paul Bennett	3rA	Stretford	23-Jun
3:53.04		6rB	Wythenshawe	03-Jun	3:53.62	* Robert Maycock U20	7rB	Wythenshawe	03-Jun
3:46.7	Eugene O'Neill IRE	7rB	Watford	05-Aug	3:53.8	Simon Cotton	6rA	Watford	10-Jun
3:47.03		10rA	Cardiff	15-Jul	3:55.00	3:55.00	7rB	Swindon	24-Jun
3:46.8	Andrew Renfree	8rB	Watford	05-Aug	3:53.9	Colin Johnson	7rA	Watford	10-Jun
3:50.0		6	Stretford	01-Sep	3:54.0	Jonathan Burrell	6	Watford	29-Apr
3:52.86		1rB	Cardiff	15-Jul	3:54.1	* Chris Bryan	5rA	Stretford	23-Jun
3:52.9		4rA	Watford	09-Sep	3:54.0	3:54.7	9	Stretford	01-Sep
3:47.0	Chris Thompson U20	9rB	Watford	05-Aug	3:54.1	* David Hibbert U20	1rB	Stretford	23-Jun
3:58.4		3rA	Millfield	04-May	3:54.1	* Stuart Overthrow	2rA	Stretford	14-Jul
3:47.07	Chris Bolt U20	11rA	Cardiff	15-Jul	3:54.1	3:57.2	7rC	Watford	05-Aug
3:57.0		3rB	Watford	10-Jun	3:54.1	3:54.43	5rB	Swindon	24-Jun
3:47.42	* Keith Cullen	17rA	Swindon	24-Jun	3:54.3	Jonathan Guiney	8rA	Watford	10-Jun
3:47.5	Michael Morris	1rA	Stretford	04-Aug	3:54.3	(90)			
3:47.5	Sam Illidge	5	Stretford	01-Sep	3:54.3	Matthew Smith	3	Solihull	29-Jul
3:52.0		1rC	Watford	05-Aug	3:54.3	Ian Roynance	8rC	Watford	05-Aug
3:54.2		2rB	Stretford	23-Jun	3:54.3	3:54.3	8	Stretford	01-Sep
3:56.0		10rA	Watford	10-Jun	3:55.01	3:55.01	5rB	Cardiff	15-Jul
3:56.00		7rB	Cardiff	15-Jul	3:55.4	3:55.4	6rA	Watford	09-Sep
(50)					3:54.4	Jason Beeraje	7rB	Battersea Park	14-Jun
3:47.8	Jonathan McCallum	5rB	Battersea Park	14-Jun	3:54.57	Simon Burton U20	9rB	Wythenshawe	03-Jun
3:48.2	Craig Wheeler	3rA	Stretford	04-Aug	3:54.6	* Oliver Norman	9rC	Watford	05-Aug
3:54.2		7	Stretford	01-Sep	3:54.63	Andrew Prophet	10rB	Wythenshawe	03-Jun
3:48.2	Lee Garrett	10rB	Watford	05-Aug	3:54.69	Steve Mosley	1rC	Wythenshawe	03-Jun
3:52.11		3rB	Swindon	24-Jun	3:54.7	3:54.70	6rB	Swindon	24-Jun
3:53.77		2rB	Cardiff	15-Jul	3:54.7	* Ray Plant	6rA	Stretford	23-Jun
3:55.0		4	Solihull	29-Jul	3:54.7	* Lee Hurst	3rB	Stretford	23-Jun
3:48.3	Chris Moss U20	1rA	Watford	09-Sep	3:54.7	* Chris Mulvaney U20	4rB	Stretford	23-Jun
3:48.5	Martin Airey	11rB	Watford	05-Aug	3:54.7	(100)			
3:52.2		3rA	Watford	10-Jun	3:54.7	Ian Mitchell	7rA	Stretford	04-Aug
3:54.13		4rB	Cardiff	15-Jul	3:55.0	Alexander Bowden	1rB	Watford	09-Sep
3:49.04	* Robert Denmark	10rA	Wythenshawe	03-Jun	3:55.1	* P Matthew	7rA	Stretford	23-Jun
3:49.30	* Kim Critchley	11rA	Wythenshawe	03-Jun	3:55.2	Andrew Beckwith U20	10rC	Watford	05-Aug
3:51.2		2rA	Stretford	23-Jun	3:55.26	Delwyn Bainton	6rB	Cardiff	15-Jul
3:49.5	Clayton Bannon	12rB	Watford	05-Aug	3:55.4	3:55.9	9rB	Battersea Park	14-Jun
3:53.93		3rB	Cardiff	15-Jul	3:55.4	Duncan Wightman	1rB	Watford	10-Jun
3:49.82	Paul Morby U20	12rA	Wythenshawe	03-Jun	3:55.49	Sammuel Haughian U20	2rC	Swindon	24-Jun
3:52.9		4	Watford	29-Apr	3:55.5	Richard Simms	8rB	Battersea Park	14-Jun
3:49.9	* David Kisang KEN	11rA	Battersea Park	14-Jun	3:55.54	Gareth Beard U20	12rB	Wythenshawe	03-Jun
(60)					3:55.6	Daniel Gibbons	9rA	Watford	10-Jun
3:50.0	* Julian Marsh AUS	12rA	Battersea Park	14-Jun	3:55.6	Brian Stopher U20	2rB	Watford	10-Jun
3:50.02	Richard Vint U20	13rA	Cardiff	15-Jul	3:55.6	Christopher Quine	9rA	Stretford	23-Jun
3:53.86		1rC	Swindon	24-Jun	3:55.6	* Kris Bowditch	1rA	Stretford	14-Jul
3:54.74		11rB	Wythenshawe	03-Jun	3:55.8	Andy Coleman	7	Watford	29-Apr
3:50.55	Eric Crowther	2rB	Swindon	24-Jun	3:55.9	* Andrew Lyons	8rA	Stretford	04-Aug
3:51.0		2	Watford	29-Apr					
3:50.6	* James Trapmore	1rA	Watford	10-Jun					
3:51.04	Matthew Morris	3rB	Wythenshawe	03-Jun					
3:53.8		4rA	Stretford	23-Jun					
3:51.38	* Richard Sinclair U20	4rB	Wythenshawe	03-Jun					
3:55.5		8rA	Stretford	23-Jun					
3:51.5	David Locker	5rA	Stretford	04-Aug					
3:51.8	Alistair Moses	2rA	Watford	10-Jun					
3:51.89	Scott Hughes	5rB	Wythenshawe	03-Jun					
3:51.9	Mark Wiscombe	3	Watford	29-Apr					
(70)									
3:52.2	Allen Graffin	13rB	Watford	05-Aug					
3:52.4	* Michael Skinner U20	2rC	Watford	05-Aug					
3:52.50	* Nathan Dosanjh U20	4rB	Swindon	24-Jun					
3:55.15		2rC	Wythenshawe	03-Jun					
3:57.6		8	Watford	29-Apr					
3:52.7	Gareth Price U20	3rC	Watford	05-Aug					

18 elite performances to 3:43.0 by 17 athletes
82 gold performances to 3:49.0 by 55 athletes
187 membership performances to 3:56.0 by 115 athletes

Additional Age Group

3:56.29	Andrew Ingle U20	3rC	Swindon	24-Jun
3:57.3	1rA	Millfield	04-May	
3:56.3	Gavin Thompson U20	11rA	Watford	10-Jun
3:57.5	* Lee McCash U17	4rB	Stretford	04-Aug
3:57.9	* Peter Riley U20	5rB	Stretford	23-Jun
3:58.0	Neil Bangs U20	5rB	Watford	10-Jun
3:58.14	Rohan Whittle U20	11rB	Cardiff	15-Jul
3:58.2	6rD	Watford	05-Aug	
3:58.26	5rC	Swindon	24-Jun	
4:09.5	10rB	Watford	29-Sep	
3:58.3	Angus MacLean U20	2rA	Millfield	04-May



1998 BMC Rankings

Performances set in BMC races - compiled by Matthew Fraser Moat

4:40.0	Timothy Brierley U17	6	Tooting	19-Aug	8:24.14	Julian Wilkie	2rB	Cardiff	15-Jul
4:41.3	* A Flynn U17	3	Colindale	24-Jun	8:27.49	(50)	1rB	Swindon	24-Jun
Men's 3,000m									
7:53.40	* Mizan Mehare ETH U20	1rA	Cardiff	15-Jul	8:24.82	* Darren Hiscock	3rB	Cardiff	15-Jul
7:56.12	* Kris Bowditch	2rA	Cardiff	15-Jul	8:25.1	* Jason Lobo	3rA	Stretford	23-Jun
7:58.92	Michael Openshaw	1rA	Wythenshawe	03-Jun	8:25.25	* Martin Hula	16rA	Cardiff	15-Jul
7:59.59	Jonathan Wild	3rA	Cardiff	15-Jul	8:25.26	* Martin Hilton	3rB	Wythenshawe	03-Jun
7:59.6	Matthew Clarkson	1	Stretford	14-Jul	8:25.42	Simon Deakin	4rB	Wythenshawe	03-Jun
8:03.98		3rA	Swindon	24-Jun	8:25.74	Gary Cartwright	4rB	Cardiff	15-Jul
7:59.97	Philip Mowbray	2rA	Wythenshawe	03-Jun	8:26.2	Scott Hughes	6	Stretford	19-May
8:00.02	Noel Cullen IRE	4rA	Cardiff	15-Jul	8:26.7	* Kim Critchley	1rA	Stretford	28-Apr
8:05.09		4rA	Wythenshawe	03-Jun	8:26.81	* David Mitchinson	5rB	Wythenshawe	03-Jun
8:00.38	* Dermot Donnelly	3rA	Wythenshawe	03-Jun	8:27.4	Stuart Stokes	7	Stretford	19-May
8:02.0	Julian Moorhouse	2	Stretford	14-Jul	8:28.05	Graeme Reid U20	6rB	Wythenshawe	03-Jun
8:02.88	Stuart Poore	1rA	Swindon	24-Jun	8:28.10	* Antony Roper	5rB	Cardiff	15-Jul
	(10)				8:28.21		2rB	Swindon	24-Jun
8:03.22	Allen Graffin	5rA	Cardiff	15-Jul	8:28.28	* Gareth Raven	7rB	Wythenshawe	03-Jun
8:11.86		9rA	Wythenshawe	03-Jun	8:28.67	* Adam Harrison	8rB	Wythenshawe	03-Jun
8:03.55	Spencer Newport	6rA	Cardiff	15-Jul	8:28.9	Jason Ward	2rA	Stretford	28-Apr
8:03.74	* Nicholas Comerford	2rA	Swindon	24-Jun	8:29.1	* Peter Riley U20	3rA	Stretford	28-Apr
8:05.59	* David Eadie AUS	7rA	Cardiff	15-Jul	8:40.25		21rB	Wythenshawe	03-Jun
8:06.88	* Kiely Lonagan IRE	8rA	Cardiff	15-Jul	8:29.25	* Svein Risa NOR	12rA	Swindon	24-Jun
8:07.31	Ian Grime	5rA	Wythenshawe	03-Jun	8:29.88	* John Creane	6rB	Cardiff	15-Jul
8:07.69	Glen Stewart	6rA	Wythenshawe	03-Jun	<i>82 membership performances to 8:30.0 by 68 athletes</i>				
8:08.06	* Paul Green	7rA	Wythenshawe	03-Jun	<i>Additional Age Group</i>				
8:22.3		2rA	Stretford	23-Jun	8:30.13	Nicholas Mapp U20	4rB	Swindon	24-Jun
8:08.27	Glyn Tromans	4rA	Swindon	24-Jun	8:30.62	Andrew Beckwith U20	10rB	Wythenshawe	03-Jun
8:08.36	Matthew Smith	9rA	Cardiff	15-Jul	8:35.08	Daniel Dalmedo U20	11rB	Swindon	24-Jun
8:08.92	* David Miles	10rA	Cardiff	15-Jul	8:36.07	* Paul Howarth U20	17rB	Wythenshawe	03-Jun
8:12.89		12rA	Wythenshawe	03-Jun	8:36.48	Angus MacLean U20	12rB	Swindon	24-Jun
8:09.3	* Mark Hudspith	1	Jarrow	27-Jul	8:44.18	* Stephen Vernon U20	22rB	Wythenshawe	03-Jun
8:10.2	Stephen Green	1	Stretford	19-May	Men's 4,000m				
8:10.20	Richard Taylor	5rA	Swindon	24-Jun	11:03.2	Rob Whalley	1	Millfield	04-May
8:10.64	Andy Coleman	11rA	Cardiff	15-Jul	<i>(Inaugural BMC Record)</i>				
8:12.79		11rA	Wythenshawe	03-Jun	11:19.7	* Martin Hula	2	Millfield	04-May
8:11.22	* James Campbell IRE	8rA	Wythenshawe	03-Jun	11:20.7	Michael East	3	Millfield	04-May
8:12.68	Michael Proudlove	10rA	Wythenshawe	03-Jun	11:21.6	Gavin Pavey	4	Millfield	04-May
8:13.0	Craig Wheeler	3	Stretford	14-Jul	11:22.6	* Richie Gardiner	5	Millfield	04-May
8:17.4		2	Stretford	19-May	11:24.8	Daniel Hyde	6	Millfield	04-May
8:13.1	* Ian Hudspith	2	Jarrow	27-Jul	11:29.1	Andres Jones	7	Millfield	04-May
8:13.18	Eric Crowther	13rA	Wythenshawe	03-Jun	<i>7 'membership' performances to 11:30.0 by 7 athletes</i>				
8:15.16	Matthew O'Dowd	6rA	Swindon	24-Jun	Men's 5,000m				
8:15.2	* Carl Warren	4	Stretford	14-Jul	13:28.6	* Mizan Mehare ETH U20	1	Watford	05-Aug
8:21.83		11rA	Swindon	24-Jun	<i>(BMC Record)</i>				
8:16.12	James Thie	7rA	Swindon	24-Jun	13:33.3	* Hendrick Raattala RSA	1	Battersea Park	14-Jun
8:16.62	Adrian Marriot	8rA	Swindon	24-Jun	<i>(BMC Record)</i>				
8:17.85		13rA	Cardiff	15-Jul	13:35.3	* Dermot Donnelly	2	Battersea Park	14-Jun
8:16.9	David Tunc	5	Stretford	14-Jul	<i>(Northern Irish Record)</i>				
8:16.91	Chris Thompson U20	9rA	Swindon	24-Jun	13:42.02	* Ben Maiyo KEN	1	Solihull	05-Sep
8:17.3	Ian Mitchell	6	Stretford	14-Jul	13:48.5	Julian Moorhouse	2	Watford	05-Aug
8:17.40	* Richie Gardiner	12rA	Cardiff	15-Jul	13:48.5	* Kris Bowditch	3	Watford	05-Aug
8:29.65		13rA	Swindon	24-Jun	13:51.8	Matthew Clarkson	4	Watford	05-Aug
8:17.60	David Burke IRE	14rA	Wythenshawe	03-Jun	13:52.4	14:05.86	4	Loughborough	17-May
8:18.2	Paul Freary	3	Stretford	19-May	13:52.7	* Nicholas Comerford	3	Battersea Park	14-Jun
8:18.6	Ben Reese	1rA	Stretford	23-Jun	14:04.47		3	Solihull	05-Sep
8:19.22	* Matthew Vaux-Harvey	14rA	Cardiff	15-Jul	13:52.94	Rod Finch	1	Loughborough	17-May
8:20.18		10rA	Swindon	24-Jun	13:54.39	* Spencer Barden	2	Loughborough	17-May
8:19.47	* Mark Flint	15rA	Wythenshawe	03-Jun	<i>(10)</i>				
8:19.5	Christopher Livesey U20	4	Stretford	19-May	13:54.4	* Robert Denmark	4	Battersea Park	14-Jun
8:19.53	David Dudley	16rA	Wythenshawe	03-Jun	13:57.1	* James Campbell IRE	5	Battersea Park	14-Jun
8:22.27	* Martin Gosling	1rB	Wythenshawe	03-Jun	14:06.52		5	Loughborough	17-May
8:22.78		15rA	Cardiff	15-Jul	14:01.5	* Nick Wetheridge	5	Watford	05-Aug
8:23.0	Brendan Smith	5	Stretford	19-May	14:11.51		4	Solihull	05-Sep
8:23.71	* Martin Palmer	1rB	Cardiff	15-Jul	14:02.41	Philip Mowbray	2	Solihull	05-Sep
8:23.76	* Andy Cuan	2rB	Wythenshawe	03-Jun	14:16.6		8	Battersea Park	14-Jun



1998 BMC Rankings

Performances set in BMC races - compiled by Matthew Fraser Mout

14:03.6	* Martin McCarthy IRE	6	Watford	05-Aug	14:42.67	* Nigel Gates V45	12	Solihull	05-Sep
14:04.4	* Gary Staines	7	Watford	05-Aug	14:48.8		16	Battersea Park	14-Jun
	14:35.85	9	Solihull	05-Sep	14:44.1	Marcus Harrop	15	Battersea Park	14-Jun
14:05.45	Stuart Poore	3	Loughborough	17-May	14:44.51	Daniel Hyde	19	Loughborough	17-May
	14:07.4	6	Battersea Park	14-Jun	<i>89 membership performances to 14:45.0 by 70 athletes</i>				
14:06.72	* Peter Matthews IRE	6	Loughborough	17-May	<i>Additional Age Group</i>				
14:06.73	Andrew Graffin	7	Loughborough	17-May	14:55.88	Andrew Beckwith U20	21	Loughborough	17-May
14:07.16	Noel Cullen IRE	8	Loughborough	17-May	14:56.9	Graeme Reid U20	3	Crownpoint	17-Jun
	14:11.2	7	Battersea Park	14-Jun	15:06.5	* Robert Wise V40	8	Exeter	16-Jun
	(20)				15:11.6	* Adam Buckley U20	8	Jarrow	15-Jul
14:07.73	Rob Whalley	9	Loughborough	17-May					
14:07.96	David Burke IRE	10	Loughborough	17-May					
14:08.4	* Cormack Smith IRE	8	Watford	05-Aug	Men's 3,000m SteepleChase				
14:09.50	* Carl Thackery	11	Loughborough	17-May	8:38.5	* Sammy Nyamongo KEN	1	Watford	05-Aug
14:10.1	Glen Stewart	9	Watford	05-Aug	<i>(BMC Record)</i>				
14:11.4	* Ian Hudspith	1	Jarrow	15-Jul	8:41.76	Christian Stephenson	1	Wythenshawe	03-Jun
14:11.5	* Mark Hudspith	2	Jarrow	15-Jul	<i>(Inaugural BMC Record)</i>				
14:11.8	* Kiely Lonagan IRE	10	Watford	05-Aug	8:43.36	Craig Wheeler	2	Wythenshawe	03-Jun
14:12.7	Andrew Colvin	11	Watford	05-Aug	<i>(Inaugural BMC Members' Record)</i>				
14:12.83	Matthew O'Dowd	12	Loughborough	17-May	8:43.6	* Casper Vroeman HOL	2	Watford	05-Aug
	(30)				8:49.6	Spencer Duval	3	Watford	05-Aug
14:14.5	Adrian Marriot	12	Watford	05-Aug	8:52.7	Andy Coleman	4	Watford	05-Aug
	14:19.2	10	Battersea Park	14-Jun	8:55.6	* John Brown	5	Watford	05-Aug
	14:26.26	7	Solihull	05-Sep	8:56.3	* Kevin Nash	6	Watford	05-Aug
14:15.6	John Burke IRE	13	Watford	05-Aug	8:56.92	Stuart Stokes	3	Wythenshawe	03-Jun
14:17.2	Samuel Haughian U20	1	Southampton	11-Jul	8:57.03	Martin Yelling	4	Wythenshawe	03-Jun
14:18.00	* Martin Palmer	5	Solihull	05-Sep	<i>(10)</i>				
	14:38.5	3	Exeter	16-Jun	8:57.4	Colin Palmer	7	Watford	05-Aug
14:18.2	* Dale Laughlin	9	Battersea Park	14-Jun	9:08.92	* Andrew Morgan-Lee	5	Wythenshawe	03-Jun
14:19.68	Allen Graffin	13	Loughborough	17-May	9:10.21	* Matthew Plano	6	Wythenshawe	03-Jun
	14:24.04	6	Solihull	05-Sep	<i>13 'membership' performances to 9:15.0 by 13 athletes</i>				
14:20.1	* David Hibbert U20	14	Watford	05-Aug					
14:20.2	* Kieran Loughlin IRE	15	Watford	05-Aug					
14:20.4	* David Miles	11	Battersea Park	14-Jun					
14:20.82	* Hagai Chepkwoni	14	Loughborough	17-May	2:01.93	Diane Modahl	1rA	Solihull	05-Sep
	(40)				<i>(BMC Members' Record)</i>				
14:21.1	* Malcolm Price	3	Jarrow	15-Jul	2:02.6	* Jackline Maranga KEN	1	Battersea Park	14-Jun
14:21.7	Bradford Glenton	2	Southampton	11-Jul	2:04.3	* Gladys Wamuyu KEN	2	Battersea Park	14-Jun
14:23.0	* Martin Hula	16	Watford	05-Aug	2:04.6	Angela Davies	1rA	Watford	05-Aug
	14:23.75	15	Loughborough	17-May	2:05.30		3rA	Cardiff	15-Jul
	14:28.01	8	Solihull	05-Sep	2:07.41		4rA	Solihull	05-Sep
14:26.7	* Simon Wilkinson	17	Watford	05-Aug	2:04.61	Lynn Gibson	1rA	Swindon	24-Jun
14:26.8	* Svein Risa NOR	1	Exeter	16-Jun	2:04.9		2rA	Watford	05-Aug
	14:30.1	2	Cwmbran	10-Jun	2:05.1		3	Battersea Park	14-Jun
14:26.8	* Robert Quinn	1	Crownpoint	17-Jun	2:06.10		4rA	Cardiff	15-Jul
14:27.3	* David Eadie AUS	3	Southampton	11-Jul	2:04.75	Rachel Newscombe	1rA	Cardiff	15-Jul
14:27.7	* Daniel Leggate	18	Watford	05-Aug	2:07.6		2rA	Stretford	18-Aug
	14:39.24	17	Loughborough	17-May	2:08.5		3	Stretford	19-May
14:29.1	Andres Jones	1	Cwmbran	10-Jun	2:08.74		4rA	Wythenshawe	03-Jun
14:31.5	* Panaios Ballantyne St.V	12	Battersea Park	14-Jun	2:04.81	Victoria Sterne	2rA	Cardiff	15-Jul
	(50)				2:06.38		3rA	Swindon	24-Jun
14:33.0	* Andrew Morgan-Lee	1	Stretford	18-Aug	2:07.9		7rA	Watford	05-Aug
14:33.3	* Darren Hiscock	3	Cwmbran	10-Jun	2:05.2	Joanne Mersh-Fenn	3rA	Watford	05-Aug
14:33.3	* Gary Nagel	4	Jarrow	15-Jul	2:06.12		2rA	Swindon	24-Jun
14:33.9	Jerome Brooks	13	Battersea Park	14-Jun	2:05.33	Bev Blakeman	2rA	Solihull	05-Sep
14:33.9	Ian Mitchell	2	Stretford	18-Aug	2:06.5		1	Jarrow	22-Aug
14:34.45	Nigel Stirk	16	Loughborough	17-May	2:07.7		6rA	Watford	05-Aug
	14:34.5	1	Birmingham	07-Jul	2:08.53		2rA	Wythenshawe	03-Jun
14:34.6	* Lee Hurst	3	Stretford	18-Aug	2:06.8	Alice Beecroft	4rA	Watford	05-Aug
14:35.5	* Matthew Vaux-Harvey	17	Watford	05-Aug	2:09.26		7rA	Solihull	05-Sep
	14:40.2	2	Birmingham	07-Jul	2:10.1		3	Stretford	14-Jul
14:35.7	* Julian Emery	2	Exeter	16-Jun	2:10.26		9rA	Cardiff	15-Jul
14:35.9	* Steve Platts	20	Watford	05-Aug	2:10.6		5	Stretford	19-May
	14:37.2	14	Battersea Park	14-Jun	2:11.51		7rA	Swindon	24-Jun
	(60)				<i>(10)</i>				
14:38.9	* Terry Wall	5	Jarrow	15-Jul	2:06.87	Maria Lynch IRE	3rA	Solihull	05-Sep
14:40.78	* Mike Jobb	10	Solihull	05-Sep	2:07.15		5rA	Cardiff	15-Jul
14:40.9	William Foster	4	Stretford	18-Aug	2:07.2	* Heidi Smith	1rA	Stretford	18-Aug
14:41.74	* John Creane	11	Solihull	05-Sep	2:07.3	Maura Prendeville IRE	5rA	Watford	05-Aug
14:41.8	Charles Woodd	4	Cwmbran	10-Jun	2:08.44		8rA	Cardiff	15-Jul
14:42.40	Rob Holladay	18	Loughborough	17-May	2:11.9		1	Londonderry	04-Jul



1998 BMC Rankings

Performances set in BMC races - compiled by Matthew Fraser Moot

2:07.56	Rachel Buller	5rA	Solihull	05-Sep	2:12.7	Sarah Bouchard	3rB	Stretford	18 Aug
2:09.7		1rB	Watford	05-Aug	2:13.3mx		7rF	Stretford	01-Sep
2:07.78	Claire Raven	4rA	Swindon	24-Jun	2:15.5mx		2rF	Stretford	04-Aug
2:08.36		1rA	Wythenshawe	03-Jun	2:12.8	Lucy Doughty-Field	7	Battersea Park	14-Jun
2:07.9	Rachel Jordan-Smith	4	Battersea Park	14-Jun	2:12.86	Sarah Simmons	9rA	Swindon	24-Jun
2:08.2	Faith Aston	1	Stretford	19-May	2:12.8mx	* Laura McCabe U20	6rG	Stretford	23-Jun
2:08.41		5rA	Swindon	24 Jun	2:13.2mx		8rD	Stretford	18-Aug
2:09.3		1	Stretford	14-Jul	2:13.8mx		3rE	Stretford	28 Apr
2:09.6mx		5rE	Stretford	01-Sep	2:14.6		8rB	Wythenshawe	03-Jun
2:11.21		8rA	Solihull	05-Sep	2:12.9	Jacqueline Kind	7	Stretford	14-Jul
2:14.23		9rA	Wythenshawe	03 Jun	2:13.8mx		1rF	Stretford	28-Apr
2:14.5		6rA	Stretford	18-Aug	2:14.2mx		9rF	Stretford	01-Sep
2:08.2	Alexandra Carter U20	3rA	Stretford	18-Aug	2:18.8mx		4rF	Stretford	04-Aug
2:08.30		6rA	Solihull	05-Sep	2:12.9mx	* Carolyn Smith	2rF	Stretford	19-May
2:08.30	Helen Pattinson	6rA	Cardiff	15 Jul	2:13.2	Sarah Mead U20	1rA	Millfield	04-May
2:08.4	Kerry Smithson	2	Stretford	19-May	2:15.0		7rA	Stretford	18-Aug
(20)					2:13.4	* Stephanie Llewellyn	3	Watford	01-Jul
2:08.4mx	Pauline Quinn-Thom	1mx	Belfast	26-Aug	2:13.8	Emily Hathaway U20	5rB	Wythenshawe	03-Jun
2:08.44	Julie Mitchell	7rA	Cardiff	15-Jul	2:15.8		5rA	Millfield	04-May
2:10.4		2	Watford	01-Jul	(50)				
2:14.2		9rA	Watford	05-Aug	2:13.90	Kathryn Bright	3rB	Cardiff	15-Jul
2:08.6	Amanda Parkinson	4rA	Stretford	18 Aug	2:14.0	Claire Wilson	3rB	Watford	05-Aug
2:09.4		2	Stretford	14-Jul	2:17.50		6rB	Solihull	05 Sep
2:08.71	Susan Scott	3rA	Wythenshawe	03-Jun	2:14.19	Carmilla Waite U20	2rB	Swindon	24-Jun
2:08.9	Sharon King	1	Watford	01-Jul	2:19.0		6rB	Watford	05-Aug
2:09.3		8rA	Watford	05-Aug	2:14.24	Georgina Parnell U17	3rB	Swindon	24-Jun
2:09.80		5rA	Wythenshawe	03-Jun	2:14.3	Joanna Ross U20	6rB	Wythenshawe	03-Jun
2:09.4	Paula Fryer	1rB	Stretford	18-Aug	2:14.4	Suzanne Hasler U17	3rA	Millfield	04-May
2:10.1mx		7rE	Stretford	04-Aug	2:14.6		7rB	Wythenshawe	03 Jun
2:10.7		5	Stretford	14-Jul	2:14.7	Helen Bebbington U20	4rA	Millfield	04-May
2:11.4		6	Stretford	19-May	2:14.7	Philippa McCrea	2	Jarrow	22-Aug
2:11.5mx		8rE	Stretford	01-Sep	2:14.80	Barbara Dix U20	1rC	Wythenshawe	03-Jun
2:13.4mx		8rF	Stretford	23-Jun	2:14.87	Kate Doherty U20	4rB	Solihull	05-Sep
2:09.61	Emma Brady	1rB	Cardiff	15-Jul	2:15.21		4rB	Swindon	24-Jun
2:09.7		5rA	Stretford	18-Aug	(60)				
2:09.9		1	Jarrow	27-Jun	2:15.0	Charlotte Goff	8	Battersea Park	14 Jun
2:10.3		4	Stretford	19-May	2:15.3	Karen Johns U20	3	Jarrow	22-Aug
2:11.1		1rB	Wythenshawe	03-Jun	2:15.46	Moudupe Cole W35	5rB	Swindon	24-Jun
2:11.55		9rA	Solihull	05-Sep	2:15.6	* J Porter U17	1rB	Millfield	04-May
2:09.6mx	Kelly Brownhill U20	6rE	Stretford	01-Sep	2:15.63	Ruth Hornby	4rB	Cardiff	15-Jul
2:12.5		2rB	Stretford	18-Aug	2:15.7	Esther Evans	5rB	Watford	05-Aug
2:13.5		3rB	Wythenshawe	03-Jun	2:15.70	* Kate Brennan U17	2rC	Wythenshawe	03-Jun
2:13.5mx		10rD	Stretford	28-Apr	2:15.9	* P Sandrine SW1	8	Stretford	14-Jul
2:10.11	Rachael Ogden U20	6rA	Wythenshawe	03 Jun	2:16.05	Nicola Wastenev	5rB	Solihull	05 Sep
2:10.5	* Naomi Mugo KEN	5	Battersea Park	14 Jun	2:17.3		6rB	Stretford	18-Aug
(30)					2:16.2	Francesca Green U20	6rA	Millfield	04-May
2:10.5	Karen McPherson	4	Stretford	14-Jul	2:16.3	Carley Wilson U17	5rB	Stretford	18-Aug
2:10.67		7rA	Wythenshawe	03-Jun	2:16.32	* Louise Whittaker U17	3rC	Wythenshawe	03-Jun
2:11.7		7	Stretford	19-May	2:16.3mx	* L Proctor	3rF	Stretford	19-May
2:10.5mx	Catherine Riley U17	5rD	Stretford	28-Apr	2:16.6	* Fay Pullerton U15	1	Sutton	19-Sep
2:11.9		2rB	Wythenshawe	03 Jun	2:16.7	* Dawn Hargan	2	Londonderry	04-Jul
2:13.2mx		10rE	Stretford	01 Sep	2:17.0	Alexandra Ercolani	9rB	Wythenshawe	03 Jun
2:14.0mx		7rG	Stretford	23-Jun	2:17.78	Tracy Caine	4rC	Wythenshawe	03-Jun
2:10.6	Sally Evans	2rB	Watford	05-Aug	2:17.8	* Ruth Hoddy	2	Jarrow	27-Jun
2:11.25		1rB	Solihull	05-Sep	2:18.0	Jemma Simpson U15	2rB	Millfield	04-May
2:12.73		1rB	Swindon	24-Jun	2:18.2	Susannah Rutherford U20	3	Jarrow	27-Jun
2:11.1mx	Claire Entwistle	9rE	Stretford	04-Aug	2:18.3	Jilly Ingman	7rB	Stretford	18-Aug
2:12.6mx		9rE	Stretford	01-Sep	2:18.5	Rebecca Lovett	4	Watford	01-Jul
2:13.12		3rB	Solihull	05-Sep	2:18.80	* Jennifer Connolly U17	6rB	Swindon	24 Jun
2:14.5		4rB	Stretford	18 Aug	2:19.1		3rB	Millfield	04 May
2:11.21	* Lynn Gallagher	2rB	Cardiff	15 Jul	2:18.9	Katy Smith U20	5	Watford	01-Jul
2:14.2		4rB	Watford	05-Aug	2:19.0	Emma Grant U20	7rB	Watford	05-Aug
2:11.33	Candy Perkins	6rA	Swindon	24-Jun	2:19.15	Catherine Dugdale	7rB	Swindon	24-Jun
2:13.6		4rB	Wythenshawe	03-Jun	2:19.36	Victoria Rolfe U20	5rB	Cardiff	15-Jul
2:11.59	* Kelly McNeice	8rA	Wythenshawe	03-Jun	2:19.5	Karlene Tromans U20	7rA	Millfield	04-May
2:11.65	Simone Hardy	8rA	Swindon	24-Jun	2:19.7	* Clare Stockdale U17	4rB	Millfield	04-May
2:14.2		2rA	Millfield	04-May	2:19.9	* Bela Siwera	2	Sutton	19-Sep
2:12.4	Maria Carville	6	Battersea Park	14-Jun					
2:12.54	Sarah Knights	2rB	Solihull	05-Sep					
(40)									
2:12.6	Vicki Andrews	6	Stretford	14-Jul					

8 elite performances to 2:05.0 by 7 athletes
84 gold performances to 2:12.0 by 38 athletes
168 membership performances to 2:20.0 by 90 athletes



1998 BMC Rankings

Performances set in BMC races - compiled by Matthew Fraser Moot

Additional Age Group

2:20.07	* Stacey Kirby U15	5rC	Wythenshawe	03-Jun	4:23.40	Michelle Wannell	7rA	Swindon	24-Jun
2:20.1	Ava Hutchison U17	5rB	Millfield	04-May	4:23.5	Caroline Pimblett	9rA	Wythenshawe	03-Jun
2:20.4	Kate Reed U17	8rA	Millfield	04-May	4:23.7		2	Stretford	23-Jun
2:20.6	* K Saunders U15	1rC	Millfield	04-May	4:25.4mx		5	Stretford	01-Sep
2:20.7	* Claire Harrod U20	4	Jarrow	27-Jun	4:28.90		9rC	Stretford	18-Aug
2:20.8	* I. Jones U15	2rC	Millfield	04-May	4:23.7	* Lucy Wright	11rA	Solihull	05-Sep
2:21.84	Emma Jayne Dumbleton U20	8rB	Swindon	24-Jun	4:24.08	* Tara Krzywicki	2	Stretford	04-Aug
2:22.2	Emma O'Dowd U20	3rC	Millfield	04-May	4:24.2	Maria Carville	7rA	Solihull	05-Sep
2:22.3	* J Essex U17	6rB	Millfield	04-May	4:26.50		10rA	Watford	05-Aug
2:22.5	Rebecca Heathcote U17	9rA	Millfield	04-May	4:27.73		8rA	Swindon	24-Jun
2:24.1	* N Fifield U17	7rB	Millfield	04-May	4:29.79		11rA	Wythenshawe	03-Jun

Women's 1,500m

4:14.84x	Lynn Gibson	1rA	Solihull	05-Sep	4:25.3	Alexandra Carter U20	4	Stretford	23-Jun
4:18.17		2rA	Wythenshawe	03-Jun	4:26.3		6	Stretford	01-Sep
4:15.0	Helen Pattinson	1	Stretford	01-Sep	4:26.81		8rA	Wythenshawe	03-Jun
4:17.05x		2rA	Solihull	05-Sep	4:36.4mx		6rC	Stretford	28-Apr
4:17.51		1rA	Swindon	24-Jun	4:25.52	Lucy Doughty-Field	4rA	Wythenshawe	03-Jun
4:17.85		1rA	Wythenshawe	03-Jun	4:28.2		11rA	Watford	05-Aug
4:17.6	Kerry Smithson	2	Stretford	01-Sep	4:31.40		9rA	Cardiff	15-Jul
4:18.2		1rA	Watford	05-Aug	4:38.6		4	Solihull	29-Jul
4:21.54		2rA	Cardiff	15-Jul	4:25.6	Karen McPherson	5	Stretford	23-Jun
4:21.59		4rA	Swindon	24-Jun	4:25.65	Dianne Henaghan	5rA	Wythenshawe	03-Jun
4:21.81x		5rA	Solihull	05-Sep	4:26.1	Jilly Ingman	6	Stretford	23-Jun
4:25.86		6rA	Wythenshawe	03-Jun	4:26.6		7	Stretford	01-Sep
4:19.0mx	Joanne Collieran	9rB	Stretford	18-Aug	4:27.68	Victoria Sterne	10rA	Wythenshawe	03-Jun
4:19.4		3	Stretford	01-Sep	4:31.5		2	Solihull	29-Jul
4:19.59x		3rA	Solihull	05-Sep	4:27.81	* Jane Groves	12rA	Wythenshawe	03-Jun
4:21.8mx		11rB	Stretford	14-Jul	4:28.96	Valerie Bothams	13rA	Wythenshawe	03-Jun
4:19.9	* Selina Koskei KEN	2rA	Watford	05-Aug	4:30.90		10rA	Swindon	24-Jun
4:19.96x	Amanda Parkinson	4rA	Solihull	05-Sep	4:29.5mx	Michelle Faherty	12rB	Stretford	14-Jul
4:20.1		1	Stretford	23-Jun	4:30.10	Penny Thackray	9rA	Swindon	24-Jun
4:20.5		4	Stretford	01-Sep	4:32.6		13rA	Watford	05-Aug
4:20.3	Shirley Griffiths	3rA	Watford	05-Aug	4:31.53	* Hayley Yelling	1rB	Swindon	24-Jun
4:20.62		2rA	Swindon	24-Jun	4:32.13	Amber Gascoigne U20	2rB	Swindon	24-Jun
4:21.74		3rA	Cardiff	15-Jul	4:32.7	* L Proctor	8	Stretford	01-Sep
4:24.17		3rA	Wythenshawe	03-Jun	4:33.8		4	Stretford	04-Aug
4:20.5	Maria Lynch IRE	4rA	Watford	05-Aug	4:34.8mx		3rC	Stretford	14-Jul
4:22.52		6rA	Swindon	24-Jun	4:33.3	* Kelly Caffel U20	3	Solihull	29-Jul
4:26.00		7rA	Wythenshawe	03-Jun	4:33.41	* Amy Stiles	2rB	Solihull	05-Sep
4:20.5	Sharon York-Morris	5rA	Watford	05-Aug	4:33.5	Vicki Andrews	3	Stretford	04-Aug
4:23.2		2	Watford	09-Sep	4:33.6	* Andrea Kershaw	9	Stretford	01-Sep
4:20.61	Jillian Jones	1rA	Cardiff	15-Jul	4:33.68	Wendy Farrow	15rA	Wythenshawe	03-Jun
4:20.7	* Sarah Young	1	Stretford	04-Aug	4:34.1	Rachael Ogden U20	8	Stretford	23-Jun
4:25.1		3	Stretford	23-Jun	4:34.4	Emma Brady	10	Stretford	01-Sep
4:20.9	Susan Parker-Lamb	6rA	Watford	05-Aug	4:35.06	Claudia Minguez	3rB	Solihull	05-Sep
4:24.81		9rA	Solihull	05-Sep	4:40.5		15rA	Watford	05-Aug
4:25.9		1	Solihull	29-Jul	4:41.64		6rB	Swindon	24-Jun
4:31.8		7	Stretford	23-Jun	4:42.36		5rB	Cardiff	15-Jul
4:21.00	Elaine Fitzgerald IRE	3rA	Swindon	24-Jun	4:35.2	Candy Perkins	1rB	Watford	05-Aug
4:23.75		6rA	Cardiff	15-Jul	4:35.2		3	Watford	09-Sep
4:21.6mx	Sonya Bowyer	10rB	Stretford	14-Jul	4:35.4	* Kerrie Nott	4	Watford	09-Sep
4:21.7	Sarah Bull	7rA	Watford	05-Aug	4:44.08		5rB	Solihull	05-Sep
4:21.72		5rA	Swindon	24-Jun	4:35.56	Jessica Woolley U20	1rB	Cardiff	15-Jul
4:24.38		1rB	Solihull	05-Sep	4:38.92		4rB	Swindon	24-Jun
4:21.7	* Neave Beirne IRE	8rA	Watford	05-Aug	4:35.7mx	* Victoria Lawrence	4rC	Stretford	28-Apr
4:21.86	Ellen O'Hare	4rA	Cardiff	15-Jul	4:36.25	Catherine Dugdale	2rB	Cardiff	15-Jul
4:37.4		14rA	Watford	05-Aug	4:37.5		3rB	Watford	05-Aug
4:22.79	Sharon King	5rA	Cardiff	15-Jul	4:42.20		4rB	Solihull	05-Sep
4:26.5mx		10rB	Stretford	18-Aug	4:36.72	Charlotte Goff	3rB	Swindon	24-Jun
4:22.8	Pauline Quinn-Thom	9rA	Watford	05-Aug	4:36.8	* Thomasin Kemp U20	1rA	Millfield	04-May
4:24.79		8rA	Solihull	05-Sep	4:37.4	* Annette Kealy IRE	2rB	Watford	05-Aug
4:33.34		14rA	Wythenshawe	03-Jun	4:38.0	Rebecca Everett U20	4rB	Watford	05-Aug
4:23.0	Jenny Brown	1	Watford	09-Sep	4:38.5	Rebecca Lovett	5rB	Watford	05-Aug
4:23.63		6rA	Solihull	05-Sep	4:38.6mx	* Laura McCabe U20	13rA	Stretford	04-Aug
4:26.31		7rA	Cardiff	15-Jul	4:41.5		10	Stretford	01-Sep
4:31.0		12rA	Watford	05-Aug	4:38.7	Jane Horner	6rB	Watford	05-Aug



1998 BMC Rankings

Performances set in BMC races - compiled by Matthew Fraser Moot

4:39.4	Stacey Penn U20	7rB	Watford	05-Aug					
4:39.6	Lisa Dobriskey U15 (60)	8rB	Watford	05-Aug	4:55.32	Bev Blakeman	1	Hexham	17-May
4:39.7	* Leanne Appleton U20	7rC	Millfield	04-May	5:02.7	Louise Damen U17	1	Colindale	24-Jun
4:39.71	* Ceri Rees	5rB	Swindon	24-Jun	5:09.1	Sadie Yousefian U17	2	Colindale	24-Jun
4:39.78	Helen Bebbington U20	1rB	Wythenshawe	03-Jun	5:09.7	* B Parker U17	3	Colindale	24-Jun
4:40.1	Kate Reed U17	9rB	Watford	05-Aug	<i>4 'membership' performances to 5:15.0 by 4 athletes</i>				
	4:42.43	6rB	Cardiff	15-Jul	<i>Additional Age Group</i>				
	4:45.42	9rB	Swindon	24-Jun	5:16.91	* Lynn Marr W35	2	Hexham	17-May
4:40.4	Charlotte Moore U15	10rB	Watford	05-Aug	5:19.59	* Claire Harrod U20	4	Hexham	17-May
	4:41.6	3rC	Millfield	04-May					
4:40.5	Sarah Singleton	9	Stretford	23-Jun					
4:40.6	Anne Connolly	10	Stretford	23-Jun					
4:41.7	Paula Gowing	11rB	Watford	05-Aug					
	4:44.41	7rB	Cardiff	15-Jul					
4:41.78	Kate Doherty U20	3rB	Cardiff	15-Jul					
4:42.0mx	* S Owen	4rD	Stretford	18-Aug					
	4:42.6	6	Stretford	04-Aug					
	(70)								
4:42.23	Helen Pearson U20	4rB	Cardiff	15-Jul					
	4:42.58	8rB	Swindon	24-Jun					
4:42.34	Hayley Mittelberger	7rB	Swindon	24-Jun					
	4:43.99	2rB	Wythenshawe	03-Jun					
4:42.4	Kelly Brownhill U20	5	Stretford	04-Aug	8:58.2	Joanne Pavey	1	Millfield	04-May
4:42.4	Deborah Howard W40	12rB	Watford	05-Aug	<i>(BMC Record)</i>				
	4:44.41	8rB	Cardiff	15-Jul	9:08.6mx	* Sarah Young	10rA	Stretford	18-Aug
	4:44.56	7rB	Solihull	05-Sep			2	Millfield	04-May
	4:51.59	12rB	Swindon	24-Jun			11rB	Stretford	19-May
	4:54.62	5rB	Wythenshawe	03-Jun			9rB	Stretford	28-Apr
4:42.9	Louise Damen U17	4rC	Millfield	04-May	9:15.25	Liz Talbot	1rA	Swindon	24-Jun
4:42.9	* C Hiscock	5rC	Millfield	04-May	9:16.1mx	* Lucy Wright	14rA	Stretford	18-Aug
4:44.3	Helen Zenner U17	6rC	Millfield	04-May			5	Millfield	04-May
4:44.3	Dianna Jeffrey U17	7rC	Millfield	04-May	9:16.5mx	Heather Heasman	9rB	Stretford	19-May
4:44.44	* Claire Matchett	6rB	Solihull	05-Sep			3rB	Stretford	23-Jun
4:44.7	* Sarah Herbert U17 (80)	8rC	Millfield	04-May	9:16.6	Debbie Gunning	14rB	Stretford	14-Jul
							3	Millfield	04-May
4:44.8	* Zoe Jelbert U15	9rC	Millfield	04-May	9:17.39		2rA	Swindon	24-Jun
4:45.0mx	* Louise Kelly U20	1rC	Stretford	23-Jun	9:18.6mx	Caroline Pimblett	6rB	Stretford	14-Jul
	4:45.7mx	1rC	Stretford	19-May			16rB	Stretford	19-May
					9:19.4mx	Jilly Ingman	9rB	Stretford	14-Jul
							2rB	Stretford	02-Jun
					9:21.2mx	Vicki McPherson	15rA	Stretford	18-Aug
					9:21.54	* Tara Krzywicki (10)	1	Loughborough	17-May
							2	Loughborough	17-May
					9:22.87	Helen Pattinson	3	Loughborough	17-May
					9:23.38	Sheila Fairweather	4	Loughborough	17-May
					9:24.60	Lynn Gibson	5	Loughborough	17-May
					9:25.95	Amber Gascoigne U20	6	Loughborough	17-May
							6	Millfield	04-May
					9:26.5mx	Sarah Bentley	16rA	Stretford	18-Aug
							4rB	Stretford	23-Jun
							12	Loughborough	17-May
4:48.6mx	* E Rutland U17	4rC	Stretford	23-Jun	9:27.8	Michelle Wannell	4	Millfield	04-May
	4:56.3mx	10rC	Stretford	14-Jul			2	Cardiff	15-Jul
4:49.3	Victoria Rolfe U20	10rC	Millfield	04-May			7	Loughborough	17-May
	4:50.41	10rB	Swindon	24-Jun	9:29.0mx	Kerry Smithson	17rA	Stretford	18-Aug
4:49.4	* Helen Fifield U17	11rC	Millfield	04-May	9:29.47	* Hayley Nash W35	1	Cardiff	15-Jul
4:49.7mx	Helen Robinson U20	16rA	Stretford	04-Aug	9:30.08	Amy Waterlow	6	Loughborough	17-May
	4:55.2mx	9rC	Stretford	14-Jul	9:31.69	Zahara Hyde W35 (20)	3rA	Swindon	24-Jun
4:49.86	Pat Gallagher W50	9rB	Solihull	05-Sep			7	Millfield	04-May
	4:53.77	11rB	Cardiff	15-Jul	9:31.9	* Amy Stiles	4rA	Swindon	24-Jun
	4:53.9	15rB	Watford	05-Aug			8	Loughborough	17-May
4:50.05	Rosanna Iannone U20	3rB	Wythenshawe	03-Jun	9:33.99	Angela Joiner	8	Millfield	04-May
4:50.55	Rachel Jablonski U17	11rB	Swindon	24-Jun	9:36.1	Jenny Brown	9	Millfield	04-May
	4:56.6	17rB	Watford	05-Aug	9:37.3	Lucy Doughty Field	9	Millfield	04-May
4:51.59	Nicola Knapp U20	13rB	Swindon	24-Jun	9:39.14	Penny Thackray	9	Loughborough	17-May
	4:53.2	12rC	Millfield	04-May			3	Cardiff	15-Jul
4:53.3	* V Leak U15	13rC	Millfield	04-May	9:42.83	* Jo Smith	10	Loughborough	17-May
4:55.38	* Rebecca Lambert U20	12rB	Cardiff	15-Jul	9:47.16	* Kate Ramsey	5rA	Swindon	24-Jun
4:55.4	Gemma Viney U15	16rB	Watford	05-Aug	9:47.21	Caroline Walsh U20	11	Loughborough	17-May
4:55.41	* Sonia Clarke U15	6rB	Wythenshawe	03-Jun	9:49.00	Caroline Thomas	6rA	Swindon	24-Jun
4:56.3	* I. Harris U17	14rC	Millfield	04-May	9:59.7		11	Millfield	04-May
4:57.5	* I. Thomas U15	15rC	Millfield	04-May			20rB	Stretford	14-Jul
4:59.1mx	* Olivia McCullagh U17	10	Antrim	16-Jun	9:49.0mx	Michelle Mann (30)			



A sunday morning training run and things are getting hot. You push the pace. You are suffering like hell. But you wear NIKE's DRI-F.I.T. Tee to make sure the other guys really sweat.

