

BMC News

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The British Milers' Club

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Cover photographs - Front

from top:
Manchester, 21.5.05
NICK McCORMICK on his way to
winning the men's A 3,000m
Helsinki, 11.8.05
JAMES McILROY
Helsinki, 6.8.05
SUSAN SCOTT
By Mark Shearman

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Leaders in the men's 3km steeplechase,
left to right; KEVIN SHEPPARD (61),
LUKE GUNN (59), NICK TALBOT (58),
MARK WARMBY (63) and ADAM
BOWDEN (65).
Bottom: Solihull, 25.6.05
BONIFACE KIROP (Kenya, 495) leads
from MO FARAH (49) and MOSES
KIPROSO (Kenya, 496) in the mens 'A'
5,000m
By Mark Shearman

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Watford, 11.6.05. JO KING (159) wins the women's 'C' 1500m. from LORNA VYSE. photo by Mark Shearman.

From the pen of the Chairman

It may only be Autumn but already the 2006 Summer fixture list is materialising. As I have previously reported UKA dictate to a great extent the dates for our GP Meetings. These are dates that the UKA Development and Endurance personnel consider most suitable for the various age groups to achieve Qualifying Times for their forthcoming Championships and also to offer appropriate levels of competition. Unfortunately our 2006 GP1 appears to clash once again with the traditional AAALoughborough Match. We were promised 12 months ago that this clash would be avoided in 2006 but it may take a Solomonic decision for this to be achieved in the future.

Looking back at the results of the endurance competitions of both our GP1 at Sportcity, Manchester and the Loughborough Match, held on 21/22 May 2005, it is quite obvious that both Meetings suffered due to the clash. In order to extract a positive from the looming 2006 clash we have been in lengthy discussions with both UKA and Loughborough management teams. One solution involves the staging of the BMC GP1 at Loughborough on the Saturday Evening prior to the AAALoughborough Match on the Sunday. This would help to create a 'Festival of Endurance Competition' during this particular weekend. An element of mutually agreed



Dr. Norman Poole, Chairman

trading of the endurance events between the 2 Meetings should ensure a higher standard of competition is achieved in the 2006 A races than we had in 2005.

The conclusion of our discussions with UKA and Loughborough will be reported in the 2006 Spring issue of the BMC News.

Although our 2005 GP1 at Sportcity was affected by the clash with the AAALoughborough Match we still witnessed a number of highlights on the Manchester track. In particular the high standard of the Womens 800m, won in 2:02.52 by Jemma Simpson, continued to be repeated throughout the Summer by a very strong group of developing athletes. A sub 2mins 800m surely beckons for the athlete(s) in this group who develop their training in the appropriate progressive manner in the coming months and years. Other athletes who achieved this sort of breakthrough in 2005 were Nick McCormick and Andy Baddeley. They both made major improvements in their 800m pb's in our 2005 GP's, Nick running 1:48.25 when he won at Watford and Andy achieving 1:47.09 in winning at Crystal Palace. The confident and strong manner in which they finished their respective races reflects the way they have continued to race and improve over 1500m. I am eagerly looking forward to their competitions at the Melbourne Commonwealth Games in March 2006.

The performance of our endurance athletes came in for some criticism at the Helsinki World Chamionships. The standards of UK endurance coaching was similarly castigated by a number of the media commentators. It has also been pointed out to me recently that in the UK we have approximately 10 coaches, who have taken athletes from being youngsters or relative novices through to major Games (endurance) Finals, and

who are still continuing to practice their craft. A number of their athletes have also gained medals in these major Championships. The coaches I am referring to have a lot in common. Most of them were former athletes, they have been coaching for 25+ years during which time they have been involved continuously with their training group on 3-4 days/week and they regularly watch their athletes in competitions. Unfortunately another thing they have in common is that very few of them are currently involved with athletes close to the top of the junior or senior rankings. A number of these coaches that I have spoken to have also said that they rarely receive requests from such athletes or their coaches for advice or an actual coaching involvement.

We can all draw a number of thoughts from this information but the overriding issue is that these highly experienced individuals are probably the greatest under utilised resource in the endurance branch of our sport. The reasons for this are many and one is simply that we do not publicise the achievements of these coaches sufficiently. Many athletes do not know their names. I will be discussing with my BMC colleagues how we can best remedy this situation in the future.

Two UK coaches who have skillfully guided young athletes through their careers to major Games medals as seniors are Lindsay Dunn and Dave Arnold. Both of them gave highly informed presentations of their thoughts and ideas at the recent BMC/UKA National Endurance Symposium. I am sure that you will find the details of these lectures, inside this edition of the BMC News, very positive and stimulating. Whether you are coaching or training during the coming months I hope that the fruits of your labours are of a similar nature.

Subscriptions

Subs are due on 1st Jan. For those not paying this issue of BMC News will be the last

The four-minute mile is bought within sight

by Bob Phillips

Having brought the World record for the mile down to 4:04.6 in his native Sweden, Gunder Hägg took the game to the only credible international opposition left open to him during wartime by agreeing to visit the USA in the summer of 1943. He bravely subjected himself to a 25-day transatlantic crossing in a tanker vessel which provided him with no more than a passageway in which to maintain the fitness he had built up with his habitual winter on skis and foot through his native forestlands. The three leading indoor milers in the US during the previous winter had been Gil Dodds at 4:08.5 and two new young hopefuls, Earl Mitchell (4:08.6) and Frank Dixon (4:09.6). The latter had the distinction of being the first Afro-American miler of note.

The ship which took Hägg to the US stopped off at the Port of London en route, and there was the opportunity for its illustrious passenger to break the monotony with at least one respectable training session. A promising young Polytechnic Harriers miler named Doug Wilson was asked to accompany Hägg on a 20-minute run round Hyde Park, and what a curious sight the pair of them must have presented to early-morning passers-by! There in the midst of a city of barrage balloons, searchlights, anti-aircraft guns and eager-eyed fire-watchers were two of the very few super-fit young men in the length and breadth of Europe earnestly sprinting and striding across the grass. Wilson was to become one of Britain's leading middle-distance runners and ran in the 1948 Olympic 1500 metres. While Hägg continued his voyage, the death was reported of the legendary Walter George, whose best mile time of 4:12_ had still been beaten by only some 55 men in the intervening 57 years.

Presumably in deference to Hägg's arduous voyage, he was not pitched in against Dodds at 1500 metres in the AAU championships in New York on 20 June, and instead he ran the 5000 metres and won in 14:48.5. Even that race was no cakewalk because his chief opponent, and runner-up, was Greg Rice, who had already won the AAU 5000 metres for the previous five years and the indoor three miles for the previous four years. Three months before his race with Hägg he had run an indoor two miles World record of 8:51.0 and he also held the three miles record at 13:51.0 from 1941.

Rice is one of the most remarkable runners of this era, and though his best mile was no faster than 4:13.0 there was a good reason why he never ran faster. Until his loss to Hägg he had won 65 successive races, and the great majority of these had been at two miles, for which he was in constant demand by meet promoters. At only 5ft 5in (1.65m) tall, he was well suited for negotiating the tight turns of indoor tracks, and in addition to his 8:51.0 he had run 16 other times under 9min for two miles since 1940. Had there been a 1944 Olympics, he would surely have challenged the Finns and Swedes at 5000 metres just as his fellow-countryman, Ralph Hill, had done in 1932.

Rice had been coached at Indiana University by Billy Hayes and his national collegiate outdoor record for two miles of 9:02.6 lasted 11 years, but the AAU 5000 metres against Hägg was the last race of his career as he was already serving in the US Merchant Marine. Rice was certainly an amateur in every sense of the word, and the difficulties even for a New York-based runner of continuing a track career after graduation were vividly illustrated by an

article which Rice wrote in 1949 for the AAU's magazine, "The Amateur Athlete":

"Preparation, as I remember, even in mid-season, was full of personal hardship. After a day in the office, at the 5.30 bell I would dash into the blackness of the winter's early darkness to the subway entrance to battle the homeward-bound human stampede for a standing position to Columbia. Upon arrival, trek to my room, change into my track togs, and don an extra heavy sweat suit and an overcoat to keep out the chill of the night air between sections of my workout since the locker rooms were closed to all activities for the day. The library lights reflected enough rays on the track so one could run without fear of stepping off".

Whatever satisfaction Hägg might have derived from that US title was soon tempered by the news from home because in Gothenburg on 1 July, while Hägg was preparing for his next race in Chicago, Arne Andersson broke the mile record by the widest margin since Nurmi in 1923.

A stocky and powerful runner named Arne Ahlsén, scarcely remembered now, deserves great credit for providing an almost perfect pacemaking service: 440 yards in 58.0, 880 yards in 1:59.8, $\frac{3}{4}$ -mile in 3:02.0. Andersson followed respectfully in 58.5, 2:00.0 and 3:03.5 and finished with a 59.1 lap for a sensational time of 4:02.6. Even Rune Gustafsson, with no previous times of great note at 1500 metres or the mile to his credit, was under Hägg's previous record at 4:04.2 in 2nd place and Ahlsén was rewarded for his selflessness with 4:06.6 in 3rd. In one race Hägg had been demoted from fastest in the World to 3rd fastest in Sweden.

Andersson had covered the stretch from the 1500 metres mark to the finish in 15.2sec, which was faster than either he or Hägg had ever previously managed, and the newfound speed could be readily accounted for. Andersson had spent much of the previous winter training with a 400 metres specialist, Pekka Edfeldt, and modifying his bounding stride and arm action. No doubt his other motivation was the enticing thought that “while the cat’s away ...” Hägg – very much a lion on the track – continued his tour of the USA which was to be highlighted by a series of mile races designed to revive the “Mile Of The Century” concept which had come to an end when the last Princeton race was run in 1940 and won by John Munki, of Missouri University, in 4:11.0..

The omens were not particularly favourable when Hägg easily beat Gil Dodds at two miles in Chicago and Los Angeles and then won a mile race in San Francisco on 17 July by fully 25 yards in a modest 4:12.3. Better was to come, though, a week later in the legendary milling town of Cambridge, Massachusetts, where John Paul Jones and Norman Taber had set their records 30 or so years before. Hägg was to face Dodds again – but this was to be a different Dodds running in his own Boston area – together with lesser known milers named Don Burnham, of Dartmouth College, who had won the NCAA title, and Bill Hulse, of New York University, who had placed 2nd to Dodds in the AAU 1500 and then won the 800 the next day. Hulse declined the offer of a 10-yard handicap advantage and started with the others.

Hägg duly won again in 4:05.3, to set a US all-comers’ record, but Dodds was 2nd in 4:06.5 and Hulse ran a totally unexpected 4:07.8 for 3rd place. Hägg had led through lap times of 58.4 and 2:01.9 and had run the third quarter in 60sec flat when Dodds challenged him to give every prospect at the bell of

even Andersson’s record being in danger. As it happened, Hägg eased away quite comfortably on the last turn, but Dodds still beat Glenn Cunningham’s national record and Hulse improved radically from a previous best of 4:15.9!

The three of them met again at the Baldwin-Wallace College track in Berea, Ohio, the next Saturday and after a steadier pace of 59.0, 2:02.0 and 3:03.0 Hägg won in 4:05.4 and Dodds’s US record lasted no more than a week as Hulse ran 4:06.0 for 2nd place with Dodds 3rd only one-tenth behind. The fourth race, at Randall’s Island, in New York on 11 August provided yet another victory for the Swedish visitor in 4:06.9 from Dodds (4:07.2) and Hulse (4:08.2). The following weekend Arne Andersson, who was now teaching in Gothenburg, ran his 15th race of the season at 1500 metres on the city’s Slottsskogsvallen track where he had set his mile record and he was provided with ideal pacemaking from Roland Kristiansson (58.0, 2:00.5). Still slower than Hägg’s schedule at 1200 metres, Andersson finished much faster with a last 300 metres in 44.0 to set a new record of 3:44.9 (rounded up to 3:45.0 for official record purposes). Hägg, still in New York, is supposed to have said when he received an early-morning phone call from a Swedish journalist,

“Which of my records was beaten now?”

Hägg did not return home until late September after a long round of banquets and personal appearances, and in hindsight it seems an odd sort of thing for him to have done in going off to the USA for an entire summer, knowingly leaving the door open to Andersson, but there had been a great deal of political persuasion brought to bear. The original invitation had come personally from Dan Ferris, the omnipotent secretary of the AAU, which controlled all amateur sport in the USA, and the objective was to raise funds for the American war effort. This was achieved to the measure of \$150,000, and no doubt there was an underlying motive for the Swedish Government in enhancing foreign relations at a time when their citizens could have been regarded with some disdain for maintaining their safe, snug and profitable neutrality.

Despite the worthy efforts of Dodds and Hulse it may well be that Hägg was content to win his races by a margin that was no more than necessary in the interests of Transatlantic fraternity. He showed a truer extent of his form with an 8:51.3 two miles in Cincinnati, which was less than four seconds outside his own World record. Andersson, not lacking in stamina



Manchester, 21.5.05. NEIL DOUGAL (103) wins the men's 'A' 800m. from MICHAEL RIMMER (106). photo by Mark Shearman.

despite his new emphasis on sprint work in training, ran 8:57.0 for the same distance in Gothenburg in September.

Gil Dodds beat Glenn Cunningham's official indoor record for the mile with a time of 4:06.4 in Chicago towards the end of the round of meetings on the boards in the opening months of 1944, with Bill Hulse a long way back. Gunder Hägg had changed jobs, leaving the fire service to become a clothing-store salesman in Malmö, and he waited until late June to begin his season. He soon made up for lost time: he promptly beat his own two miles record; in July he broke Arne Andersson's 1500 metres record; in August he improved the two miles record yet again.

Now Hägg ruled the middle-distance events as no other runner had ever done before him. At 1500 metres he was one second faster than his nearest challenger, Andersson. At 2000 metres he was 0.8sec faster than Andersson. At 3000 metres he was 7.8sec faster than the next man, Henry Kälärne. At two miles he was 9.2sec faster, with Andersson again 2nd-ranked. At three miles he was 10sec faster, ahead of the prewar record-holder, Taisto Mäki. At 5000 metres he was 10.6sec faster than Mäki. Only one event was missing from Hägg's glittering portfolio – the mile.

Arne Andersson had known full well that Hägg would step back on to the tracks of Sweden in his finest form. As Norris McWhirter, the renowned athletics journalist and historian, was later to write in a lyrical review of Hägg's career:

"As the track season approached he became more excited, yet more cautious. A track race to him was like a quest to taste some rare and forbidden fruit. He entered the stadium as though inspired by a holiday mood. The

hardness of a track was a delight but to him almost a bromide to the sensitive muscles of his legs". Andersson was ready and waiting for his great rival.

After setting the first of his two-mile records on the quaintly-contoured Hofvallen track at Östersund, measuring 367.29 metres to the lap, Hägg faced Andersson at 1500 metres in Stockholm on 28 June and tried some shock tactics with a second lap in 60sec, but Andersson was not fazed by this and in the end won rather easily, 3:48.8 to 3:50.2. It was Hägg's first defeat in 56 track races since 1941. It was also the first time that he had lost to Andersson in 10 meetings.

Andersson confirmed his form with a startling $\frac{3}{4}$ mile time of 2:56.6 in Stockholm on 5 July which took more than two seconds off the previous World best set by the American, Paul Moore, in 1940. Andersson's lap times were 59.0, 60.2 and 57.4, and it required no great imagination on the part of Gunder Hägg, who ran the 2000 metres at the same meeting, to extrapolate that performance into a mile time inside the record of 4:02.6.

The 1500 metres event at the Slottsskogsvallen track in Gothenburg on the evening of 7 July was intricately planned and intricately documented. Lennart Strand, a clubmate of Hägg's who had won the "B" race at Stockholm in a personal best 3:55.4, was designated as pacemaker, which might have seemed a rash decision when he flew through the first lap in 56.0, but the pace eased to 1:56.0 at 800 metres – still 2.2sec faster than anyone had previously passed that point in a World-record 1500(!) – with Hägg following in 1:56.7. At 1200 metres Hägg went by in 2:58.0 with Andersson's shadow darkening the track within his view and strode powerfully on to win by a full second. The time was 3:43.0 – an improvement of 1.9sec, or at least a dozen metres in

running terms – on Andersson's record from the previous year. Andersson also beat his previous record, with 3:44.0 in 2nd place, and Rune Gustafsson was 3rd in 3:48.2. Strand, his job well done, had dropped out ... but more would be heard from him in the future.

The bevy of timekeepers even registered each separate 100 metres of Hägg's race, as follows:

13.8 - 13.4 - 14.5 - 15.0 - 14.5
14.8 - 14.9 - 15.6 - 15.1 - 15.4
15.6 - 15.4 - 15.2 - 14.8 - 15.0

This set of figures clearly demonstrates the surging nature of the contests between Hägg and Andersson. The pace goes up, down, up, down in several distinct sequences as the two men raced furiously against each other, and the newsreel film of them captures all the intense excitement of the occasion with the wildly excited spectators leaping up from their seats and waving hats and programmes in acclamation.

Hägg was getting stronger and faster as the training load which he had accumulated over more than four years brought its long-term benefit. When he had set his World record of 3:45.8 in 1942 he passed 1200 metres in 2:58.9 and his last 300 metres took 46.9sec. For his 3:43.0 he had passed 1200 metres in only nine-tenths faster but had run the last 300 metres in 45sec. It would be another 10 years before anyone beat his 1500 metres time.

Naturally, Hägg and Andersson were matched at a mile and the meeting took place at the 393-metre Idrottsplats track in Malmö on another balmy evening, 18 July, with a capacity crowd of over 14,000 filling every seat and terrace vantage-point. Rune Gustafsson, Rune Persson and Lennart Strand were the only other starters, having all run in the Gothenburg 1500, but then who

needed vast numbers of competitors in those far-off innocent days long before there was any relentless pressure to chase after Grand Prix points? Given such matinee idols as Hägg and Andersson, plus two or three bit-part players, neither the promoters, nor the public, nor the press wanted for more.

Until halfway the five-man race was a carbon copy of what had gone before: Strand led in 56.8 and 1:56.0; Hägg followed in 56.9 and 1:56.7, with Andersson at his shoulder. Then Hägg slowed to 62.7 for the third lap and reached the bell in 2:59.4, with Andersson still a metre or so behind. Past 1500 metres Hägg continued to lead but only just, and Andersson came by him in the straight. The winning time was 4:01.6. Hägg was 2nd in 4:02.0. Rune Gustafsson, still only 10 metres down with 100 metres to go, lost a lot of ground but even so finished in 4:05.6.

The obvious postmortem would have been concerned with the relatively slow third lap. Why had Hägg not gone faster to shake Andersson off? Surely the winning time would have been much closer to four minutes had he done so? Yet in his 3:43.0 1500 metres Hägg had run that third lap only marginally faster (62.0) and that had been enough to win him the race and the record. The evidence here, as in many other of the Hägg-Andersson duels, is that while the promoters and the crowds wanted, and expected, records on each occasion the two great men stepped on the track, Hägg and Andersson themselves were more concerned with trying to beat each other, and if victory meant sacrificing a record-breaking time, then so be it.

Andersson ran 16 more races at 1500 metres during the rest of the season, and had he been less lavish with his talent he might have broken two more World records. In August he ran 1000 metres in 2:21.9, only four-tenths

slower than Rudolf Harbig in 1941, and 2000 metres in 5:12.6, eight-tenths slower than Hägg in 1942. Hägg beat his own two-mile record in Stockholm on 4 August with a time of 8:42.4 which was made up of two halves of 4:23.0 and 4:19.8 – and must have seemed very easy running to him. He just missed the 2000 record with 5:12.0 in a handicap race in Gävle at the end of July and also ran the 2nd-fastest ever 3000 metres of 8:07.6 in Stockholm on 11 August. Nine days later the two of them met in the 1500 final at the Swedish championships and Andersson won again in what was very definitely a tactical race, 3:49.6 to 3:50.0.

Of the 20 men who had run faster than 3:55.0 for 1500 metres during 1944, 16 were from Sweden. The others were Aleksandr Pugachevskiy, of the USSR, ranked 9th at 3:53.2; László Hires, of Hungary, 14th at 3:54.0; Bill Hulse, the AAU champion, 16th in 3:54.3; and Viljo Heino, the Finn who had set a new World record of 29:35.4 for 10,000 metres but lost to Hägg in three races at 3000 metres, two miles and 5000 metres, 20th at 3:54.9. At one mile the Malmö race had produced the four fastest outdoor times of the year and no one else had done better than 4:12.0. Sydney Wooderson managed no more than three cross-country events and three track races during the year, winning the "Stalin Mile" in the Aid to Russia meeting at Fallowfield, Manchester, in 4:12.8. There was no track activity of any great consequence in Australia or New Zealand for the duration of the war.

Hägg was to run 38 races during 1945 and Andersson 34. It proved to be their undoing because early the following year the two of them were banned for life by the Swedish Federation, together with the long-retired ex-World record-holder, Henry Kälärne. Hägg had at last regained the mile record after it had been three years in Andersson's

possession, and Andersson had been close behind him once more. So who could say what the two of them might have achieved with the incentive of the first postwar Olympic Games to take place in 1948? Hägg was still only 27 and Andersson 28. They had broken the rules regarding expenses payments and they had to pay the price, but they were by no means the only miscreants, and the farce of "amateurism" was allowed to continue for another 40 years or so before the sport finally faced up to reality and went professional. Hägg had returned to the US for his first assay at indoor running at the beginning of 1945, but the whole venture turned out to be a mistake. He suffered flu before he departed on his three-week voyage and won only one of his four one-mile races, with a best time of 4:12.7 in his single outdoor appearance at the Penn Relays in Philadelphia.

Andersson's first 1500 metres of note was a 3:46.8 in Stockholm on 29 June, but he only narrowly won from Rune Persson and Lennart Strand, both 3:47.0, with the latter improving by more than eight seconds at thus at last coming into his own after playing the minor role of pacemaker the previous year. Hägg had recovered from his American ordeal but had still run no faster than 3:51.4 for 1500 metres when he and Andersson came together again for a mile race on 17 July at the same Idrottsplats track in Malmö where Andersson had run his 4:01.6 a year all but a day before. Again there was a sell-out crowd of over 14,000, and Persson, Strand and Åke Pettersson, who was another Malmö AI clubmate of Hägg and Strand, were the only others required on the starting-line.

Predictably, in view of Strand's new-found stature, it was Pettersson who made the pace through a 56.2 first quarter. This was almost as quick a first lap as any in a World-record mile, and maybe a shade too fast because the

time slipped to 1:58.5 at the half-mile. After Pettersson dropped out Hägg went ahead and reached the bell in 2:59.7, which was just three-tenths slower than he had been the previous year. Knowing that Hägg had run no faster than 62.7 in that record-breaking race, there were no cries of delight among the enthralled supporters of their home-town champion that he would magically run sub-four minutes for them. Rather, they feared Andersson's finishing kick.

At 1500 metres Hägg still led by four-tenths in an unprecedented 3:45.4. Along the home straight Andersson drew level, but Hägg responded magnificently and moved away again to win by a clear six metres. Hägg's time was 4:01.3 (officially rounded off to 4:01.4) and Andersson's 4:02.2. Rune Persson was not far behind, 3rd in 4:03.8. Twelve days later the Malmö AI team of Gösta Jacobsson, Sven Stridsberg, Strand and Hägg set a World record of 15:38.6 for the 4 x 1500 metres relay. It was the 16th and last World record of Hägg's career.

Most of his remaining races through to early October were "potboilers", though in August he did run 5:12.2 for 2000 metres in Stockholm and set a British all-comers' record of 9:00.6 for two miles at a packed White City Stadium celebrating peactime in London. His last



Manchester, 21.5.05. JEMMA SIMPSON wins the 'A' 800m. photo by Mark Shearman.

miling appearance was a debacle – and not much better for Andersson – as the Prince-in-waiting, Lennart Strand, won in Stockholm before a record crowd of almost 20,000 on 21 September in 4:04.8, with Andersson a distant 2nd in 4:07.2 and Hägg 4th in 4:12.2.

Andersson had enjoyed rather the better season overall. He ran 3:45.0 in a handicap 1500 metres, plus a 3:46.0 and 3:46.8, and beat Sydney Wooderson when the end of hostilities had at last allowed Britain's one-time mile record-holder to take on his successors. At the same White City meeting at which Hägg had won the two miles Andersson took the mile in 4:08.8 to 4:09.2. In Gothenburg in September the result was the same, but both men ran exactly five seconds faster. For Wooderson (actually timed in 4:04.1) it was the fastest mile of his career and his last serious race at the distance, though he was to become European 5000 metres champion the following year.

Wooderson's time in Gothenburg might have been even quicker but for an unfortunate incident near the finish, which was described in detail by Jack Crump, the senior official of British athletics who from the late 1930s to the 1960s managed to combine his duties for the British Amateur Athletic Board and the Amateur Athletic Association with copious writing about the sport. Autocratic as Crump was, he was always ready to praise those who he felt gave their all for their country, and Wooderson was high in his estimation. Of the Gothenburg race, Crump wrote in his memoirs, published in 1966:

"Andersson made a desperate effort 50 yards from the finish with his arms flailing and his left arm caught Sydney, flung him half round, and almost stopped him in his tracks. It was, I am sure, a pure accident, but I am just as certain that it cost Sydney the race ...

all of the sympathies of the 12,000 crowd were with Wooderson, and there was some booing against Andersson, who was himself quite upset by the incident".

Marcel Hansenne, the French runner who had been so impressed by Wooderson before the war, was also a spectator, having run the 1000 metres earlier in the meeting, and he composed a glorious description of the last lap, with Andersson leading, for his reminiscences in 1953:

"At the sound of the bell the pace, which was already very fast, increased again, and only Wooderson, whose eyelids were lowered behind his glasses which glinted in the sunlight, was able to keep contact. There were 18,000 spectators present on this Sunday afternoon, and the sun was still high in the sky for one of the most marvellous duels of all.

"There are no words to describe the beauty of this mile race as it soared into space, reaching heights which intoxicated us. More and more Andersson, this Colossus, seemed to bend under the weight of fatigue, and Sydney Wooderson closed his eyes further and further with each stride, which was the most obvious sign of his suffering.

"Even so, the Englishman did not let go. Not only did he hang on but again – yes, really! – he attacked the Swede at 200 metres from the finish and – unbelievably! – he passed him after a short struggle. Everyone in the stadium rose to their feet for the last metres of this fantastic duel.

"Andersson could only follow behind Wooderson's furious short strides and at 60 metres from the finish he drew level. Then began an elbow-to-elbow battle. The first to concede, even if it was only 20 centimetres, would be beaten. And it was Wooderson who

gave way. Andersson won after taking enormous risks, and we understood what a champion he was. A fighter, determined, fast during the race and in the sprint at the end. Andersson represented all the qualities of a 1500 metres runner”.

Jack Crump also recalled vividly the deprivations suffered during the war years by Wooderson, who on one occasion he had travelled all night in the corridor of a packed train to fulfil a promise to run in a Scottish War Charities’ meeting in Glasgow. The train arrived several hours’ late and after a hurried meal and snatching a couple of hours’ sleep Wooderson ran the handicap mile in very wet and windy conditions. He then set off back to his army camp at Crookham, in Hampshire.

Wooderson’s last great achievement was to win the National cross-country championship over a 10-mile course in 1948, and he deserves to be considered alongside Steve Ovett and Sebastian Coe as one of the greatest all-round runners in the history of the sport. Wooderson’s 49.3 for 440 yards in a club championship race certainly compares with either Ovett or Coe – both of them national-class 400 metres men – in terms of basic speed. So far as stamina is concerned, Ovett’s half marathon is on a par with Wooderson’s National title. Their best performances were as follows:

Wooderson: 440 yards 49.3; 800 metres 1:48.4, 1500 metres 3:48.4; 1 mile 4:04.1, 2 miles 9:05.0, 3 miles 13:57.0, 5000 metres 14:08.8; 10 miles cross-country 56:52.

Ovett: 400 metres 47.5; 800 metres 1:44.09; 1500 metres 3:30.77; 1 mile 3:48.40; 3000 metres 7:41.3; 2 miles 8:13.51; 5000 metres 13:20.06; Half-marathon 1:05:38.

Coe: 400 metres 46.87; 800 metres

1:41.73; 1500 metres 3:29.77; 1 mile 3:47.33; 3000 metres 7:55.2 indoors; 5000 metres 14:06.2.

Coincidentally, the times for Wooderson’s best 1500 metres and Ovett’s best mile are the same – which, in theory at least, makes Ovett precisely 109.344 metres the faster of the two. Those followers of athletics who are of a nostalgic frame of mind and who like to engage in the conjecture of “dream races” between the champions of different generations would, in all certainty, regard the hypothetical margin as being rather less. Of course, much allowance has to be made for vastly contrasting circumstances when comparing an athlete of the 1930s with those of the 1980s. In terms of track surfaces, footwear, training knowledge, medical and scientific expertise, opportunities for competition and financial incentive, the latter generation was at a huge advantage.

Recollections of Wooderson inevitably centre on the incongruous image of the bespectacled little man in his baggy black shorts and vest, but those who so often saw the transformation when he stepped on the track painted a much fuller picture. Jack Oaten, who for many years before and after the war was a highly-respected athletics correspondent, particularly for the London “Evening News”, first saw Wooderson in action as a 17-year-old in 1932 and graphically summed up his feelings after Wooderson’s retirement:

“That meek exterior concealed an unassailable spirit. Behind the meek Jekyll was a Hyde imbued with unbounded confidence, resolution of purpose and immense courage. He was steadfast and extremely painstaking in everything he did. An air of thunderstruck amazement was on the faces of strangers as they watched a man who looked a helpless innocent pulverise the World. If only Wooderson had been able to have a series of races

with the great Swedes who were his contemporaries at the end of the Second World War, the four-minute mile would have been accomplished by one of them”.

In one particularly fulsome report in “The Times” Wooderson had been endearingly described as *“smaller and more lightly built even than Lovelock, not so obviously the complete miler, but indisputably a pure blend of whipcord, nimble stride, pluck and stamina ... the kind of little fellow who would worry Springheel Jack himself out of a race”.*

The American coach, J. Kenneth Doherty, was effusive in his tribute to Hägg when he reviewed his career at length in 1953. “It is important to note the almost perfect pace of Hägg during the last three-quarters of the race”, Doherty wrote of the 4:01.3 mile. “Andersson was famous for his terrific kick at the finish of his best miles, but on this occasion he was either not at his best or the amazing pace of 2:59.7 for three-quarters was just too much even for his great ability. This is one of the few examples in track history in which a strong pace runner has been able to run away from another, almost equally strong, who has a finishing sprint. One can only speculate on how it might have turned out had these two all-time champions run again”.

Lavish praise was also heaped on Hägg by two other famous American coaches, Payton Jordan and Emerson “Bud” Spencer. In their book, “Champions In The Making”, published in 1968, they enthused:

“Few runners ever matched Hägg’s fine body balance in which the basic leg action and arms worked in perfect synchronisation ... the beauty of motion that marked Jesse Owens and Hägg is the same. Up to his day there had never been a miler to compete with Hägg. No one before had his ease and speed, together with perfect



Watford, 11.6.05. NICK McCORMICK (186) wins the men's 'A' 800m. from MICHAEL RIMMER (184) with JOEL KIDGER (185) finishing third. photograph by Mark Shearman.

running style. Unlike Nurmi, who was a fine mechanical runner with little speed, Hägg was fast. He could have been a quarter-miler.

"Effortless and beautiful in stride, he was the antithesis of Cunningham, Greg Rice, Gil Dodds or any of the great American milers of the era who struggled and strained to run a winning race. All of these men were tough competitors, though, and champions in their own right. Hägg had the perfect stride and pace to run three 60-second quarters and then come home on what he had left. At the time he ran his record mile his economy of motion was far better than Roger Bannister's or John Landy's. In physical assets, Hägg was more like Elliott and Snell. His failure to run within five or six seconds of his capabilities must be laid to the psychological barrier of the time."

So, according to this assessment by Jordan and Spencer, Hägg could have run a mile in 3:55 to 3:56!

These are intriguing observations by two authors who knew a lot about speed. At the time of writing Jordan had a share in the World record for the 4 x 110 yards relay which had stood since

1938, and Spencer had set a World 400 metres record of 47.0 in 1928. On the face of it, Hägg did not in any way compare with two of the earlier World record-holders for the mile in terms of basic speed: Hägg had run 1:52.8 for 800 metres, but Cunningham and Wooderson had set World records for the distance of 1:49.7 and 1:48.4 respectively. Even Arne Andersson was much faster than Hägg at 1:50.8.

A mile in under four minutes had, perhaps, been no more than a year or so away for the two Swedish middle-distance virtuosos. Hägg had remained cautious, saying after his 4:01.3 that sub-four "should well be possible". Roberto Quercetani, the renowned Italian track writer and historian who had seen every great miler since Luigi Beccali, later wrote; "It is quite possible that another full season of joint efforts would have brought either or both under the magic four-minute mile".

Gunder Hägg and Arne Andersson were the first "modern" milers; the first middle-distance men to race prolifically and to meet each other frequently; the first to be encouraged to do so by material reward. Between them they transformed "the four-minute mile" from

a pipedream to a practicality. There was no antagonism between them, on or off the track. They dined together after a race. They constantly complimented each other. Andersson had generously said early in 1941 that Hägg was the man of the future. Now the pair of them, in turn, were readily hailing Lennart Strand as their successor.

Hägg and Andersson competed against each other in 23 races over the years. Hägg finished ahead of Andersson on 15 occasions and set eight World records in the process. Andersson set only one World record against Hägg but equalled or beat the previous World record behind him in four of their meetings. Hägg had intended running the 5000 metres, or even the 10,000 metres, at the 1946 European Championships, but instead he became a widely-syndicated sportswriter. In the year 1998, 53 years after their last races, Hägg's best 1500 metres of 3:43.0 and Andersson's best of 3:44.0 would have ranked 3rd and 5th fastest respectively for the year in Sweden!

The difficulties of running against the Swedes were graphically depicted by Marcel Hansenne, who remains one of the finest of all athletics writers – in a

single afternoon racing against the best runners in the World and then taking his place in the press-box to file his reports with the very rare attribute of being able to express lyrically an athlete's innermost feelings. Hansenne set his first French record in 1945, beating Séra Martin's 800 metres time which had stood for 17 years, and he then confidently took on Andersson at 1500 metres in Berne:

"Never had I been so deeply humiliated as in the stadium of the Swiss capital. Even though the Swede had already run 1500 metres in 3:44.0 and I had only done 3:52.6, I thought the contest would be on even terms because old memories inclined us to believe that the famous Andersson, like his predecessors, lacked strength at the finish. I said to myself, 'If you are going to beat me, you will have to drop me before the last lap'.

"After a slow first kilometre (2:45.0) we were still together stride for stride. It was only 300 metres from the finish

that Andersson at last went into action while I sheltered from the wind behind his large frame. Already, I thought how surprised he would be when I went away from him at the start of the home straight.

"With scarcely 100 metres to go, I was about to begin my well-known sprint when I saw him abruptly move away in front of me. The more I quickened, the more Andersson went away. Not being able to understand it, I drew on my last resources. Driving my arms and legs, I made an attempt at a sprint. I gave absolutely everything I had and the result was the following. From eight metres my deficit stretched to a dozen metres. It was as if it was magic".

Of Hägg, Hansenne was positively ecstatic. "He gave the impression of effortless", Hansenne wrote. "Whilst Andersson contorted himself, Hägg's form remained perfect, his arms very low and supple. The only point of comparison between the two of them was that they were the two best 1500

metres runners who had ever lived". Hansenne watched Hägg run a 2000 metres within two seconds of his own World record and concluded: "Gunder Hägg was truly the most extraordinary of all runners. Of all the Gods of the Stadium, he was the greatest and most magnificent".

Bizarrely, for all the packed arenas in which the two great runners appeared, the most eagerly-acclaimed mile of the war years had come about in very different circumstances: Jimmy Wood, a Polytechnic Harriers clubmate of Doug Wilson, had been taken prisoner by the Germans at Crete and had later won an improvised mile race in 4:16.8 before a captive (and captivated) audience of 60,000 fellow inmates! Wood continued with a rewarding club track career, including winning the Surrey mile title and being included in a list of 1500 metres "possibles" for the 1948 Olympics, long after Hägg and Andersson had been forcibly retired.

Hägg v Andersson

1940:

7 August, Gothenburg, 1500 metres – Hägg 2nd 3:48.8, Andersson 3rd 3:51.0. Kälärne 1st 3:48.7.

29 September, Gothenburg, 1500 metres – Hägg 1st 3:52.4, Andersson 2nd 3:52.6.

1941:

11 May, 4000 metres cross-country – Andersson 1st, Hägg 2nd 17.2sec behind.

18 July, Gothenburg, 1500 metres – Hägg 1st 3:50.2, Andersson 2nd 3:50.4.

10 August, Stockholm, 1500 metres – Hägg 1st 3:47.5 (World record), Andersson 2nd 3:48.6.

24 August, Stockholm, 1500 metres – Hägg 1st 3:58.4, Andersson 2nd 3:58.6.

30 August, Gävle, 1 mile – Hägg 1st 4:09.2, Andersson 2nd 4:09.6.

1942:

1 July, Gothenburg, 1 mile – Hägg 1st 4:06.1 (World record), Andersson 2nd 4:06.4.

3 July, Stockholm, 2 miles – Hägg 1st 8:47.8 (World record), Andersson 2nd 8:51.4.

17 July, Stockholm, 1500 metres – Hägg 1st 3:45.8 (World record), Andersson 2nd 3:49.2.

21 July, Malmö, 2000 metres – Hägg 1st 5:16.3 (World record), Andersson 2nd 5:16.8.

29 July, Malmö, 3000 metres – Hägg 1st 8:09.4, Andersson 2nd 8:11.4.

23 August, Östersund, 2000 metres – Hägg 1st 5:11.7 (World record), Andersson 2nd 5:30.6.

27 September, Budapest, 1500 metres – Hägg 1st 3:50.6, Andersson 2nd 3:53.2.

1944:

28 June, Stockholm, 1500 metres – Andersson 1st 3:48.8, Hägg 2nd 3:50.2.

7 July, Gothenburg, 1500 metres – Hägg 1st 3:43.0 (World record), Andersson 2nd 3:44.0.

14 July, Stockholm, 1500 metres – Andersson 1st 3:48.4, Hägg 2nd 3:49.2.
 18 July, Malmö, 1 mile – Andersson 1st 4:01.6 (World record), Hägg 2nd 4:02.0.
 20 August, Stockholm, 1500 metres – Andersson 1st 3:49.6, Hägg 2nd 3:50.0.
 30 August, Stockholm, 2000 metres – Andersson 1st 5:12.6, Hägg 2nd 5:13.2.
 3 September, Malmö, 3000 metres – Andersson 1st 8:20.8, Hägg 2nd 8:22.4.

1945:

17 July, Malmö, 1 mile – Hägg 1st 4:01.3 (World record), Andersson 2nd 4:02.2.
 21 September, Stockholm, 1 mile – Andersson 2nd 4:07.2, Hägg 4th 4:12.2. Strand 1st 4:04.8.

World All-Time Top Ten at 1500 metres – End of 1945

3:43.0	Gunder Hägg (Sweden)	(1)	Gothenburg	7. 7. 1944
3:44.0	Arne Andersson (Sweden)	(2)	Gothenburg	7. 7. 1944
3:46.2+	Rune Persson (Sweden)	(3)	Malmö	17. 7. 1945
3:46.6+	Lennart Strand (Sweden)	(1)	Stockholm	21. 9. 1945
3:47.4+	Rune Gustafsson (Sweden)	(3)	Malmö	18. 7. 1944
3:47.8	Jack Lovelock (NZ)	(1)	Berlin	6. 8. 1936
3:47.8	Arne Ahlsén (Sweden)	(1)	Örebro	26. 7. 1943
3:47.9	Walter Mehl (USA)	(1)	Fresno, California	29. 6. 1940
3:48.0	Glenn Cunningham (USA)	(2)	Fresno, California	29. 6. 1940
3:48.2	Erik Ahldén (Sweden)	(4)	Stockholm	29. 6. 1945

Note: + intermediate time during One mile race.

World All-Time Top Ten at One mile – End of 1945

4:01.3	Gunder Hägg (Sweden)	(1)	Malmö	17. 7. 1945
4:01.6	Arne Andersson (Sweden)	(1)	Malmö	18. 7. 1944
4:03.8	Rune Persson (Sweden)	(3)	Malmö	17. 7. 1945
4:04.1	Sydney Wooderson (GB)	(2)	Gothenburg	9. 9. 1945
4:04.6	Rune Gustafsson (Sweden)	(2)	Gothenburg	1. 7. 1943
4:04.8	Lennart Strand (Sweden)	(1)	Stockholm	21. 9. 1945
4:06.0	Bill Hulse (USA)	(2)	Berea, Ohio	31. 7. 1943
4:06.1	Gil Dodds (USA)	(3)	Berea, Ohio	31. 7. 1943
4:06.6	Arne Ahlsén (Sweden)	(3)	Gothenburg	1. 7. 1943
4:06.7	Glenn Cunningham (USA)	(1)	Princeton, New Jersey	16. 6. 1934

Performance made indoors:

4:04.4	Glenn Cunningham (USA)	(1)	Hanover, New Hampshire	3. 3. 1938
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The only performances to survive from the 1930s in the Top Ten were Lovelock's 1500 metres and Cunningham's indoor and outdoor mile. Sweden now provided seven of the 10 fastest 1500 metres runners and six of the 10 fastest milers. Of the 20 performances listed above, all but four were achieved in races won by Swedish runners, and there seemed no reason to suppose that the Swedes would not continue to dominate the events for some years to come, led by Lennart Strand. According to the Hungarian Scoring Tables, the 1500 metres was slightly the higher quality event as 3:48.2 for 1500 metres was reckoned to be worth 4:06.3 for the mile.

National endurance symposium

Stratford-on Avon, October 23rd

The meeting commenced with a short introduction from BMC Chairman Norman Poole who then went on to introduce Dave Collins, UKA Performance Director. Dave, recently appointed, gave a talk, illustrated with slides before taking questions. Details of his presentation are to be found on the BMC web-site.

From there Bruce Tulloh, European 5k Champion 1962, went through some of the situations facing Kenyan runners, especially poverty, average wages £50 per month. He referred to the thrice daily running eg 06.30--40 mins running, 10.30---main session of the day with an easy run around 18.30 with bed at 21.00. At thirteen a youngster, and there were plenty of them, would run around 20 miles per week. Bruce then introduced Alex Stanton, coach to Paula Radcliffe, who started when taking his own children to the track...founded his own group...boys absent, all playing football... took advice from Harry Wilson. He went through his time with Paula from her early days.

Items of interest included her plan to rest every 8th day, the make up of her work to total 10k in one session eg, 1600, rest,400 rest etc until 10k was completed.

Alex felt that three outside ingredients were needed for the athlete to maximise their potential. A physio, a dietician and a doctor, clearly a significant cost factor. He illustrated this by saying that in France a blood test could be obtained in 24 hours by paying £28 with results next day, in his view critical to performance monitoring. Something rather more expensive elsewhere. He said ice-packs/ice baths plus massage played a vital role in "preparation". Other points were that speed was part of the programme all year long and that Paula's "steady" runs were not for the faint hearted.

The group broke into clinics before lunch, each led by prominent coaches including the afore-mentioned.

After lunch Zara Hyde_Peters, introduced Dave Arnold, long-time coach of Kelly Holmes. Dave took us through his time as her mentor from when she first appeared aged 12 in 1982 up til the time she switched coaches. As a young girl she rarely missed training, commencing with sessions just 12 to 20 minutes long when 12. She raced sparingly. As we know she went into the Army for a period but came back to Dave in 1992 and found success under his tutelage. Her many injuries meant she spent an inordinate amount of time in the pool and in the gym in order to retain elements of fitness, without this her come-backs would have been longer in coming.

He recalled some of her better sessions and one of 6 x 400 in 60.34 (2 mins rest) is one that most male club runners would envy!

Next Alan Storey intrduced Lyndsay Dunn, whose coaching "stable" has included Brendan Foster, Charlie Spedding and currently Nick McCormick. He emphasised that these men needed a personal approach, what worked for one would not work for another. Some did not "mature" until late twenties eg Spedding at 28. However all did solid mileage. Foster 50/60 mpw when a junior,rising to 100mpw for his 5k period, sometimes to 120mpw. Spedding was running a similar mileage(in winter) as a junior but it did not pay off for a long time. Nick McCormick in the 2003 winter ran 70/80 mpw. He experimented with altitude at Boulder in April this year, training at different levels of altitude. And, as mentioned elsewhere, he has improved sensationally.

(Ed. note. It is not possible to re-produce all the data given by these coaches but those attending must have realised they were hearing from those that had "been there"° and have been grateful to have had the chance to hear from them).

Magical 5-minute a day strength routine

- 1) Grab a pair of light dumbbells and get into press-up position-arms straight and directly beneath your shoulders.
- 2) Do a press-up. Then bring your feet underneath you, one at a time slowly.
- 3) Keeping your back flat, stand up. (This is a deadlift)
- 4) From a standing position, curl the weights up to your shoulders.
- 5) Swing your elbows out to your sides so the weights are above your shoulders.
- 6) Lower your body until your thighs are parallel with the floor. Pause, then stand up as you press the weights overhead. Repeat until five minutes has expired. Each week add a little more weight to the dumbbells until maximum is reached. This is the world's fastest full-body work-out!

Running away from the problem

by John Anderson

The gene pool is the same --- the tracks are still the same distance round --- the opposition still has only two legs --- the competitive opportunities are more frequent and more varied --- and in addition to that funding is more available and more plentiful unlike the stars of the 70's and 80's and earlier in the last century. Today's runners have it made.

In the 70's and 80's and even more so in the 50's and 60's "perks" were hard to come by. There was no Lottery Funding and any financial support for runners, if it came at all, came from helpful local butchers or other businessmen who saw runners as representing the kind of people they wished to be associated with or simply out of spirit of Civic responsibility and pride. The very best considered themselves fortunate if one of the shoe companies provided them with free gear.

So what happened? How come with all these benefits and improvements our Middle and Distance running success has diminished almost to the point of disappearing. Curiously, the women have improved though even here one could argue that the improvement has been marginal. Certainly we have heroines such as Paula and Kelly, but we also had great women athletes in the past. Ann Packer's 800m Olympic Gold medal in 1964 in a wet Tokyo on cinders is one shining example. Indeed the roll call of brilliant British middle distance women from the 60's, 70's and 80's includes not only the delightful and successful Lillian Board but many other Olympic finalists too numerous to mention.

Indeed in Mexico in 1968, despite the

altitude, we had two women in the 800m final, namely Sheila Taylor (later Carey) and Pat Cropper. Four years later in Munich in 1972 the 1500m was introduced and Sheila Carey was again was one of two British women in the final. Interestingly, Sheila's PB prior to going to the Olympics was 4mins 16 secs and the official World Record achieved at the previous year's European Championships was 4mins 9.7 secs. Sheila, whom I had the privilege of coaching and undoubtedly one of the toughest and dedicated athletes I have ever met, broke the World Record by almost 5 secs recording 4 mins 4.8 secs, yet didn't get a medal!!

The history of British Women's Middle Distance running is littered with heroines, high achievers, and world-class performers. British women have consistently held their own with the best in the world. Only occasionally has there been a hiatus and that has usually been followed by even greater success --- to the present day!!



Solihull, 25.6.05. NATALIE HARVEY wins the women's 'A' 1500m. photograph by Mark Shearman.

So what happened to the men? I certainly do not have all the answers but I can make a few observations.

The most obvious is the rise and rise of African runners, particularly Ethiopians and Kenyans. Two significant reasons for this would appear to be money and opportunity. The Kenyans recognised that with the advent of professionalism their life style and culture meant that they were well prepared to take advantage of an opportunity to gain unrivalled wealth simply by running. The second concomitant reason was the proliferation of races, like the Grand Prix circuit in Europe and the profitable road running circuit particularly in the USA. Indeed, when marathons and half-marathons became sources of substantial income African runners demonstrated that their dominance of the marathon was as predictable as their track dominance.

It is reasonable to suppose that there will be no diminution of the African flood of fabulous talent unless or until Africa becomes highly industrialised and adopts Western culture, ideas and lifestyle - ----- don't hold your breath!!

So then, is middle and long distance racing a lost cause so far as British male middle distance and long distance running is concerned? I suppose the answer to that depends on whether you are optimistic or pessimistic.

If you are pessimistic stop reading now and take up tiddly winks!! Running and racing is in the blood and is part of the English / British heritage. We have always had great runners and they still exist but they need to be found, nurtured and inspired.

If there is a deficiency in excellence then the problem does not lie with the current and future crop of runners but rather with the system, the management of the system and those of us who describe ourselves as coaches.

If, first of all we look at some of the past heroes, it would be my view that athletes such as Seb Coe, Tom McKean, Steve Ovett, Steve Cram, David Moorcroft, Peter Elliot, if they were in their prime today would give any runners in any part of the World a serious run for their money. None of the above feared any athlete from any other country and saw their task, not only to beat the opposition but to prove that they were the best in the world – and they were!!

Even their performances from their heyday still attract admiration. Seb's 800m world record for example is still all but unattainable. Think of any one of the above and rerun in your mind your favourite performance, be it world record, Olympic gold medal or whatever, and whilst that may be the stuff of dreams, we should be in the business of turning dreams into reality.

My conviction, having coached people like Moorcroft, Bedford, Eddy Wedderburn, John Graham, Pat Scammell, Richy Harris, Yobes Ondieki, Liz McColgan, Sheila Carey, Lynne McDougall, to name but a few, is that the recent generations of youngsters have as much talent, if not more, but are under - achieving.

There are probably as many answers / solutions as there are coaches, but there are some aspects which are worthy of debate and certainly we should be prepared to indulge in debate if we are really interested in raising the flag and reminding the world that we are capable of making an impact on distance running.

There are three main areas that merit scrutiny and in no particular order of priority they are:-

1. Coaching
2. "The System"
3. Identification, Selection and Retention of Athletes.

Coaching

Let's start with the easy bit – any coach worth his or her salt will regard it as mandatory that they should continue to study, read and absorb knowledge and information apposite to a greater understanding of the processes influencing the improvement of performance, throughout their entire coaching life.

Coaches come in all shapes and sizes, with different levels of expertise, ambition and passion. Some direct their enthusiasm and skill towards their club teams, whether it be track, cross-country or road. Others see their role as developing individual athletes to Great Britain level and beyond.

Whatever role the coach takes or whatever the coach wants to achieve in his or her work with athletes, it is a truism that our traditional system is both beneficial and detrimental to the production of world-class athletes. We have built into our thinking and system a complex series of conflicting ideas. Some are created by a mis-placed concept of loyalty, whether athlete / coach or club / athlete centred. Some are created by the artificial and subjective assessment of what constitutes a good, very good or excellent coach. Others are created by the artificial and nonquantifiable coaching qualification. In other words it is not the level of coaching qualification which determines the great coach but rather it is the output over a period of years. This can be the production of excellent teams within the Club or

playing a development role within the club by assisting young athletes to develop into good seniors.

One proposition is that the proliferation of Level 1 and level 2 coaches has meant an enthusiastic group of club based workers who cater well for those very young athletes joining the club for the first time. Whilst the work they do is excellent for the health of Club athletics it may not necessarily help the development of world-class athletes. The real risk is that in their enthusiasm and eagerness to work with youngsters coaches may find within their squad exceptional talents and understandably wish to keep those youngsters within their ambit. This usually means that the coach learns by experimenting with young athletes which may or may not be successful but whatever happens the coach, if he or she makes mistakes can always go back and start again with a new group – in other words a coach has many career opportunities – but the athlete only has one career.

Is there a solution to this problem? In my view it requires a fundamental rethink in coach education and an attempt to change the culture.

UKA have a responsibility to meet the needs of their members and this includes coaches. The system, whilst encouraging club loyalty, should offer a pathway for those coaches who wish to be associated with aspirations to world class. These coaches should then be encouraged on the one hand to continue to service their club but should be brought together frequently to work with those youngsters who also aspire to excellence. This could be done on a regional basis involving the new Hub principle.

There would be a responsibility on these coaches to actively scout and recruit up and coming young talent and

to participate in group sessions both on and off the track, road or country.

Bringing together the best young athletes to work with highly motivated coaches offers the only structured way of putting British runners back at the top (and for that matter British coaches). This would require a fundamental change of heart and attitude from those who would direct endurance in order to ensure that merit ruled and not some other criteria unrelated to the coaches talent.

Lest any one challenge the concept that working with other high achieving, high aspiring coaches will not bring progress, let me remind you that if you wish to fly with eagles you don't swim with the ducks.

Additionally I would remind you that Kenyans and Ethiopians frequently from their earliest days run with other gifted athletes thus is the spirit of competition and racing engendered.

The System

The system can be viewed as two parts. On the one hand the Club System, which is the essence of British athletics and running, and on the other hand UKA charged with enhancing the sport for the benefit of its members and for ensuring that the quality of British Athletics at International level reflects the investment made by the Government. Unfortunately these two objectives are often not compatible.

The tendency of UKA under the previous coaching regime had been to treat coaches in two separate ways. If the coach was part of their system, either paid or unpaid, this led to a number of privileges including invitations to accompany National Teams. This in turn afforded those coaches who travelled with teams and

who were involved with squad sessions etc the opportunity to engage with more athletes. No merit-based criteria was evident in the process by which these coaches came to be appointed.

The coaches who worked with clubs therefore unless they were fortunate in discovering a talented athlete could find no way of progressing beyond the club to National and International level. This inevitably meant that many gifted and highly motivated coaches felt frustrated and overlooked.

Fortunately, there is a new regime and the prospect of a new culture under the new Performance Director, Dave Collins. He has made it clear that he values coaches in a way that has never been seen in the previous administration. Not only has he eschewed the idea that all good coaches come from abroad but he is intent on giving homegrown coaches the opportunity to excel. He visualises a pathway which would enable those coaches who genuinely wish to fly with the eagles to get their wings in full flight.

The process has begun by funding coaches to improve their knowledge and skill and this will undoubtedly assist as the concept is developed.

Whether we like it or not if the aim is to raise British running talent to the top then the most talented athletes must work with the most talented coaches. Clearly if this is to work coaches who have contributed to the athletes success and who wish to be involved in their further progress should become part of the team.

Future success will result from successful teams – groups of athletes; groups of coaches and groups of other technical experts coalescing as one.

Identification, Selection and Retention of Athletes

First find the athlete!! Make sure they have chosen the right parents!! Be patient – it can take years - Dave Moorcroft broke the world 5k record 14 years after I started coaching him. His early ambition was to be selected by Warwickshire for the English Schools – he was unsuccessful!

We need to scour the country to spot the early talent. We need people with a good eye who can look not only at the winners of races but those who are coming 2nd, 3rd, 4th, and 5th and who one day might be the new Moorcroft.

1. To this end we should create a body of talent spotters who would have responsibility for a particular area and who would be expected to scrutinise all the schools in their area and recruit vigorously.
2. These youngsters should be recruited straight into a County Squad and kept together as a unit, meeting regularly and being evaluated by experienced coaches.
3. Each of these athletes should be encouraged to join their local club providing the club is prepared to offer support and cooperation.
4. Membership of these groups should be viewed as a privilege and high standards should be expected.
5. Local club coaches who work with this group should be invited to be part of the team with the athletes from their club who are part of the squad.
6. Talent spotters are critical and need not be coaches. Former athletes and even parents could be recruited to watch the local schools.

7. Clearly good relationships with the local school are fundamental.

It goes without saying that if you keep doing the things you have always done then nothing changes.

I will finish where I started. I have no doubt that here and now in Britain there are "Seb Coes", "Steve Ovetts", "Dave Moorcrofts" et al waiting to be guided towards their destiny. I am even more convinced that we have coaches of world-class who can lead them there. If we are willing to change ---- we can do anything!!!!

Some years ago one of my heroes Professor Tim Noakes arrived in London

from South Africa to give a lecture on physiological aspects of endurance running. Since I regard Tim Noakes as something of a guru I flew down from Edinburgh to London (at my own expense!) to listen and learn at the feet of an expert. To my amazement and regret when I arrived at the venue the only other middle distance coach of significance was Frank Horwill. We remarked on how sad it was that no-one from the establishment had seen fit to attend. Perhaps that should have been a barometer on the health of British distance running.

Book review

The World Junior Athletics Annual 2004/5 is surely the most comprehensive book relating directly to juniors published . This 140 page tome is published by World Junior Athletic News at 40, Berkeley Rd, London, NW9 9DG . It contains the results for the 2004 World's, plus cross-country results 2004/5 and the performances of world juniors at senior championships. Where else would you find world best performers to 50 places? World record progression for juniors, world age bests? There is a feast of information for those who are interested and especially for those who seek to compare UK youngsters with the rest of the athletic fraternity...there are many surprises for those who are comforted with the thought that we have junior riches just waiting to swamp the rest of the world. This book is highly recommended.

Peta Bee

Peta Bee, always a useful source of info writes in the Times. Here is some more data from her:-

Jeanette Crosland, a consultant dietician to the BOA, says that dietary protein is known to be required to enhance the recovery of muscles after intense exercise, it should not be increased too greatly at the expense of all carbohydrate for people playing sport. "A high-carbohydrate snack along with some protein is particularly useful as an immediate pre-workout meal" Crosland says. But the type of carbohydrate consumed can also be influential. In two studies published recently in the International Journal of Sports Nutrition, Dr Emma Stevenson, a researcher at the University of Nottingham School of Biomedical Sciences, looked at how the glycemic index of a pre-workout meal affects performance.

Dr Stevenson gave athletes either a high-GI breakfast of cornflakes and milk, white bread with jam and a sports drink or a low GI meal of meusli and milk, tinned peaches, an apple, a yoghurt and apple juice and asked them to carry out a 60-minute run three hours later. She found that the low-GI, pre-exercise meal was mor ebeneficial in terms of improving performance.

"It promoted fat oxidization, sparing carbohydrate for use later in the run, which led to a significantly better performance". In another experiment elite cyclists were fed either low-GI lentils or high-GI mashed potato. An hour later both groups commenced to cycle and the former were able to keep going 20 minutes longer than the latter. Further research has indicated the benefits are maintained up to three hours later."

World championships 2005

Men's 800

James McIlroy, despite the set-back of the AAA's, continued his excellent form. The first round, six heats, required first three in each plus six fastest "losers" to go forward. Five of the six came from the first two heats. Their opening laps were 51.72 and 52.95. The third heat only offered 57.06, the fourth 54.46, the fifth 53.34 and the last 53.13 and this latter provided the last "fastest loser". Clearly the early runners laid down the standard and the remainder did not respond. Our man secured an impressive second place in the opening heat, displaying something of his new found confidence, with a 1:46.44.

The next round required first two, plus two, from three races. No doubt conscious of this, the opening lap in heat one the bell was reached in 51.18, replicating the spirit shown in the initial round. With the fourth man clocking 1:44.80 at the finish. Ignoring the obvious the second race gave a bell time of 53.42 with overall slower finishing times. The third, and last race, with a recognition of what was needed, dashed to a bell time of 51.94 but this time most of the competitors could not hold the needed pace but the third man came home in 1:44.90 and this was not enough to secure a final spot. James McIlroy ran 1:45.91 for a seasons best in this race.

Men's 1500

Qualification was three heats, first five plus nine "fastest losers". Heat one ran at 57.37, 1:58.56 and 2:55.32. Michael East ran fifth to guarantee going forward with next five behind him all going through. The second heat, 58.87, 2:01.73 and 3:02.47 surrendered all chance of throwing up "fastest losers" but the last heat, 56.94, 1:58.98 and 2:59.95 bit the bullet and provided the remaining four other places available.

Nick McCormick drew the second heat and the 1200 was reached as shown above. At this point all were flying and a last 300 of 39 seconds proved beyond him. So ended a magnificent season for him in which he had improved his PB by six seconds... at the sharp end!!! Both he and his coach, Lindsay Dunn, deserve our warmest congratulations. We can lick our lips in anticipation of what they might achieve next year.

The semi-finals demanded first five plus only two "fastest losers" in order to make the final. The first was far from extravagant being won in 3:40.51 with no less than eight men finishing within one second. In the other heed was taken of this time and bell was reached in 2:52.72, no less than nine seconds faster than the other race. Here an unwell Michael East could only manage 3:40.27 for eleventh. Note only 37 starters from 200(?) countries.

Women's 800

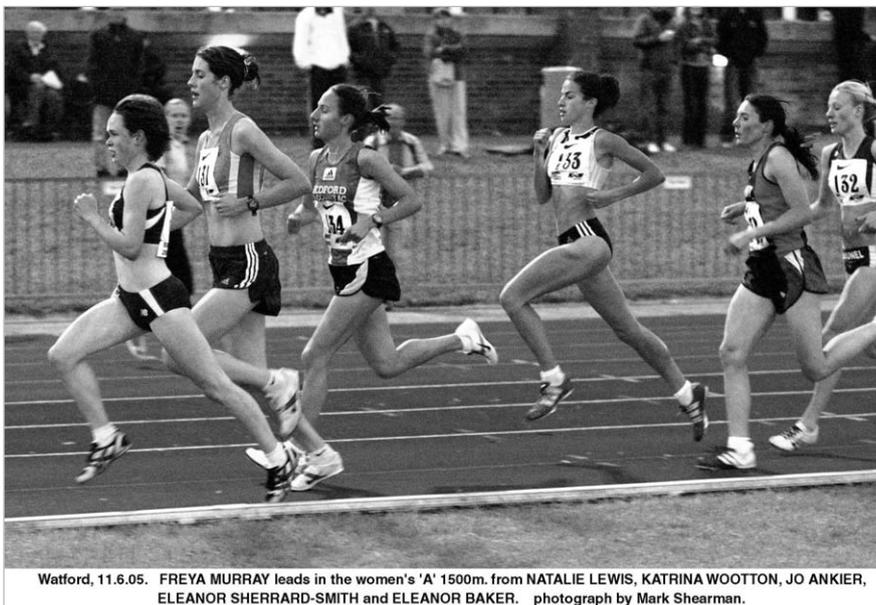
Five heats with first four plus four "fastest losers" to go forward. Susan Scott ran in the second heat, finishing fourth in a time close to her season's best. The fourth heat gave the, thus far, fastest bell time...60.29. The last heat, surprise-surprise, gave the fastest bell time, 59.15 and provided three of the extra places, the fourth coming from the previous heat.

Three semi-finals. First two plus two. Sue Scott drew the first heat and with a significant bell time of 58.82 it provided both the extra places for the final. Our girl, despite running a season's best of 2:01.77, was eighth.

Women's 1500

Two heats (Totalling 28 runners!!!) first five plus two to go forward. Heat one reached 1200 in 3:26.73 with a consequent modest winning time of 4:10.58. Helen Clitheroe ran in heat two and a 1200 time of 3:20.77 enabled her to finish in seventh place and pick up the last "fastest loser" berth in 4:09.13.

Come the final an average 1200 time of 3:19.97 threw up a last 400 of 40.38..... and that's around 53/400 pace!!! Despite running well under 60 second pace for the last 300 Helen was back in tenth but with a season's best of 4:05.19. Note all four Russians made the final.



Watford, 11.6.05. FREYA MURRAY leads in the women's 'A' 1500m. from NATALIE LEWIS, KATRINA WOOTTON, JO ANKIER, ELEANOR SHERRARD-SMITH and ELEANOR BAKER. photograph by Mark Shearman.

Various methods of improving endurance

compiled by Frank Horwill

1. The long steady run

The key word here is what is meant by "steady". One physiologist of note suggested that athletes take their resting pulse before an outing, then deduct it from 200, then, 60% of the result and add it to the resting pulse. This rate should be achieved throughout the run. For example -resting pulse before run=60bpm, deducted from 200=140bpm, 60% of that =84bpm+60bpm=144bpm throughout the run. A problem with this formula is that not all athletes have a max. pulse of 200bpm, some more and some less.

Another method of calculating the effective speed of a steady run is based on the 4-second rule where recognized distances slow by an average of 4-seconds per 400 metres. The average time on one's best 1500 metres per 400 metres is taken to which is added 20-seconds, this is converted to a mile time. For example, given best time of 5mins/1500m, that is 80secs/400m plus 20 seconds
 $=100\text{secs}/400\text{secs}=4 \times 100\text{secs}=6\text{mins}42\text{secs}/\text{mile}$
approx..

2. Running at your actual or estimated 10k speed

10k speed is 90% aerobic, it's also 90% of your VO2 max. One can either run 10k full out once per week or do a repetition session covering more than 10k in distance, for instance, 7x1600 with 100m jog recovery in 45secs. If no 10k time has been recorded, take the average time per 400m in your best 1500m performance and add 12 seconds to it. Given a time of 4mins / 1500m, this is $64 / 400\text{m} + 12 \text{ secs} = 76\text{secs} / 400\text{m} = 5\text{mins.}03\text{secs} / \text{mile} = 31.40 \text{ secs} / 10\text{k}$

3. Running at your actual 5k or estimated speed

5k speed is 80% Aerobic and 95% of the VO2 max. One can either run a measured 5k course full out or do repetitions once per week. To estimate one's 5k speed, simply add 8 seconds to the average 400m time in your best 1500metres. Given a 1500 time of 4mins 30secs, this will be $72\text{secs}/400\text{m} + 8\text{secs}=80\text{secs}=5.20\text{mile}(16:40/5\text{k})$. A good session for this time would be 7x800 in 2:40 with 100m jog in 45 secs.

4. Running at your actual 3k or estimated speed

3k is 60% aerobic and 100% of your VO2 max. To estimate one's 3k speed, add 4secs to one's average 400m time in one's best 1500 metres. Given a time of 3:45 / 1500 this is $60\text{secs} / 400\text{m} + 4 \text{ secs} = 64 \text{ secs} / 400 = 8 \text{ mins} / 3\text{k}$. Two extreme sessions should be alternated, 4 x 1500 in 4 mins with 400 jog recovery (3 mins) and 16 x 400 in 64 with 100m recovery in 45 secs.

A specimen 21 day cycle to boost endurance in 12 weeks

- Day 1** Build up to running for 2 hours at training effect pace.
- Day 2** 35 mins slow recovery run.
- Day 3** Run 10k at maximum effort or 7 x 1600 with 100m jog (45secs) recovery at calculated 10k speed.
- Day 4** 35 mins slow recovery run
- Day 5** Run 5k at max speed or 7 x 800 with 100 jog recovery at calculated 5k speed.
- Day 6** REST
- Day 7** Run 3k at max speed or 4 x 1500 with 400 jog (3mins) at estimated 3k speed
- Day 8** 35 mins recovery run
- Day 9** As for day 1
- Day 10** 35mins run
- Day 11** Run up and down a long hill where ascents total 3k.
- Day 12** REST
- Day 13** Cycle 40 miles at 15mph (Stationary or mobile)
- Day 15** Run for 6 minutes at full effort. Recover fully, then run half the distance done in three minutes with 3 mins rest x6. Do not repeat the 6 minute run again until the recovery reaches 90 seconds.
- Day 16** 35 mins run
- Day 17** Run 600's 18secs slower than one's best. Pulse recovery 120bpm within 90secs.
- Day 18** REST
- Day 19** Circuit training (six exercises minimum).
- Day 20** 16 x 400 at estimated 3k pace with 100m jog.
- Day 21** Start day 1 again.

Just another winter

compiled by Frank Horwill

The famed New Zealand coach, Arthur Lydiard, asserted that many athletes do precisely the same training each year and only improve marginally. One might be a hundred miles a week enthusiast. Did this volume bring spectacular results? If it did, perhaps 150 miles will bring even greater rewards. If it didn't and even a long cessation from running due to injury, one might have to rethink one's winter strategy which will enable one to keep injury free and successful.

The case for voluminous training has been well made out in practice and research. One of the parameters associated with peak fitness is mitochondrial density in the muscle. These sausage-shaped cells, visible only through ultra-powerful microscopes, can be likened to "furnaces" which burn fat and carbohydrates to produce the chemical ATP. All physical activity is launched with the production of this substance. A chicken, which cannot fly, has practically none; a racing-pigeon which can fly at 100mph for 100 miles, is saturated with them.

When the scientist, Holloszy, made some of his rats run 2 hours daily at 50% VO₂ max, about 65% of maximum heart-rate on specially calibrated treadmills for 14 weeks, their mitochondrial numbers increased 100% and their aerobic enzyme cytochrome c improved by 50%. Now, running at 65% MHR is not very fast; given a maximum pulse of 200bpm, this works out at running at 130bpm. What would happen if we ran for the same duration at 60% VO₂max, about 73% of maximum heart-rate? Using the same maximum, the pulse rate would be just over 140bpm, about one and a half minutes per mile slower than marathon pace. The evidence is that African runners and past and present great white runners do their mileage at 75% VO₂max. which is 84% of MHR. That's around 165bpm throughout all outings. A substantial increase in speed over Holloszy's rats and a mammoth increase in mitochondria. The so-called steady run, so beloved by British runners, should not be so steady!! If we get this into our heads, we most probably won't be training the same as last year or previous years.

Prof. Tim Noakes (The author of LORE OF RUNNING), the famed South African physiologist, in his comprehensive study of the African and European runner, declared that the African trains much faster than the European ALL THE TIME. If you are not a pulse-monitor devotee, here is a table of suggested speeds for longer runs based on your 10k time:-

Best 10k time

43:30 (7:00/mile)
41:26 (6:40/mile)
39:22 (6:20/mile)
37:17 (6:00/mile)
34:11 (5:30/mile)
33:09 (5:20/mile)
32:07 (5:10/mile)
31:05 (5:00/mile)
30:42 (4:50/mile)
29:00 (4:40/mile)
27:58 (4:40/mile)

Suggested target for longer runs

7:30 to 7:40/mile
7:10 to 7:20/mile
6:50 to 7:00/mile
6:30 to 6:40/mile
6:00 to 6:10/mile
5:50 to 6:00/mile
5:40 to 5:50/mile
5:30 to 5:40/mile
5:20 to 5:30/mile
5:10 to 5:20/mile
5:00 to 5:10/mile

Now, this may be new territory for many. It's not much good saying at the outset, "I can't do that". Better to say, "I will try". In fact most will be able to hold a target pace for 8 miles and quite a few for 10 miles en route to a 20-miler. A start has been made and with repetition and perseverance all runs will be at the required pace as Australian Ron Clarke, holder of numerous world records from 3k to one hour was to discover. His first excursions after a 4-year lay off were painful, but with time, running 30k at 5-minutes were automatic. He didn't do much else other than that and was well rewarded. I think many UK distance runners would be happy to record his times: 27:39 for 10k, 13:16 for 5k and 8:19 for two miles. We can start with five runs a week of five miles each with one day at ten miles and progress to a mile extra a month to a minimum of five runs at ten miles and one at twenty miles a week. Whether you wish to compete at cross-country or not, your VO₂ max (A measure of fitness) will be hoiked up by 15%. But, if you have cross-country expectations, is there a predominantly aerobic speed which will transform you into a tough competitor? There is. The last British (male) to win two world c-c championship silver medals, Tim Hutchings, he now commentates for Eurosport, trained weekly at the speed which the physiologist Dudley discovered that daily exposure to just ten minutes per day would TRIPLE mitochondria in 12 weeks. The magic speed is 3k pace. If you haven't got a 3k time, add 4 seconds to your average time in your best 1500 metres. Here are some sessions to try for a 9 min/3k runner (72/400):-

Week 1 16 x 400 in 70-72 with 100 jog recovery in 45 secs.

Week 2 8 x 800 in 2:20-2:24 with 200 jog in 90 secs.

Week 3 6 x 1200 in 3:30-3:36 with 300 jog in 2 mins 15 secs.

Week 4 4 x 1500 in 4:40-4:48 with 400 jog in 3 mins.

Week 5 3 x 2k in 5:50-6:00 with 500 jog in 3 mins 45 secs.

Week 6 24 x 200 in 34-36 with 20 seconds stationary rest.

Week 7 8 x 1k in 2:55-3:00 with 100 walk recovery in 2 mins.

Newcomers to this type of training should do half of the listed sessions for the first 7 week block then progress to maximum. An occasional substitute can be to run 2 miles at maximum effort with others. For a change, a fartlek equivalent can be done on suitable surfaces, for instance, in place week 4 as listed, run hard for 5 mins, jog 3 minsx4. Another noted physiologist, Veronique Billat, also backs 3k speed as a winner. She advocates a 6 minute test run at maximum effort (This might be a second a lap faster than 3k speed). On another day run half the distance achieved on the test in three minutes six times with three minutes recovery. When accomplished on time, reduce the recovery time in 15 second blocks down to 90 seconds and then do another test run. Example -6 minute test run = 2k distance covered. Training will be 6x1k in 3 mins with 3 mins rest reducing to 90 secs in due course. Billat suggests that this

session pushes the accumulation of lactic acid in the body; so you can run faster in greater comfort.

If your basic speed let you down in the dash for the tape last season, what are you going to do about it? Harry Wilson (Ovett's coach) had a simple answer : " Distance runners have to sprint at the end of a race when they are tired. They should replicate this in training by doing a small amount of sprinting after a middle-distance session". A good start is to a 20m fast run up and sprint 30mx6. The sprint is initiated by a violent and correct arm action. Poor technique is quickly revealed in this work out which the old Soviet coaches called "Pure speed". Leg strength should be investigated in poor finishers and if found wanting a good strengthener is to hop up a gradient every other day for 25 metres , gradually extending the distance to 50 metres .

Well, are you going to do the same work this winter as last? If it did not work as well as expected , rethink your nest six months training .



Watford, 11.6.05. GAVIN THOMPSON (52) wins the AAA 10km. championship from KEITH CULLEN (38) with ANDI JONES (40) one lap behind.
photograph by Mark Shearman.

Derek Ibbotson's views on today

Mile world record 3:57.2 - 1957

Re our present middle-distance runners, I get very disappointed with their tactics in the heats etc. You know the strength etc of the others in your heat because of TV showing most of the Grand Prix races etc.

You may work out that you have a slight chance to qualify for the next round but why run in 7th or 8th place and finish in 3:48 or so? It is better to be aggressive -take the lead if it is to slow. It is better to be beaten into 6th or 7th but run 3:43 or better.

The problem has been in the sponsorship money making it easier for them-I know that they are now going to change it drastically. Make it so that they get better sponsorship via results during the season in big championships or world ranking places.

When I was in charge of Puma sponsorship money from 1966 to 1992 the retainer was small and the main money was gained by performance on times on the track (or heights/distance in the field).

We could do with getting the top 8 or 10 in particular in track events together so they can train together and push each other in training etc under the guidance of a top coach (obviously their own coaches would have an input with their personal knowledge of the athletes).

In my day there was no money as an incentive but I just wanted to be the best in the world and that drove me the extra mile in training. I would set out my session for the day and if it was going well I would decide to another 10 minutes training

Editor's Note: Derek, in common with a number of contributors has drawn attention to, in his/ their view, the desirability/benefit of group training sessions with like class runners.

Where has it all gone?

by Bob Phillips

Lack of talent in middle-distance and distance running is not simply a British disease. In turn, Finland, Sweden, the USA, Germany, Italy, France, Spain, Russia, New Zealand and Australia have all produced world-beaters and have all slipped to a greater or lesser extent. Britain cannot solve the problem by itself although that is no reason not to try.

The nub of the problem is that there are now fewer young people taking up middle-distance and distance running in the developed countries, as an example there are in 2005 barely 25% the number of ranked (ie of reasonable standard) marathon runners in Britain than there were 20 years ago. If the base from which talent arises is contracting to such a degree then standards will fall.

Many of the various explanations offered are beyond UKA to rectify. Life style, alternative (easier?) sports and activities etc. Above all else, the problem in Britain for athletics in general, is one of image. Whether or not it is the Thatcherite influence, the value given to sport in Britain by the media is largely commercially-driven and success is seen in monetary terms.

The IAAF puts much effort into organizing development centers and seminars for Third world countries, highly commendable but should they consider similar projects for the developed countries? There is certainly good commercial sense to the idea for no matter how much starry-eyed enthusiasts like myself revel in watching hosts of East Africans run rings around most of the rest of the world it is the TV watching public, who in the main fund the sport, may not be so enthralled.

There is another view however, not one palatable to BMC members. That is to recognize that it is unlikely that European countries can seriously challenge the Africans at 800 upwards , and so resources should be concentrated on the technical events - the hurdles, jumps and throws - where the Africans cannot compete so easily.

Planning to increase your mileage this winter?

Here is one way...

Under 15 years of age. *Week 1.* Severe, 36 miles (6 days of 6 miles a day, inclusive of one track session with a 2 mile warm up and a mile warm down.) *Week 2.* Light. 12 miles (4 days of 2 miles fast, 1 day of 4 miles steady, 1 circuit session.) *Week 3.* Moderate. 24 miles (1 day 8 miles, 4 days of 4 miles each.) *Week 4.* Severe.45 miles. *Week 5.* Light 15 miles. *Week 7.* Moderate 30 miles. *Week 7.* Severe 56 miles. *Week 8.* Light. *Week 9.* Moderate. 36 miles. *Week 10* Severe . 70 miles. Follow previous weekly pattern. Decide as you go on the comfortable maximum.

Under 18. *Week 1.* Severe, 42 miles. *Week 2.* Light. One-third of severe week. (14 miles). *Week 3.* Moderate. Two-thirds of severe week. (28 miles). *Week 4.* Severe. Add one-quarter to severe week. (52 miles). Continue plan to required maximum.

Over 18. *Week 1.* Severe 48 miles. Follow outline plan.

Note that each week of any volume should include a relative speed session (track reps. Or farlek), a hill rep. Session and one run longer than all the others.



Manchester, 21.5.05. JOHN LASELLE (Sweden, 305) leads the men's 'A' 1500m. from NOEL POLLOCK (175), KRIS BERRY (third from left) and eventual winner PASKER OWOR (166). photo by Mark Shearman.



Manchester, 21.5.05. EMILY PIDGEON (60) on her way to winning the women's 5,000m. photo by Mark Shearman.

Join the 5k revolution

by Frank Horwill

From 1970 to 1980, fourteen UK runners ran sub 13 mins.30secs.for 5k. The fastest being Brendan Foster with 13:14.6 in 1974. From 1981 to 1990, ten UK men ran sub 13.20. The best of these was David Moorcroft with a world record of 13:00.41 in 1982. From 1991 to 2000 , ten athletes from the UK ran sub 13:20, the best being Ian Hamer with 13:09.80 in 1992. (In 1986 and 1992 five men beat 13:30 in each year)

Moorcroft's mark is nine seconds clear of the next best UK performance. From 800 through 2 miles the second best ever UK performer is barely one second behind the best. Can we not conclude that since 1982 the 5k has not been a UK headline event?

A number of letters have appeared in AW over recent years lamenting a general decline in the numbers competing in some distances events, especially in county championships and also comparing recent performances with those of the past. One popular assertion is that numbers entering the sport are declining. This is not quiet correct. (Editor's note, There are varying views on this matter as other articles in this issue suggest.) Tens of thousands run in city marathons (and half-marathons) annually in the UK. More people run in the great North Run than compete in the 5k throughout the world! Have such events blown away the interest in track competition? There are big financial inducements to compete on the road. We do not get, at club level, such rewards nor do we get athletes wearing charity bibs when competing in a track race at a graded meeting.

One of my athletes, in the first few days of a new job, was seen going for a run at lunch- time. His fellow workers all asked him, "What marathon are you training for?" They were somewhat

bewildered when he told them he was a 5k track runner. If the same massive organisation was directed and publicity was directed towards popularizing the 5 and 10k track events the results would be interesting.

Running a marathon in four hours is seen, by the lay-public, as a greater achievement than running 5k in 15 minutes. What's more, many officially paid coaches and unpaid coaches of wide experience are prepared to devote considerable time to just getting people around the marathon course in one piece. These coaches have taken UKA coaching exams to improve British middle-distance running, unless, of course, they have specialized in the marathon.

It's astonishing that at international level we have female 5k runners, eight to be precise, who have run sub 15 minutes for 5k which is a time not achieved in senior men's county championships in more than half staged!!

Harry Wilson asserted that what coaches ask runners to do is quite simple. They are asked to adopt a regular pattern of training for a number of years. They are required to gear that training to the demands of their chosen event. There is little point running around the roads at 8 minute mile pace and expecting to run. 5k at 4mins 48 secs mile pace. One man, fifty years ago, ran but 28 miles per week all year round but the make up of those 28 miles was designed to generate four consecutive laps at the right speed.

A 5k runner always has to remember that the event requires sustained running. Not much point in doing 13x400 in 64 secs and jogging 400m after each rep. The total recovery time will amount to 36 minutes (Editor's note. That will obviously depend on the speed of jog, see Bernie Ford in this

issue). Two and a half times longer than the race! An athlete aiming to run 13:20 may START with that session, however, when achieved it will be time to jog 300m recovery and with time, only 50m rest. One international told me that his specific session was 12x400 in 60secs with 400jog. He wondered why he had run 13:40/5k eleven times and could not improve. His GB vest was gained in the half-marathon, but he could not run a good half-marathon.

The first man to break 14 mins for the 5k, Gundar Haegg, relied on fartlek around a measured course, running it twice daily in one session which took in uphill and downhill stretches. The ascents were sprinted followed by relaxed downhill running. Full speed striding on level stretches accounted for a mile of the circuit. In the winter, the route was frequently covered in thick snow and the temperature plunged to zero Centigrade. He still trained on. During 1942 he set ten world records from 1500 to 5k in 82 days.

Ron Clarke was the first man to run under 13:30 seconds for 5k in 1965 and then 13:16.6 a year later. He had an unusual running career setting Australian junior records aged 18 from 880 to 3k. A year later he broke the Australian senior 2k record. During this period he was coached by Franz Stampfl who was repetition running zealot. He then disappeared for three years to marry and father three children. He then returned to running in 1961 with one thing clear in his mind, "No more interval training for me. It destroyed my love of running, however, if done properly it brings good results." He built up to running three times a day all year round using very much the same routine throughout as follows: Morning run-5k fast in tracksuit. Mid-day-12k fast in tracksuit, followed by gym work. Evening run 21k fast in

tracksuit. On Saturdays and Sundays he only trained once per day running 32k at 3:08 per km (5 min mile pace). Once per week he found time to return to his major dislike, doing 10 x 200 fast with a 200 jog recovery.

A prolific racer, he used his European tours to sharpen up frequently racing 800 and 1500 in one week followed by 3k and 2mile races. In the space of 44 days in 1965, he set 12 world records, including the 5k twice, the 3 miles twice (I saw his first one at the White City Stadium), 6 miles and a staggering 35 second improvement on the old 10k record with 27:39.4, 16k, 20k, and one hour!!! In 1968, he returned from altitude training at Font Romeu to break his own 2 mile record with 8:19.8. Perhaps his greatest race was a 10k run in gale-force conditions at Crystal Palace (witnessed by you Editor so I can endorse the author's description)

where he lapped Dave Bedford three times! He finished but six seconds outside his own record, many people including Clarke thought the run worth 20 seconds faster at least which would have created one of the longest duration distance records.

When an athlete loses most of his races before an Olympic Games and then wins the 5k gold medal and repeats the process four years later as Lasse Viren did in 1972 and 1976 we sit up and take notice. One of his team-mates Kaarlo Maaininka, who won a silver and a bronze in 1980 freely admitted receiving two units of blood shortly before these races (Blood doping). The search then was for steroid abuse. Viren's coach claimed to have discovered the art of peaking for the right occasion. Each year he increased the volume of training which involved running two or three times per day,

seven days per week, 12 months a year. Before major races he often just jogged for nine days. When 19, he went to Brigham Young University in Utah where interval training was the mainstay of fitness. He returned home a wiser person, his English had improved, he had raced indoors for the first time and he no longer feared overseas travel. At this point he joined up with Rolf Haikkola whose methods were a cocktail of Nurmi, Igloi, Lydiard and Cerutti. (In The Coach magazine, last two issues, his coaching of Viren is discussed in detail.)

If you want to be a good 5k runner go to a coach who has had success at the event male and female, past and present. Listen to him/her AND read widely about the event. Your success will be down to you. How much do you want success?

Bits and pieces

The recently formed association of clubs has alleged that UKA has donated huge sums of money to the BMC to stage races to the neglect of young athletes competition. The sum given to the BMC was £2,500 to put out on the UKA's own endurance races. The letter advising this was seemingly sent, without the authority of the association's committee, and a promised retraction has yet to surface.

A Hertfordshire based coach is reputed to have said the BMC have failed to achieve their target to raise British middle-distance standards, those with memories will recall the Golden period, circa 1978-1995, when BMC members, coached by BMC coaches, collected a basketful of medals and world records! The further allegation that the BMC is not successful flies in the face of over-subscribed races and continuing support from UKA.

Congratulations to Michael East in becoming the first Brit for eleven years to win the Emsley Carr mile.

The book Athletics Enigmas by Alistair Aitken, reveals that Maria Mutola, who as a junior ran 4:12.72 and 1:57.63 for African junior records, was very impressed by Seb Coe's training, as was her coach Margo Jennings. She tried to use the 1500 to train for 800's. She trained a lot over distance, mostly fartlek. Her long successful career does not need detailing her. Coe's 10 day cycle would be:- day 1-5k speed, say 68/400, day 3-1500 speed, say 60/400, day 5-3k speed, say 64/400, day 7-800 speed, say 56/400, day 9-400 speed, say 52/400. Intervening days was a 5 or 10 mile run. Note the 4 second differential.

Amanda Pritchard

In 1994 Amanda Pritchard, born 18.3.1980, ran 25.1, 2:10.66, and 4:45.0 as an under 15. She was number one at 800 in her age group. The next year she ran 57.8 and 2:12.99. In 1996 her best marks were 55.80, 2:7.32 and 4:36.0 becoming the leading Brit at U/17 at both 400 and 800.

Come 1997 she was the leading girl at 400,U/20, with 54.60 although only 17, plus fifth ranked U/20 at 800 with 2:8.28. Her future seemed more than rosy. Now however the wheels started to come off.

In 1998 she clocked 57.8 for 400 and the trouble she developed in her back would take years to correctly diagnose and treat. Eventually she commenced training for the 2000 season but a foot injury put an end to that. However she was able to achieve non-running training (she now confesses she never ever wants to aqua-jog again) up to the time of the U/23 Championships but the damaged foot did not allow participation. Readers can calculate how long she has been out of action.

In 2002 she met up with a surgeon who had been involved with working on ballet-dancers feet. An operation saw a tendon removed from her arm and placed into the damaged foot. The foot was in plaster for two months followed by a surgical boot for another six weeks. The surgeon insisted she not run for nine months!!

Next year Amanda moved to Ireland where she, somewhat tentatively, joined some sprinters in light training. The foot still gave trouble but calls to surgeon caused him to insist that there was nothing wrong, the repair was good. Even now she finds that after twenty minutes running the foot goes numb but it does not seem to affect her current performances.

Last year, 2004, saw a return to competition after SIX years! A best 400 of 54.31 gave some hope for the future but tendonitis sidelined her until December (Readers will

not be surprised to learn her favourite TV programme is Holby City). The knee tendonitis matter prevented a full weight training programme being carried out but a six week "holiday" to Australia at least gave a change of scenery!

On her return her training group set off to a warm-weather trip to Spain but after four days she sustained yet another injury, this time a calf problem. Her 2005 season commenced with some unsatisfactory 400's and her chances of achieving the nominal 53.5 for selection for Wales in Melbourne seemed far away. So she switched her attention to the 800.

It was with a degree of embarrassment that when lining up for the "B" 800 at the BMC meet in Solihull she heard the announcer tell the world that she had set her PB SEVEN years earlier!! Happily she was able to better it in that race, things were looking up.

More trouble, a ligament problem meant that any chance of a good run at the AAA's was gone as she could not run. Recovering from that she tried to enter the BMC "A" race at Crystal Palace but her form relegated her to the "B" race. Running around 60/61 for the first lap she finished in 2:3.96, a massive PB. At last, after an eternity, her youthful promise looked like being fulfilled.

Her next run was the "Welsh Trials" in Cardiff. The heats were cancelled, not enough entries despite guest runners and she lined up against, amongst others, Hayley Tullett and Karen Harewood. A slowish first lap found her leading in around 63 and although passed she came again and posted a second lap of around 60/61 for a winning 2:3.85.Coach Phil Banning must have been a proud man.

If there is a moral to this tale it is that, in this case at least, "stickability" pays in the long run. This athlete has had a history that no doubt is echoed by many. At a time when concern is widely expressed about young athletes dropping out of the sport this lady has "hung in there".



Solihull, 25.6.05. AMANDA PRITCHARD (119) wins the women's 'B' 800m. from ELLIE CHILDS (110) with HANNAH ENGLAND (114) finishing third. photo by Mark Shearman.

Developing high school 800/1600 meter runners

by Skip Stolley, Coordinator, AAF/CIF Coaching Programs (USA)

The following is a capsule of my philosophy for coaching distance runners:

- There is no MAGIC MILEAGE FIGURES that will guarantee success in distance running.
- We need to train our runners for RACING, not for mileage or speed.
- In distance running, there is an enormous difference between running fast in TRAINING, and running fast in a RACE.
- REST and RECOVERY are critical aspects of training for the distance races.
- Distance running is a MOVEMENT SKILL, not just aerobic exercise.
- Distance runners do not PEAK with speed work.
- Distance runners need to be able to run fast -- like DISTANCE RUNNERS -- not like sprinters.
- Every race is a TEST OF COURAGE. For runners to achieve their goals and realize their full potential, we must encourage them to take that test.
- The most important time we spend as coaches is NOT the time we spend with our athletes on the track, but the time we spend PLANNING WHAT TO DO with our athletes on the track.

10 questions for us to consider

1. The 800 and 1600m races are speed/endurance events. Do we give our athletes WITH SPEED a chance to run these races.?
2. What does the 800-METER RACE demand you be able to do to be successful?

You have to bring good basic speed (if not sprint speed) to the event. You have to be able to run the last 45-50% (350-400 meters) of the

race anaerobically. You have to be able to race and maneuver in traffic.

3. What does the 1600-METER RACE demand you be able to do to be successful?
You have to bring good basic speed to this event. You have to be able to run the last 35-40% (550-650 meters) of the race anaerobically. You have to be able to execute and respond to tactics.
4. What does that tell us about how 800-meter and 1600-meter runners SHOULD TRAIN?
Both 800 and 1600-meter runners need to train to develop good speed. Both 800 and 1600-meter runners need to do a good deal of anaerobic training to develop a high-lactate tolerance. Both 800 and 1600-meter runners need to train to execute and respond to tactics in their races.
5. How do SPRINT MECHANICS apply to running the middle distance races?

THEY DON'T! There is no place in an 800 or 1600-meter race where you can run like a sprinter, high on the balls of the feet with exaggerated arm-action. 800/1600-meter runners have to be able to run fast using middle distance running mechanics.

6. Do we prepare our athletes to go into their races WITH A PLAN for racing their opponents, or do they usually just run to hit splits?
7. Is a PACE PLAN a race plan?

NO! Athletes have little or no control over the pace of their races unless they can front-run start to finish. Our athletes need to be prepared to compete well in races of all descriptions: fast-paced at the start, then slow-paced in the middle . . . slow-paced at the start, progressively faster thereafter . . . and fast-paced throughout.

8. What kinds of RACING WEAPONS can we train our athletes to take with them to the starting line?

The ability to run fast from the start of the race.
The ability to initiate or respond to changes in pace in the middle of the race.
The ability to run fast at the end of the race.

9. In an 800-meter race, do TACTICAL CONSIDERATIONS differ for 400/800 and 800/1600 type runners?

YES! 800/1600 runners have to develop exceptional speed-stamina to sustain the basic speed they have over 800-meters.

400/800 runners have to have the endurance to use their speed over the last 200/300 meters of the race.

- 10) In a 1600-meter race, do TACTICAL CONSIDERATIONS differ for 800/1600 and 1600/3200 type runners?

YES! 1600/3200 runners have to force the pace in the middle stages of the race to strip the 800/1600 types of their superior speed at the end of the race.

800/1600 runners have to be able

to maintain contact with the front-runners in the middle of the race so they can utilize their speed to catch and overtake them at the end.

Applying strategy to the 800 meters

In a race proceeding at 6-7 meters per second, tactical errors can be irreversible. 800-meter runners have to make decisions and respond to events in their race in a split second. A moment's hesitation can be the difference between winning and losing in a race that lasts about two minutes.

- Running in lanes or alleys around the first curve

Runners behind at the break-line are at a disadvantage because they will have to run wide for much of the remainder of the race in order to move up and gain position on the leaders. They should make the most of the situation by not breaking for lane 1 or 2 immediately from the outside lanes, and run a diagonal straight line to the next curve to minimize the extra distance they have to run and avoid the congestion in the inside lanes.

- **A fast, early pace**

Tactically, a fast first 400-meters punishes an 800/1600-type runner more than a 400/800-type runner because it is closer to their maximum 400-meter speed.

- **Passing**

Remember that half of this race is run on the curve! (More than half on wide-radius tracks.) When passing, position on the outside shoulder of the runner ahead must be gained on the curve in order to move past on the straight and into the inside lane before the curve.

- **Staying out of boxes**

The 800 is almost always a tightly-bunched race, so 800-meter runners have to be able to run in traffic. When positioned in lane 1 behind the leaders,

runners have to be wary of others coming up from behind on their outside shoulder and becoming "boxed-in". In most cases, they are far better off running a few extra meters in lane 2 or 3 through the first 300-400 meters until the field strings-out to avoid all the contact and boxing-in that tends to occur in the inside lanes.

- **Interruptions in pace**

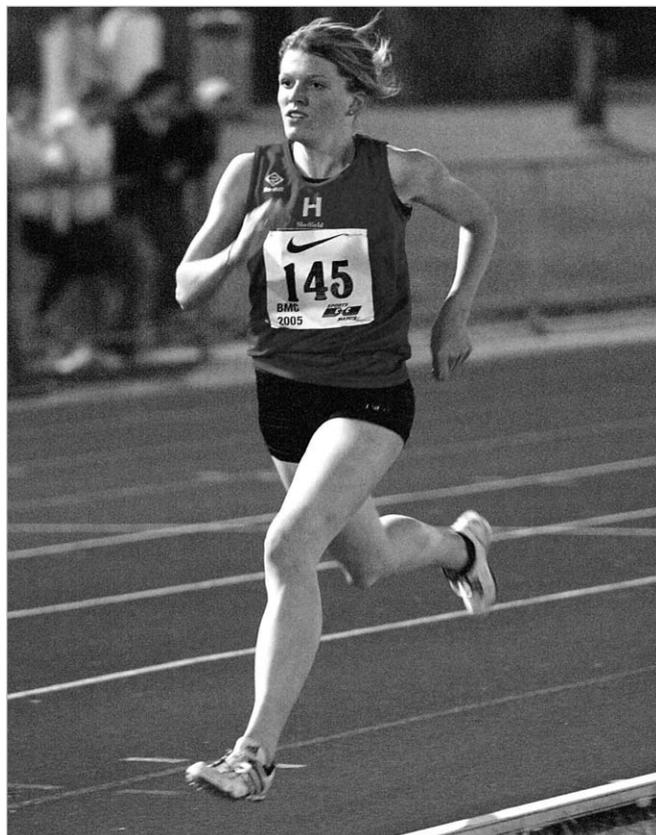
The biggest challenge facing an 800-meter runner is avoiding interruptions in pace. A basic rule in the middle distance races (800 and 1600-meters) is that a runner can only make TWO aggressive accelerations in a fast-paced race. Runners who have to spend those two accelerations to recover from being tripped, pushed, cut-off or getting out of a box will find themselves stripped of the ability to accelerate once more at the end of the race.

Applying strategy to the 1600 meters

Since the 1930's when the world record stood at 4:06, the "Magic of the Mile" lies in the opportunity it gives a front-runner to break away from the field. But since the middle stage of the race is relatively short, position runners who stay relatively close to the leaders can use superior speed to overtake them at the end.

- **Front runners win by breaking away**

The leaders of the race usually assume front-running positions and force the pace because they believe they are vulnerable to being beaten by faster finishers in a slow-paced race. They



Watford, 11.6.05. ABBY WESTLEY wins the women's 'B' 1500m. photo by Mark Shearman.

want a fast-pace from the start so their opponents will fall behind or tire to the point of being unable to increase the pace at the end of the race. If they have not been successful in gapping the field after 800-meters, they can employ some short bursts of faster running to initiate a break. This tactic is called surging.

- **Position runners win by maintaining contact with the leaders**

The first rule of position-running is, "Never lose contact with the leaders!" If successful, they can often use superior speed to overtake them at the finish. This simple strategy is often complicated, however, by the fact that there are other runners in the race with the same plan. In this case, another position-running strategy called a long finish can be effective. The object of this tactic is to surprise the field by dramatically increasing the pace well before the finish . . . usually after about 1000 meters . . . and is based on the premise that the front-runners will be demoralized by losing the lead, and that other position runners will lack the confidence (or toughness) to respond

with so much distance remaining to the finish.

• Final Thoughts

Some athletes are natural front-runners. Over the course of their entire careers, most coaches are fortunate to find 5 or 6 such runners who can dictate the pace of their races. Despite the advantages we may attach to position-running tactics, we should not make the mistake of discouraging our runners from taking the lead and forcing the pace if that is where they feel most comfortable and in control in a race.

Anaerobic training for middle distance runners

Emphasis is on creating a high-lactate state with repeated bouts of fast running . . . separated with an incomplete recovery period.

A) Interval training

6 Examples of Interval Workouts (For a 2:00 HS 800m runner)

1. Increasing speed/decreasing recovery reps
5x (4 x 200m) @ 33 - 32 - 31 - 30 - 29 w / 50 - 45 - 40 - 35 - 30 sec interval by set (no additional recovery between sets!!)
2. Russian intervals
5x (3 x 300m @ 48 w/jog 100m at 30-sec) Jog 800m between sets
3. Tempo intervals
2 x 1000m @ 2:55 (70-pace) w/60-sec Int --4:00-- 4x500m @ 1:21+ (65-pace) w/60-sec Int --4:00-- 2x 1000m @ 2:55 w/60-sec Int
4. Pick-up reps
8x 400m @ 70 w/90-sec Int and #s 2,5,8 @ 63
5. Neg-split reps
2x (300m-500-400 w/neg-split last 100m) @ :32+14 (= :46 300m) . . .

- 66+14 (=1:20 500m) . . . 48+14 (=62 400m)
2-min btw reps/jog 1200 btw sets
6. Sit 'n Kick Reps
5x (400m @ 64 . . . rest 30-sec . . . 200m @ 28) jog 1200m btw sets

B) Surging training

2 Examples of surging workouts (For a 2:20 HS 800m runner)

1. Oregon surges
2x (600-1000-600) surging 200s @ 37-47-37-etc. Jog 600m between sets.
2. Cone surges (place cones at 133m intervals around the track)
5-4-3 laps striding to one cone and surging to the next. Jog 800 btw sets.

Lindgren

A recent comment by former USA high-school "wonder runner" Gerry Lindgren may be of interest.

"People worry about getting hurt, about injury, but that does not make sense to me. Logic and knowledge are just the enemies of running well. You have to put the miles into have strong legs. You need strong legs to win races. Huge mileage is the only way"

Lindgren, as a senior, was reputed to run up to 200 miles per week.

Good news?

The United Nations report that by 2050 the population of Ethiopia can be expected to have grown from 66 million to 175 million.

(Editor's note:- I hesitate to seek the estimated growth in Kenya's population.)

A chat with Bernie Ford

Bernie had PB's of 13.26 and 27.43 and reckons that he was, at best, a second tier athlete. Both these marks were achieved in 1977 --- 28 years ago and as of now rank him 41st at 5k and 13th at 10k on the UK All-Time list.

He is dismayed, and concerned, over the current state of long distance running in the country. Asked about his training he described it as "ordinary". Not blessed with natural speed he would run his 1500's "gun to tape", just hoping he had enough pace to forestall the inevitable sprint from "natural" milers. With a best of 3.44 this did not always happen but he was at least able to recognize where his best chance lay.

He recalls running three ten mile road races on successive week-ends around 47 mins each but is surprised to read 50 minute efforts so lauded to-day. His training never exceeded 90 in any one week. The make up would be of fast steady running plus days of 6 x 1000 or 6 x 800 with 90 secs 400 jog (Note the speed of the "recovery"). He reasoned any middle-distance type who chose to train with him would be burnt off by the harsh recovery. A particularly pleasing session, bearing in mind his 800 PB was of the order of 1.56/1.57, was one where he averaged 2.04.

Other sessions would be 20 x 300 with 100 jog or 28 x 400. He enjoyed Southern Counties organized training camps at Crystal Palace. At one such Harry Wilson said that Steve Ovett would do 15 x 300. This was putting the longer distance types on their mettle. Bernie said he managed 19!!! In training he says he always aimed for short rests and if he regretted one thing it is that he did not experiment with longer rests and faster pace.

As to to-day he feels the demand for instant success means that people will not undertake the commitment of up to several years to achieve real success. He recognizes however that he was within 100 meters of the 10k world record whereas to-day it is out of sight and a dis-incentive.

Summing up he feels faster "steady" running is a positive requirement plus a tough mental approach. In the mean-time he "trains" regularly to keep fit but, to his regret, cannot find time to coach others.

PB's, other than those listed include a 2:10.51 marathon, and in the same year, a 3:44.7 1500!



Solihull, 25.6.05. CIARAN O'CONNEL (Ireland, 5) wins the men's 'A' 800m. from MICHAEL COLTHERD (3) second, with STEPHEN DAVIES (6) third and JOEL KIDGER (1) fourth. photograph by Mark Shearman.

Who follows Herb Elliott?

Then Snell came past like a runaway horse

by Bob Phillips

Peter Snell had all the speed he needed. He was Olympic 800 metres champion. He had all the stamina he needed. He regularly ran 22 miles on a Sunday morning. All he lacked for mile-racing was the experience, and he seemed to get by perfectly well without that.

"I found myself running in complete freedom from restraint", he wrote. "I was holding nothing back and I don't think I've ever felt such a glorious feeling of strength and speed without strain as I did during that final exhilarating 300 yards. I knew I must be well within four minutes as I raced round the last curve. I straightened, heard for the first time the rising roar of the crowd, and kept on driving. Still there was no conscious effort and I flew through the tape in full free flight".

Snell had run successive laps of 60.7, 59.9, 59.0 and 54.8 and had broken Herb Elliott's mile record of 3:54.5 by one-tenth of a second, having previously competed in barely a dozen mile races of consequence, and even of those few only three or four had counted for anything really significant. He had won the national title in March 1959 in 4:10.3. He had run 4:01.5 far behind Elliott in Dublin in September 1960. He had lost to the American, Dyrol Burleson, 4:05.6 to 4:05.7, in Auckland the following January. His best time of 4:01.3 had been achieved in a local handicap event on New Year's Day 1962.

Now, later that January on a grass track in the North Island town of Wanganui, with half the 30,000 local population jammed round the barriers, he had achieved 3:54.4. Bruce Tulloh, the English distance-runner who was to win the European 5000 metres title later in the year, had come 2nd in 3:59.3 and

vividly described his view of the last lap: "The shout was '2:58 ... 2:59', just audible above the roar. I put everything into the next 220 yards and thought I was going fast until Snell let go over the last 250 yards. He came by like a runaway horse, and I was conscious enough to admire him and feel disheartened".

Peter Heidenstrom, the renowned New Zealand athletics historian, saw the race from the sidelines and wrote expressively about what was going through his mind: "All eyes are on Snell, watching for him to strike with the sprint that has pulverised every runner the World has put against him. He strikes ! Like a cobra, so quickly one does not see it happen. In a blink of the eye he is 10 yards ahead of Tulloh, then the gap becomes 15, 20, 25 yards. We are seeing something that no human has ever witnessed before. Snell is a madman, murdering time, slaughtering it. We watch in numbed awe as he pounds the earth away from beneath his feet as if he hates every inch of it".

Snell's pre-race ambition had ranged no higher than 3:57 (though his coach, Arthur Lydiard, had forecast 3:55) and it took a day or so for him to come to terms with the facts. "It was quite unbelievable that I had produced this performance, and the disbelief didn't vanish until I got back home to Auckland and the congratulations began to pour in, including one from Herb", he recalled later in his biography.

Unlike Elliott, Snell was no teenage phenomenon. At Mount Albert Grammar School, in Auckland, he was still the 3rd-string miler at the age of 17 and in his final year ran a moderately promising 4:48.4. The attention he gave to athletics was shared with

playing badminton, golf, hockey and rugby football, and he had reached the quarter-finals of the national under-17 tennis tournament. Introduced by a friend to Arthur Lydiard, his first venture into hard training was, like Herb Elliott's, in the company of Murray Halberg, but when he attempted to stay with Halberg for 15 miles he, too, unsurprisingly fell by the wayside. Undeterred, he gave up his other sports to devote himself to running.

Lydiard, like Elliott's volatile mentor, Percy Cerutti, was a former marathon runner. He had twice won the national title and had competed in the 1950 Empire Games. It was more accurate to say that Lydiard still was a marathon runner, as he led his group by example and took up serious training again at the age of 40 to provide company for one of his runners, Ray Puckett. Lydiard's training methods were to come as a shock to Americans and Europeans when they heard about them after his athletes began to gain great successes. Halberg and Lydiard's two other best known athletes, Bill Baillie and Barry Magee, were distance runners, and so 22 miles over the steep slopes of the Waitakere Ranges came naturally to them. Snell, the half-miler, was expected to do the same. No half-miler had ever before trained like this.

In 1959 Snell won the 880 and the mile at the national championships but did not rank in the top 100 in the World in either event. In February 1960, after two years' tutelage from Lydiard, he set a national half-mile record of 1:49.2 and was selected for the Rome Olympics. The previous holder had been Doug Harris, who in a brief and injury-curtailed career had run 1:49.4 in 1947, and of whom Lydiard was to say, "He could have had a four-minute mile when others were still

dreaming about it". Harris was one of the timekeepers when Snell broke Elliott's mile record and his career was featured in the March 2002 edition of "Track Stats".

A training programme which would have been considered suicidal

In March of 1960 Snell averaged 100 miles a week. In May he ran the 22-mile Waiatarua training course in 2:12:45. Not until June did he begin his trackwork and he tested his speed with a 400 metres time-trial in 48sec. None of this highly intensive and unconventional preparation was known to anyone outside New Zealand, and even if it had been it would probably have been dismissed as suicidal.

For his first- round heat in Rome there were only four competitors, with three to qualify, and as two of the others had run 1:46.6 and 1:47.3 earlier in the season, and the third of them was the immensely experienced Hungarian, István Rózsavölgyi, we youthful know-all nibbling our grapes and sipping our beers on the back straight expected not to become well acquainted in the days to follow with the sight of the novice New Zealander, looking positively burly alongside the waif-like Hungarian.

Snell, to our astonishment, won in what seemed an extravagantly fast 1:48.1, but it was actually the lanky Swiss, Christian Wägli, with his raking stride and his devil-take-the-hindmost running from the front, who had most taken our fancy.

Even when Snell reached the final with further personal bests, I still vividly recall airily dismissing his chances of a medal. Roger Moens, of Belgium, held the World record at 1:45.7, and there was George Kerr (Jamaica, or rather "British West Indies" for those Games) and Paul Schmidt, of Germany, also in the final. So it was with stunned amazement that we watched Snell charge past Moens in the last 50 metres or so. Arthur Lydiard had

provided five members of the NZ team in Rome: Snell, Halberg and all three marathon runners, Jeff Julian, Barry Magee and Ray Puckett. Snell and Halberg had won gold and Magee bronze. "While the coach is gaining full understanding of his pupil, the pupil should be gaining full confidence in his coach", Lydiard explained of his beliefs. "That is essential before the pupil will go without question through the physical agony of running the 100 miles a week that you tell him he must run".

In 1961 Snell and Halberg remained the dominant figures in their events. Snell and George Kerr each ran the 3rd-fastest ever 880 yards of 1:47.2 in a desperately close race in Dublin. An hour later a makeshift NZ team of Gary Philpott, Halberg, Magee and Snell broke the World record for the 4 x 1 mile, with Snell running 4:01.2 on the anchor stage. Halberg set World records of 8:30.0 for two miles and 13:10.0 for three miles and missed Vladimir Kuts's 5000 metres record by two-tenths. Only the 1500 metres and mile, which the tough-as-nails Halberg had largely forsaken for the longer distances, had remained untouched.

The appearance of these gritty New Zealanders at a press conference organised during the tour for the Fleet Street scribes was eloquently described by Doug Gardner, who was then the features editor for the authoritative monthly "World Sports" magazine. Snell, he said, was "dark, ruddy, full-faced; trusting, one felt, but tough". Halberg was "hawk-like, deadpan, lined, experienced, wary". The four of them entered the room "like the Earp brothers preparing for trouble in a Tombstone saloon; quiet, confident, enigmatic, relaxed, prepared to be friendly but ready to be belligerent".

Philpott, the least known of the quartet, was much more of a half-miler than a miler – though he was said to have run

a four-minute mile in training – and maybe he lacked the single-mindedness of his colleagues. On one occasion he apparently forgot he was supposed to be running in the Auckland championships and went to the cinema instead.

The Swede who Elliott named as his successor gets a life ban

Herb Elliott had thought that the Swede, Dan Waern, who had finished 4th in the Olympic 1500 metres, might be the one to challenge his records, but Waern had fallen from grace, just as his World-record-breaking compatriots from the 1940s, Gunder Hägg and Arne Andersson, had done before him. Waern was suspended from competition by the IAAF in September 1961 after the Swedish Federation had failed to refute claims that he had received more than the legitimate expenses to which he was entitled. Swedish tax officials had said that Waern had earned over £2000 from athletics in 1960 and had been paid some £200 for a 1500 metres race in August 1961 in which he had beaten Gordon Pirie.

The Swedish Federation had apparently taken no action against Waern because they believed that under-the-counter payments to star athletes were so widespread that it would be unfair to single him out for punishment. The Federation's President was quoted as saying that "it would cause Worldwide repercussions if all the athletes we can mention were suspended". At the age of 28 Waern may well have believed that, to coin a phrase, he had had "a good run for his money", but he was a loss to the sport.

Tall, slim and fair-haired, he always ran with what appeared to be a broad smile on his face. He often trained at Gösta Olander's Völödalén centre deep in the forests and lakelands of the North of Sweden and had been a World-class runner since 1956, finishing 2nd to Brian Hewson in the 1958 European

Championships 1500 metres. He held all the Swedish records from 800 metres (1:47.5) to 3000 metres (7:59.6) and had set a World record of 2:17.8 for 1000 metres. He had broken four minutes for the mile on eight occasions, and only four days before his life ban took effect he had run 3:58.9 in Stockholm with a last lap which was said to be 53.9. In more than 40 years since his enforced retirement, only six Swedes have run faster than him at 1500 metres and the national record has advanced little more than two seconds.

Snell followed up his Wanganui mile record with a string of other outstanding performances in the early months of 1962. A week later in Christchurch he broke the 800 metres and 880 yards records in the same race by a long way, running 1:44.3 and 1:45.1. Another week after that he ran his first ever indoor race in Los Angeles and broke the previous record for the standard American distance of 1000 yards by more than two seconds. Back home to Auckland, he ran a 3:56.8 mile. In Tokyo in March he set an indoor 880 yards record. Returning to Los Angeles in May, he beat Dyrol Burleson with a 3:56.1 mile. A Commonwealth Games double at 880 and the mile in Perth, Western Australia, at the year's end was not quite a formality but close to it.

In 1958, when Elliott had set his mile record, there had been six others under four minutes during the year. In 1962 there was twice that number ranking behind Snell. Seven of them were Americans – Jim Beatty (3:56.3), Jim Grelle (3:56.7), Dyrol Burleson (3:57.9) being the most prominent. Three were Britons – Stan Taylor, Mike Berisford and Bruce Tulloh. The others were Olavi Salonen, of Finland, and Michel Jazy, of France. There were 46 men faster than 4:05, compared with 34 four years earlier. The 100th man in the 1962 list had run 4:08.7, as against 4:10.6 in 1958.



Solihull, 25.6.05. CATH VEYSEY (317) leads from KATIE RICHARDSON (366) and OLIVIA KENNEY (322) in the women's 'B' 1500m. photograph by Mark Shearman.

Beatty (pronounced "Bate – ee"), Grelle and Bobby Seaman, who had run 3:58.0, were all members of the Los Angeles Track Club, founded by an avid athletics enthusiast and writer, Dick Bank, and were coached by the expatriate Hungarian, Mihály Iglói, who had been responsible for the "Magyar Marvels" of seven years before who had set so many World records from 1000 to 10,000 metres. Of that crumbling dynasty László Tábori was still persevering under Iglói's guidance in the US but ran no faster than 4:06.2. Sándor Iharos and István Rózsavölgyi had remained in Hungary, but Iharos was eliminated in the European Championships 5000 metres heats and Rózsavölgyi had retired in sad circumstances. His parting words were poignant: "My nerve breaks and I cannot go on. I keep tormenting myself with the thought that I am becoming a second-rate athlete".

The English-speaking nations still dominate the mile event

The mile remained an Anglo-Saxon preserve. More than two-thirds of the

102 fastest in 1962 (at 4:08.7) came from Great Britain (39) and the USA (32). Canada provided eight, Australia seven (including Herb Elliott's younger brother, Laurie, at 4:07.6) and New Zealand five. There was a suggestion of something stirring in Africa. Athletics in Rhodesia, where the former Empire Games mile champion, Jim Alford, was now coaching, had become racially integrated, and a Rhodesian, Terry Sullivan, who was South-African born of Irish heritage and had broken four minutes in 1960, had won the Commonwealth Games bronze behind Snell and another New Zealander, John Davies. Also competing in the mile at the Commonwealth Games had been a Kenyan, Kipchoge Keino, who ran 4:07.0 in the heats.

Snell, required to exist on \$20 dollars a day expenses while touring abroad, gave up his career in quantity surveying at the beginning of 1963 and joined the marketing department of the cigarette firm, Rothman's, which was a major sponsor of athletics in New Zealand and which also employed Arthur

Lydiard. With a future management career in prospect and the opportunity to race and train reasonably assured, Snell celebrated by winning a "royal" mile in the presence of the Queen on the new grasstex all-weather track at Dunedin. By no means superhuman, Snell beat Davies by less than a yard in 3:58.6. It was the first sub-four minute mile that Davies had run and that the Queen had seen.

Jim Beatty was regarded as the natural challenger to Snell – not least by Beatty himself. Born in New York and brought up in North Carolina, Beatty was a Napoleonic figure, only 5ft 6in (1.68m) tall and abundantly self-assured. An insurance claims assessor by profession, at the age of 28 he was the leader of a new wave of American milers now being given the opportunity to compete after college graduation and fulfil their potential. He had been 2nd at two miles and 5000 metres in the NCAA Championships while at the University of North Carolina and had moved to California at the end of 1959 to train with Iglói.

He had run in the Rome Olympic 5000 metres heats and in 1962 had become the first man to break both four minutes for a mile indoors and 8min 30sec for two miles outdoors. In an interview that year, after running 3:56.3, he had predicted that someone would run a 3:50 mile within 10 years. Iglói, whose lifetime of coaching would produce 31 World records, reckoned that Beatty was ready for 3:51-3:53, with laps of 56-57, halfway in 1:54-1:55, the bell in 2:54, and a last lap no slower than 59.

It was logical that in May of 1963 Snell should again visit the US for a series of races against Beatty, Grelle, Bureson and Seaman. Happily combining the tour with his honeymoon, Snell beat Bureson and Seaman in Los Angeles in 4:00.3, as Beatty won the 5000 metres from Murray Halberg. The next week at the

Modesto Relays Iglói's track club elite was out in force for the mile, but there was little they could do against Snell in full cry. "All the emotion, tension and worry poured out of me in a terrific final effort", Snell later wrote. "Never before have I sprinted like this in a race. I lunged and tore round the final curve in total abandonment. Straightening up, I risked a look back. I was amazed to see a gap of about 10 yards. The others seemed to be walking".

Snell had run 3:54.9. The Americans finished a long way behind. Cary Weisiger was 2nd in 3:57.3, ahead of Beatty and Grelle. Had the race been held in 2003, rather than 1963, it would have been worth a great deal of money to the winner, but Snell's reward was a wrist-watch, to add to the two others he had won previously in the US. When he visited Jim Grelle, who was a sales representative for Colgate-Palmolive, in his Los Angeles apartment, Grelle showed him six unused watches on display in his trophy cabinet. At the Compton Relays Snell beat Beatty by half-a-second in 3:55.0, with Bureson 3rd in 3:55.6 and Grelle, Weisiger and Seaman all under four minutes.

The mile event had moved on apace from the 1950s. Snell had now run 3:55.0 or better on three occasions. In the month of June alone 14 sub-four minute miles had been run in five different races by seven athletes. In 1954 Roger Bannister had improved Hägg's record after nine years by less than two seconds. Nine years after Bannister, the record had advanced five seconds. Jim Beatty's conviction that 3:50 would come in the next decade seemed to make a lot of sense.

Snell starts his build-up towards the Tokyo Olympics

Snell's preparations for the 1964 Tokyo Olympics began in October of the previous year with a mile race against John Davies and the former Australian

boy wonder, Ron Clarke, and he was well beaten by both of them, running 4:12.0. Unlike Elliott, Snell seemed happy to compete when he was far from properly race-fit, either through a sense of responsibility to meeting organisers and the public or simply because it fitted in with his training programme. On this occasion, he had warned beforehand that he expected a time of no more than about 4:15, and straight after the race had finished he went off for a 15-mile run and did another 20 miles with Clarke the next day. By the beginning of February, Snell was able to run 3:57.7, with Bill Baillie, New Zealand's World record-holder for the one hour run, managing to break four minutes behind him for the first time in his life at the age of 29.

Snell also appeared to possess the supreme ability of being able to hold his form, once he had reached it, without any competitive stimulus. After a visit to South Africa, where he ran the first sub-four minute mile on the African Continent, and another mile in April, when he beat John Davies in a close finish in Auckland, 3:58.5 to 3:58.6, Snell did not compete at all for six months until the first-round heats of the Olympic 800 metres. Yet that apparent unquestioned self-confidence was underlain by occasional self-doubt. Neil Allen, covering the Tokyo Olympics for "The Times", met Snell at the training track a week before the 800 metres heats and found him in a depressed mood. Snell related a dismal tale: "My training was going so badly back at the beginning of last month that I got to the pitch where I couldn't care less about the Olympics. There are times when you wonder how on earth you could run a 4:30 mile. You no longer have the ability to punish yourself".

None of this pessimism showed through once the Games began. In defence of his 800 metres title he won his heat and semi-final and the final on successive days, finishing with a time of

1:45.1 ahead of Bill Crothers, of Canada, and glancing over his shoulder a couple of times and giving the appearance, in Neil Allen's words, of "some master of hounds making sure the pack was behaving". An untutored Kenyan military policeman, Wilson Kiprugut, who improved in every round on his previous best, as Snell had done in Rome, took the bronze medal in 1:45.9 after leading at the bell.

Of the 43 competitors for the 1500 metres, which began the day after the 800 metres final, the fastest at the distance during the year had been the three Americans – Tom O'Hara at 3:38.1, Dyrol Burleson at 3:38.8 and the 17-year-old Jim Ryun at 3:39.0. The precocious Ryun, still at high school, had kept Jim Grelle and Archie San Romani, the son of the 4th-placer in the Berlin Olympics of 1936, out of the US team, while Jim Beatty, having parted with Iglói, had failed to qualify at 5000 metres. Another serious

contender at 1500 metres was Witold Baran, of Poland, who had run 3:56.0 for the mile.

Eliminated in the heats was the prolific East German record-breaker, Siegfried Valentin, never remotely close to his best in major championships, together with Salonen, of Finland, and Albie Thomas, of Australia. In the semi-finals O'Hara, Ryun and another East German, Jürgen May, were run out of it. Kipchoge Keino, of Kenya, who had achieved a 4:03.8 mile in September and had finished 5th in the Olympic 5000 metres, narrowly missed reaching another final with a time of 3:41.9 which was by far the best ever achieved by a Central African. The nine finalists were Snell, Davies (both New Zealand), Bernard, Wadoux (both France), Simpson, Whetton (both Great Britain), Odlo_il (Czechoslovakia), Baran (Poland) and Burleson (USA).

Winning the Olympic title, as if all the others were waiting for him to do so

Michel Bernard led at 400 metres, just as he had done in Rome four years before, in 58.0. Davies was in front at 800 metres (2:00.5) and 1200 metres (2:59.3), but when Snell went away with 200 metres to go the race was over. Snell ran his last 400 metres in 52.6 and last 200 metres in 25.4. "As I let go, I had the strange feeling that this was just what all the rest had been waiting for me to do, as if it was an inevitable part of the race over which they had no power of control", Snell wrote afterwards, with no hint of condescension. Odlo_il was a surprise silver-medallist, as Jazy had been in Rome, and Davies was 3rd.

Within a few minutes Snell and Arthur Lydiard were up in the press-box watching the closing stages of the marathon on television. It was an event for which Snell, like Elliott before him, felt a strong affinity. Snell had run 2:41:11 for the distance but had been reduced to a walk to complete the course. Abebe Bikila, Ethiopia's champion from 1960, was en route to winning again and Snell was enraptured: "I had a sweeping feeling of admiration for the unbelievable Bikila as I watched his fantastic time ticking up on the clock – the same feeling Ron Clarke was to give me later in America and Europe. His performance made mine seem insignificant".

Bikila and Snell made history together. It was the first time anyone had twice won the Olympic marathon and the first time anyone had won both the 800 metres and 1500 metres at the Olympic Games since Britain's Albert Hill in 1920. The Games also, curiously, were the first occasion on which Snell had ever raced at 1500 metres. Though Herb Elliott's Games best performance comfortably survived, Snell had already



Manchester, 21.5.05. ADAM BOWDEN (39) leads from LUKE GUNN (38) and FRANK TICKNER (41) in the men's 'A' 3000m. steeplechase. photo by Mark Shearman.

set a record of sorts with the fastest ever semi-final of 3:38.8.

Records of much greater importance soon followed. In November, on the Western Springs speedway track in Auckland, Snell beat Valentin's World record 2:16.7 for 1000 metres by one-tenth and would probably have gone a second or so faster with better pace distribution. Back at the same stadium five days later there were 20,000 spectators for a return match at a mile between the three Olympic medallists. Snell was always close to the pacemakers through the first three laps, though the sensational half-mile in 1:54.0 was three seconds ahead of what he had planned. The time at the bell was 2:54.0 – more than five seconds faster than in his previous record from 1962 and more than three seconds faster than anyone had previously passed this point in a record-breaking mile.

The last lap was what Snell later described as “mechanical desperation running, completely without inspiration”, but he learned a great deal from it. “At last I had run myself to the limit in a mile race”, he wrote. “I had put myself in a position to achieve 3:50 or better”. Snell had already said that he thought he was capable of running close to 3:50 either that year or next before he retired, but it seems now, in hindsight, as if his mile record that night in Auckland was an end in itself, rather than a new beginning. In his biography, he wrote revealingly of the race: “I also made up my mind there and then that I would never run another one like it”.

A final season in 1965 – and a sad farewell

Whatever the cause, Snell's final season in 1965 was not what he would have wanted. He had raced more than he had intended to at home at the beginning of the year, and then in the Northern Hemisphere summer – for the

first time in his career – he went on to Europe from North America. Maybe it was all too much. Maybe the desire had been sated by the Olympic wins and the mile record. Maybe the gastric problems he suffered in Canada, where he toiled home in 4:15.0 and made an impassioned speech of apology to the crowd afterwards, left their mark.

In the US he had run well enough: in Los Angeles on 4 June he had narrowly beaten Jim Grelle, as both ran 3:56.4, and he had then lost to Jim Ryun, now all of 18, in another close race in the AAU mile, 3:55.3 to 3:55.4. Yet in London at the beginning of July we watched in disbelief as Snell drifted listlessly back through the field to finish 7th in an invitation mile held in conjunction with the Women's AAA Championships, and we scarcely noticed that the Olympic silver-medallist and bronze-medallist, Josef Odlozil and John Davies, had finished 1st and 2nd in 3:56.8 and 3:56.9.

Two days later I was in Dublin for the Clonliffe Harriers' meeting at the John F. Kennedy Stadium (formerly known as Santry), and not for the first or last time in my journalistic career I suffered a conflict of loyalties – where the detachment of the professional reporter clashes with the passion of the eternal fan. I was covering the meeting for my then employers, United Newspapers, and the mile provided a good story for them because it was won by Alan Simpson in a time of 3:56.9, which was only three-tenths slower than his British record, from a fellow-Briton, Mike Wiggs. Simpson was a local boy, so far as one of the group's titles, the “Sheffield Morning Telegraph”, was concerned, and the report would get headline treatment. I was also personally delighted for Wiggs, beating his previous best by two seconds with 3:57.5, as he had been a teenage clubmate of mine at Watford Harriers before becoming a protégé of Gordon Pirie's. Even so, my most heartfelt thoughts were with Snell.

The imperious hero of the Tokyo Olympics had lost to Simpson, who had been 4th in the 1500 metres at those Games, and to Wiggs, who had been eliminated in the 1960 Rome 1500 metres heats and had finished last in the Tokyo 5000 metres. The scene of the debacle was the same stadium in which Herb Elliott had set his World mile record seven years before. It had happened in a year in which middle-distance and distance running was undergoing the most radical transformation in its history, and among those principally responsible were numerous others who had previously run in Snell's shadow – Clarke, Herrmann, Jazy, Keino, May, Odlozil .

World records were broken in 17 different middle-distance and distance events during 1965 – 1000 metres, one mile, 2000 metres, 3000 metres, two miles, three miles, 5000 metres, six miles, 10,000 metres, 10 miles, 20,000 metres, one hour, 25,000 metres, 30,000 metres, the marathon, the 3000 metres steeplechase and the 4 x 1500 metres relay. Snell lost his mile record to the Frenchman, Michel Jazy, on 9 June and three days after the final race of his career – beaten into 3rd place at 1500 metres but fulfilling an ambition to run in the Berlin Olympic Stadium where Jack Lovelock had won the 1500 metres for New Zealand almost 30 years earlier – Snell learned that his 1000 metres record had been broken by Jürgen May, of the German Democratic Republic, who had been eliminated in the semi-finals of the Tokyo 1500.

Having been silver-medallist at 1500 metres in Rome, Jazy had switched to 5000 metres in Tokyo but had finished 4th after starting his sprint too soon. As a World record-breaker, he had already established himself with new best times at 2000 and 3000 metres in 1962, and during the summer of 1965 he reached the acme of his career, beginning with his 3:53.6 mile in

Rennes which came closer to being the perfectly judged mile than anything previous, with laps of 57.5, 59.2, 60.9 and 56.2 and halves of 1:56.5, as Jean Wadoux led in 1:55.7, and 1:57.1. Later in the month Jazy broke the 3000 metres and two miles records in the same race and shared in a 4 x 1500 metres record of 14:49.0 which averaged just over 3:42.0 per man.

A golden month in which the French “printer” re-wrote the record-book

Between 2 June and 30 June, Jazy had run 13 races and won them all, also including three successive European records at 5000 metres. In his splendidly-titled autobiography, “Mes Victoires, Mes Défaites, Ma Vie”, he was to describe this purple patch in his running career so elegantly as “quatre semaines d’état de grace” (“four weeks in a state of grace”) and he achieved it all in a cool and calculating manner, rather than in a frenzy of Gallic passion. Of his comportment during his record-breaking mile, he wrote: “My mind was clear and I recognised on the trackside friends and journalists who were encouraging me ... from 880 yards on I sensed that I was moving into conquered territory”.

Jazy was employed in the print room of the prestigious Paris daily sports newspaper, “L’Equipe”, and later took up journalism, writing extremely well in putting his achievements into context. The first of his three improvements at 5000 metres had removed Vladimir Kuts’s European record, and Jazy remembered what had gone through his mind beforehand concerning Kuts: “I must stop thinking of him as an inaccessible god”. Equally, Jazy recognised his limitations. After his mile record, he noted soberly, “Elliott is still better than me, better than everyone”.

Jazy’s 3000 metres record of 7:49.0 lasted barely two months because in

August it was beaten first by the East German, Siegfried Herrmann, with 7:46.0 and then by Kenya’s Kipchoge Keino, with 7:39.5. Herrmann, like his compatriots, May and Valentin, was an enigma when it came to major competition, but he possessed not only a wonderful range of abilities from 800 to 10,000 metres but the most graceful style. He ought really to have produced faster times at 1500 metres and the mile during his lengthy career and he was maybe one of those unfortunate runners whose best distance was 3000 metres, and that was not recognised as a championship event. Keino, who had appeared at the 1962 Commonwealth Games and 1964 Olympics, has an unchallenged place in athletics history as the first Kenyan to reach the very highest levels.

It would be almost another 30 years before the records for 1500 metres and the mile passed into seemingly permanent African care, but Keino gave a clear indication during 1965 of what the future might hold by not only setting his 3000 metres record and his 5000 metres record of 13:24.2 towards the end of the year in New Zealand but also running 3:54.2, 3:54.4 and 3:54.9 for the mile. Keino never actually held the World records for 1500 metres or the mile, but he came very close and set a standard for other Kenyans to follow.

The athlete who deserves credit for setting a lead in North Africa is Mohammed Gammoudi, whose Olympic medal-winning achievements from 1964 to 1972 at 5000 and 10,000 metres (one gold, two silver and a bronze) place him as one of the greatest of all distance-runners but maybe obscure the fact that he also ran 3:41.9 for 1500 metres to prove that the Algerian-born Frenchman, Patrick El Mabrouk, who had finished 5th in the 1952 Olympic 1500 metres final, was not a middle-distance anomaly from that part of the World.

For all this, the athlete of the year in 1965 was unquestionably Ron Clarke, who had started out in the mid-1950s as the miler of the future, had been surpassed by Herb Elliott, and had then resumed a running career in 1962 which would eventually leave him justifiably bracketed with Nurmi and Zátopek as one of the greatest distance-runners of all time. Clarke never did quite manage to join the “Sub-4 Club”, with a best time of 4:00.2 in 1968, but his 19 World records at distances from two miles upwards and his habitual front-running strategy, regardless of opposition and conditions, caused a wholesale revision in ideas of how track races should be run.

In 1966 John Landy, the ex-mile record-holder, was to write of Clarke in lavish tribute. “Clarke has pushed the frontiers of human endurance further than any man before and thereby has opened up a dazzling vista of unbelievable times yet to be run from the one mile to the marathon. Following Clarke’s precept and example, athletes of the future will have to gear their thinking to a policy of ceaseless intensive training and regular racing at near-record levels”.

Snell retired from competition, reflecting that he was ready to “let the running out of my system”. He signed off by saying, “It’s pointless to argue whether I was as great as Elliott or anyone else. It’s irrelevant, too, to conjecture now on whether I could have or should have run a 3:50 mile. My career was never directed towards a 3:50 mile. It was to become the best in the World over my distance”.

Lydiard and Cerutti predict much faster miles

Arthur Lydiard, who went off to Finland by invitation to show the country which had once had the best middle-distance and distance runners in the World how to regain lost pride, had always looked

a long way ahead. Five years earlier he had pronounced on the future of miling with absolute certainty. "I say the mile will be run – and could be run now by Snell, Herb Elliott or Dyrol Burleson – under the right conditions in 3min 47sec". Percy Cerutti, writing to the American coach, Payton Jordan, after the 1964 Olympics, had made an even bolder prediction, as was entirely in his character: "We can expect to see the mile run in close to 3:40. After all, 55 seconds for each 440 is not sprinting". Herb Elliott recalled that "Cerutti often talked of four 55-second laps for the mile".

The 3:47 mile would not happen until 1981, and it would need a first half-mile in 1:53.3 to achieve it. Oddly, the one man who had tried that during 1965 was a 20-year-old American, Bob Day, who had gone through the first lap of the NCAA final in 55.3 and passed halfway in 1:53.4. His last lap took 67sec, but the week before he had run the fastest ever virtually solo mile, leading from the first back straight, through laps of 58.5, 58.5, 59.5 and 59.9 for a time of 3:56.4. He never quite matched that form again, but the US was to get the World mile record back, anyway, the following year for the first time since 1937.

Some quarter-of-a-century later, and now into his 70s, Arthur Lydiard still had plenty to say for himself about his coaching methods in New Zealand when he was approached on the subject by the former British international 400 metres hurdler, Martin Gillingham, for the magazine, "Athletics Today": "I've only coached about 20 athletes in my life. I coached four to Olympic medals, another to a World record, and two more to win international marathons. That's seven athletes among the best in the World who all came from within two or three miles of my home. That's why I say there are champions everywhere. You've just got to train them properly".

Having spent some time in Finland and Denmark at the invitation of the national federations, Lydiard was none too complimentary about the quality of the athletes he found there. Of the Finns he said, "In the winter, instead of training, they'd sit in front of the television and watch ice hockey. As soon as the snows went they got on the cinder tracks and did a lot of speed repetitions, but they had no stamina

runners get to 22 or 23 years of age they're not the great champions they should be. It's 17 years since John Walker was at school, and every year I've been back to the national schools' championships and seen talented youngsters win, They've got every attribute of a great champion, and we've had 17 of them since John Walker. But where are they? They've been destroyed by that damned track



Manchester, 21.5.05. JESSICA HICKS (283) leads from CLAIRE WILSON (280) in the women's 'B' 1500m. photograph by Mark Shearman.

base". Lydiard had been in Finland in 1967 and it may be no coincidence that there was a major revival in the country's standards of middle-distance and distance running in the early 1970s.

He was also disparaging about the attitudes in other traditional middle-distance strongholds in the 1990s: "In Britain and New Zealand these days they give good teenagers lots of repetitions to do and by the time these

with a stopwatch running their guts out. Instead, they should be running around the fields and hollows, building up, and not racing as much".

Lydiard's impressions had long been confirmed by an old champion, who had much to say about his successors in the modern era. More than 40 years after setting his mile record among many others, and 30 years after his last race, Paavo Nurmi expressed unbounded admiration for Elliott,

Halberg and Snell and mused as to how he would have fared against them. "When I see a good race, I sometimes wish I was there running myself. It would be very interesting to compete with the present-day top-class runners with the knowledge about coaching I now possess".

Aged 65, and a prosperous building contractor, Nurmi also sounded a

prophetic note for the future of middle-distance running. "The higher the standard of living in a country, the weaker the results often are in the events which call for work and trouble. I would like to warn this new generation: 'Do not let this comfortable life make you lazy. Do not let the new means of transport kill your instinct for physical exercise. Too many young people get used to driving in a car even

for small distances' ".

Finland would still produce more fine runners in the future, but Nurmi had read the signs correctly. In 1922, when he headed the World rankings, there were nine Finns among the leading 50 in the World at 1500 metres. In 1962 there was one.

World All-Time Top Ten at 1500 metres – End of 1965

3:35.6	Herb Elliott (Australia)	(1)	Rome	6. 9. 1960
3:36.4	Jürgen May (Germany)	(1)	Erfurt	14. 7. 1965
3:37.6*	Peter Snell (New Zealand)	(1)	Auckland	17.11. 1964
3:37.6*	Kipchoge Keino (Kenya)	(1)	Auckland	15.12. 1965
3:37.8	Michel Jazy (France)	(1)	Colombes	28. 7. 1963
3:38.1	Stanislav Jungwirth (Czecho)	(1)	Stará Boleslav	12. 7. 1957
3:38.1	Tom O'Hara (USA)	(1)	New Brunswick, New Jersey	28. 6. 1964
3:38.6	Dan Waern (Sweden)	(2)	Gothenburg	18. 9. 1960
3:38.7	Siegfried Valentin (Germany)	(1)	Potsdam	27. 8. 1960
3:38.7	Michel Bernard (France)	(2)	Colombes	28. 7. 1963

Note: May and Valentin were both from the then separate German Democratic Republic (East Germany); * time en route to one mile.

World All-Time Top Ten at One mile – End of 1965

3:53.6	Michel Jazy (France)	(1)	Rennes	9. 6. 1965
3:53.8	Jürgen May (Germany)	(1)	Wanganui	11.12. 1965
3:54.1	Peter Snell (New Zealand)	(1)	Auckland	17.11. 1964
3:54.2	Kipchoge Keino (Kenya)	(1)	London	30. 8. 1965
3:54.5	Herb Elliott (Australia)	(1)	Dublin	6. 8. 1958
3:55.3	Jim Ryun (USA)	(1)	San Diego, California	27. 6. 1965
3:55.4	Jim Grelle (USA)	(1)	Vancouver	15. 6. 1965
3:55.5	Jim Beatty (USA)	(2)	Compton, California	7. 6. 1963
3:55.6	Dyrol Burleson (USA)	(3)	Compton, California	7. 6. 1963
3:55.6	Josef Odlo_il (Czecho)	(2)	London	30. 8. 1965

Interestingly, the leading five at 1500 metres are also the leading five, in different order, at one mile, while none of the others appear in both lists. Of the 10 fastest ever milers, six had set their best times during 1965. The standard in the mile was now slightly higher: 3:55.6 for the mile is worth 3:38.3 for 1500 metres, according to the Hungarian Scoring Tables.

Article by Bob Phillips, author of "3:59.4, The Quest for the Four Minute Mile", published by Parrs Wood Press.

Milers club to quicken pace of middle-distancers

by Len Johnson

AN initiative of Victorian coaches and supporters will bear fruit at Box Hill tonight when the Victorian Milers Club stages its first meeting with men's and women's 1500-metres races.

The club hopes eventually to operate along the lines of the hugely successful British Milers Club, which annually conducts races over distances from 800 to 5000 metres. The aim is to produce faster times. Races are paced by rostered club members.

Tonight's races at Box Hill will test potential for a similar club in Victoria, where middle-distance runners are well served by the interclub system, but the aim is to augment this competition with a small number of races aimed at producing faster times.

Several leading middle-distance runners have entered. For most, it will be their first serious race of the Melbourne 2006 Commonwealth Games season.

Geelong's Mark Tucker, at three minutes 41.67 seconds, is the fastest entrant. Another Geelong runner, Louis Rowan, has reportedly been in good form, while Glenhuntly's David Ruschena made a significant breakthrough over 5000 metres this year.

Leading women include Libby Allen, Alicia Tye-Smith, Kate Seibold-Crosbie and Simone Braakhuis.

Middle and long-distance will be the major emphasis of the first part of the Australian season with several more meetings planned.

Melbourne will stage a national series meeting at Nunawading on November 19, featuring races over 5000 metres as a lead-up to the Zatopek 10,000 on December 1.



Watford, 11.6.05. NATALIE LEWIS (131) wins the women's 'A' 1500m. from ELEANOR BAKER (132). photo by Mark Shearman.

BMC site on your mobile!

by Tim Grose

The BMC has announced the the launch of an experimental new service-a version of its website specifically designed for viewing on devices with small screens like mobile phones. It is available on www.britishmilersclub.co.uk/mobile

Note that unlike many "WAP" sites, BMC Mobile is also fully available on standard PCs. At present news and results are available. It is hoped to add UK ranking lists and enter online system in due course.

As there are very many mobile services, it is obviously hard to know whether the site will render properly on every device. Your feedback is thus most welcome. Please be sure to state what device you have and if you can send some screen shots taken with digital cameras then so much the better.

Tim Grose - timgrose@britishmilersclub.com

5k & 10k

Whilst the BMC must be primarily interested with middle distance it cannot be other than concerned with the longer track races. For some time it has been involved, with UKA, in having "endurance" races at its meetings.

The current shortfall in performance levels, as compared with previous years, is the cause of numerous comments, by way of e-mails etc, from interested individuals. The shortfall is reflected at 800 and 1500, although there has been some recovery this year at 1500. However the 5k and 10k lists are depressing. Only one runner under 13:55 at 5k and our best 10k at 28:40.

We can all look back at the athletes of yesteryear and cry in our beer but that helps not at all. It is the intention of this magazine to extend its coverage to these distances, plus the 'chase, in order to obtain views on how, if at all, improvements may be made. Some will appear, if received in time, in this issue. The views of any reader who feels he/she can make a contribution is welcomed.

The 800 through to the 10k are, it could be argued, sister events. They require speed and endurance (witness the closing lap of the women's 10k in Helsinki). Many runners will graduate from 1500 to 5 and 10k as has been shown in the past. Please therefore send in your views.

Pat Fitzgerald
Treasurer & Administrator
B.M.B

Dear Pat,

**Ref: Young Athletes Academy, Residential Course,
Ogmore, 23-25 September 2005.**

I am writing to say a big thank you to the BMC for the superb course that I have just attended in Ogmore.

It was definitely the best weekend of my life. I am an U-15 with Colchester & Tendring AC, not too talented but I work very hard and just love running and have achieved reasonable success.

Even though they were the hardest sessions I have ever done, I thoroughly enjoyed the training. It was a fantastic opportunity to run up the sand dunes in particular. The squad coach, John Cooper, was excellent and all the other athletes were great. I also felt that the workshops were brilliant. Dave Arnold and Tony Elder were extremely interesting and David Lowes taught me a lot about drills and strengthening exercises.

I have come home really inspired. I have learnt loads from the course and I am very focussed on what I need to do in the future and feel I can now move up a level to further success.

Many thanks,

Yours sincerely,

Andrew Poole

Andrew Poole

Quotes

Alleged quote from multi sub four man John Walker

"All they want to do is play bldy computer games!"**

Homer Simpson

"You tried your best and failed miserably. Lesson is, never try"

Nourredine Morcelli

**" When I step to the line my mind is filled with questions....
....who will be second who will be third?"**

Distance running - yesterday and today

by Ken Norris

I was interested to read an article in Athletics Weekly recently on the "new" interval running and reflected upon my own training in the 1950's.

I started running at the end of 1948 (aged 17) and my training consisted of running reasonably hard for 3 or 4 miles. Over a period of time this gradually changed and I ran slower but with 6/8 strides of 150/300 yards in the middle.

By the time I was 21, I was training over 5/8 miles, 5 or 6 times a week. (I never ran every day or twice per day), rarely running flat out but running 200/400's at 880 yards pace periodically during the run. I found great difficulty maintaining my concentration without slowing over distances longer than 440 yards, so I did not do them. This evolved into a more structured interval session with 440's at my mile speed with 440 jogs at about 2mins/2.15. By the time I was 23, I could handle 20x440 in 67's with 2min 440's between each. For extra speed, I ran 220's and 330's or alternated 220 and 440 fast intervals. The 220's and 330's were about 30 and 48 secs.

I then gradually reduced the rest periods in time and distance so that in winter, I would regularly run 20x440 in 64's (220 jog in 54 secs) or 20x440 in 62's with a jog of 440 in 1min50 secs. For variety, I would sometimes alternate 440's with faster

220's and occasionally I would run a mixture of 440's and 660's. At all times I was aiming at running my jog as fast as I reasonably could (I think it is better to jog fast than run fast).

My aim in the jog was to hit 28/50 and 1.45 secs. My times on the road were slightly faster.

50 years ago I ran 29 minutes for 10k on the road and just over 29 minutes on the track. How many of to-days athletes can achieve these times now?(Editor's note:- four Brits broke 29 on the track in 2005) To-days food/shoes/tracks are all better. We are supposed to be stronger. I did no weight training and only a limited amount of circuit training. So, why is it that my times would place me in the top five(at least once actually top) over each of the last five years? I beat a number of athletes faster than myself. Does the BMC place over much emphasis on paced races and not enough on tactical running? I can remember being beaten in Budapest when the Hungarians deliberately slowed the pace down and beat me at the finish. The following year I returned the compliment. You live and learn. But do our present crop of athletes? Winning is all about being in the right place at the right time. Never being at the back of a group of athletes risking being dropped when one in front kicks; avoiding being tripped up by another athlete. I was favourite to win a European Championship when tripped and finished third. You must learn from

your mistakes. I am sure some do but many athletes don't put themselves in the position of possibly winning. How many run in minor races and experiment with tactics?

I think that the athlete who trains all winter without any racing is NUTS. If it is pouring with rain and I haven't got a race on a Saturday why, some ask, should I go out and get wet? I can recall training on Xmas day with eight others and again with only five on a bitterly cold Boxing day. One week later we (TVH) placed six in the first twelve in the Middlesex c-c championships.

You have to be both mentally and physically strong. Never underestimate or overestimate your opponents. It does not matter what he/she did last week. That is not necessarily a guide to what he/she will do to-day. How many times do you finish a race saying " I don't know what went wrong to-day, I just did not have it there". This happens to other athletes too. Respect them but don't roll over and admit defeat before you have started.

I did a full days work five days a week. It must be possible for to-day's runners to beat my times by a distance and be up amongst the world leaders.

Ken Norris, world rankings 1954, 20th at 5k, 6th at 10k. 1955,19th at 5k, 9th at 10k. 1956, 34th at 5k and 10th at 10k

Paul Evans - preparing for 10k and marathon

by David Chalfen

Athletes at a recent UKA Marathon Squad weekend in Birmingham were given a chance to quiz UK 10,000m and marathon star of the 1990s about his training and lifestyle. In a forum led by UKA Marathon Coach Bud Baldaro and the successful Winchester endurance coach Nick Anderson, Paul talked through his humble beginnings as middling footballer ("I could run around midfield for ages but the problems started when I got the ball!") and indeed moderate young athlete. He ended up running 10,000m at both Barcelona 1992 and Atlanta 1996 Olympics, and had a prominent marathon career highlighted by his victory at Chicago in a PB of 2.08.52.

Paul talked of how he returned to dabble in running aged 25, very quickly reduced his 10k PB to 32.30 with little training (though he says he had very little talent), and then had a rapid build up where, advised by a London-based coach, he upped his training to 3 times per day whilst working full time at a demanding physical job in a shoe factory. Progress continued but then stagnated, albeit at about 29 minute 10k level by then. It was the combination of linking up with coach/manager John Bicourt, reducing his training to a more manageable twice per day, and earning enough prize money in the one-off Sun Great Race of Britain in 1990 to enable a full-time commitment to running, that enabled him to reach what was then world class 10k running.

His training - a typical week where there was no race to work around set out below, is fairly simple, albeit demanding, and it is perhaps the attention to detail and setting up a lifestyle structure around it that was just as important in taking him to the performance levels he reached.

Sunday - long run - c 90 mins in 10k phase, increasing up to 2 hours 10 minutes in marathon phase. The pace would build up from c 6 min miling to the last 20 minutes at about marathon race pace

Monday - am 60 mins steady pm 30-40 mins steady

Tuesday - am 60 mins steady pm session of 20 x 1min effort (100 m jog) when in marathon training, 16 x 1 min efforts when in 10k prep

Wednesday - am longer run 75- 90 minutes, again often building up the pace similar to Sunday run pm 30-35 mins easy

Thursday - am 60 mins steady pm 30 mins steady

Friday - am 40 mins pm 30-40 minutes

Saturday - hard track session - typically 8 x 1mile c 4.26/4.33 (2 min recovery) when in marathon training, or 8 x 1000m at about 5k race pace when in 10k training. Preceded by 30 mins warm up, 20 mins warm down. He described how as he got towards a peak, he tended to shorten the recovery time between reps rather than increase the speed

Total weekly mileage about 100 in 10k prep, 120 in marathon phase. The steady runs in the morning would often finish quite fast, perhaps 5.15/miling, the afternoon runs were generally about recovery and comfort. Although there were occasional variations, marathons were either April (several high place finishes in London) or Autumn - Chicago or New York. After a 3 week break post-London, summer was a serious focus on the track 10k, at which his PB was 27.47, and he would move directly from the 10k training to marathon phase. As shown above, in his case the transition did not involve major training alterations.

Some key points:-

- nearly all running was done alone, both because of the times of day and the relative isolation in rural Suffolk. On weekdays, morning runs about 7.30pm before taking young children to school, afternoon runs about 2.30pm before school collection.
- many thousands of miles done around school playing fields adjacent to his home, about 1.5 miles per lap. The routine was used to ensure as much running as possible was done off road
- Paul would get up about 7.00, drink coffee and juice and stretch for 5 minutes before running and have a fuller breakfast after the school drop off. He was in bed by 9.30 at night usually
- He was not a great fan of X Country races, but did them occasionally
- When a full time runner he regularly had 3 massages per week, around midday, and when going on occasional but, in his view, critical trips to altitude, he would fund the massager to accompany him.

Like many of his GB elite peers, there was little detailed scientific back up in his ongoing training - 'The best coach is yourself and your knowledge of how your body feels' - but that said, the message was clearly given high priority and he ensured his trips to altitude were well planned and researched for optimum benefit, and he stressed that it is easy to get altitude training badly wrong, especially by overcooking the intensity early on. He never used a heart rate monitor and did no structured strength and conditioning and wonders hypothetically whether it may have given him a slight performance edge if it had been integrated into his preparation.

In terms of diet, he led a fairly simple pattern, largely based

around unprocessed food and with fruit as his main snack between meals.

Asked by Bud whether he ever thought there was any fine tuning that may have taken him 'into 2.07 land' Paul revealed interestingly that he had 'found a box that fitted Paul Evans', describing how he was objectively of the opinion that he lacked the pure talent (and possibly basic speed) to aspire to major championship medals, and felt totally fulfilled in terms of what his running career (and it was indeed a career for several years) brought him. Since hanging up his racing flats, he has qualified as a personal trainer, and now works for English Athletics as a Development Officer in Suffolk.



**Watford, 11.6.05. Leaders in the women's 3km. steeplechase, left to right; EMILY PIDGEON (7), SONIA THOMAS (6), LIZZY HALL (2), TARA KRZYWICKI (13), LOUISE MORK (Denmark, 5) and JOLANDA VERSTRATEN (Netherlands, 16).
photograph by Mark Shearman.**

Bits and pieces

Recent research suggests that music can enhance performance by up to 10%, if played during training or racing. In addition, if listened to before competition it can create greater focus and/or assist relaxation. Perhaps we could get Sony(or similar) to sponsor middle-distance running?

Letter to BMC.

Just a short note to to let you know that Laurence(Cox) made it to the final of the World Youth Championships in Marrakech. He was unhappy about his run in the final, where the field was destroyed by a 3:36 run by a Kenyan running for Bahrain. However his ninth place made him the top European, which must be a positive. Thank you for providing the BMC events leading up to the selection.

Michael Cox

The "Honours Board" in the last issue has had other nominations. Mike Dunphy's name has been put forward. He was National Sec for five or so years, others put forward are Maureen Smith, the late Ron Holman, Malcolm Coomber, Kath Binns and Mike Tollitt.

World rankings

The stats shown here are as at early October for 2005. There may be some adjustment when final auditing takes place but it shows where the leading 12 British athletes figured on the world list.

Mens					Womens				
800	1500	5k	10k	s/c	800	1500	5k	10k	s/c
16	16	118	144	73	56	24	8	9	30
110	47	358	145	86	72	33	46	42	35
161	55	385	171	91	72	43	54	45	74
163	67	392	228	118	75	66	55	95	86
202	90	406	360	131	77	93	74	113	112
218	97	466	376	138	101	104	100	200	115
219	106	528	437	141	118	115	143	233	120
224	120	609	569	144	127	132	160	271	149
231	141	624	613	151	137	139	203	288	158
236	152	652	627	245	138	149	229	290	208
240	157	669	651	253	145	158	241	301	261
257	159	656	688	272	155	166	243	324	290

Whilst these figures do not tell the whole story eg the women's 'chase is still undeveloped in many countries, one can observe in which events UK has a better showing. As is indicated elsewhere in this magazine the men's 5 and 10k is not in robust health. Overall, and this has at least something to do with the lesser acceptance of women's athletics abroad, the UK women outperform the men.

Missing in Europe - track 10,000m

Global

Perhaps IAAF policy has contributed to changing the men's 10k landscape. Everyone from seasoned coach to vote-chasing sports politician talks of the Athlete Pathway. Well, consider and contrast the athlete pathways at the sharp end of world endurance:

Helsinki Men's 10k A qualifying time-27.49-achieved in 2004 by 41 athletes of whom just 6 were born outside Africa, 1 within Europe

Helsinki men's marathon Team qualifier-31.40- achieved in 2004 by 320 athletes

Helsinki Women's 10k A qualifier-31.40-achieved in 2004 by 31 athletes

Helsinki Women's marathon Team qualifier-2.37-achieved in 2004 by 206 athletes.

Yes, the marathon circuit and prize money offers more opportunities with more lucrative rewards than do the 10k track races, but we are still looking here at a large difference in performance in what it takes to get your ticket sorted for the world's in the marathon compared to the 10k.

Domestic

Seeing how the stats are demonstrated "on the ground", over the winter and spring there was a healthy pool of UK runners realistically looking at the London Marathon as a passport to Helsinki, and so it proved, for the women in particular. Virtually no mention of any UK-based guys having a realistic shot at this time round at the 10k trial at Watford as giving them a chance to run in Helsinki, and so it proved, with two English guys achieving the Commonwealth Games standard, nearly a minute slower.

The malaise is pretty much European wide -it seems that even on current

standards the AAA's men's 10k is in line with much of Europe with only Spain having a clear lead in performance standard (this year, stattoes, 12th place in 28.56 though only one in sub-28.30)

The AAA's 10k now seems established as a June fixture at Watford, which has served its purpose in securing championship qualifying times for a few Brits in what are usually ideal distance running conditions. Apart from the less-than-a -handful of world class Brits who can secure a slot in an IAAF GP 10k, we should assume that the best of British with any 10k aspirations will give some focus to the race and train specifically for it.

So what is there outside the AAA's 10k? BUSA takes place in late April which pretty much rules out anyone who has raced the London marathon. BUSA also comes arguably at an awkward time for those who have peaked for the Inter-Counties XC in early March. The Inter-Counties 10k seems to hold little attraction nowadays, and the one-per-county approach prevents runners from areas of multiple strength from performing. The UKA Endurance Initiative 10k at Birmingham this July this year did at least build on the 2004 event and get a good number of finishers, men and women, with some solid performances.

Would there be any national interest in having a 10k track race, at a sheltered

venue, somewhere reasonably accessible within England, say two or three weeks pre-London marathon? It could appeal to :-

- Runners holding their form from the Inter-Counties XC in early March- 12k and 8k form surely pretty reliable over 10k
- Marathon runners looking for a reasonable indicator of form (both Alan Storey and Paula Radcliffe assert that one should approach a marathon in 10k PB shape).
- Possibly incorporating the BUSA champs (there are now a number of examples of 10k track champs being held away from the main fixture)

Rankings show that in 2004 97 Brits ran sub 31 for 10k on the road and amongst the women there were 78 subs 36 on the road. No doubt some have reservations about 25 laps on the track but 10k is 10k, and there are no worries about hills, cars, dogs, mis-



Solihull, 25.6.05. ELEANOR BAKER on her way to victory in the 5,000m. photo by Mark Shearman.

directions or inaccurate distance markers. So, in theory, there should be a critical mass of national level runners who could benefit from 10k track events at optimum times and venues. They won't all be on their way to international championships but the races could play a development role for these runners.

European

Moving up from national level, it is disappointing, and especially so this year when not a single Brit toed the line in the Euro Challenge 10k. Originating as just Spain v Portugal, the European Association (EAA) expanded its role specifically to give Europe's leading 10k

runners a chance to race competitively without playing second fiddle to world class Africans. Strategically slotted in two weeks after the World X so that, in theory, runners peaking for that could carry their form to a race with broadly similar physiological demands. Alternatively, it has been used as a high intensity blow out en route to April marathons. Both the numbers of athletes and the standards have declined significantly in the last few years, but given that it offers 10 slots for UK runners (and the qualifying standards have been modified such that GB could actually fill all 10 places), to have no one attend looks like opportunities going begging. Both the

date and venue are known are set months in advance. This year there were performances in the regional and national road relays that might perhaps have done more to bring on the athletes concerned if that form had been used in the European forum.

David Chalfen

The author is currently completing his UKA Level 3 Endurance Qualification. His PB was measured by the calendar rather than the stop-watch. But, he organized the women's field for the UK Endurance Initiative 10k in Birmingham in July 2005.



Solihull, 25.6.05. JENNY MEADOWS (101) wins the women's 'A' 800m. from KAREN HAREWOOD (100) with HELEN CLITHEROE (108) finishing fourth. photograph by Mark Shearman.

Non Stanford

Non Rhiannydd Stanford was born in January 1989. Her mother had been a gymnast, a gymnast coach and International judge. It was therefore not surprising that her early success should be in that sport and made the "Team Wales" for a competition in America as a young girl. In parallel she became a keen swimmer, another sport requiring many hours of training. Non(her name is that of the mother of the Welsh patron saint) found the two sports difficult keep up in tandem and swimming became the premier choice.

Moving school saw the advent of athletics into her realm of interests. Aged twelve(2001) she notched an 800 of 2:26.9, a 1200 of 3:49.6 and a 1500 4:55.4 these performances witnessed her in the upper echelons of her age group. In 2002, now aged 13, and under the guidance of coach John Griffiths, she clocked a 4:39.20 for 1500. This saw her as the leading Briton of her age. A year later. now 14(2003) a 4:34.24 at 1500 was the fastest by a Brit at U/15. Here then was a talent of promise.

2004 was the 50th anniversary of the Bannister mile and together with other prominent youngsters she was invited to race a mile at Oxford. There she accomplished a time of 4:51.31 during the season she added a 2:10.77 800 and a 4:23.5 1500 and a 9:22.84 3k. Together with Emily Pidgeon she had established herself as

one of the leading U/17 performers in the country and both had another year in this division! Another feature was a 5k road run of 16.48.

During this period she averaged four running sessions per week and a similar number of swimming sessions, a situation, injuries allowing, that pertains to-day. Is there a lesson here for coaches? The swimming is done in a scheduled manner as a member of Swansea Swimming Club although she now no longer swims competitively. It does not sound like an "easy ride".

Cross-country has always played its part and that is planned to continue. A personal circuit training session is also a part of her routine for core stability. Assistance from Elite Cymru enables her to have regular physio sessions and medical check-ups. The current year has however been plagued with minor injuries that have restricted training slots to no longer than a couple of weeks with resultant indifferent performances. The better news was the invitation to join "Kelly's Heroines" and she has enjoyed beyond measure the esprit de corps of the girls getting together for training. Non hopes it will continue and she thanks Kelly, and Norwich Union, for their input.

As to the future she regards the 1500 as being the short and medium term target. In the longer term perhaps 5

and 10k. Immediate targets are the World Junior C.C team and the Junior team for the World Champs in Beijing next year where the qualifying mark of 4:28.00 looks, injuries allowing, to be well within her scope. She acknowledges that more running sessions, and less swimming, may be a feature of the years ahead but seems totally level headed about her approach.

Outside of sport Non has achieved 5 GCSE A star marks and 5 ordinary A marks this summer. She will study Chemistry, Biology, Mathematics and History at A level with the intention of reading Medicine at University. A current local problem has been that for some time her club has been without a track as the recently constructed one awaits certification, hopefully "any day now". Her current level of performance means it is difficult to find an athlete to train with although sometimes a lad can be persuaded to. This gives enhanced value to running with Team Kelly.

With the constant problem of drop-outs it is vital that talented youngsters are kept in the sport and Non's parents are very supportive. It is to be hoped that she, and others like her, can retain their interest and go on to fulfil the promise they have shown thus far.



Manchester, 21.5.05. NON STANFORD (270) leads from DONNA RIDING (272) and LAURA DAVENPORT (267) in the women's 'A' 1500m. photograph by Mark Shearman.

The day I wept

It was a BMC non residential training week-end in Harlow, Essex, at the end of which the club would hold its AGM, the customary time for club officers to be elected. It was the practice to circularise the current officers as to their intention of continuing in office or not. They had all indicated that they were prepared to continue. When the proceedings reached the stage for the election of officers and the post of Chairman was put forward he declined. He was then the national middle-distance coach as well. Other proffered included :- Vice-chairman, held by the SCAAA staff coach for MD, President, held by the national long distance coach, Membership Secretary and Treasurer. All declined to continue. A club without a committee cannot operate efficiently or democratically, if at all. This clearly was the intention of the abstainers-to finish the BMC off! What was behind this treachery? To understand their infamy it's necessary to look at the BMC's previous history to this attempt at a coup de grace.

The BMC made slow but steady progress from its start in 1963 to 1968, staging invitation mile races throughout the country and an annual training week-end: it also issued a journal -the BMC News, every six months which contained informative coaching articles. One of the committee

injected large sums of money annually into the club's coffers for the next twelve years which enabled it to increase its race programme and also its educational role by organizing additional residential training week-ends for young athletes. The status of BMC officers in the coaching field increased and most were given official AAA coaching positions. In 1980 the UK Coaching Scheme came into being with the cry "event specialization", the set being a national event coach for each track and field discipline and staff coaches for each area (North, South, Midlands etc).Each area had a non elected coaching committee which answered to the national one known as the UK Coaching Committee. The whole was supervised by a UK Coaching Director. The BMC was not invited to take any part in this scheme, unlike the current trend. The BMC were recipients of complaints against officially appointed coaches accusing them of flagrant poaching. The UK Coaching Director, when approached to deal with these matters, was dismissive to the point of arrogance. There were also numerous complaints about unfair selection for GB international vests. Strangely GB women middle-distance runners were the weakest link in the set-up and the BMC were not backward in highlighting this, in a constructive manner, much to the

irritation of the UK Coaching Director and his disciples. The BMC had begun to step on many official toes and those who held both BMC and official coaching positions chose to hang on to the latter and ditch the former. One had kudos the other notoriety.

A smirking former BMC Chairman, then the national m-d coach, said to the BMC founder as he was leaving the meeting, " You've got you're a job on your hands now".

The gloating UK Coaching Director observed, shortly afterwards, " I hear your BMC committee isn't much cop now". Eight years later he resigned and his much praised (by him) coaching empire crashed. To-day, twenty-three years after the attempt to smash the BMC UK Athletics holds up BMC meetings as an example of where the sport should go. UK Athletics also entrusts many of its coaching strategies to be executed by the BMC. Lastly sponsors have been impressed by its achievements and are supportive significantly.

There is an old saying, "Be good to people on the way up, you may need them on the way down". Some people in 1982 didn't remember this.

Written by BMC member No.34

Nikki Hamblin

Members will be interested to know why Nikki, a leading runner in her age group in 2004, has not been around this year. She developed a foot injury for which orthotics were prescribed. Unhappily the prescription did not cure the problem and after just one 400 early in the season the injury flared up again. A further diagnosis led to different orthotics being created and she recently finished second in a biathlon (swimming and running). It appears she had real success at this sport prior to specialising on the track. Her 2004 season led to the award of a scholarship at Millfield a year ago and we must hope that the way is clear for her to build upon her 2004 success. Note that she began regular swimming sessions from age three, twice per week, a story not a million miles away from that of Non Stanford, and again I ask, with all the ignorance that old age brings, can, in any way, this early "aerobic" preparation be compared with the Kenyan run to and from school story?

Your country needs you for the 10k

compiled by Frank Horwill

What are the physiological requirements? The 10k is 90% aerobic and 10% anaerobic, it's also run at 90% of your VO2 max. This means that given ten hours of training, nine should be devoted to aerobic running and one to anaerobic work.

What constitutes aerobic work? This is running where the majority of the oxygen required can be breathed. A common error is to believe that such work is confined to steady or conversational running. Marathon pace is 99% aerobic, half-marathon is 94%, 10k is 90%, 5k is 80% and 3k is 60%. ALL these speeds should be used in a 21-day training cycle.

What is Anaerobic running? This exists where the oxygen intake falls well short of the body's needs and includes 800 speed (67% anaerobic) and 1500 metres pace (50%). A full out 400 metres is run 83% anaerobically.

How can you estimate your 10k potential? There are several methods :-

- 1) The novice should take the average 400 metres time in his/her best 1500 metres and add 12 seconds to it, multiply by 25. For example, best 1500 of 4 mins. = 64 secs per 400m + 12 secs = 76 x 25 = 31 mins. 40 secs/10k
Note, however, this can change dramatically, for instance. Paula Radcliffe's best 1500 is 4:06 (rounded off) which is 65.5 per 400m. Her best 10k time is 30 mins. 01 secs (72 sec./400). Her 10k average 400m speed is 6.5 secs slower than the average in her 1500m.
- 2) Double the 5k time and add 60 secs. Given a 5k time of 15 mins this would forecast a time of 31 mins/10k. However Dave Bedford had a best 5k of 13 mins.17 seconds in 1972 and ran a world record of 27:30 in 1973, which works out double his 5k time plus 56 secs. Jon Brown's conversion was even better with a 5k time of 13:19 and a 10k time of 27:18. which is double plus 40secs.
- 3) Three times 3k time plus 4mins 45secs. At world class level the addition is just 4 mins. Example, best 3k = 9 mins x 3 = 27 mins = 31 mins 45 secs/10k
How much training time is involved? A minimum of six hours per week and a maximum of twelve hours. The average being nine hours.

When should one start preparing for the event? Start in October and race cross-country twice per month, that's a total of twelve races in the winter.

When should specific training start? The beginning of February.

What sort of repetitive cycle should be adopted? Most world-class 10k runners have a 14 or 21 cycle which is repeated several times before peak fitness is reached.

What sort of diet is best? Research has long established that frequent moderate-sized meals daily (every four hours) lead to a greater physical output, greater acclimatisation to extremes of heat and cold and altitude. 75% of each meal should consist of low glycaemic carbohydrates, 20% protein and 5% non saturated fat.

What sort of race programme should be adopted? The old adage of racing over and under distance is valid. Research suggests that the third 10k race in a six month period is likely to be the fastest. A good racing sequence is a race a fortnight as follows:- 1st race-----half-marathon. 2nd race-3k. 3rd race-5k. 4th race-10k.

What sort of training should form the mainstay of the winter?

- 1) One run a week building up to 18 miles at 30 secs per mile slower than one's target 10k mile speed.
- 2) One run per week building up to 21k at 15secs per mile slower than in your target 10k time per mile.
- 3) One session per week of hill running building up to the ASCENTS from 3k to 5k total. Long hills (1200m) around an incline of 1 in 15 should be sought.
- 4) A weekly fartlek session on the lines of 5-4-3-2-1 minutes of hard effort running with one minute jog recovery after each run. In due course this should be 2 x 5-4-3-2-1 minute efforts with a 3 minute jog after the first block.

After each of the above, next day there should be a 35 minute recovery run, which can, in time, be repeated 10 hours later.

What specific schedule should be done at the beginning of February?

- Day 1 Slow aerobic - run 13 miles about 15 secs per mile slower than the mile time in target 10k.
- Day 2 Slow aerobic - 35 mins recovery run. 10 hours later, repeat
- Day 3 Aerobic - Target 10k time rehearsal - 7 x 1600 with 100 jog (45 secs)
- Day 4 Slow aerobic, am 35 mins run repeated pm.
- Day 5 Fast runs at 5k speed...7 x 800. 100m jog between.
- Day 6 Rest
- Day 7 Fast aerobic - 3k speed. 16 x 400. 100 jog
- Day 8 Slow aerobic - 35 mins run in am repeat in pm.
- Day 9 Slow aerobic repeat day 1.
- Day 10 Slow aerobic - 35mins run in am repeat in pm
- Day 11 Anaerobic - 9 x 500 at 1500 speed with 200m walk (2mins)
- Day 12 Slow aerobic - 35 mins run repeat pm
- Day 13 Rest
- Day 14 Slow aerobic - run 18 miles.
- Day 15 Slow aerobic - 35 mins run am repeat pm
- Day 16 Fast aerobic 10k target pace - 5 x 2k with 100m walk recovery

- Day 17 Slow aerobic - 35 mins run am repeat pm.
- Day 18 Fast aerobic - 5k speed. 5 x 1200m with 100m walk recovery
- Day 19 Rest.
- Day 20 Fast aerobic - 3k speed - 8 x 800., 200 jog recovery.
- Day 21 Slow aerobic - 35min run am repeat pm
- Day 22 Anaerobic - 4 x 400 x 200 at 800 speed with 45 secs rest and 5 mins rest after each set.
- Day 23 Slow aerobic 35 mins run am and repeat pm.
- Day 24 Start with day 1 again.

Before all track sessions jog a timed 15 - minutes and afterwards jog a timed 10 minutes.

Special note. According to Dudley's revolutionary research which lasted 12 weeks and measured mitochondrial increases in subjects at different speeds he declared the following:- One mile run at at 10k speed was worth more than 3 miles of steady running. One mile run at at 5k speed is worth more than 4 miles of steady work. One mile run at 3k speed is worth more than 5 miles of steady running.

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EACH PIECE SHOWN HERE IS A FINE TRIBUTE TO THIS ATHLETIC 'MILE'STONE'

BMC Nike Grand Prix 2005

The BMC Nike Grand Prix series continues to show that if you organise meetings to give athletes what they want, then you won't be short of people wanting to compete.

A total of 1331 athletes finished races in the BMC Nike Grand Prix in 2005 giving an average meeting size of 266 for the five race series. This was a significant increase on 2004. If you add in another 865 Athletes who finished in the 6 meeting Junior Grand Prix Series, then the popularity of BMC organised events is clear.

There was a need to continue the progress that had been made in previous years and to improve on last year's performance. There was a marked increase in the regional racing programme, thanks to the efforts of Pat Fitzgerald, and the introduction of the BMC Academy and the BMC Young Athletes Grand Prix series. It was initially thought that these meetings

might actually lower the numbers of younger athletes competing in the Senior Grand Prix series. In the end these fears were unfounded as large numbers competed in both series.

As well as the numbers competing there was also encouragement in the standards achieved. In particular the women's 800m showed an outstanding depth of talent with 23 separate British performances under 2:05. This made it easily the best ever year in the 9 year history of the race series. The men's 800m races did not have the same depth but did produce the 2nd fastest 800m performance by a Britain this year from Andy Baddeley in 1:47.09.

There were encouraging signs to in the 1500m with a record 40 male performances under 3:45. Perhaps though the most significant races for British 1500m running did not come over the actual distance. Nick McCormick used the opening 2

meetings to win races over distance at 3000m and under distance at 800m, to set himself up for a 1500m break through that took him to the World Championships. In the mile Mo Farah led 7 people under 4 minutes as he produced a performance well ahead of his best metric equivalent. The women's 1500m also produced a crop of fast winning times topped by Lisa Dobriskey's 4:09.08 in the final meeting.

Creating opportunities for U20 and U23 athletes to achieve European qualifying standards is always an aim of the Grand Prix series, and this year the standard was exceeded 16 times in the 800m and 1500m. The leading Junior performances came from Emily Pigeon with a 16:04.46 UK U17 5000m record at Manchester and a 10:16.07 UK U20 Steeplechase record at Watford.

BMC Nike Grand Prix Best Times 2005

Event	Men	Women
800m	1:47.09 – Andy Baddeley	2:01.98 – Rebecca Lyne
1500m	3:38.95 – Lachlan Chisholm (Aus)	4:09.08 – Lisa Dobriskey
Mile	3:56.49 – Mo Farah	-----
3000m	7:56.57 – Nick McCormick	9:09.60 – Renee Meivier (USA)
5000m	13:21.17 – Micah Kogo (Ken)	15:57.49 – Eleanor Baker
10000m	28:33.74 – Barnabas` Kosgei (Ken)	31:46.53 - Kathy Butler
3000m STCH	8:37.46 – Luke Gunn	10:13.68 – Lizzy Hall

Age Groups in the 2005 GP for 800m and 1500m

	Men					Women				
	SNR	U23	U20	U17	Tot	SNR	U23	U20	U17	Tot
Manchester	42	29	23	14	108	16	11	14	17	58
Watford	84	45	36	2	167	24	27	15	6	72
Solihull	51	38	37	9	135	28	23	26	29	106
Cardiff	56	17	24	4	101	15	9	12	13	49
Crystal Palace	66	26	27	23	142	27	19	14	26	86
Total	299	155	147	52	653	110	89	81	91	371
%	46%	24%	23%	8%		30%	24%	22%	25%	

First and tenth fastest British times (1997 - 2005)

800m

	Men			Women		
	Best British	Av. 1st British	Av. 10th British	Best British	Av. 1st British	Av. 10th British
'97	1:46.87	1:48.13	1:51.04	2:03.4	2:05.21	2:13.58
'98	1:47.13	1:48.29	1:50.85	2:01.93	2:04.85	2:12.11
'99	1:48.00	1:48.27	1:50.21	2:04.57	2:05.94	2:12.74
'00	1:46.97	1:47.97	1:50.91	2:05.10	2:06.16	2:12.74
'01	1:47.67	1:48.99	1:51.64	2:04.94	2:05.80	2:12.77
'02	1:47.18	1:48.21	1:51.94	2:03.70	2:04.83	2:12.15
'03	1:46.68	1:47.72	1:50.90	2:04.55	2:05.14	2:10.20
'04	1:47.37	1:48.60	1:51.96	2:00.77	2:03.13	2:11.47
'05	1:47.09	1:48.73	1:50.66	2:01.98	2:03.05	2:08.14

1500m

	Men			Women		
	Best British	Av. 1st British	Av. 10th British	Best British	Av. 1st British	Av. 10th British
'97	3:37.5	3:41.05	3:45.40	4:15.2	4:18.18	4:42.2
'98	3:39.5	3:42.14	3:47.01	4:14.85	4:17.80	4:28.63
'99	3:41.83	3:42.85	3:45.51	4:10.84	4:17.02	4:27.82
'00	3:39.79	3:41.89	3:49.02	4:15.28	4:17.74	4:33.02
'01	3:39.27	3:43.19	3:47.62	4:13.02	4:16.23	4:32.03
'02	3:41.06	3:43.16	3:47.90	4:11.24	4:17.93	4:28.60
'03	3:39.72	3:41.62	3:48.85	4:14.82	4:16.81	4:25.95
'04	3:40.11	3:43.59	3:50.46	4:10.56	4:15.49	4:31.72
'05	3:38.49*	3:41.92	3:46.91	4:09.08	4:16.82	4:28.44



Watford, 11.6.05. LACHLAN CHISHOLM (Australia) wins the 'A' 1500m. from CHRIS WARBURTON (285) and ANDY BADDELEY (270). photograph by Mark Shearman.

BMC Rankings 2005

(BMC races only)

Compiled by Tim Grose

Men 600

1:22.6 Matthew Birchall
1:23.8 Andrew Stanton U17
1:24.1 Jonathan Young U20
1:26.5 Jonathan Pearson U17
1:26.9 Christopher Howey U20
1:27.7 James Hogg
1:28.4 Zak Scott U20
1:34.7 Marc Cochrane U17
1:39.2 Adam Greenwood U17
1:42.6 Richard Hopkinson U17

Men 800

1:47.09 Andy Baddeley
1:48.03 Sam Ellis
1:48.13 Ciaran O'Connell
1:48.16 Ian Munro
1:48.25 Nick McCormick
1:48.25 Justus Koehc
1:48.26 Steven Fennell U20
1:48.38 Tom Carter
1:48.41 Michael Rimmer U20
1:48.60 Joel Kidger
1:48.70 Damien Moss
1:48.76 Darren St Clair
1:48.82 Lachlan Chisholm
1:48.95 Kieran Flannery U20
1:49.01 Alasdair Donaldson
1:49.13 Chris Mulvaney
1:49.23 Ed Jackson
1:49.23 Michael Coltherd
1:49.25 James Nasrat
1:49.36 Stephen Davies
1:49.37 Jimmy Watkins
1:49.37 Chris Warburton
1:49.43 Gareth Balch
1:49.44 David Campbell
1:49.46 Graeme Oudney
1:49.49 Neil Dougal
1:49.51 Ben Green U20
1:49.57 Paskar Owor
1:49.62 Richard Hill U20
1:49.72 Chris Reynolds
1:49.77 Chris Bolt
1:49.87 Neil Speaight
1:49.92 Tim Bayley
1:49.97 Lee Merrien
1:50.01 Tom Settle U20
1:50.02 Matthew Bowser
1:50.04 Gavin Massingham
1:50.04 Gary Vickers
1:50.12 Chris Gowell
1:50.16 Rob Watkinson
1:50.17 Richard Davenport
1:50.50 Jamie McCullagh
1:50.53 Michael Smart
1:50.53 Andy Whetstone U20
1:50.54 Rob Hooton
1:50.72 Adam Bowden
1:50.77 Tim Alexander
1:50.79 Gregg Taylor
1:50.82 Kevin Kane
1:50.86 David Kelly
1:50.88 Matt Shone
1:50.95 Richard Ashe
1:51.03 Russell Bentley
1:51.06 Nahashon Rutto
1:51.06 Andrew Brown
1:51.1 Tom Mayo
1:51.12 Gary Davenport
1:51.18 Tom Holden
1:51.18 Eddie King
1:51.3 Scott Sterling
1:51.47 Tom Gayle
1:51.52 Mark Mitchell U20
1:51.54 Chris Moss
1:51.58 Drew Graham
1:51.61 Abdul Aziz-Abdulrahman
1:51.64 Aladdin Bouhania
1:51.73 Feidhlim Kelly
1:51.82 Matt Wood U20
1:51.84 Ian Lowthian
1:51.85 Stuart Morland U20
1:51.85 Scott Thomson
1:51.88i Paul Laslett
1:51.89 David McCarthy U20
1:51.90 Chris Mackay
1:51.93 Colin Costello U20
1:51.95 Tom Druce U20
1:51.97 Gareth Hill
1:52.03 Andy Teate
1:52.04 Matthew Barnes
1:52.07 Frank Baddick
1:52.19 Shukri Omar
1:52.25 Pat Davis

1:52.26 Steve Evison
1:52.28 Darren Gauson
1:52.28 Myles Barrett U20
1:52.33 Dave Ragan
1:52.33 Phil Winfield
1:52.34 Chris Parr
1:52.41 Nick Samuels
1:52.43 Matthew Nicholson
1:52.44 Sam Coombes
1:52.48 Dean Clark
1:52.56 Adam Mitchell U20
1:52.57 Ian Rawlinson
1:52.65 Anthony Moran U20
1:52.67 Alex Felce U20
1:52.7 Ben Harding U20
1:52.8 Andy Young
1:52.81 Rhian Hasteley U20
1:52.89 Alan Piggford U20
1:52.90 Jonathan Taylor U20
1:52.90 Marc Elliott
1:52.91 James Mills U20
1:52.93 Steven Morrow U20
1:53.04 Stuart Bailey
1:53.09 Jordon West U17
1:53.10 Darragh Greene
1:53.3 Paolo Natali
1:53.33 Adam Vandenberg
1:53.35 Martyn Gibbons U20
1:53.42 John Rogers
1:53.49 Eoin Cummins
1:53.52 Mark Wilkie
1:53.58 Richard Jones
1:53.62 Nicky Moore U20
1:53.63 Mark Murison
1:53.64 Robert Goodwin
1:53.69 Daniel Stevens
1:53.70 Joe MacDonald
1:53.70 Alexander Pritchard U20
1:53.70 Chris Saville
1:53.74 Tom Marley U20
1:53.76 Simon Rusbridge
1:53.77 Alan McDonnell
1:53.79 Laurence Cox U20
1:53.79 Chris Brown U20
1:53.8 Danny Crates
1:53.82 Tim Wallis
1:53.86 Alasdair Stewart U20
1:53.89 James Thie
1:53.92 Peter Bridger
1:53.96 Jonathan Williams
1:54.01 Andy Prohett
1:54.05 Dan Acheson
1:54.08 Richard Girvan

1:54.10 Tom Causebrook
1:54.11 Ian Hough
1:54.12 Andrew Lagan U17
1:54.16 Tom Osborne
1:54.16 Gareth Allott U17
1:54.24 Lea Farmer
1:54.26 Joe Van Der Toorn U20
1:54.28 Ben Craddock U20
1:54.33 James Murray
1:54.36 Chris Maludzinski
1:54.41 Stephen Gill U20
1:54.45 Michael Sawrey U20
1:54.46 Gavin Keight
1:54.47 Mark Wiscombe
1:54.47 David Thornton
1:54.48 James Minter U20
1:54.51 William Strangeway U20
1:54.53 Ben King
1:54.67 Rob Banjac U20
1:54.72 Simon Minting
1:54.73 Ian Salisbury
1:54.75 Gary Bristow U20
1:54.76 Craig Price U20
1:54.79 Paul Clarke
1:54.8 Andrew Coffier U20
1:54.84 Graham Wright
1:54.85 Andy Knight V35
1:54.87 Lewis Timmins U20
1:54.89 Nick Bradley U20
1:54.91 Fintan Mc Gee
1:54.99 Simon Burton
1:55.0 Ieuan Thomas U17
1:55.01 Tim Haughian U20
1:55.04 Mark Kennedy U20
1:55.05 Mark Sanford
1:55.20 Rob Whittle
1:55.2 Henry Hammond
1:55.20 Richard Vint
1:55.2 Richard Clayton
1:55.22 Robert Smith
1:55.23 Chris Bryant
1:55.27 Jonathan Mellor U20
1:55.31 Daniel Quinn U20
1:55.39 Jamie Russell
1:55.4 David Harmer
1:55.40 Martin Flook
1:55.4 Tom Warrender
1:55.4 Oliver Holden U20
1:55.40 Alastair Smith U17
1:55.49 Ross Glover
1:55.5 Jonathan Young U20
1:55.52 Ciarán ó Lionáird U20
1:55.53 Danny Barkes U20

1:55.56 James Griffiths U17
1:55.62 Simon Marwood
1:55.63 Tim Hawkes
1:55.63 Richard Menzies
1:55.71 Bobby Whittaker U20
1:55.76 David Hall
1:55.78 Conor Healy U20
1:55.8 Dean Lacy
1:55.8 Andrew Burles
1:55.81 Gavin Parkinson
1:55.86 Thomas Boardman U20
1:55.9 Martin Airey
1:55.90 Mike Tallis U20
1:55.92 Jacob Harman U17
1:55.94 Robert Hodges U20
1:55.97 Richard Larsen U20
1:56.01 James Horman
1:56.05 Andrew Rayner
1:56.05 Paul Miles
1:56.06 Rob Hughes
1:56.1 David Woods U20
1:56.11 Richard Newton U20
1:56.2 Andrew Stanton U17
1:56.2 Tom Bilham U20
1:56.31 Chris Davies
1:56.34 Darrell Bellinger
1:56.34 Joe Thomas U20
1:56.35 Michael Dyer
1:56.37 Brian Stopher
1:56.37 Adam Cansey
1:56.38i Karl McCulloch
1:56.4 Peter Emmett
1:56.4 Toby Underdown
1:56.4 Andrew Ingle
1:56.4 Anthony Gray U20
1:56.4 Daniel Stepney U20
1:56.42 James Wardman
1:56.42 John McCole
1:56.46 Ian Fisher
1:56.49 Craig Pearson
1:56.5 Steven Horne
1:56.51 David Forrester U17
1:56.56 Rick Ward U17
1:56.59 Michael Miller U20
1:56.6 Frederic Tremblay
1:56.65 Michael Corbishley
1:56.69 Rob Berry V35
1:56.7 Joe Mills
1:56.7 Joe Durrant U20
1:56.70 John Mannion U20
1:56.71 Sam Walsh U20
1:56.71 Ciaran McCaughey U17
1:56.74 Daragh McDaid

1:56.75 Paul Carron
1:56.78 Luke Evans
1:56.8 James Phillips U17
1:56.8 Scott Harris U20
1:56.81 Sam Hutchinson U17
1:56.83 Thomas Meakin
1:56.83 George Martin U17
1:56.86 Duncan Marsden
1:56.90 Curtis Pearce U17
1:56.92 Bryan Brett
1:56.93 Nathan Elliott U20
1:56.98 Iain Barrett U20
1:57.00 Russell England
1:57.03 Dave Taylor V40
1:57.04 Steven Mayers
1:57.05 Laurence Chandy
1:57.06 Eoin Tivy U20
1:57.10 Chris Gillespie
1:57.1 Martin Williams
1:57.2 Sam Bradley U20
1:57.2 Andrew de-Camps U20
1:57.2 Michael Hobson U17
1:57.23 Simon O'Leary
1:57.27 Ashley Rymer U17
1:57.30 Jake Coom U17
1:57.3 Jonathan Randle U20
1:57.33 S Gregory U20
1:57.37 Martin Heys
1:57.4 Mark Brown
1:57.41 Paul Couldridge
1:57.44 Richard Plummer
1:57.5 Daniel Scott U20
1:57.5 Rob Mullett U20
1:57.53 Carl Tipton
1:57.53 Simon McGuinness
1:57.63 Adam Green U17
1:57.7 Marc Turner
1:57.73 Mark Fallaize U20
1:57.74 David Reader
1:57.75 Soren Terkildsen Fruerlund U20
1:57.76 Ben Warren
1:57.9 Anthony Wilson
1:57.90 Stephen Lisgo U20
1:57.9 Chris Johnson U20
1:57.92 Steven Sinclair
1:57.93 Richard Warburton U20
1:57.96 Jean-Francois Lignier U17
1:57.97 Ross Edgley
1:58.00 Jordan Donnelly U20
1:58.04 Daniel Yates
1:58.1 John Nunn V35
1:58.2 Nick Todd U17



Watford, 11.6.05. STEPHEN DAVIES (192) wins the men's 'B' 800m. with TIM BAYLEY (193) finishing second, GAVIN MASSINGHAM (194) third and CHRIS GOWELL (198) fourth. photograph by Mark Shearman.

1:58.2	Matt Bristow	2:01.9	John Slade U20	2:08.90	Richard Belton U20	2:21.23	Jamie Breslin U15	3:43.55	Richard Ashe
1:58.24	Jonny Ayres U20	2:01.91	Callum Cullen U17	2:08.9	Neil Robinson U17	2:21.59	Charles Birch U17	3:43.65	Phil Tedd
1:58.28	Michael Cole U17	2:01.98	Sam Dalgleish U17	2:09.00i	Kevin Pye V45	2:21.7	Jack Hutchens U13	3:44.11	Danny Darcy U20
1:58.3	Daniel Beier	2:02.1	Alistair Smith U20	2:09.0	Robbie Schofield U15	2:21.94	David Whalley U15	3:44.19	Chris Bolt
1:58.32	Liam Smyth	2:02.1	Tom Jenkins	2:09.06	Brian Hickey	2:22.0	Paul Read V50	3:44.29	Paskar Owor
1:58.34	Jamie Fenaroli U17	2:02.2	Chris Gallagher U20	2:09.08	Joshua Moody U15	2:22.10	Kristian Jackson U13	3:44.61	Daniel Vogeli
1:58.38	Gary Richards	2:02.3	Dan Mullett U20	2:09.1	Jorge Villacampa	2:22.5	Luke Elmore U15	3:44.81	Steve Sharp
1:58.41	Richard Franzese U20	2:02.3	Lewis Moses U20	2:09.1	Matthew Berwick U15	2:22.56	Sean Fontana U15	3:45.0	Mark Pollard
1:58.47	Stephen Borrill	2:02.34	Alex Wall-Clarke U20	2:09.15	Jack Hallas U15	2:22.65	Lachlan Oates U15	3:45.23	Mitch Kealey
1:58.5	Paul Martin	2:02.4	Tom Bolton	2:09.30	Daniel Challenger U17	2:23.17	James Wignall U15	3:45.37	Mounir Gueroua
1:58.51	Andrew Gibson U17	2:02.4	Nick Farrell U17	2:09.39	Adam Hurley U17	2:23.69	Thomas Purnell U13	3:45.59	Colin Costello U20
1:58.52	Ben Styles U20	2:02.42	Russell North U17	2:09.5	Adrian Iszatt V35	2:24.1	Oliver Lee U15	3:45.61	Thomas Johansson
1:58.53	David Notman	2:02.49	Robbie Hawkins	2:09.55	Jeremy Gilmour U15	2:24.1	Graeme Kay V45	3:45.65	Michael Smart
1:58.53	Jamie Smith	2:02.5	Michael Claff	2:09.61	Martin Cousins U15	2:24.4	Gary Piazzone U17	3:45.65	Mark Warmby
1:58.56	Ketan Desai	2:02.57	Iain Dyson U17	2:09.7	John Scott V35	2:24.9	Alexander Teuten U15	3:45.65	Richard Weir
1:58.59	Klaus Mortensen	2:02.6	Matt Southam U20	2:09.81	Max Roberts U20	2:25.3	Alex Kelly U15	3:46.0	Matthew Barnes
1:58.60	Guy Amos V40	2:02.77	Tom Grimley U17	2:09.82	Mike Timmins U20	2:25.31	Harry Cox U15	3:46.01	Mark Sanford
1:58.6	Richard Lang U20	2:02.8	Alex Hudson	2:09.86	Matthew O'Neill U15	2:25.8	Matt Cobb U15	3:46.25	Luke Watson
1:58.63	Rory Campbell U20	2:02.8	Davey Platt U15	2:10.1	Richard Rogers	2:25.86	Greg Rendell U15	3:46.41	Luke Gunn
1:58.68	Nathan Bibby U17	2:02.82	Chris Mulroy U20	2:10.1	Nick Dunn U15	2:26.42	Matt Dear U13	3:46.53	Anthony Moran U20
1:58.7	Nick Jarvis U20	2:02.86	David Cole U20	2:10.19	Harvey Speed U20	2:26.8	Jamie Crellin U15	3:46.67	Mark Buckingham
1:58.71	Mark Leicester U20	2:02.9	Lee Cook U20	2:10.2	Jason Jeffery U17	2:27.00	George Brown U13	3:46.67	Christophe Chayriguet
1:58.75	Adam Dyson	2:02.9	James Teuten U17	2:10.2	Philip Almond U17	2:27.0	Jacob Landers U15	3:47.2	Gregg Taylor
1:58.78	Neil Hawkins	2:02.91	James Seaton U15	2:10.36	Sean Williams U17	2:27.12	Jack Hutchins U13	3:47.3	Darren Gauson
1:58.8	Matthew Addison U20	2:03.0	Dave Clingan V50	2:10.49	Tomas Northcott U15	2:27.2	Bob Chapman V55	3:47.32	Matt Shone
1:58.8	Daniel Ryan	2:03.11	Robert Bates U20	2:10.7	Liam Corcoran U17	2:27.5	Jamie Mather U15	3:47.4	Michael Coltherd
1:58.8	Ben Paviour	2:03.3	Iain Stewart	2:10.73	Gareth Johns U20	2:27.9	Chris Sykes U15	3:47.61	Jermaine Mays
1:58.8	Chris Axe	2:03.4	Matthew Withey U15	2:10.8	Chris Dobson U17	2:28.6	Matthew Parker U15	3:47.82i	Gareth Price
1:58.86	Russell Osborn	2:03.4	Jon Thorpe V35	2:10.81	Thoma McDermott U17	2:28.85	James Lynch U17	3:47.93	Olle Wallerang
1:58.92	Perry Howarth U17	2:03.4	Matthew Gunby U20	2:11.2	Scott Williams U15	2:28.95	Josh McHugh U13	3:48.0	Tom Snow
1:58.93	Stephen Long	2:03.5	Oliver Harradence	2:11.36	Jacob Fehily U17	2:29.04	Ben Grant U15	3:48.1	Ross Toole U20
1:58.94	Nathan Coleman-Farrow	2:03.5	Rento Veraj U17	2:11.4	Jamie Knapp U15	2:29.3	Sam Seldon U15	3:48.12	Andy Whetstone U20
1:58.94	David Bishop U20	2:03.6	Iain Stuart	2:11.63	Rory McPheatos U20	2:29.35	Shane Munford U15	3:48.14	James Fewtrell
1:59.00	Daniel Treacy U20	2:03.6	Pat Canavan U20	2:11.7	Shahab Razavi	2:29.52	Mathew Daley U15	3:48.15	Paul Miles
1:59.0	Mike Roberts	2:03.74	Michael Williams U17	2:11.73	Nathan Riding U17	2:32.15	Daniel Jackson U13	3:48.32	Andrew Rayner
1:59.0	Seymour Scott	2:03.83	Conor Sweeney	2:11.8	A Atkinson U17	2:32.53	Alistair Massie U15	3:48.38	Rob Watkinson
1:59.02	Scott Wardman	2:03.90	Peter Bains	2:11.96	Jamie Bussell U15	2:32.6	David Robinson V45	3:48.40	Alan Wales
1:59.05	Keith Dunlop	2:03.9	Ben Robinson U17	2:12.08	Alexander Thomas U17	2:33.19	Max Lott U13	3:48.52	Ben Ruthe
1:59.07	Liam McCully U17	2:04.14	Dan Beck	2:12.1	Craig Wrigglesworth U17	2:33.2	Thomas Legeland	3:48.57	Ken Pihlblad
1:59.08	Harry Webb U17	2:04.18	Nico Constanti U17	2:12.15	Louis Christoforou U15	2:33.2	Joe Steel-Martin U15	3:48.73	Alex Felce U20
1:59.1	Chris Knight U17	2:04.20	Oli Williams U20	2:12.23i	Rob Monk U17	2:33.76	Aaron Bennett U15	3:48.85	Ian Rawlinson
1:59.1	Kofi Agyei V40	2:04.22	Duncan Stevenson U17	2:12.3	Bobby Smale U20	2:33.8	Ryan Davis U15	3:48.90	Tom Penfold
1:59.2	Phil Williams	2:04.24	Daniel Barry U20	2:12.4	Paul Sellers U17	2:34.00	Robert Ine U15	3:49.01	Angus Maclean
1:59.29	Dan Gaunt U20	2:04.56	Richard Edmonds	2:12.41	Luke Rigler U17	2:34.30	Ross Thomas U13	3:49.07	Richard Welsh
1:59.3	Russell Betts	2:04.74	Josh Fairclough U17	2:12.44	Jack Skeet U15	2:34.88	Graeme Wood U15	3:49.13	Alex Hodgkinson
1:59.3	Stuart King U20	2:04.79	Matthew Jones	2:12.5	Sam Petty U15	2:35.3	David McDermott V50	3:49.18	Shukri Omar
1:59.36	Nathan Quigley U17	2:04.89	Tom Emmett U17	2:12.67	Philip Smith U15	2:35.4	Philip Sharpe U15	3:49.34	Scott Sterling
1:59.4	Simon Fraser	2:04.93	Huw Adams U17	2:12.93	Dominic Henry U17	2:36.43	Dan Biles U15	3:49.38	Corin Hughes
1:59.41	Peter Matthews U17	2:05.0	Emile Tambelh	2:13.30	Harry Preston U17	2:37.12	Drew Hollinshead U13	3:49.54	Frank Baddick
1:59.45	Andrew Blair	2:05.08	Simon May U17	2:13.4	Mathew Basford U17	2:37.81	William Sandifer U13	3:49.67	Paolo Natali
1:59.5	James Miller	2:05.1	Phil Norman U17	2:13.41	Michael Smith U20	2:40.1	Kevin Burnett V50	3:49.80	Mikkel Kleis
1:59.5	Luke Browning U20	2:05.31	Mark Davies U20	2:13.50	Swabir Abdulrehman U20	2:40.73	Scott Chapman U11	3:49.90	Tim Bayley
1:59.5	George Hill U20	2:05.4	Tim Watson	2:13.8	Peter Monaghan V40	2:40.85	Ewan Martin U15	3:49.95	Matthew Lole
1:59.5	Phil Clamp	2:05.49	Nicholas Johnson U15	2:13.8	Andrew Kaighan U15	2:40.86	Paul MacFarlane U13	3:50.00	Robbie Bugden
1:59.55i	Nik Babic	2:05.5	Adam Smith U20	2:14.0	Phil Moore U20	2:41.3	Hugh Bayley U13	3:50.00	Brian Lindberg
1:59.55	Michael Salter U17	2:05.5	Ryan Smout U20	2:14.16	John Hilton U17	2:42.4	James Proctor U15	3:50.20	Jonathan Blackledge
1:59.57	Oliver Berry U20	2:05.56	Matthew Young U17	2:14.25	Johnathon Jefferies U15	2:42.40	Callum Brown U13	3:50.41	Laurence Cox U20
1:59.57	Ben Rusius U20	2:05.6	Adam Harker	2:14.33	Matthew Allott U15	2:42.67	James Rafferty U13	3:50.54	Richard Jones
1:59.6	David Boyce	2:05.6	Richard Davies U17	2:14.34	Matthew Slaney U20	2:44.1	Jamie Bayliss U15	3:50.6	Gavin Massingham
1:59.64	Richard Dowse	2:05.70	Matthew Mills U20	2:14.4	Ollie Jose U17	2:44.31	Craig Robertson U13	3:50.66	Andrew Fulford
1:59.7	Anthony Bird U17	2:05.7	Callum Skelley U17	2:14.45	Luke Nicholas U15	2:44.8	Oscar Tweed U13	3:50.70	Noel Pollock
1:59.7	Robert Holbrow U20	2:05.82i	Simon Lawson U17	2:14.46	Conor Mogan U15	2:44.82	Jamie Mist U13	3:50.79	Gareth Balch
1:59.7	Chris Sargent	2:05.82	Ryan Crompton U17	2:14.6	Dan Anderson U15	2:45.96	Andrew Morrison U15	3:50.83	Simon Plummer
1:59.7	Greg Norman U20	2:05.84	Fred Wilson U17	2:14.8	J Farrell	2:46.0	James Barker U13	3:50.93	Emmett Dunleavy
1:59.77	Ben Scarlett U20	2:05.85	Chris Reade U17	2:15.1	Chris Gaffney U15	2:46.06	Sam Bedwell U13	3:51.04	Chris Parr
1:59.84	James Williams U17	2:06.0	Khalil Thompson U17	2:15.3	Lewis Hards U15	2:46.32	Callum Wark U11	3:51.07	Nick Talbot
1:59.9	James Ellis	2:06.05	John Cooke U17	2:15.5	Pete Skinner	2:47.0	Ben Quirk U15	3:51.16	Lee Bowron
1:59.9	Gareth Klepacz	2:06.10	Mark Norris U20	2:15.63	Daniel White U17	2:49.36	Ewan Driffield Waddell	3:51.2	Dan Samuels
1:59.96	Chris Baddick U20	2:06.2	Ben Ivorson	2:15.72	Paul Leck U17	U13		3:51.31	Peter Bridger
2:00.0	Luke Thomas U20	2:06.3	Stefan Emary U17	2:15.89	Andrew Warburton U17	2:50.6	Thomas Tackzoe U13	3:51.32	Adam Dyson
2:00.10	Ian Tinsley	2:06.4	Chris Hamp U17	2:16.1	Ben Walmsley U17	2:50.74	Barri Mason U17	3:51.35	James Hayden
2:00.12	Andy Thomas	2:06.4	Kurt Edwards U17	2:16.52	Alex Shelley U15	2:54.54	Cameron Mackie U13	3:51.39	Shaun Moralee
2:00.14	Joe Townsend U17	2:06.5	John Cullen	2:16.52	Rhys Jones U17	2:54.78	Evan Cornforth U13	3:51.4	Rob Whittle
2:00.22	Christian Booker U17	2:06.5	Mark Challen U17	2:16.54	Miles Hollinshead U15	2:56.64	Fraser Donnachie U11	3:51.45	Henry Hammond
2:00.3	Douglas Johnson	2:06.6	Edwin Cawthorne U17	2:16.58	Andrew Smith U17	2:58.58	Murray McDonald U13	3:51.5	Tom Gayle
2:00.3	Mark Cowen	2:06.61	Alex Bryce V40	2:16.6	Matt Timothy U17	3:00.15	Lewis Cornforth U13	3:51.59	Fintan Mc Gee
2:00.30	Joe Wade U17	2:06.7	Simon Baker U20	2:16.6	Dan Hughes U20	3:01.27	Lewis Lockhart U11	3:51.69	Tom Settle U20
2:00.31	Terence Brady U20	2:06.79	Josh Holland U17	2:16.83i	Dafydd Jenkins U17	3:04.89	Angus Cochrane U11	3:51.82	Matthew Ashton
2:00.50	Nigel Wright	2:06.8	Ethan Cross U15	2:16.84	Christopher McLaughlen	3:09.62	Gordon McFarlane U11	3:51.86	Dave Ragan
2:00.7	Federic Temblay	2:06.87	Jonathan Butler U17	U17		3:10.96	Aaron Clancy U11	3:52.13	Andrew Hennessy
2:00.72	Lee Ladd U20	2:06.9	James Blackmore	2:16.95	Joshua Kinch U15	3:11.45	Sam Murray U13	3:52.28	James Williams
2:00.75	Jamie Atkinson	2:06.94	Thomas Barry U17	2:17.0	Mike Bayliss U17	3:13.23	Cameron Campbell U13	3:52.38	Chris Hart U20
2:00.79i	Steffan Hughes	2:07.0	David Bedwell V50	2:17.1	Sacha Henty U15			3:52.42	Paul Whitelam
2:00.8	Seb Somers U20	2:07.0	Craig James U17	2:17.14	Lenny Shail U17			3:52.47	Morten Toft Munkholm
2:00.8	Chris Hearn	2:07.1	Edd Richards	2:17.54	Tom Mahon U17			3:52.49	Dan Dalmedo
2:00.83	Tom Hockedy U20	2:07.1	Carl Dunne	2:17.66	Richard de-Camps U17	3:38.95	Lachlan Chisholm	3:52.61	Martyn Cryer
2:00.88	Tom Wade U17	2:07.22	Tom Smith U17	2:17.93	Ben Jones U15	3:39.79	Andy Baddeley	3:52.62	Gary Vickers
2:00.93	Darren Shinnie U20	2:07.28	Andrew Gibson U17	2:18.4	Jack Moxley U15	3:40.14	Scott McGowan	3:52.81	Martin Williams
2:00.98	Gareth Jones U20	2:07.30	Stephen Broadhurst U15	2:18.43	Nigel O'Brien U17	3:40.20	Tom Carter	3:52.89	Mart Holden
2:01.07	Stephen Donegan	2:07.4	John Knibb V40	2:18.5	Pieran Clark	3:40.58	Paul Hamblyn	3:52.97	Joe MacDonald
2:01.1	Alexander Gibbins	2:07.42	Jonathan Yates U17	2:18.53	Forbes Bryce U17	3:40.79	Lee Merrien	3:53.08	Phil Wicks
2:01.2	Robert Jackaman	2:07.68	Martyn Moon U15	2:18.62	Nick Brown U17	3:40.83	Adam Bowden	3:53.09	Mike Buntin
2:01.23	Neil Cowzer	2:07.8	Darren Franklin U17	2:18.7	Ian Goldsmith U15	3:41.36	Colin McCourt	3:53.14	Daniel Pettit U20
2:01.3	Jack Martin U20	2:07.8	David Carbutt U20	2:18.79	Christopher Moore U17	3:41.37	Gary Murray	3:53.18	Jorge Thomas
2:01.31	Phil Hall V40	2:07.9	Tom Moore U15	2:19.06	Steve Leigh U20	3:41.91	Mark Christie	3:53.2	Ryan Stephenson U20
2:01.4	Richard Wallace U20	2:08.0	Adam Carmichael U20	2:19.4	Steve Choules V40	3:42.40	Ed Jackson	3:53.3	Stuart Stokes
2:01.4	Michael Lloyd U20	2:08.1	Dave Dobriskey U17	2:19.62	Nicholas Lingley U15	3:42.48	Abdul Aziz-Abdulrahman	3:53.37	Chris Reynolds
2:01.5	Mike Benford	2:08.2	Bob Minting V55	2:20.1	Jack Flannigan U15	3:42.55	Bob Winter	3:53.45	Oliver Holden U20
2:01.5	Nicholas Gasson	2:08.21	Thomas Jefferies U17	2:20.25	David Johnston U17	3:42.57	Moses Kipsiro U20	3:53.52	Matt James
2:01.5	Chris McQuillen-Wright	2:08.34	Kenneth Boyd U17	2:20.6	Ashley Williams U15	3:42.73	Mohamed Farah	3:53.63	Tom Wiggers U20
2:01.6	David Cooper U17	2:08.38	Jamahl Adams	2:20.6	Matt Cann U15	3:42.86	Michael Skinner	3:53.75	Adam Vandenberg
2:01.68	Timothy Howe U20	2:08.40	Scott Legg U15	2:20.62	James Stacey U15	3:43.11	Mark Draper	3:53.82	Dave Mitchinson
2:01.7	Andrew Carr	2:08.5	Richard Felton U15	2:20.68	Callum Fisher U15	3:43.24	Gareth Turnbull	3:53.84	Peter Emmett
2:01.8	Richard Daniels U20	2:08.6	Daniel Clarke U20	2:20.8	Dean Scott U13	3:43.4	Kris Berry	3:53.88	Mikkel Black Christensen
2:01.9	Jeremy Bradley	2:08.7	Ross Williams U15	2:21.1	James Cotterill U15	3:43.45	Mark Tucker	3:54.01	Ben Moreau
2:01.90	Richard Brown	2:08.88	Jamie Dixon U17	2:21.16	Steve Nash U15	3:43.54	Kevin Sheppard	3:54.03	Russell Bentley

3:54.08	Søren Molbech	4:00.51	James Tydeman	4:08.92	Andrew Stanton U17	4:22.74	Oliver Ziff U17	4:58.68	Matthew Peters U15
3:54.11	Kent Sorensen	4:00.51	Phil Bradshaw	4:08.95	Aidan Adams	4:22.8	Federic Temblay	4:58.68	Andy Partington U15
3:54.24	Bruce Raeside	4:00.66	Gareth Jones U20	4:09.07	Marc Hartley U20	4:23.12	Julian Hough U20	4:59.60	James Wignall U15
3:54.25	Matthew Nicholson	4:00.67	Michael Corbishley	4:09.3	Barry Royden V35	4:23.16	Chris Ramsey U17	4:59.91	Mick Warwick U15
3:54.27	John Rogers	4:00.70	Kevin Nash	4:09.46	Rick Ward U17	4:23.30	Sam Dublin U20	5:00.32	Kieran Smith U15
3:54.49	Kevin Dunbar	4:00.8	Russell Osborn	4:09.5	Andrew Dougal	4:23.3	Tom Grimley U17	5:00.90	George Atkins U13
3:54.51	Darrell Bellingier	4:00.87	Nick Samuels	4:09.8	Chris Gillespie	4:23.34	Arthur Cooke	5:01.14i	Nick Jarvis U20
3:54.56	John McCole	4:00.88	Matt Murray	4:09.92	Glen Watts U20	4:23.41	Marcus Ely U17	5:02.7	C Bullen U15
3:54.58	Alistair Smith	4:01.04	Douglas Selman U20	4:10.05	Adam Elliott	4:23.49	Nathan Young U15	5:04.3	Freddy Cook U13
3:54.69	Ben Warren	4:01.25	Russell England	4:10.1	Sebastian Duffy	4:23.5	Adrian Iszatt V35	5:05.6	Bob Chapman V55
3:54.69	Jonathan Taylor U20	4:01.37	Jordan Donnelly U20	4:10.14	Richard Peters U17	4:23.62	Torsten Chandler U17	5:06.13	Matthew Hill U17
3:54.97	Daire Bermingham U20	4:01.4	Max Prien	4:10.35	James Drinkwater U20	4:23.69	Chris Reade U17	5:06.13	Allan Stewart U15
3:54.98	John Laselle	4:01.50	Matt Clay U20	4:10.4	Simon Fortnaam	4:23.78	Jack Cutsforth U17	5:06.53	Jim Norris U13
3:54.98	Richard Newton U20	4:01.7	Nathan Bibby U17	4:10.41	Danny Barker U20	4:24.02	Angus Holford U17	5:07.17	Kieron Murphy U15
3:54.99	Glen Coppin	4:01.79	Moray Anderson	4:10.5	Simon Minting	4:24.56	Ashley Carter U17	5:11.66	David Meyer U15
3:54.99	Robert Goodwin	4:01.83	David Notman	4:10.53i	Joe Thomas U20	4:24.68	Mark Challen U17	5:12.21	Liam Turnbull U15
3:55.05	Tom Warrender	4:01.84	Curtis Pearce U17	4:10.56	Andrew Kaar U20	4:25.0	Peter Monaghan V40	5:14.29	Chris Connor U15
3:55.15	Ross Millington U17	4:02.0	Steven Fennell U20	4:10.70	Ander Russell U20	4:25.01	Khalil Thompson U17	5:17.01	Sam Bedwell U13
3:55.32	David Proctor	4:02.01	Matt Shaw	4:10.79	Steven Cannell U20	4:25.11	Ed Womersley U17	5:18.9	Gary Piazzon U17
3:55.33	Matthew Addison U20	4:02.06	Andrew Dunwoody	4:10.90	Steve Hallas	4:25.80	Chris Bull U15	5:24.91	Glyn Wynderbank U15
3:55.41	Brian Maher	4:02.13	James Wardman	4:10.96	Damian Nicholls	4:26.28	Aaron Morgan-Bonner U17	5:36.28	Adam Speake U13
3:55.48	Paul Erwood U20	4:02.2	Neil Gamester	4:11.1	Julian Rendall	4:26.3	Anthony Bird U17	5:42.5	George Hurford U13
3:55.67	Kelvin Hardy U20	4:02.2	Kevin Heywood	4:11.18	Stephen Feasey U17	4:26.32	Daniel Brocklehurst U17	5:42.7	Andrew Coleman U20
3:55.74	Lewis Cadman	4:02.24	Danny Barks U20	4:11.18	Michael Quarless U20	4:26.39	Josh Arnold U17		
3:55.76	Jonathan Mellor U20	4:02.27	Wynne Evans U20	4:11.29	Blake Ellis	4:26.45i	Sam Trowbridge U20		Men Mile
3:55.78	David Doherty	4:02.32	Jonny Ayres U20	4:11.30	Ben Styles U20	4:26.47	Mark Booth U15	3:56.49	Mohamed Farah
3:55.80	Jamie Atkinson	4:02.33	Max Colligan V35	4:11.32	John Scott V35	4:27.30	Mark Norris U20	3:57.30	Tom Carter
3:55.81	James Ellis	4:02.35	Daniel Gurmin	4:11.47	Edward Takata	4:27.35	Jonathan Yates U17	3:58.63	James Thie
3:55.89	Ieuan Thomas U17	4:02.54	Robert Flannery	4:11.5	Chris Baddick U20	4:27.89	Ben Chodray U15	3:58.66	Matt Shone
3:56.05	Eoin Healy U20	4:02.7	Jonathan Young U20	4:11.58	Michael Holden U17	4:28.77	Tom Graver U17	3:58.99	Mark Christie
3:56.08	Rory Fraser U20	4:02.84	Tom Bolton	4:11.64	Tom Comerford U20	4:29.0	Harvey Speed U20	3:59.18	Lee Merrien
3:56.1	James Mills U20	4:02.9	Joe Durrant U20	4:11.70	Tom Madden U17	4:29.15	Dale Platt U15	3:59.52	Gary Murray
3:56.21	Henrik Them	4:02.99	Gordon Lee V35	4:12.09	Aidan Reid U17	4:29.3	Robert Balmbra U17	4:02.30	Michael Skinner
3:56.24	Dave Webb	4:03.0	Daniel Beier	4:12.1	Iain Stewart	4:29.62	Matthew Jackson U15	4:03.25	Paul Korir
3:56.30	David Awde U20	4:03.09	Jacob Harman U17	4:12.4	Chris Sargent	4:29.70	James Mee U17	4:03.72	Kevin Sheppard
3:56.5	Ryan McLeod	4:03.10	Alec Duffield U20	4:12.43	Ruahan Crichton U20	4:29.9	Richard Waldron U20	4:10.51	Raymond Weeden
3:56.53	Stephen Mears	4:03.24	Gary Thornton	4:12.6	Nick Lyster U17	4:30.16	Lee Whiteley U17	4:18.7	Matt Bristow
3:56.57	Thomas Minshull U20	4:03.25	Garry Bristow U20	4:12.74	Matthew Withey U15	4:30.7	Richard Cunningham U17	4:19.40	Jordon West U17
3:56.69	John Hutchins	4:03.25	Ben Craddock U20	4:12.81	Hywel Care	4:31.0	Lenny Shail U17	4:20.5	Ricky Stevenson U17
3:56.83	Glen Comish	4:03.3	Simon Anderson V40	4:12.87	Rory Dunne U20	4:31.5	Darren Westlake	4:20.50	Ben Harding U20
3:56.87	David Forrester U17	4:03.39	Carl McCulloch	4:12.96	Richard Lee	4:31.59	Jon Norris U20	4:27.0	Simon Fortnam
3:56.90	Ben Jones U20	4:03.40	Mike Burrett	4:13.04	Peter Street U17	4:31.94	Marc Cochrane U17	4:27.8	Michael Claff
3:56.96	Iain Whitfield U20	4:03.72	Terry Stanley U20	4:13.17	Neil Chisholm	4:32.09	Daniel Beckett U15	4:28.31	Wynne Evans U20
3:56.98	Phil Williams	4:03.79	Adam Clansey	4:13.33	Ben Martin U17	4:32.1	Rory McPheats U20	4:29.7	Andrew Stanton U17
3:57.00	Andy Vernon U20	4:03.8	Andy Teate	4:13.70	Alastair Smith U17	4:32.14	Daniel Thomas U17	4:30.35	Perry Howarth U17
3:57.01	Matt Wood U20	4:03.90	Stephen Donegan	4:13.73	Tom Carpenter U17	4:32.63	Peter Baker U17	4:30.88	Rick Ward U17
3:57.07	Tom Russell U20	4:04.0	Kofi Agyei V40	4:13.77i	Simon Bullock	4:33.09	Colin MacDonald U20	4:30.98	Steven Cannell U20
3:57.1	Philip Burkart	4:04.0e	Ben Lindsay U20	4:14.14	Stephen Mitchell U20	4:33.25	Stuart Cameron U17	4:33.57	Daniel Griffiths U17
3:57.17	Mike Tallis U20	4:04.1	Graeme Mason	4:14.17	Ken Harker	4:33.60	Adam Lewis U15	4:34.6	Dominic Shaw U17
3:57.2	Ian Hough	4:04.23	Simon Lawson U17	4:14.46	Craig Gundersen U17	4:33.6	Nicolas Phillips U20	4:35.5	James McGaughey
3:57.21	Simon Marwood	4:04.3	Andrew Ingle	4:14.48	Paul Wadsworth U17	4:34.23	Thomas Barry U17	4:35.79	Christie De Moulpied U17
3:57.3	Tom Marley U20	4:04.41	James Trollope U17	4:14.69	Stephen Blake U20	4:34.5	Bob Minting V55	4:44.44	Dewi Griffiths U15
3:57.3	Patrick Hambly U17	4:04.42	Simon Mills U20	4:14.71	Ashley Humphreys U20	4:34.74	Joe Dagleish U15	4:48.89	Jack Hallas U15
3:57.36	Simon Burton	4:04.48	Eoin Mc Cormack U20	4:14.89	Lee Cook U20	4:35.6	Simon Gibbs U20	4:54.95	Sam Winters U15
3:57.44	James Bailey	4:04.49	James McCully U17	4:15.1	David Bedwell V50	4:35.96	Ryan Saunders U15	4:59.15	Cameron Ward U15
3:57.57	James Boxell	4:04.62	Dale Bickham	4:15.3	Ross Floyd U17	4:36.14	George Withey U17	5:07.16	Chad Lambert U15
3:57.6	Thomas Boardman U20	4:04.64	Bobby Whittaker U20	4:15.48	Gavin Hanrahan U17	4:37.95	Ashley Williams U15	5:12.48	Ashley Williams U15
3:57.61	I Conroy	4:04.78	Nathan Elliott U20	4:15.55	John Mannion U20	4:38.0	Matthew Mills U20		Men 3000
3:57.63	Eoin Higgins	4:04.82	Andrew Pickett	4:15.64	Sam Walsh U20	4:38.06	Sam Winters U15	7:56.57	Nick McCormick
3:57.64	James Philipson U20	4:05.0	Bryan Brett	4:15.65	Daniel Heathcote U17	4:38.21	Steven Barber U15	7:59.70	Abdul Aziz-Abdulrahman
3:57.64	Kojo Kyereme	4:05.04	Martin Mashford U20	4:15.78	John Lisiewicz V40	4:38.47	Nick Hearn U17	8:05.79	Adam Bowden
3:57.67	John Shine U20	4:05.1	Michael Hobson U17	4:15.8	Will Devenish	4:39.81	Mark Hamilton U17	8:06.12	Mark Miles
3:57.67	Conor Mc Gee	4:05.14	Daniel Watts U20	4:15.96	Jon Archer	4:40.9	Craig Heppenstall	8:06.12	Gary Murray
3:57.7	Mark Brown	4:05.19	David Marsh U20	4:15.98	Chris Gallagher U20	4:40.9	Pete Skinner	8:10.21	Stephen Hepples
3:57.7	Dean Lacy	4:05.25	Aidan Bailey	4:16.0	Matthew Barrett	4:41.1	J Allen U17	8:10.69	Peter Riley
3:57.74	Ben Paviour	4:05.36	Ross Clarke U17	4:16.16	Tom Woodhouse U17	4:41.42	Antonio Cirillo U15	8:12.08	Lee Merrien
3:57.84	Jonathan Thewlis	4:05.56	Richard Stone U17	4:16.30	Perry Howarth U17	4:41.53	Matt Evans U20	8:13.51	Colin McCourt
3:57.97	Geardoid O'Connor	4:05.56	Alexander Pritchard U20	4:16.35	Devi Griffiths U15	4:41.67	Paul Royle U17	8:14.40	Ed Torres
3:57.97	Gareth Riddell	4:05.67	Karl Fitzmaurice	4:16.4	Alex Taylor	4:42.23	Tom Woods U17	8:14.45	Mark Hanrahan
3:58.00	Lee Carey U17	4:05.80	Jamie Clark U20	4:16.5	James Williams	4:42.34i	Tom Emmett U17	8:15.36	Andrew Norman
3:58.1	Matthew Bowser	4:05.8	David Fewell	4:16.6	Mark McDonald V35	4:42.85	Tom Taylor U17	8:15.64	Steve Vernon
3:58.1	Mark Cowen	4:05.83	Joe Townsend U17	4:16.83	James Wilkinson U17	4:43.18	Andy Horan U15	8:17.82	Simon Deakin
3:58.15	Darren Talbot	4:05.9	Steve Waldron	4:16.90	Phil Norman U17	4:43.20	Alex Young U15	8:19.04	Ewen Malloch
3:58.16	David Thornton	4:05.98	Jonathan Holt U20	4:16.98i	Gareth Evans U20	4:43.32	Pritesh Mehta U17	8:19.08	Noel Pollock
3:58.4	Mark Wiscombe	4:05.98	Aaron Hargreaves	4:17.00	Harry Harper U17	4:43.69	Steve Nash U15	8:20.32	Ben Moreau
3:58.4	Louis Jones	4:06.08	Paul Evans	4:17.15	Paul Rockliffe	4:43.76	Jamie Golding U17	8:20.44	John Newsom
3:58.47	Matt Bristow	4:06.09	David MacQuarrie	4:17.32	Josh Holland U17	4:43.85	Josh Oguntayo U13	8:20.57	Simon Plummer
3:58.5	Lewis Moses U20	4:06.37	Dave Norman	4:17.4	Lee Munn U17	4:44.0	Adam Stobbs	8:21.92	Dan Dalmedo
3:58.58	Rob Mullett U20	4:06.50	Phil Clamp	4:17.53	Jon Walch U20	4:45.00	Michael Salter U17	8:24.17	Tom Penfold
3:58.61	David Bishop U20	4:06.58	Roy Smith	4:17.7	Adam Cleaver U20	4:47.81	Joseph Partridge U17	8:24.23	Brad Yewer
3:58.64	Chris Rimmer U20	4:06.80	Andrew Inskip U20	4:18.09	James Russell U17	4:47.91	Ben Williams U17	8:24.87	Ben Warren
3:58.66	Ian Salisbury	4:06.92	Joe Holden U20	4:18.20	Glen George U17	4:48.3	Richard Hopkins U17	8:25.45	Mark Pollard
3:58.7	Simon Rusbridge	4:06.95	Ashley Rymer U17	4:18.32	Tim Traynor U17	4:48.58i	Grant Stokes U17	8:26.17	James Ellis
3:58.7	Jordon West U17	4:07.1	Stuart King U20	4:18.33	Craig Murphy U17	4:48.77	Dean Scott U13	8:26.53	Jonathan Phillips
3:58.71	Chris Brown U20	4:07.10	Nigel Malkin U17	4:18.48	Tommy Henders U17	4:49.3	Sam Petty U15	8:26.81	John McCole
3:58.87	Stephen Gill U20	4:07.11	Simon McGuinness	4:18.60	Andrew Bowen U17	4:50.56	Greg Parsons U15	8:27.88	Ryan McLeod
3:59.0	Paul Martin	4:07.12	Edward Lumley	4:18.95	Edward Johnson U20	4:51.32	Daniel Studley U15	8:28.41	Ewen North
3:59.01	Chris Axe	4:07.4	Phil Parry V40	4:19.0	John Knibb V40	4:51.32	Adrian Ross U13	8:28.81	Phil Hinch
3:59.02	Andrew Renfree	4:07.44	Stuart Boon	4:19.24	Robert Jowett U17	4:51.87	Corbyn Munnick U17	8:29.36	Owain Matthews
3:59.11	Alexander Smith U20	4:07.44	Steve Davies	4:19.5	Alistair Smith U20	4:52.12	Alex Wiltshire U15	8:29.79	Kevin Heywood
3:59.17	Luke Northall	4:07.54	Christian Booker U17	4:19.84	Sam Diston U20	4:52.33	Daniel Boyd U17	8:30.32	Andy Vernon U20
3:59.29	Dino Bozzone U20	4:07.57	Andrew Friend U20	4:19.99	Thomas Lewis U17	4:52.72	Tom Curr U13	8:30.34	Rob Berry V35
3:59.29	Craig Pearson	4:07.77	Michael Hunt	4:20.39	Paul Bridgeman U20	4:53.9	Christophe Bannon U17	8:30.62	Laurence Cox U20
3:59.38	Joe Van Der Toorn U20	4:07.92	James Bleakley	4:20.4	Neil Hawkins	4:54.12	Patrick Day U15	8:30.62	Joe MacDonald
3:59.44	Steven Horne	4:08.0	John Willis	4:20.4	Glen Woodbridge U17	4:54.43	Nathan Bolton U15	8:30.69	Richard Burney
3:59.47	Robert Hodges U20	4:08.09	Ciaran McCaughey U17	4:20.71	Chris Bounds U17	4:54.59	Daniel Layton U15	8:30.73	Daniel Pettit U20
3:59.5	Anthony Wilson	4:08.15	Alex O'Gorman U20	4:20.87	Dafydd Jenkins U17	4:55.25	Leif Chandler U15	8:31.31	Phil Wicks
3:59.75	Stephen Lisgo U20	4:08.21	Gareth Suffling	4:20.96	Simon Bennett U17	4:55.27	Alexander Teuten U15	8:31.63	Martin Williams
3:59.79	Andrew Welch	4:08.26	Gavin Wilcox U20	4:21.00	Jonathan Pearson U17	4:55.43	Jack Hutchens U13	8:32.73	Patrick Cassidy
3:59.96	Ben Harding U20	4:08.29	Richard Menzies	4:21.02	James Miller	4:55.72	Jack Partridge U13	8:33.17i	Kevin Quinn
3:59.97	Ian Munro	4:08.3	Andy Thomas	4:21.2	Chris Dobson U17	4:56.0	Brian Hickey	8:34.42	Gary Thornton
4:00.04	Simon Lewis	4:08.36	Sam Dalglish U17	4:21.3i	Gareth Massey	4:56.0	Ian Dennison V45	8:35.20	Alex Hains
4:00.09	Ian Vickers	4:08.55	Matthew Gunby U20	4:21.49	Edd Richards	4:56.34	Alexander Jones U15	8:35.91	Ben Jones U20
4:00.10	Damien Moss	4:08.6	Chris McQuillen-Wright	4:21.63	Tom Sherrington	4:56.98	Charles MacLean U15	8:36.73	Adam Dyson
4:00.24	Rhuairidh White U20	4:08.78	Kevin Lawlor U20	4:21.7	David Lipscomb	4:57.04	Jacob Landers U15	8:37.62	Andrew Livingstone U20
4:00.4	Kevin Deighton U20	4:08.8	Jack Martin U20	4:22.43	Craig Hoy U20	4:57.8	Ben Anderson U15		



The new Air Pegasus

DOES YOUR SKIN WANT BETTER - CUSHIONED SHOES?

Running can have its drawbacks. The relentless pounding of feet jars your body from top to bottom. Obviously your bones, tendons and muscles get smashed around but so does your skin. Think about it: women wear sports bras and men wear supportive underwear, but what about the rest of your poor skin? Properly cushioned running shoes will go some way to softening the blow for your whole

body - shoes like the new Air Pegasus. The new Air Pegasus is the latest edition of a shoe that has been protecting runners, joints, muscles and skin since 1983. It features a softer lateral crash pad and full-length Air-Sole unit that enable smooth heel-to-toe transition, making pavements seem friendlier and face-lifts even more unneeded. Both of which seem like pretty good things to us.

