
BMC NEWS

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BMC NEWS

No. 34. Spring 1982

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CLUB.

Don't rush to the back of the
field when it comes to writing
for BMC NEWS. This is YOUR club
magazine! Got any interesting
views? Let's hear 'em. Write to
the editor.

We are hoping to put the whole
BMC membership list on computer.
This will aid all officers to
pinpoint individuals and their
needs in the quickest possible
time. If you have changed your
address, please notify the mem-
bership secretary IMMEDIATELY.

Front cover:

Three Olympic Gold medals and
four world records make Tatyana
Kazankina (USSR) one of the all-
time greats. Her 3:52.47 for
1500m in 1980 is faster than
Paavo Nurmi's world record for
the distance in 1924!

Photo by George Herringshaw

Having stated that the Spring
issue would be my last one, here
I am again, editing another.
This is because of the emergency
we were suddenly faced with at
the last AGM. In the classic
circumstances of unpaid sports
administration, we had plenty
of jobs available, but only a
few bodies to fill them. But
the BMC soldiers on.

In November, Chairman Frank
Horwill issued a 12 point plan
to improve the standards of
British Womens' middle distance
running, after approval by the
National Committee. This has
caused much comment in some
quarters, and, if certain
bodies can accuse us of being
discourteous in this, at least
we are not moribund and apathetic.

This issue is a 'Statistical
blitz' special with a host of
stats that should stop us getting
too complacent about our standards
and show us just how many top
runners there are in other
countries, just waiting for
our leading lights to falter.

Congratulations are due once
again to our new President, Seb
Coe, who easily became Athlete
of the Year in 1981 with an
undefeated season, and world
records of 1:41.73 (800),
2:12.18 (1Km), and 3:48.54 &
3:47.33 (mile).

At time of writing, Steve Ovet
is still recovering from an
operation after a run-in with
some railings whilst out train-
ing. I'm sure you will all join
me in wishing him a quick rec-
overy and a quick return to top
form in time for the major
races of 1982. Here's to per-
sonal bests for everyone in
this important season, also.

David Cocksedge.

FOOT³

notes

by John Pagliano, DPM

TRAUMATIC INJURIES

With the advent of the Lydiard 100-mile per week training level, the stress asserted upon the feet of the runner becomes immense and disabling. Injuries to the runner differ from most sports in that the injuries are never major but rather "microtraumatic" in nature.

These microtraumatic lesions are usually produced from a constant pounding on the foot and leg, such as develops while running in poorly designed shoes on hard cement or pavement. These injuries are usually cumulative and may not be evident until after several months of training. This makes proper diagnosis difficult as the athlete cannot pinpoint the injury to a specific incident.

Through the science of biomechanics, we can study the movements of runners and recognize their individual clinical characters and their connection with the sport of running. What I mean by this is that certain biomechanical deformities produce uniform, and clinically recognizable, microtraumatic lesions.

For example, the runner with Morton's-type foot will most likely develop stress fractures of the second metatarsal and inflammation of the first metatarsal phalangeal joint. The runner with a short leg syndrome will develop anterior compartment syndromes and fascial lesions.

These typical injuries, or athlopathies, can be divided into two main groups. The first type can best be described as "acute". These are usually caused by a fall which results in sprained ankles, down hill running which produces stress fractures, sprinting which can cause fascia tears. "Chronic" injuries are the most common among runners. Such injuries are the microtraumatic lesions which are usually cumulative in effect. They usually develop when the athlete drastically increases his mileage and overuse syndromes occur. Some of the more typical problems are tendinitis, facitis, periostitis, and metatarsalgia.

In my opinion, the chronic injuries are

more dangerous to the future of the athlete. They are difficult to treat and the runner will usually try to "run through" the injury. Acute injuries, such as fractures, can usually be cured over a shorter period of time.

In a study of over 3,000 patients seen in my office over the past five years, it has become apparent that biomechanical imbalance underlies most of the athlopathies. Such deformities such as forefoot varus, subtalar varus, rearfoot varus, and Morton's foot produce biomechanical imbalance and lead to overuse injuries. This imbalance affects muscle, tendon, fascia, ligament and bone.

It is essential that the individual athlete undergo a complete biomechanical evaluation in order to determine the underlying structural fault that may be the cause of the microtrauma. (Acute cases are usually self-evident from a description of the accident.) Range of motion studies must be carried out and muscle strength tests are essential. This way the sports doctor can determine if the sore knee or sore foot is a result of an abnormal torsion of the limb or a fall on the track.

Treatment must be directed toward two goals: 1) the shortest recovery time possible; and 2) prevention of further traumatology to the injured area. If the area heals and the athlete returns to training without taking preventive measures, he can, immediately reinjure the same area.

Our main goal is to prevent injuries. This can only be done through the study of biomechanics of the foot and leg. By accumulating statistical data, the sports podiatrist and sports physician can determine the frequency of injuries in certain foot types and certain body types. By the use of proper training surfaces, proper footwear, the judicious use of orthotics, stretching and correct training methods, the incidence of athlopathies can be greatly reduced.

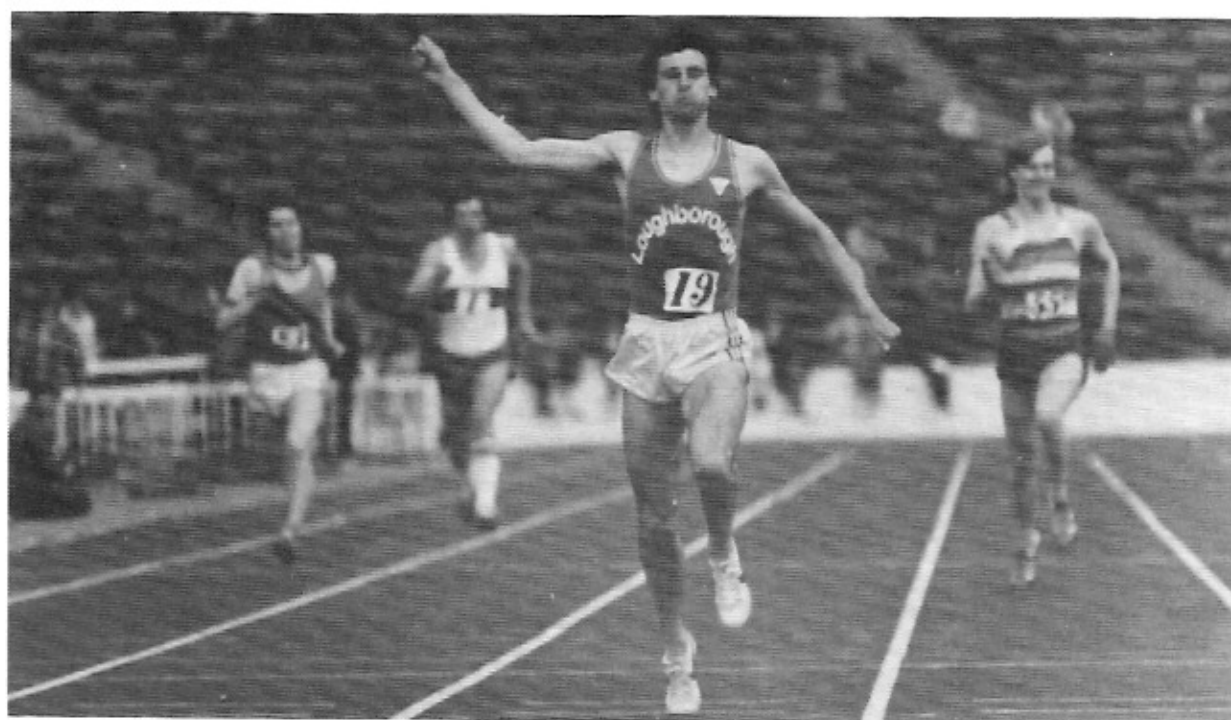
This article has been reprinted courtesy of TRACK TECHNIQUE.

ALL-TIME LISTINGS. WOMEN (As at 31.12.81)
 Compiled by Dave Cocksedge

800 Metres		4	1500 Metres	
1:53.43	Nadyezhda Olizarenko (SU)	3:52.47	Tatyana Kazankina (SU)	
1:54.81	Olga Minyeyeva (SU)	3:56.7	Lyubov Smolka (SU)	
1:54.94	Tatyana Kazankina (SU)	3:56.8	Nadyezhda Olizarenko (SU)	
1:55.42	Nikolina Shtereva (Bul)	3:56.9	Zamira Zaitseva (SU)	
1:55.46	Tatyana Providokhina (SU)	3:57.4	Totka Petrova (Bul)	
1:55.60	Elfi Zinn (GDR)	3:57.4	Yetaterina Poryvkina (SU)	
1:55.74	Anita Weiss (GDR)	3:57.71	Christiane Wartenberg (GDR)	
1:56.0 m	Valentina Gerasimova (SU)	3:57.78	Olga Dvirna (SU)	
1:56.2	Totka Petrova (Bul)	3:58.2	Natalia Marasescu (Rum)	
1:56.21	Martina Kampfert (GDR)	3:58.29	Maricica Puica (Rum)	
1:56.44	Svetlana Styrkina (SU)	3:58.5	Ileana Silai (Rum)	
1:56.57	Zoya Rigel (SU)	3:58.89	Tamara Sorokina (SU)	
1:56.67	Fita Lovin (Rum)	3:59.01	Giana Romanova (SU)	
1:56.95	Jolanta Januchta (Pol)	3:59.43	Mary Decker (USA)	
1:56.98	Lyudmilla Veselkova (SU)	3:59.67	Anna Burkis (Pol)	
1:57.0	Olga Vakhrusheva (SU)	3:59.8 m	Raisa Smekhnova (SU)	
1:57.0	Nina Rucheyeva (SU)	3:59.82	Gabriella Dorio (Italy)	
1:57.06	Ulrike Klapezynski-Bruns (GDR)	3:59.84	Tatyana Pozdnyakova (SU)	
1:57.16	Martina Steuk (GDR)	3:59.9 m	Ulrike Bruns (GDR)	
1:57.20	Hildegard Ullrich (GDR)	3:59.9	Beate Liebich (GDR)	
1:57.21	Svetla Koleva (Bul)	3:59.90	Angelika Zauber (GDR)	
1:57.26	Elizbieta Katolik (Pol)	3:59.97	Svyetlana Ulmasova (SU)	
1:57.39	Ileana Silai (Rum)	4:00.18	Valentina Ilyinikh (SU)	
1:57.55	Tamara Sorokina (SU)	4:00.26	Alla Yoshina (SU)	
1:57.6	Christiane Wartenberg (GDR)	4:00.3	Lyudmila Schesterova (SU)	
1:57.66	Gabriella Dorio (Italy)	4:00.55	Grete Waitz (Norway)	
1:57.8	Marcicia Puica (Rum)	4:00.99	Olga Podorova (SU)	
1:57.81	Doina Melinte (Rum)	4:01.38	Lyudmila Bragina (SU)	
1:57.9	Madeline Manning-Mimms (USA)	4:01.4 m	Gunhild Hoffmeister (GDR)	
1:58.0 m	Keum-dan Shin (N.Korea)	4:01.53	Christine Benning (UK)	
	(Shin Kim Dan)	4:01.54	Brigitte Kraus (GFR)	
1:58.00	Zamira Zaitseva (SU)	4:01.66	Tamara Koba (SU)	
1:58.11	Doris Gluth (GDR)	4:01.8	Tatyana Providokhina (SU)	
1:58.14	Lilyana Todorova (Bul)	4:01.96	Yelena Sipatova (SU)	
1:58.18	Marion Hubner (GDR)	4:02.0	Svyetlana Guskova (SU)	
1:58.22	Tamara Monakhova (SU)	4:02.1	Lyudmila Kalnitskaya (SU)	
1:58.4	Mariya Yenkina (SU)	4:02.2	Tamara Koba (SU)	
1:58.45	Hildegard Falck (GFR)	4:02.33	Nikolina Shtereva (Bul)	
1:58.5	Nina Kovylnina (SU)	4:02.61sf	Jan Merrill (USA)	
1:58.5	Svetlana Popova (SU)	4:02.85	Paola Pigni-Cacchi (Italy)	
1:58.51	Anna Burkis (Pol)	4:02.9	Raisa Byelousova (SU)	
1:58.59	Mariana Suman (Rum)	4:03.1	Gabriele Lehmann (GDR)	
1:58.61	Gunhild Hoffmeister (GDR)	4:03.5	Natalia Kuznyetsova (SU)	
1:58.65	Nijole Sabaite (SU)	4:03.6	Lyudmila Veselkova (SU)	
1:58.65	Raisa Agletdinova (SU)	4:03.6	Laima Baikauskaite (SU)	
1:58.7	Raisa Belousova (SU)	4:03.70	Doina Melinte (Rum)	
1:58.7 ht	Lyudmila Shesterova (SU)	4:03.7	Rafira Lovin (Rum)	
1:58.7	Aleksandra Bukharova (SU)	4:03.88	Silvana Cruciata (Italy)	
1:58.72	Lyubov Gurina (SU)	4:03.9	Zoya Rigel (SU)	
1:58.81	Christina Neumann (GDR)	4:04.11	Karina Burneleit-Krebs (GDR)	
1:58.9	Vesela Yatsinska (Bul)	4:04.39	Cornelia Burki (Switzerland)	
1:59.0	Olga Dvirna (SU)	4:04.53	Vanya Gospodinova (Bul)	
1:59.0 m	Charlene Rendina (Aus)	4:04.6	Nina Yapeyeva (SU)	
1:59.0 m	Josefina Cerchlanova (Czech)	4:04.68	Doina Besliu (Rum)	
1:59.05	Christina Boxer (UK)	4:04.70	Vasela Yazinska (Bul)	

3000 Metres

8:27.12	Lyudmila Bragina (SU)	8:48.05	Birgit Friedmann (GFR)
8:31.75	Grete Waitz (Norway)	8:48.4	Lyubov Skripkina (SU)
8:33.16	Svyetlana Ulmasova (SU)	8:48.65	Gabriella Dorio (Italy)
8:33.53	Natalia Marasescu (Rum)	8:48.74	Paula Fudge (UK)
8:33.53	Yelena Sipatova (SU)	8:48.8	Yelena Tsukhlo (SU)
8:33.9	Tatyana Mekhanoshina (SU)	8:49.1	Lyubov Kopeykina (SU)
8:34.0	Faina Krasnova (SU)	8:49.2	Ulrike Bruns (GDR)
8:34.30	Marcica Pucia (Rum)	8:49.3	Sarina Cronje (S.Africa)
8:34.80	Tatyana Pozdnyakova (SU)	8:49.61	Angelika Zauber (GDR)
8:36.0	Lyubov Smolka (SU)	8:49.82	Agnese Possamai (It)
8:38.35	Alla Yoshina (SU)	8:50.3	Karoline Nemetz (Sweden)
8:38.73	Mary Decker (USA)	8:51.03	Francie Larrieu (USA)
8:40.4	Nina Yapeyeva (SU)	8:51.04	Inger Knutsson (Sweden)
8:41.77	Raisa Katyukhova (SU)	8:51.4 m	Margherita Gargano (Italy)
8:41.8	Giana Romanova (SU)	8:52.2	Yelena Novikova (SU)
8:42.3 m	Loa Olafsson (Denmark)	8:52.33	Christine Benning (UK)
8:42.6 m	Jan Merrill (USA)	8:52.4	Maria Maksimenko (SU)
8:44.6	Olga Dvirna (SU)	8:52.5	Olga Krenzer (SU)
8:44.7	Raisa Byelousova (SU)	8:52.57	Vera Steiert (GFR)
8:44.7	Raisa Sadreydinova (SU)	8:52.60	Gabriele Lehmann (GDR)
8:45.6	Valentina Ilynikh (SU)	8:52.70	Maria Radu (Rum)
8:45.6	Olga Ilyina (SU)	8:52.79	Ann Ford (UK)
8:46.0	Galina Zakarova (SU)	8:52.8	Tatyana Orlova (SU)
8:46.13	Cornelia Burki (Swi)	8:52.89	Vesela Yazinska (Bul)
8:46.2	Nina Konyakhina (SU)	8:53.1	Mary Purcell (RoI)
8:46.8 m	Svyetlana Guskova (SU)	8:53.2	Lyudmila Veselkova (SU)
8:46.8	Silvana Cruciata (Italy)	8:53.76	Wendy Smith (UK)
8:47.4	Maria Klyukina (SU)	8:53.78	Breda Pergar (Yug)



Seb Coe wins UAU 400m in 46.9. He set four world records and went undefeated at all distances in 1981. Cocksedge photo.

MILEMANIA. By Bert Nelson

Twenty men have set the world mile record a total of 29 times since the IAAF started approving records in 1912. Fourteen are from English speaking countries - England 5, USA 4, New Zealand 3, Australia 2.

Six names are on the record list more than once - Coe, Haegg, and Andresson gaining 3 records each, with Ovett, Ryun and Snell getting two. Andersson scored the only tie, matching countryman Haegg's 4:06.2.

To me, the most impressive achievement is Coe setting a world mark the last 3 times he has raced over 1,760 yards. Of the 10 who held the 1500m and mile records only Lovelock did not hold them simultaneously. Three mile records were set in 1942 and then 3 again in 1981. Only Andersson, Snell and Ryun have broken their own record.

Coe talked about breaking the 1500 standard en route to a mile record, but only Landy and Nurmi have ever done it. It is possible only when the 1500 mark is soft and/or the mile mark falls by a big margin.

Landy, for instance, took advantage of an easy 1500 record of 3:42.8, the equivalent of a mile in 4:00.6. The mile mark was Bannister's 3:59.4 so Landy was able to knock a second off the 1500 standard, and even though he needed all of 17.3 sec for the last 118.8y, take 1.4 sec from the mile record.

To finish off his 3:47.33 Coe dashed the final 120y in a speedy 14.4. Elliott also ducked under 15.0 as did Jazy, and Ryun took only 14.0.

Ryun's 53.7 is the fastest final 440y. Snell ran 54.8, Elliott and Coe 55.3. Ryun also had by far the fastest final 880y - 1:52.2, with Snell's 1:53.8 the next best. Coe ran the last 3 laps in 2:51.2 in his 3:48.95 (1979) record, as well as 2:51.8 and 2:52.4 in his next two marks. Ryun took 2:52.1.

6

The speediest first lap is Coe's 55.5 with Ovett on a 55.7 and Walker on 55.8. And Coe has run all his second laps fast - 57.3, 57.5 and 57.9. Ryun did 57.6, Snell 57.7.

The third lap, where almost everyone slows, belongs to Ovett. He needed only 57.0 and 57.2 while only Coe has also bettered 58.0 with 57.8. The Britons are about equal on the first lap with both favouring a swift first half. Seb clocked 1:53.6 and 1:53.4 in his last two records while Steve did 1:53.8 and 1:53.6.

In a paper race, Ovett then moves well ahead at the 1320y in 2:51.0. Coe's faster finish (56.1 average for his three records to 57.8 for Ovett) brings him from behind each time.

The now-me-now-you routine of Seb and Steve is not new. Sweden's Haegg and Andersson invented it and made the most of it in 1941-45. They each had 3 entries in the mile list with Haegg 3 at 1500 and Andersson 1 at the metric distance. But whereas the Brits won't race each other, the Swedes faced each other most of the time.

Perhaps one reason for the rash of fine mile times is the relatively slow progress in the seventies. The record improved more in every prior decade - 2.2% in the 1920's, 4.0% in the '30's, 5.1% in the 40's, 6.8% in the '50's and 3.4% in the 60's, compared with 2.1% in the 70's and 1.6% so far in the 1980's.

Expert Don Kirk figures that the mile record has been superior to the 1500 mark on 20 occasions, the 1500 better 18 times and twice the records have been of equal value.

Now the 3:47.33 mile equates to a 3:30.51 for 1500m, 0.86 better than Ovett's 3:31.36 mark.

Elliott knocked the most off the mile record in a single race - 2.7 sec, followed by Ryun with 2.3 and Nurmi (2.1). Haegg leads in a career lowering of the record with 5.1, to 4.6 for Andersson and 2.6 for Ryun. Haegg's 4:01.3 lasted 8.8 years,

MILEMANIA! MILEMANIA! MILEMANIA! MILEMANIA! MILEMANIA! MILEMANIA!

3:47.33 (1)	Sebastian Coe (UK)	Brussels	28/8/81
3:48.40 (1)	Steven Ovett (UK)	Koblenz	26/8/81
3:48.53 (1)	Coe	Zurich	19/8/81
3:48.83 (1)	Sydney Maree (SA/US)	Reiti	9/9/81
3:48.8 (1)	Ovett	Oslo	1/7/80
3:48.95 (1)	Coe	Oslo	17/7/79
3:49.25 (1)	Ovett	Oslo	11/7/81
3:49.45 (2)	Mike Boit (Kenya)	Brussels	28/8/81
3:49.4 (1)	John Walker (NZ)	Gothenburg	12/8/75
3:49.57 (1)	Ovett	London	31/8/79
3:49.66 (1)	Ovett	Lausanne	14/7/81
3:49.67 (2)	Jose-Luis Gonzales (Sp)	Oslo	11/7/81
3:49.68 (3)	Steve Scott (US)	Oslo	11/7/81
3:49.74 (2)	Boit	Zurich	19/8/81
3:49.93 (1)	Maree	Aichach	16/9/81
3:49.95 (3)	Stephen Cram (UK)	Zurich	19/8/81
3:50.12 (4)	Walker	Zurich	19/8/81
3:50.23 (2)	Ovett	Reiti	9/9/81
3:50.26 (4)	Walker	Oslo	11/7/81
3:50.34 (5)	Todd Harbour (US)	Oslo	11/7/81
3:50.38 (6)	Cram	Oslo	11/7/81
3:50.51 (2)	Boit	Aichach	16/9/81
3:50.56 (2)	Thomas Wessinghage (GFR)	London	31/8/79
3:50.58 (1)	Walker	Auckland	18/3/81
3:50.6 (1)i	Eamon Coghlan (RoI)	San Diego	20/2/81

3:47.33	Sebastian Coe (UK)	1981
3:48.40	Steven Ovett (UK)	1981
3:48.83	Sydney Maree (SA/USA)	1981
3:49.45	Mike Boit (Kenya)	1981
3:49.4 m	John Walker (NZ)	1975
3:49.67	Jose-Luis Gonzales (Sp)	1981
3:49.68	Steve Scott (USA)	1981
3:49.95	Steve Cram (UK)	1981
3:50.34	Todd Harbour (USA)	1981
3:50.56	Thomas Wessinghage (GFR)	1979
3:50.6i	Eamon Coghlan (RoI)	1981
3:51.0	Filbert Bayi (Tan)	1975
3:51.1	James Ryun (USA)	1967
3:51.77	Pierre Deleze (Swit)	1981
3:51.94	Suleman Nyambui (Tan)	1981
3:52.02	Craig Masback (USA)	1979
3:52.17	Ben Jipcho (Kenya)	1974
3:52.2	Martin Liquori (USA)	1975

continued:-

with Nurmi, Taber and Ryun all at 7.9 years or better. Counting all records, Haegg was the holder for 9.8 years, and Ryun for 8.8.

(Reprinted courtesy of TRACK & FIELD NEWS).

ALL OUT FOR THE MILE.

World best performers/
Performances. Compiled
by David Cocksedge.

3:52.31	Vittorio Fontanella (It)	1981
3:52.42	Robert Nemeth (Aust)	1981
3:52.44	John Robson (UK)	1981
3:52.59	Josef Plachy (Cz)	1978
3:52.78	Alex Gonzales (Fr)	1981
3:52.95	Raymond Flynn (RoI)	1981
3:53.02	Francis Gonzales (Fr)	1981
3:53.1 m	Kipchoge Keino (Ken)	1967
3:53.15	Graham Williamson (UK)	1979
3:53.2	Tony Waldrop (USA)	1974
3:53.2	Wilson Waigwa (Ken)	1978
3:53.3	David Wottle (USA)	1973
3:53.3	Rick Wohlhuter (USA)	1975
3:53.6 m	Michel Jazy (France)	1965
3:53.62	Rodney Dixon (NZ)	1975
3:53.8	Jurgen May (GDR)	1965
3:53.8	Bodo Tummeler (GFR)	1968

i indoor mark.

MILE RECORDS BY COUNTRIES

Compiled by Ian Hodge

athletes under 4

United Kingdom	3:47.33	Sebastian Coe	68
New Zealand	3:49.4	John Walker	12
Kenya	3:49.45	Mike Boit	9
Spain	3:49.67	Jose-Luis Gonzales	3
USA	3:49.68	Steve Scott	115
West Germany	3:50.56	Thomas Wessinghage	13
Republic of Ireland	3:50.61	Eamon Coghlan	10
Tanzania	3:51.0	Filbert Bayi	2
Switzerland	3:51.77	Pierre Deleze	3
Italy	3:52.31	Vittorio Fontanella	3
Austria	3:52.42	Robert Nemeth	1
Czechoslovakia	3:52.59	Josef Plachy	4
France	3:52.78	Alex Gonzales	8
South Africa	3:53.7	Sydney Maree*	16
East Germany	3:53.8	Jurgen May	5
Sweden	3:54.45	Anders Garderud	7
Australia	3:54.5	Herb Elliott	15
Denmark	3:54.78	Tom B.Hansen	3
Poland	3:55.40	Bronislaw Malinowski	6
Sudan	3:55.46	Omer Khalifa	1
Finland	3:55.65	Ari Paunonen	5
Canada	3:55.9	David Hill	9
Belgium	3:56.0	Andre De Hertoghe	8
Norway	3:56.2	Knut Kvalheim	3
Algeria	3:57.20	Amar Brahmia	2
Holland	3:57.2	Haico Sharn	4
Jamaica	3:57.34	Byron Dyce	1
Portugal	3:57.51	Helder De Jesus	2
Yugoslavia	3:57.7	Dietmar Millonig	4
Ethiopia	3:57.9	Hailu Ebba	2
Cuba	3:58.1	Luis Medina	1
Mexico	3:58.4	Juan Martinez	1
Hungary	3:58.66	Janos Zemen	3
Soviet Union	3:58.92	Vladimir Toropov	1
Puerto Rico	3:59.3	Tony Colon	1
Luxembourg	3:59.4	Justin Gloden	1
Japan	3:59.7	Takashi Ishii	1
Zimbabwe	3:59.8	Terrence Sullivan	1

* Maree ran 3:48.83 as a Stateless citizen in 1981.
This cannot qualify as either a USA or South African
National record.

i : indoor mark (board track surface).

Warming down conversation

Karin H: "Are you going to see CHARIOTS OF FIRE"?

Jane W: "No. I don't like those Roman Soldier films...."

The new Treasurer is Tim Hutchings Stonelands West Lodge, West Hoathly, Sussex. (Copthorne 715373). If your subs are due, get 'em off without delay!

BMC Sweaters are all the rage! Get yours from Bill Bennett - 7 White Acre Drive, Hawksdown, Walmer, Deal, Kent.-

WORLD MILE BESTS FOR DAYS OF
THE WEEK

Sunday : 3:51.3 Jim Ryun (USA) Berkeley 17.7.66
 Monday : 3:52.0 John Walker (NZ) Dublin 11.7.77
 Tuesday: 3:48.8 Steve Ovett (UK) Oslo 1.7.80
 Wednesday: 3:48.40 Steve Ovett (UK) Koblenz 26.8.81
 Thursday: 3:53.8 Bodo Tummler (GFR)Karlskrona 22.8.68
 Friday: 3:47.33 Sebastian Coe (UK)Brussels 28.8.81
 Saturday: 3:49.25 Steve Ovett (UK) Oslo 11.7.81

MOST PROLIFIC SUB FOUR MEN

Compiled by Ian Hodge

1. John Walker (NZ) 61
 2. Steve Scott (USA) 55
 3. Eamon Coghlan (RoI) 48
 4. Wilson Waigwa (Ken) 37
 5. Ray Flynn (RoI) 29
 Th.Wessinghage (GFR) 29
 Jim Ryun (USA) 29
 8. Marty Liquori (USA) 25
 9. Filbert Bayi (Tan) 24
 Steve Ovett (UK) 24
 11. Kip Keino (Ken) 23
 Craig Masback (USA) 23

WOMEN'S WORLD LISTS 1981.

800 metres

Lyudmilla Veselkova (SU) 25.10.50
 1.67m/5'6 & 55 Kg/121 lbs.
 Martina Steuk (GDR) 11.11.59
 1.66m/5'5½ & 55.8 Kg/123 lbs
 Rafire Lovin (Rum) 14.1.51
 1.65m/5'5 & 53 Kg/117 lbs
 Jolanta Januchta (Pol) 16.1.55
 1.63m/5'4½ & 53 Kg/117 lbs
 Doina Melinte (Rum) 27.12.56
 1.71m/5'7¼ & 59 Kg/ 130 lbs
 Hildegard Ullrich (GDR) 20.12.59
 1.69/5'6½ & 58 Kg/ 128 lbs
 Madeline Manning (USA) 11.2.48
 1.74m/5'8¾ & 59 Kg/ 130 lbs
 Ravilya Agletdinova (SU) 10.2.60
 1.64m /5'4½ & 47.2 Kg/104 lbs
 Margrit Klinger (GFR) 20.6.60
 1.67m/5'5¾ & 55 Kg/ 121 lbs
 Marcica Puica (Rum) 29.7.50
 1.66m/5'5½ & 55 Kg/ 121 lbs.

Average height/weight:

1.672m/5'5¾ & 55 Kg/121 lbs.

1500 metres

Tamara Sorokina (SU) 15.8.50
 1.63m/5'4¼ & 52 Kg/ 115 lbs
 Zamira Zaitseva (SU) 16.2.53
 1.62m/5'3¾ & 49 Kg/108 lbs.
 Gabriella Dorio (Italy) 26.6.57
 1.66m/5'5½ & 55 Kg/121 lbs.
 Ulrike Bruns (GDR) 17.11.53
 1.72m/5'7¾ & 59 Kg/ 130 lbs
 Olga Dvirna (SU) 11.2.53
 1.65m/5'5 & 52 Kg/ 115 lbs
 Lyudmilla Veselkova (SU) 25.10.50
 1.67m/5'6 & 55 Kg/ 121 lbs
 Rafire Lovin (Rum) 14.1.51
 1.65m/5'5 & 53 Kg/ 117 lbs
 Marcica Puica (Rum) 29.7.50
 1.66m/5'5½ & 55 Kg/121 lbs
 Anna Burkis (Pol) 8.9.53
 1.67m/5'5¾ & 60.8 Kg/ 134 lbs
 Natalia Marasescu (Rum) 3.10.52
 1.67m/5'5¾ & 52 Kg/ 115 lbs.

Average height/weight:

1.658m/5'5½ & 54.28 Kg/119.5 lbs.

ALL OUT FOR THE 1500 METRES!

3:31.36	Steven Ovett (UK)	1980	3:36.38	Raymond Flynn (RoI)	1981
3:31.58	Thomas Wessinghage (GFR)	1980	3:36.4 m	Jurgen May (GDR)"	1965
3:31.95	Sebastian Coe (UK)	1981	3:36.4 m	Len Hilton (USA)	1974
3:31.96	Harald Hudak (GFR)	1980	3:36.4 +	Rick Wohlhuter (USA)	1975
3:31.96	Steve Scott (USA)	1981	3:36.4 ht	Pavel Yakovlyev (SU)	1980
3:32.16	Filbert Bayi (Tanzania)	1974	3:36.43	Andreas Baranski (GFR)	1980
3:32.30	Sydney Maree (USA/SA)	1981	3:36.48	Wilson Waigwa (Kenya)	1978
3:32.4 m	John Walker (NZ)	1975	3:36.5 m	Bodo Tummler (GFR)	1968
	(3:32.52 in 1974)		3:36.56	Ulf Högberg (Sweden)	1974
3:33.1	James Ryun (USA)	1967	3:36.6+	Ken Hall (Aus)	1975
3:33.16	Ben Jipcho (Kenya)	1974	3:36.6	Jose Abascal (Spain)	1981
3:33.67	Mike Boit (Kenya)	1981	3:36.69	Mehdi Aidet (Alg)	1981
3:33.68	Jurgen Straub (GDR)	1979	3:36.70	Matt Centrowitz (USA)	1976
3:33.74	Willi Wulbeck (GDR)	1980	3:36.7 m	Dick Quax (NZ)	1976
3:33.80	Pierre Deleze (Switzerland)	1980	3:36.72	Mike Durkin (USA)	1976
3:33.83	John Robson (UK)	1979	3:36.73	Anders Garderud (Swe)	1974
3:33.89	Rodney Dixon (NZ)	1974	3:36.80	Valeriy Abramov (SU)	1981
3:33.99	Steve Lacy (USA)	1980	3:36.8 m	Tom B.Hansen (Denmark)	1973
3:34.0 m	Jean Wadoux (France)	1970	3:36.8 m	Jacques Boxberger (Fra)	1973
3:34.11	Omer Khalifa (Sudan)	1980	3:36.8	Michael Lederer (GFR)	1977
3:34.22	Graham Crouch (Aus)	1974	3:36.81	Mike Kearns (UK)	1977
3:34.41	José Gonzalez (Spain)	1981	3:36.86	Marc Nevens (Belgium)	1976
3:34.74	Stephen Cram (UK)	1980	3:36.96	Janos Zemen (Hun)	1976
3:34.91	Kipchoge Keino (Kenya)	1968	3:37.04	Josef Plachy (Czech)	1977
3:35.07	Aléx Gonzalez (France)	1979	3:37.07	Mike Manke (USA)	1976
3:35.09	Jose Marajo (France)	1979	3:37.08	Said Aouita (Mor)	1980
3:35.4	Vladimir Malozyemlin (SU)	1980	3:37.09	Andreas Busse (GDR)	1980
3:35.48	David Moorcroft (UK)	1978	3:37.1 m	Andre De Hertoghe (Bel)	1968
3:35.58	Olaf Beyer (GDR)	1981	3:37.2 m	Pekka Paivarinta (Fin)	1973
3:35.6 m	Herb Elliott (Aus)	1960	3:37.2 m	Fanie Van Zijl (SA)	1974
3:35.61+	Eamon Coghlan (RoI)	1981	3:37.2 m	Anatoliy Manantov (SU)	1976
3:35.6	Todd Harbour (USA)	1981	3:37.3 m	Ewald Bonzet (SA)	1975
3:35.66	Frank Clement (UK)	1978	3:37.3 m	Hendrik Smit (SA)	1976
3:35.72	Graham Williamson (UK)	1980	3:37.3	Henryk Wasilewski (Pol)	1977
3:35.8	Suleiman Nyambui (Tan)	1979			
3:35.8	Vitaliy Tischenko (SU)	1980			
3:35.8+	Robert Nemeth (Austria)	1981			
3:35.93	Vittorio Fontanella (Italy)	1981			
3:35.98	Danie Malan (SA)	1976			
3:36.0m	Marty Liquori (USA)	1971			
3:36.13	Uwe Becker (GFR)	1980			
3:36.19	Mirosław Zerkowski (Pol)	1980			
3:36.2 m	David Wottle (USA)	1973			
3:36.2	Karl Fleshen (GFR)	1977			
3:36.2	Francis Gonzalez (France)	1979			
3:36.23	Paul-Heinz Wellmann (GFR)	1976			
3:36.26	Ivo Van Damme (Belgium)	1976			
3:36.26	Abderrahmane Morceli (Alg)	1977			
3:36.3 m	Michel Jazy (France)	1966			
3:36.3 m	Francesco Arese (Italy)	1971			
3:36.3 ht	Nikolay Kirov (SU)	1980			
3:36.3 m	Antti Loikkanen (Finland)	1980			
3:36.33	Pekka Vasala (Finland)	1972			
3:36.35	Tom Byers (USA)	1981			
3:36.37	Craig Masback (USA)	1981			

m : manual timing
+ : during mile race
ht : heat
" : later defected to GFR

ALL TIME WORLD LIST
Compiled by David Cocksedge

*Paid your subs yet?
They were due on January 1st!*

LAB FINDINGS ON IMPROVING OXYGEN UPTAKE

11

by John H.L. Humphreys, Great Britain

Two athletes, performing the same training, will often produce widely different results. Humphreys explains how lab testing can help a coach prepare workouts best suited for each runner. From Athletics Coach, vol. 12, no. 1, March, 1978.

Some runners, after a sustained effort may appear in considerable distress, but in fact if their physiological responses are recorded it may be apparent that in spite of the agony this is not the case. Laboratory screening will enable us to observe what physiological stress a given work load may place upon the performer.

For example, if we determine an individual's VO_2 max. and it is only 45ml/kg. min., we can say with absolute certainty he will not under any circumstances be a high quality distance runner, say in the 5,000 meters. Such a performer would almost certainly experience extreme distress running such a distance in 15:00, if in fact he could do this, although he may be in an advance state of training. Alternatively, a similarly trained runner with a VO_2 max. of 70ml/kg. min. could accomplish such a task with comparative ease.

It is obvious from this simple example that the application of laboratory measurements can enable us to determine endurance capacity potential with some accuracy. This will also enable us to advise a runner at which competitive distance to race.

For example, in heavily loaded aerobic events (5,000 meters-marathon) a runner with an average VO_2 max. of 45ml/kg. min. would certainly not be able to compete on equal terms with international runners, no matter how hard he trained, even if supervised by the best coach in the world. Also, by finding an athlete's physiological strengths and weaknesses, it may be possible to advise him how to pace his race or performance in a certain manner. If a runner is only able to tolerate a moderate oxygen debt it would be inadvisable to go off too fast but to gradually develop the racing pace, and then run at a constant economical pace. If he endeavoured to maintain the initial fast pace he would almost certainly incur too large an O_2 debt too soon, and as a consequence would not be able to get into the racing pace.

Because of the way some races are run now, distance runners need to train the LA/ O_2 systems simultaneously in order to cater to fast starts and periodic pace changes.

By subjecting an athlete to a battery of fifty or sixty physiological tests, an individual training schedule compatible with his/her physiological capacity can be given to the athlete. Body composition can affect endurance performance and alternative methods of training

for the three major energy systems need to be devised in relation to physique characteristics.

Running at 80% of one's VO_2 max. for a short bulky mesomorph for six or seven miles may place too great a strain on such an individual's cardio-vascular system, whereas suitable aerobic interval training may produce similar results with less physiological strain.

It is also possible with laboratory measurement to determine with some accuracy current levels of physical work capacity. This will enable the physiologist to determine the amount of work an athlete still requires to undertake to reach a high level of fitness. An indication of how long this gradual process may take can also be given. Also, work capacity levels can be periodically re-appraised throughout a competitive season and the training adjusted accordingly.

Fatigue and staleness is difficult to measure in any circumstance but can certainly be measured with more accuracy in the laboratory than on the field. Occasionally while testing international athletes one comes across abnormalities which may necessitate training being modified or in some cases even terminated. Two athletes I have recently tested had abnormalities caused by viruses. Nevertheless, following specialist advice they stopped exercising until the condition cleared.

Also, one may come across a well-trained athlete with a low hemoglobin concentration. The cause of this is not always known. It should be observed that a reduction in the hemoglobin concentration in connection with physical activity may not always be an indication of iron deficiency.¹

It is worth mentioning that certain abnormalities will only present themselves either during or following work assessments, and in the case of top level athletes who are required to maintain high energy outputs for long periods of time it is imperative that dynamic medical screening is carried out in addition to static examinations. This is particularly applicable in the case of E.C.G.

Lastly, an athlete can check his own level of work capacity if he has a basic understanding of how some laboratory measurements correlate with various field tests. Coopers 12 minute test correlated with VO_2 max. is one example and there are of course many others.

It would appear that if training is to be more scientific, then laboratory assessment needs

to be applied to all areas of sport so that athletes can be competing at their best event, understanding the scientific theories on which their training should be based, and in many cases reaching their work capacity levels sooner.

If a coach understood the physiological research pertaining to the most suitable methods of training for his sport and was able to convey such knowledge so that the athlete understood why he was using such methods then in the future the physiological feedback could also work from the athlete back to the coach.

In other words, even the best training methods affect individuals differently, and somehow this information needs to be relayed back to the coach. Apart from physiological screening, psychological assessment also needs to be done as psychological states can obviously affect physiological response and only by understanding the interaction between the two can the best possible results be achieved.

In any muscular activity in which large muscle groups are working vigorously for several minutes or longer, the individual's maximum oxygen uptake is of decisive importance. Thus, in simple terms maximal aerobic power is defined as the highest oxygen uptake the individual can attain during physical work when he is breathing air at sea level.³ The VO_2 max. is reached when the oxygen intake reaches its maximum and remains constant owing to the limitations of the circulatory and respiratory systems.⁴

Thus VO_2 max. is not only a measure of the maximal energy output by aerobic processes, but also of the functional capacity of the circulation, since there is a high correlation between the maximal cardiac output and the maximal aerobic power. For every liter of oxygen consumed in combustion 4.7-5.05 Kilogram calories are liberated. The greater the maximal oxygen transport (maximal aerobic power), the greater the potential energy output. A high oxygen transport capacity also implies that a given energy output can be accomplished with relatively less physiological strain.⁵

In both sexes there is a peak at 18 to 20 years of age, followed by a decline in the maximal oxygen uptake.⁶ According to Astrand, training can in most cases increase the maximal oxygen uptake not more than 10% to 20%.⁷

It is also generally believed that natural endowment is the most important factor determining the individual's maximum, consequently the need for laboratory assessment, if prediction of performance is to be undertaken. Astrand believes that the dimensions and functions of importance for the maximal aerobic power can be highly influenced by training between 10 to 20 years of age during the period of growth and development.⁸

It may be that structural and functional changes can be more influenced during adolescence than later on in life. Athletes

(particularly male cross-country skiers and swimmers) have been recorded with oxygen uptakes as high as 6 liters per minute compared with normal moderately trained men of 3 liters/minute. In work and exercise in which the body is lifted (e.g., walking, running), the oxygen uptake should also be related to the individual's body weight. Male cross-country skiers have been measured with values as high as 85ml/kg. min. compared with approximately 45ml/kg. min. in a normal man of the same age.⁹

Although it is imperative for a top class endurance performer to have an exceedingly high VO_2 max., in the case of a world class 10,000 meter runner 70ml/kg. min. and above, it is also extremely important to be able to sustain a large percentage of one's VO_2 max. for the necessary periods of time.

This is probably even more important in the case of marathon runners. Costill cites Derek Clayton, the world record marathon runner who has a VO_2 max. of 69.7ml/kg. min. which is lower than many of the other top marathoners. Clayton can, however, sustain 84% of his VO_2 max. for long periods of time. Other marathoners with values as high as 78ml/kg. min. are only able to sustain 64% of their total for similar periods of time.¹⁰

In addition, such factors as the speed at which an individual reaches his VO_2 max. in relation to training or racing speeds of other performers needs to be taken into account, as well as the length of time an individual can sustain 100% of his VO_2 max.

Besides possessing a high maximal oxygen uptake athletes are also observed to have a low heart rate on submaximal loads and large dimensions for the oxygen transporting organs such as heart volume, total hemoglobin, blood volume and vital capacity.

At the present time a high maximum aerobic power is probably one of the most reliable indices of physical work capacity provided P.W.C. is taken to mean high sustained work for long periods of time. It is of course possible to have an exceedingly high VO_2 max. and still be in a relatively unfit condition and presently incapable of high endurance work. A high aerobic power which is reflected by a high oxygen uptake is then only a potential indicator of endurance capacity.

For a high VO_2 max. to be a meaningful predictor of P.W.C. it obviously has to be specifically trained by the correct type of training. Occasionally some athletes are found to have exceedingly high VO_2 max.'s and because they are inefficient in movement they have to utilize a large percentage of their VO_2 max., even at comparatively slow speeds.

The physiological capacity of the body to consume oxygen during exhaustive exercise is dependent upon such factors as cardiac output, pulmonary ventilation, pulmonary diffusion,

- 1) Name the athlete whose case before the IAAF caused a walkout by the West German team at the 1969 European Championships.
- 2) Which athlete set a world record in his debut at a middle distance event?
- 3) Which country has the largest percentage of females under 4:00.0 minutes for 1500 metres?
- 4) Who set the shortest-lived UK record for Womens' 1500m and when was it?
- 5) Can you name the fastest African at 1500m?
- 6) Name the only man to beat Coe and Ovett on the track in the same race.
- 7) Who broke the World mile record in 1958 but never got credit for it?
- 8) Do you know the fastest known last lap in a Womens' 1500m race?
- 9) Paula Fudge set a world 5000m record in 1981 but she is not the fastest ever lady at the distance. Can you name who is and give the time?
- 10) The youngest and oldest sub four minute milers come from the same country. Can you name them?

Quiz

Compiled by Dave Cocksedge

- 1) Jürgen May. He defected from the GDR in 1968.
- 2) Kip Keino (Kenya) with 7:39.6 for 3000m in 1965.
- 3) The Soviet Union (USSR) with 50% : 11 of 22 women under 4.
- 4) Joyce Smith ran 4:09.4 in Munich Olympic semi on 7/9/72. Sheila Carey ran 4:04.85 two days later in the final.
- 5) Filbert Bayi (Tanzania) with 3:32.16 in 1974.
- 6) Olaf Beyer (GDR) in 1978 European 800m final, Prague, clocking 1:43.84.
- 7) Merv Lincoln (Australia) clocked 3:55.9 (1.3 sec under Ibbotson's record) but was beaten by Herb Elliott's 3:54.5.
- 8) Tatyana Kazankina (USSR) won the 1976 Olympic title with a blistering last lap in 56.9 sec.
- 9) Loa Olafsson (Denmark) ran 15:08.8 at Copenhagen on 31/5/78 in a race including men, which invalidated the mark for record consideration by the IAAF.
- 10) Both are from the USA. The youngest is Jim Ryun, at 17 years and 37 days and the oldest is George Young, at 34 years and 220 days.

oxygen carrying capacity of the blood, and the arteriovenous difference in oxygen saturation.¹²

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ATHLETICS GOES OPEN!!

"Shut up and smile, Tiger, there's a camera on us..."



Still taking your Horlicks?

Frank¹⁴ views

Love his comments or hate 'em, he's difficult to ignore. Chairman Frank Horwill pens off another column for BMC NEWS, shooting straight from the lip as usual.

The two page BMC Newsletter sent out to all members in October has had some impact. First of all, my good friend, Conrad Milton takes issue with me over comments about the UK Coaching Committee's appointed coaches getting official expenses to coach, thus gaining an advantage over the Club Coach. He also queries my assertions about poaching of athletes by UK appointed coaches, although he grants that there should be a coaching etiquette procedure when an athlete wishes to go to another coach.

What Conrad didn't quite understand was that UK appointed coaches use their official positions to get sponsorship for themselves, which, although club coaches are free to do the same, puts them (the club men) at a major disadvantage.

I also pointed out to Conrad that when one of the coaching 'Big Guns' was asked if he wished to write articles for an athletics magazine demanded a fee of £100 per article. Apparently, money has become the major factor for motivation and improving the event a secondary one.

What gets up my nostrils is the fact that the chap who asked for £100 per article had the cheek to criticise my efforts to improve British md running!

Talking to Bryan Smith the other day, I got an interesting view point. He thinks the UK Coaching scheme is on the rocks. I asked him why so and he gave these reasons: (a) Only 10% of Senior Coaches have registered under the new scheme which takes £2 off the coach for the pleasure of putting his own photograph in a well advertised pass; (b)

Staff Coaches have been abolished in the North; (c) he hasn't seen a National Coach at Hendon for 3 years. Bryan says that he and Cliff Temple are not going to register for the passes on principle.

Official coaches visiting far off places seems to be all the rage these days in the UK. One must ask when the last event coach popped down to Cornwall or when one zoomed up to Perthshire to take a training weekend. It seems that well-paid excursions to Zambia, Norway and the USA to teach athletes there how to run faster than us is the order of the day!

I have had a letter from a father in Devon complaining bitterly that his daughter was left out of the IAC Junior Ladies invitation 1500 last year. He goes on to state that a great deal of favouritism was apparent at that event with a batch of girls coming from one club. I have written to the IAC and given the well ranked girl's name and address for future invitations.

THIS IS THE YEAR OF BRITISH WOMENS' MIDDLE DISTANCE RUNNING. Although there should be an insert in this issue, I'm taking no chances and listing races we have organised with the SCAAA to be held in their representative matches. These races are for TOP CLASS times and if you haven't done the qualifying time to race in them, YOU CANNOT RUN, unless we get a letter from your coach clearly stating that he feels you can do the qualifying time in the race on your current form. In the absence of a 'hare' there will be a draw for pace, and

any athlete failing to honour **15** the draw will not get any invites for a year and that includes two big sponsored races we have been offered.

So, ladies, make a note of these in your diary:-

April 28th. BMC 1500m Qualifying time: 4:25.00

May 5th BMC 800m Standard: 2:05.0 (both within the last 12 months).

August 4th BMC 3000m. Standard: 9:30.00 (All races at Crystal Palace).

Please note, there will be NO ENTRIES ON THE DAY. Non members may run on payment of £2.00 entry fee. Applications to run in these races to the Southern Secretary, Greg Moon at 9 McDonough Close, Hook Road, Chessington Surrey. Entry fee is 50p. per race.

The other races we have organised are top class ones for men at CP on the second Wednesday of each month in the SCAAA Open meetings. Watch the athletics press for any sudden changes of venue. In order to run in the SCAAA BMC races at Crystal Palace, athletes must have achieved the following times within the last 12 months:-

800m	:	1:54.00
1500m	:	3:54.00
3000m	:	8:18.00

The scheduled races are: March - 600m, April - 1200m, May - 800m, June - 1500m; July - 800m; August - Mile; September - 3000m.

There will be ONE race at each meeting, with a maximum of 12 in an 800 and 16 in a 1500 and 24 in the 3000m. Applications to run in these races to me at 62 Kelson House, Stewart Street, Milwall, London, E.14.

To cater for those who have not done the qualifying times listed there will be TWO races for men and women each at West London Stadium on the first Wednesday of each month by kind permission of Thames Valley Harriers. The distances will be the same as those for Crystal Palace, and no entry standard is required (other than BMC

membership). Applications for the mens' races to me (entry fee 50p) and applications for the Ladies races to Greg Moon, not me.

The second county schools and county AAA/WAAA Champions course will take place at Deal, Kent on Easter weekend (April 9-11th). It is open to athletes under 19 years of age who have won a county schools or county AAA/WAAA title within the last 12 months or who have been placed in times above the average. Applications to reserve a place to Geoff Hall - 5 York Rise, Rayleigh, Essex, together with a cheque for £12.00 (members) and £14.00 (non members) payable to Geoff Hall and NOT the BMC. Some athletes travelling more than 100 miles one way may qualify for part payment of fares. There are only vacancies for TWELVE women and TWELVE men; i.e. total of 24 athletes. The general programme will follow this pattern:

Friday (pm) Registration - dinner - bed.

Saturday (am) Morning run - breakfast - lecture - track session - lunch - (pm) team games - practical session - dinner - quiz - free time - bed.

Sunday (am) Igloi session - breakfast - lecture - track session - lunch - team games - practical session - course ends (5 pm).

When writing to Geoff make sure you enclose a stamped, self-addressed envelope for reply. Following the last course we were delighted to get letters from many athletes and parents on behalf of their sons and daughters expressing great delight with the weekend. One such letter was from Paul Barr of Essex, who stated that he had learned more in the weekend than in five years of running and racing.

Unlike UK Coaching Courses, where the same coaches run or staff the course for years on end, we will be giving Senior BAAB Coaches of up and coming ability a chance

to serve on the course staff while at the same time maintaining those coaches with proven course ability.

Can anyone tell me why all-weather tracks in the London area shut down when it snows? In particular, can anyone tell me why GLC tracks shut at the slightest excuse to do so? The only track open in London during the snow was the local government run track at Copthall Stadium, Hendon, due, no doubt, to the staff there having the interests of the athletes at heart and using a brush and shovels to keep the place usable. Well done, Hendon ground staff! Drop dead by your office fires, GLC ground staff!

When my protege, Tim Hutchings, won a cross country race in France in November, defeating some big names, the other five English lads were astonished to learn that he was only doing 50 miles a week, but 12 of those miles were done on the track on Sunday and Thursday. Typical sessions were: (Sun) 10 x 200; 5 x 400; 10 x 200; half distance jog rest with no timing of reps. (Thurs) 4 x 400; 2 x 800, 4 x 400, equal distance jog, no timing. The discerning will notice that the Sunday is at near 1500 pace and the Thursday session at near 800 pace. The absence of timing is a relaxation, but the work gets done.

Let's hope the BAAB stick by their 1500 qualifying time for the European Championships. (4:07.5 for women). They took a young lady five seconds off the required time to the Moscow Olympics. I ask: WHY?

Having difficulties getting your BMC NEWS? Let us know about it. Contact Circulation wizz Dawn Lucy - 290 West Barnes Lane, New Malden, Surrey. KT3 6LU.

The medial ligament is injured five times as frequently as the lateral. The medial meniscus is injured 11 times as frequently as the lateral. The former is on the INSIDE of the knee. The latter is part of the semilunar cartilage. The exercise which COMPLETELY works all the knee's important muscles is the 'sartorius tightener'. The sartorius is a two-joint muscle, running from its origin on the front and top of the hip to its insertion on the medial shaft of the tibia just below the knee joint.

The athlete lies on his back, legs fully extended on the ground. A 10 lb weight is attached to the foot and then the leg is raised as high as possible keeping it completely straight.

Sets of 10 should be tried at first and each day the weight increased by a pound to maximum. NEARLY ALWAYS, KNEE INJURIES ARE DUE TO POOR QUADRICEPS, HAMSTRINGS AND GASTROCNEMIUS, IN THAT ORDER, ALL OF WHICH ARE STABILIZERS OF THE KNEE.

Injury statistics

Two hundred and eighty one female athletes treated at an athletes clinic had the following injury percentages:

Ankle, foot & heel	: 38%
Shin & lower leg	: 21%
Knee	: 18%
Hip, pelvis, groin	: 7.5%
Thigh	: 3%
Other areas	: 12.5%



British women's middle distance running is in the same unhappy state as the mens' was in 1963, which saw the formation of the BMC in an attempt to do something to rectify the situation. We, the National Committee of the British Milers' Club, put forward the following plan for the immediate improvement of British womens' middle distance running.

1) We recommend that the criteria that the first three in md events trials for major international championships be abandoned and that a more realistic approach of qualifying times be set six months before the trials are staged. i.e. sub 2:00.0 for 800m, 4:02 for 1500 and 8:50 for 3000m.

2) The Womens' Amateur Athletic Association at their next AGM give serious consideration to removing the ban on junior girls running 400 and 3000 metres. A ban which in our opinion educates women runners to believe that they are inferior.

3) The United Kingdom Coaching Committee is recommended to produce a bulletin on the known techniques used by Russian (Soviet) women middle distance runners who have eleven women under 4 minutes for 1500, and 21 of the top 30 in the World at 3000m.

4) A greater emphasis in the coaching examinations on the sprinting requirements of middle distance runners.

5) A recent year long study of women in sport in a Western country revealed that they were chronically short of adequate intake of the following: iron, Vit B12, folic acid, B6. The UK Coaching Committee is recommended that all coaches are provided with adequate information on this subject and all women in the top 50 of all age groups are advised accordingly.

6) The British Association of Sports Medicine be asked to carry

out investigations into the advantages and disadvantages of the 'pill' for middle distance runners and menstrual control before major championships.

7) The British Milers' Club is to stage a race a month for women in various parts of the country with 'hares'. Where 'hares' are not forthcoming, a draw will be made for pace. Athletes failing to honour their obligation as pace-setters will be excluded from further races. Athletes chosen as pace-setters will be exempt from pacing other races. This way, ALL athletes will get experience of courageous front-running. This practice with men from 1963 to 1973 led to a dramatic improvement in times in all age groups.

8) Club coaches are recommended that at regular intervals in training they introduce sessions at World class pace with adequate rest and over a period reduce recovery time. World class pace for 800m is 56.7 per 400, for 1500 it is 62 sec, and for 3000 it is 71 sec.

9) The Womens' Amateur Athletic Association give serious consideration at their next AGM to the creation of another age group between Intermediate and Senior. Men have a higher age level transitional period.

10) The totally insular attitude of some women athletes, coaches and the press to be greatly discouraged. Winning a National Championship eight seconds off the world mark for 800, fifteen seconds off the world best for 1500 and 20 sec off the world mark for 3000m are hardly 'great' performances, as some appear to believe.

11) The relegation of womens' races in spectacles to that of side shows, be changed. Britain to be encouraged to host A MILE OF THE CENTURY FOR WOMEN, The Europe 800 and the Five Continents

A break-through in injury prevention.

18

First-aid for Achilles

Soft tissue symptoms in the legs of runners is commonly associated with the force of heel strike. Some people are allergic to the reverberation of heel strike; shoes provide inadequate shock absorbency, padding with foam is often ineffective and causes the ankle to be unstable. The very action of running sometimes causes the spine to be jolted into a state of pain.

Now, there are heel pads and sole pads which absorb 96% of the shock of heel-strike. The substance used is SORBOTHANE. Chronic achilles tendon sufferers awaiting operations have cancelled their operations after wearing them for a month. Some athletes wear them in their shoes all the time. Send your shoe size to IEM Orthopaedics, 34 Church Street, Bishops Stortford, Herts CM23 3UT; quote your BMC number and you will get 15% discount. Heel pads are £3.95 per pair (less discount) and inner sole pads £7.50 per pair.

If you want to read about the research first before your purchase, write for the literature and research supervised by the British Association of Sports Medicine.

SUBS WERE DUE ON JANUARY 1st!

Continued: _____

3000m (for women). The BMC organised a mile race for women 11 years ago in Leicester and this resulted in a new world record.

12) Expensive and non-productive coaching courses in sunny winter resorts to be curtailed and the money to be used to send more women athletes to compete abroad against better competition. More world class racing and less coaching talk is the criteria.

FRANK HORWILL, Chairman, BMC.

A severely painful achilles tendon can be simply splinted by getting the athlete to bend the foot towards the body as far as possible, thus fully extending the tendon. Cut a strip of plaster a foot long and 3 in. wide and place it longitudinally along the tendon. When the athlete tries to return the foot to normal position he/she will discover that it has been splinted. Ask your doctor for BRUFFEN 400. After 5 days if the pain has not subsided, ask your doctor for a letter to an athletes' clinic.

Tenosynovitis

Symptoms: An aching sensation at the outer border of the foot. The onset is gradual, rest stops pain but on resuming running, it returns.

Causes: Sudden changes in the training pattern. Prone athletes should start one session a week on Tartan or other all-weather tracks in MARCH, then two in APRIL and three in MAY; rather than going straight out in May and putting in three track sessions a week.

Similarly, athletes who tend to 'rest' in October before the cross country season should virtually start as novices again; doing only 15 minutes of running a day for the first week, increasing it by 5 minutes a week, so that by the end of November the athlete is running 30 minutes of running a day. THIS IS FOR INJURY PRONE ATHLETES. If symptoms appear, ask your doctor for a tube of NOVELAT cream.



RACE DATES

Greg Moon: 9 McDonough Close, Hook Road, Chessington, Surrey.
Frank Horwill: 62 Kelson House, Stewart Street, Milwall, London E14.

		<u>MEN</u>		<u>WOMEN</u>	
March	3	600		600	West London
	10	600 (1:54/800)		1200	Crystal Palace
April	7	1200		1200	West London
	10	1200 (1:54/3:54)		600	Crystal Palace
	28		(4:25.0)	1500	Crystal Palace
May	5	800		800	West London
	5		(2:05.0)	800	Crystal Palace
	12	800 (1:54.0)	(4:40.0)	1500	Crystal Palace
June	2	1500		1500	West London
	9	1500 (3:54.0)	(2:13.0)	800	Crystal Palace
	30	Mile (4:08.0)			Motspur Park
July	7	800		800	West London
	14	800 (1:54.0)	(4:40.0)	1500	Mile Crystal Palace
August	4	Mile		Mile	West London
	4		(9:30.0)	3000	Crystal Palace
	11	Mile (3:54.0/1500)	(2:13.0)	800	Crystal Palace
Sept	1	3000		3000	West London
	8	3000 (8:18.0)	(4:40.0)	1500	Crystal Palace

All races will be at either 8.00 or 8.10 (20.00/20.10) - except City Charities mile. We will confirm time, directions for travel and expenses (if relevant) after acknowledging entry.

This list is printed twice - once in the magazine and once as a loose sheet. On the back of the loose sheet clearly print (a) your name (b) address, (c) telephone number (d) amount of money /stamps enclosed (e) coaches letter (if appropriate). On the front of this sheet circle the races you wish to run in. Mail, with money and an s.a.e. to: MEN - Frank Horwill. WOMEN - Greg Moon. In the magazine, circle the races you have accepted and keep this as your record.

Race fees are 50p or £2.00 to a non-member who has achieved BMC Membership entry standard.

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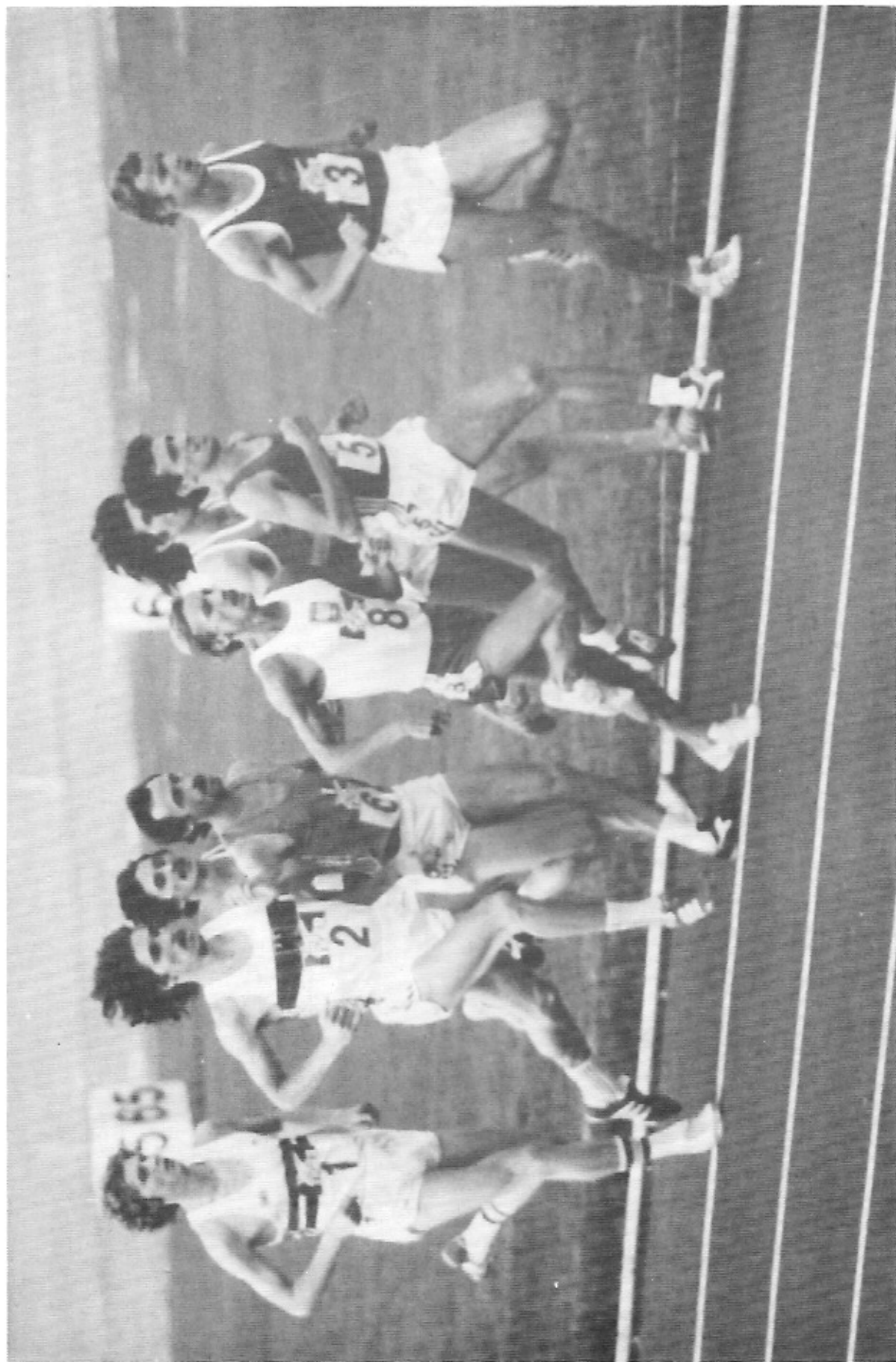
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 2 Tower Street, Hyde, Cheshire,
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FACTS.

In a 1500m race in Dusseldorf in 1967, Jim Ryun (USA) went through the 1200m in 3:01.0 and finished in 3:37.2! Joachim Cruz (Brazil) set a World Junior 800m record of 1:44.3 in 1981 with laps of 52.2 and 52.1. Steve Ovett's first 4 minute mile was exactly 4:00.0 at Motspur Park on 25.7.1973. Nick Rose won in 3:58.4. It was Steve's first ever mile race!



OLAF BEYER (winner in 3:43.52) leads Europa Cup 1500 final in Zagreb from Zdravokic, Zerkowski, Fontanella, Gonzalez, Hudak, Kirov and Steve Cram (3rd in 3:43.72). Photo by Dave Cocksedge.