

**Issue No. 43
Autumn, 1988**

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Journal of the
BRITISH
MILERS'
CLUB.

Published by
the BMC.
25th
Anniversary
Year - 1988.



EDITORIAL

Issue 43, 1988

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BMC NEWS, ISSUE No. 43
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Front cover: 1988 Southern CMA 1500m finalists at 700m. JOHN BRISTOW (10) leads from GARY TAYLOR (86) and TOM HICKNER (13). Winner was GRAEME SAKER (74) in 3:47.18.
 Photo: David Cocksedge.

SOUTHERN COUNTIES AA won the day on July 3rd. After over four hours of often heated debate at the Extraordinary General Meeting of the AAA in Birmingham, the Southern (Bill Lucas, DFC) proposal for a British Federation was carried, by a margin of around 200 votes. The alternative plan, moved by AAA President Arthur McAllister, was for a replacement of the AAA-dominated British Amateur Athletic Board. In reality, the same power brokers wearing different hats in effect, with powers of veto over areas, special interest groups, and clubs. The SCAA plan calls for a true federation with areas and clubs directly represented. Despite over 20 years of talks and learned papers on the topic, McAllister's plan of centralised power paid only lip service to the democratic rights of clubs.

The depressing news is that some of the current administrators, irked at losing the vote (thanks to a large proxy), are likely to drag their feet in implementing any effective reforms. We don't want changes overnight of course - Evolution rather than Revolution, as they say - but now the clubs have been aroused by an effective campaign and spoken out, their elected representatives have a duty to make the main thrust of the Lucas (Southern) plan a reality.

A disturbing aspect of organising races this summer has been the poor response from our women members. Many complain that the National and Area League system does not always provide them with adequate competition; get somehow many seem reluctant to engage in hard, well paced mid-week races, which is the main reason for our existence. At one meeting last Spring, I announced over the PA that the BMC Womens' race was being combined with the Open event, due to low entries. On hearing this, an athlete warming up for the Open race immediately tore up her number and withdrew! Her exact motives were never revealed, but I can only assume that she wanted to win a slow race, rather than lose a fast one. I find this a very strange attitude, perhaps symptomatic of British womens' athletics. What are your views?

The complex Zola Budd affair enshrouded the sport in a web of confusion and bitterness last Spring. Whilst some leading IAAF officials attempted to whitewash the investigation into the cheating which resulted in a bronze medal being awarded to long jumper Giovanni Evangelisti, they also threatened to suspend the entire British Olympic team unless the BAAB took action against Budd for 'participating' in events in South Africa. Bowing to pressure from the African Nations, the IAAF used its powers arrogantly and insensitively.

Whilst Budd did not get a fair hearing in this matter, it must be said that she has behaved pretty stupidly in the past four years: attempting to be an International athlete residing for most of each year in the banned nation of South Africa, which clearly will not be tolerated indefinitely. It is a pity that she did not come under the sensible guidance and influence of Kingston's John Bryant until it was too late.

The whole issue has been a shabby affair from which no one emerges with any credit, least of all the British officials who connived with the DAILY MAIL to get her to change her nationality in 1984.

DAVID COCKSEGE, BMC NEWS Editor.

NEW MEMBERS' FILE THEIR VIEWS ON WAYS TO IMPROVE BRITISH MIDDLE DISTANCE

By holding more 3000 and 5000m races for women. By encouraging women more.

Athletes in general should be given more help, support and advice.

SAMANTHA BAINES

More meetings with top middle distance runners; more training weekends!

JON DENNIS

Get more coaches better qualified at club level.

DAVID BENNETT

Organised training weekends to exchange ideas. Regularly updated list of physiotherapists, osteopaths etc. More emphasis on under-distance racing.

BARNEY BRENNAN

I don't think British middle distance running can be improved that much. Clubs like the British Milers' Club improve middle distance running here.

GRAHAM CUNNINGHAM

Less publicity of school age athletes. More training for PE teachers on athletics. Perhaps an amalgamation of the ESAA and the 'Junior' section of AAA.

By giving Scottish runners the chance to race down South.

FRANK MCGOWAN

I believe that athletes in the Western part of Northern Ireland get too few opportunities at 800 and 1500m in their own area and must always travel for decent competition.

PAT McMANUS

By getting the younger elite runners grouped together through the right training schedules. Getting races against seniors early on and getting them to think for themselves.

ALAISTER RUSSELL

Not enough attention and grants are given to up and coming athletes (those ranked in UK Top 50 lists). Once an athlete has achieved the top 50, he/she should be given more opportunities to develop. There is always too much help for top runners and not enough for those just below international level.

SUSAN SAMME

By better quality races and a wider knowledge of coaching.

AMANDA THORPE

WAYS TO IMPROVE U.K. STANDARD IN MIDDLE DISTANCE

BRIAN EDWARDS

It would be improved if a higher percentage of UK races were paced fast from the start, rather than a 'jog', followed by a sprint for the line. This only produces slow times and slow runners who are afraid to test themselves.

PHILIP HEALY

Pooling knowledge of successful international athletes past and present, and learning from their mistakes. At the moment athletes are allowed to retire and their knowledge and experience is lost.

EMMA LANGSTON

The money generated should be spread more evenly throughout the sport, rather than being given to a few elite runners. This would provide better training facilities and coaching for the up and coming talent, and thus ensure a good future for the sport.

ALAN MACBETH

By holding many more international matches, giving promising athletes the incentive to train for representative vests. There was only ONE opportunity for a Scottish Junior vest in 1987.

G.MASKELL

More opportunities and more recognition for Junior athletes.

BRIAN TREACY

Young athletes should learn the importance of putting themselves under intense pressure when racing, and confine the sit, wait and sprint tactics to Championships. Putting yourself 'on the line' is an important commitment. Also, UK selection should be fairer with late developing Juniors being given as much chance to prove themselves as the endless lists of 15/16 year old 'stars'. Selection should be based on proven ability, not ancient reputations.

CLYNN TROMANS

LEWIS BRANCHES OUT

We know that quadruple Olympic gold medallist CARL LEWIS is planning to branch out into other fields on retirement this year, but his quote in ATHLETICS WEEKLY, May 20, beggars the imagination somewhat... King Carl told Yvonne Lee: "In Europe, I won't come until the last minute..."

Do we really need to know this?

THE WITNESS LIST!

BEST PERFORMANCES WITNESSED.

By David Cocksedge.

What are the best performances that you have witnessed in the standard events? The only rule is that you must have actually seen the performance as it happened in the stadium concerned, and not via television - even if that may have been 'live'. Thus I cannot include Whitbread's 77.44m javelin throw at Stuttgart on 28/8/86 as I was outside the stadium when that Qualifying round was in progress. By contrast, due to the controversial and sloppy manner in which Seb Coe's photo cell timing of 1:41.73 was ratified as a world record in 1981, I reckon that in seeing Joaquim Cruz clock 1:41.77 in 1984 I was privileged to witness the fastest 800 metres that has been correctly electronically timed to date. That race also witnessed the greatest wass finish ever seen so far.

Here is my 'list':

100: 9.83 Johnson (Can) Rome, 30/8/87. 200: 20.00 Borzov (SU) Munich, 4/9/72.
400: 44.15 Reynolds (USA) London, 10/7/87. 800: 1:41.77 Cruz (Bra) Cologne, 26/8/84. 1000: 2:15.12 Cram (UK) London, 17/9/82. 1500: 3:32.39 Coe (UK) Zurich, 22/8/84. Mile: 3:49.49 Cram London, 12/9/86. 2000: 4:57.86 Coghlan (RoI) London, 29/8/83. 3000: 7:32.79 Moorcroft (UK) London, 17/7/82. 2 Miles: 8:13.51 Overt, London, 15/9/78. 5000: 13:10.15 Buckner (UK) Stuttgart, 31/8/86. 10,000: 27:30.3 Foster (UK) London, 23/6/78. Marathon: 2:08.16 Steve Jones (UK) London, 21/4/85. 3000SC: 8:07.62 Mahmoud (Fr) Brussels, 24/8/84. 110H: 13.17 Nehemiah (USA) London, 8/8/81. 400H: 47.37 Moses (USA) Rome, 4/8/81. HJ: 2.38m Sjoborg (Swe), Paklin, (SU) Avdeyenko (SU) Rome, 6/9/87. PV: 5.90m Bubka (SU) London, 13/7/84. LJ: 8.67m Lewis (USA) Rome, 5/9/87. TJ: 17.92m Markov (Bul) Rome, 31/8/87. SP: 22.23m Gunthor (Swi) Rome, 29/8/87. DT: 69.94m Bugarcic (Cz) Brussels, 24/8/84. HT: 86.74m Sedykh (SU) Stuttgart, 30/8/86. JT: 84.76m Tafelmeier (GFR) Stuttgart, 27/8/86. Decathlon 8811p Thompson (UK) Stuttgart, 27-28/8/86. 4x100: 37.90 USA Rome, 6/9/87. 4x400: 2:57.29 USA Rome, 6/9/87.

WOMEN

100: 10.76 Ashford (USA) Zurich, 22/8/84. 200: 21.71 Drechsler (GDR) Stuttgart, 29/8/86. 400: 48.16 Koch (GDR) Athens, 8/9/82. 800: 1:55.26 Modjars (GDR) Rome, 31/8/87. 1000: 2:35.32 Bailey (UK) Birmingham, 19/7/86. 1500: 3:57.80 Durina (SU) Athens, 11/9/82. Mile: 4:19.57 Decker-Slaney (USA) London, 2/8/85. 2000: 5:28.69 Puica (Rom) London, 11/7/86. 3000: 8:30.28 Ulasova (SU) Athens, 9/9/82. 5000: 14:48.07 Budd (UK/SA) London, 26/8/85. 10,000: 30:23.25 Kristiansen (Nor) Stuttgart, 30/8/86. Marathon: 2:21.06 Kristiansen London, 21/4/85. 100H: 12.34 Zagorcheva (Bul) Rome, 4/9/87. 400H: 53.32 Stepanova (SU) Stuttgart, 30/8/86. HJ: 2.09m Kostadinova (Bul) Rome, 30/8/87. LJ: 7.36m Joyner-Kersey (USA) Rome, 4/9/87. SP: 21.53m Slupianek (GDR) Athens, 6/9/82. DT: 71.62m Hellmann (GDR) Rome, 31/8/87. JT: 76.64m Whitbread (UK) Rome, 6/9/87. Heptathlon: 7,128p Joyner-Kersey (USA) Rome, 31/8-1/9/87. 4x100: 41.58 USA Rome, 6/9/87. 4x400: 3:16.87 GDR Stuttgart, 31/8/86.

I'm sure that such seasoned travellers and keen observers as Harry Wilson, Alf Wilkins, Steve Overt, Wilf Paish plus Seb and Peter Coe could better this list. I'd be interested to see your comparisons, gentlemen. Women such as long-time internationals Joyce Smith and Christine Benning could also perhaps top this compilation.

Send 'em in for the next issue (middle distance marks only, if that is your prime interest) and we'll be happy to print them. (Editor).

"Zola Budd is still one of us. Every time she wins, it is a victory for South Africa." FANTE VAN ZIJL, 3:56.0 miler in 1972.

PARRY'S GEMS FOR POSTERITY

ITU's ALAN PARRY has become a rich source of howlers in the "Colemanballs" tradition of PRIVATE EYE since the commercial channel took over domestic athletics coverage. Here are a few of Alan's gems that we logged whilst replaying an old tape of the 1986 Talbot Games at Crystal Palace:

"James Mays - the man who pace-maked a little too enthusiastically in Oslo the other night....."

"So, delight for Lorraine Baker, who will realise what she has done tonight....."

"Puica has been racing all over Europe, and is fitter, sharper and stronger than Zola Budd, but is possibly also more tired, and therefore more venerable....."

"So tiny and fragile among the field of runners that you can't even see her; get there she is: Zola Budd!"

CANCEROUS NIKES?

A headline in the WILLAMETTE WEEK TODAY read: "Nikes Cause Cancer!"

Well, who can resist a headline like that? The story reported that laboratory rats whose feet were encased in special miniatures of the World famous swoosh shoes had a 99 per cent chance of developing 'toenail cancer'. Other brands of shoes on the rodents were not harmful.

A quick check of the newsmagazine's date clarified things: you guessed it - April 1st.

Former BMC Chairman TONY WARD ran in the 'Fun Run' section of the Kodak AAA road 10km in Hemel Hempstead last April 30th and was clocked in at 82 min for the course. Eamon Martin won the title race in 28:34. Well, Tony was faster in his younger, slimmer days. Unfortunately, we have not been able to find out just how much this run boosted Tony's subvention arrangement with the AAA! Ward is of course the AAA/BAAB Spokesman; a tough assignment which often requires the ability to change policy in mid-sentence, especially when making statements on selection...

Running injuries by F.J.N.

INCORRECT ASSUMPTIONS. (a) "Beware of coaches whose athletes get continually injured." This means that Steve Ovett must be wary of Harry Wilson, Steve Cran must avoid Jimmy Hedley, Dave Moorcroft must shun John Anderson, etc. To blame the coach for continuous injuries to athletes is a convenient ploy to denigrate successful coaches.

(b) "The majority of injuries are caused by too much mileage." They might be. This does not explain injuries which occur to athletes doing the minimum of mileage.

(c) "Too much track work causes injuries." It might. However, there are some athletes of world class who train every day on the track in the summer, twice as much as the accepted practice and who do not get injured.

(d) "Tartan causes injuries." Any sort of running surface might be the background to an injury. **WHAT THE ATHLETE DOES ON THE SURFACE** may be the major cause of injury, not the surface itself.

(e) "Hill running causes injuries." Yes it does, especially if you have never done any before and go and do reps up a hill lasting an hour! If you choose a hill with the gradient of Mount Everest for your initial outing do not be surprised to find yourself unable to walk next day.

If the above assumptions are totally correct then the athlete has only one alternative — **DON'T RUN**. The simple truth is that not enough research has been done into the above accusations.

FIRST AID. Time and again we have witnessed athletes on television crash to the ground with muscle strain only to be watched by officials as though the victims have arrived from space! In contrast, when major events are held in Helsinki and a runner leaps into the air in agony and crumples to the ground, the Finnish medical units are out in a flash with a stretcher and on goes the **ICE BAG** to stop internal bleeding and swelling. That simple act may make the difference between an injury lasting days or weeks. This is followed by bandage compression and elevation. If ice is not available water should be applied and if the steeplechase pit is full place the injured athlete in that.

HOME TREATMENT. Expert medical advice should be sought as soon as possible and if that is not possible **CRYOTHERAPY** should continue for 48 hours. Ice application for 15 minutes followed by three minutes of stretching and 15 minutes more of ice. After 48 hours if medical help is still not available the use of **CONTRAST BATHS** should be employed, two minutes of ice application followed by two minutes of hot water, hot as can be stood — test by placing the elbow in the water. This is for 16 minutes at a time and every four hours. Keep bandaged and the limb elevated. Two aspirin tablets every four hours will help reduce pain and is **ANTI-INFLAMMATORY**.

PROFESSIONAL HELP. In the first instance seek consultation with a sports doctor, preferably one who is a Member of the British Association of Sport and Medicine. Do not wait until you are injured to find out where the nearest member is located. Write to the

Secretary of the B.A.S.M. for the address of your nearest practitioners, 39 Lankfield Road, Mountsorrel, Nr. Loughborough, Leics. If there is no doctor in your area qualified to treat injuries seek out a physiotherapist who is a B.A.S.M. member. The emphasis on seeking help via the B.A.S.M. is because they are pioneers in the treatment of sports injuries, starting in the 1940s. They conduct special courses for doctors and others in the treatment of all types of sport injuries.

In the absence of a sports specialist in your locality you must utilise the National Health Service, starting with your doctor who may prescribe drugs or refer you to the Physical Medicine Department of your local hospital. Regrettably this takes time and you may like to try a private physiotherapist.

Finally, there are what are called fringe medicine practitioners, not in possession of accepted medical qualifications such as osteopaths and podiatric specialists. The latter usually are qualified chiropodists.

TRAINING WHILE INJURED. Athletes do not like resting; they fear that fitness built up over months of training will be rapidly lost. There is an important rule to remember here: cessation of training or reduced training in the early stages of an injury may well prevent months of total incapacitation. Quite obviously fractures must be rested. Grandjean has given ample evidence that during this time a heavy intake of Vitamin C daily will greatly assist the healing of fractures and muscle tears, up to a thousand milligrams a day can be taken. Costill and Cooper have discovered that a well trained runner can afford to take off **five days** from training before endurance is affected and that endurance can be maintained at its previous level by only **TWO-THIRDS** of the original quantity. Thus, training every other day or training two days together with the third off will not lose much fitness if at all for a month. Subotnick recommends that while training on a chronic injury ice should be applied for 15 minutes **immediately after the session**.

Cooper and Costill have discovered that where an athlete cannot run at all he can equal the mileage done in running by using a substitute where possible which does not affect the injury. One mile of swimming is equal to four miles of running and four miles of cycling is equal to one mile of running. Thus an athlete doing 40 miles of running a week can do 10 miles of swimming or 160 miles of cycling. While Cooper and Costill confined their tests to steady state swimming and cycling, the runner might wish to alternate steady state work with fast and slow

efforts, e.g. a length of the pool full out, a length slow, two lengths of the pool full out, a length slow, etc.; and the same principle with cycling, a mile fast followed by a mile slow, two miles fast, mile slow, etc. In addition or instead of this the athlete can raise the heartbeat by doing non-weight bearing exercises to maximum with a minute's rest and two minutes' rest before changing the exercise, e.g. press-ups to maximum, 60 secs. rest, press-ups to maximum, 60 secs. rest, press-ups to maximum, 2 minutes' rest, then abdominals to maximum in the same ritual.

CAUSES OF INJURY. It is the author's considered view that the majority of injuries are caused by athletes switching from one type of training to another without sufficient allowance being made for progression. I advocate one track session a week of relative speed work in October/November, two track sessions a week in December/January and three track sessions a week in February/March, so that when the track season starts in April athletes have already accustomed their muscles to the speed required for 800/1,500 and 5k races.

The second major cause of injury is that the runner is not muscularly strong enough for the task before him. It is a fallacy that running strengthens legs. It might strengthen the muscular endurance but it does not strengthen the **POWER** of the leg. It has been stated that if the hamstrings are not sixty per cent as strong as their antagonistic muscles they will be prone to injury. Weak quadriceps are nearly always associated with knee problems. Poor abdominal muscles with back trouble. There is nothing wrong with being strong and getting stronger.

The third major cause of injury is that some runners were never meant to run! It's sad but there it is. If you cannot touch your toes, have a second toe longer than the big toe, have an abnormally high arch, have one leg marginally shorter than the other, have feet that turn out like Charlie Chaplin or you are prone to being overweight, your running life will have problems — not insurmountable but difficult.

This excerpt was taken from Frank Horwill's lecture to the British Milers' Club A.G.M. at Glasgow in September 1985.

GREAT HOWLERS

".....and the winning time in the 100 metres was twelve point twelve seconds..."
Announcer at Schools' Meeting.

Privatisation: Here by 1989?

By David Cocksedge

Imagine calling at your local track for a run and shower and being asked to fork out a fiver for the privilege. It could happen. Government plans to privatise pools, pitches and tracks currently under local authority supervision could mean that charges will escalate in order for sport to become self financing. It's all part of the Local Government Bill, which could come into being by 1989.

Minister for Sport Colin Moynihan has written a consultation paper on Local Authority Sport and Leisure Facilities which has led to an outcry from the Central Council of Physical Recreation and from several individual sports, principally Swimming and Athletics. "This is a very serious attack on a tradition that sport in Britain is based on public facilities" says CCPR General Secretary Peter Lawson.

The Department of Environment Green Paper proposes that local authorities should "privatise the management" of their sports facilities. This could mean that swimming and leisure pools, sports centres and pitches would have to pay their way, or close down.

"Athletics is a sport for all the people with already inadequate facilities" says AAA spokesman Tony Ward. "These proposals will mean that many athletes, especially those in inner city areas, will be priced out...we shall oppose such measures very vigorously at both National and Local level."

The AAA Press Release on Moynihan's paper states that his plans "would have a catastrophic effect on the sport". The letter from AAA General Secretary Mike Farrell to Moynihan makes several strong points: "Athletics is multifarious in its use of facilities and require them in,often, unsocial hours which, obviously, will not present a good financial return for the cost conscious manager...Athletics (serves) a good community and social need, and any control on the hours of use and increase in costs will obviously effect the numbers who participate immensely." Writes Farrell.

Besides the possible loss of catering concessions at tracks, which many clubs now enjoy, Farrell also mentions that clubs "would not take kindly to having to pay for coaching...when in many cases local authorities provide financial help to clubs for coaches." He concludes: "It is more Government and Local Authority help the sport needs which certainly will not be forthcoming from privatisation of Management of Sports Centres."

BBC Commentator Ron Pickering, President of Haringey AC, is particularly concerned over the plans: "Central Government has over the years given precisely nothing to Sport. But now local authorities are being asked to put up costs and make activities that serve a vital social need self financing. Inner city areas where you find the poor and the disenfranchised will be hardest hit, obviously. These plans have been dreamed up by politicians who have no real concern or interest in sport; and the implications have not been thought out carefully enough. I think it's a hard, nasty line."

"I'll give you an absurd analogy on this," Pickering told us, "The running costs of a typical diving pool are £300,000 per year. Under the new scheme, the market rate for each dive becomes £125! High board diving is an elite activity for a handful of skilled athletes. But this Government seems to be prepared to price it out of existence.

"Haringey's income from subs amounts to £2,500 a year," continues Pickering, "and our outgoings in 1987, mainly travelling costs to the European Clubs Championship and British League, amounted to around £50,000. The £25,000 worth of sponsorship we have gives us an 18 month lifespan, and we obviously could not continue running four teams without it. We support ourselves also by year-round fund raising activities. Haringey Council is to be rate capped next year, but we understand that the New River Stadium, our headquarters, will not come under the Local Government Bill for privatisation."

"Under a privatisation scheme, the track would be closed on Sundays, because of staffing costs, and would presumably only open at 7pm on weekdays for people prepared to pay a fiver to use the facilities. There would be no provision for the lunchtime runners and many of our unemployed members would not be able to afford to use the track at all."

The general feeling among club officials and local government workers is that athletics tracks will simply not be viable. "No commercial concern is going to take over an athletics track", says Kevin Kelly, manager of tracks at Battersea and Tooting Bec for Wandsworth Borough Council, "the day to day running costs are just too high for the returns. We get complaints now at a 60p charge to use our facilities. There'd be no one at all using them if that became four or five pounds a time. I can see that a Sports Centre could become viable with the right management; that's another story altogether. But tracks cannot be profitable."

Ward agrees: "There are perhaps 300 cinder tracks in England and Wales. These require much more upkeep in terms of maintenance than synthetic tracks; yet they cannot offer as much. Under privatisation, many would presumably have to close down. The philosophy that only self-financing activities are worthwhile is bottom line sport."

There could be many other hidden costs. Policing and barriers for club organised annual road races for example, previously secured for a nominal sum by a local authority, could become prohibitively expensive overnight. The knock on effect of this could be that road races, judged to be unsafe by local police could be terminated, tripping many events from the annual calendar. Subsidised sports injury treatment could also cease to exist, affordable only to those who can pay.

"The social fabric of clubs could suffer", says Peter Mulholland, former President of Hercules Wimbledon AC, "Our members would not be able to afford to use the local track if the cost goes up much more. The runners would train on their own from home, and only meet each other for races. When our younger members congregate on club training nights, it's a social occasion for them as well, and I think that aspect of it is important. There is also safety in numbers when training on dark roads on winter nights. There are a lot of clubs like us, with a large Youth section and no quarters we can call our own."

One club that has quarters is Wimbledon-based Belgrave Harriers. The track & field team has risen in successive years from Division 5 to 1 of the British League, and the club's 750 members have the use of facilities at Belgrave Hall. "I am seriously worried about the possible privatisation of Battersea Park", says Belgrave's Team

Manager Bill Laws. "I can only see it as being counter productive. Many of our serious athletes could be priced out of their training facilities. I am generally in favour of privatisation, but only when it has obvious benefits, and when it works. Belgrave Hall is totally self-financing. We raise 30 per cent of our income from subs, and other money from fund-raising activities like socials and our club bar. The hall has to work for us six days a week when we hire it out for Dance and Karate classes and a downstairs gymnasium. But we desperately need the continued use of track facilities at prices our members can afford. I hope we can organise an effective opposition to the Government Green Paper after discussing it at committee level."

Other London area clubs with their own private quarters include Thames Valley Harriers (a BL Division 2 club) and the newly amalgamated Redhill & Surrey Beagles. But both club houses are on stadia owned by local authorities (West London Stadium and Battlebridge Track respectively) that presumably will come under the privatisation bill.

"Battlebridge is in serious condition", says Redhill/Beagles official Dennis Hill, "The council has offered to put down synthetic run-ups which is rather like putting a fresh pair of socks on a tramp...the club house is in disrepair also. Under privatisation, we wouldn't even be offered the token help that the council has come up with."

Perhaps least affected are South London Harriers who own quarters at the rear of Comrades Hall, Coulsdon with changing accommodation, showers and a comfortable-licensed bar. Close by on Farthing Down and Happy Valley is a large expanse of hilly countryside to run in on Sundays and in Summer months. "Our members will continue to use our club HQ as they have done since the fifties", says SLH Team Manager Mike Mein, who would nevertheless like to see at least the ailing track section of the club merge with neighbours Herne Hill Harriers.

Surrey runners can also use the facilities at Lauriston Runners' Club on Wimbledon Common Southside. Here are changing rooms, showers, and a tv lounge/tea room. The property, which carries a preservation order, is Lauriston Cottage, built in 1668 for William Wilberforce the Emancipator. Owner and founder, Arthur Whitehead (74), leases the premises to the club for an annual token rent of one English Rose! Nowadays, runners of the calibre of David Clarke, Tim Hutchings, John Cladwin, Jon Solly, Phil O'Brien and Cary Staines train there. Lauriston's exclusive male establishment will not be effected much by any Government plans, according to Club Secretary David Beard.

In Kent, Blackheath Harriers enjoy good facilities at the club's HQ in Hayes, where changing accommodation, weights room, showers and a bar are close by wooded countryside for training. The men-only club is proudly independent and self-financing but may soon amalgamate with nearby Brouley Ladies AC. In Hampshire, members of Aldershot, Farnham & District AC enjoy part subsidised facilities at their HQ near the Military base at Aldershot. Funding these on their own could be difficult.

Running is an uncomplicated activity that perhaps thankfully requires few facilities. But from our discussions there does seem to be a need to make more clubs aware of the possible consequences of Mognihan's Green Paper. By 1989, facilities that are not viable could cease to exist, unless politically astute club officials are prepared to fight for them. Bottom Line Sport could become an ugly reality.



"Privatisation? Does that mean we have to pay for coaching as well as tracks, injury treatment, weights equipment, club membership and our agents?"

Just fancy that!

WILKINS, Alfred P., 85 Lavender Mansions, Cannon Street Road, London, E.C.1. Grafton A.C.; chartered accountant; A.A.A. hon. coach (sprints and middle distance); all track events, shot and discus; chairman of National Union Track Statisticians, T. Hland (Victoria Park Harriers); A. Bracken, A. Cowen, L. Simmons, J. Stone, J. Daniels and many others (all Grafton A.C.)

WILLIAMS, Syvo, 161 Burnt Ash Hill, London, S.W.12. Teacher; Eltham Green School and Cambridge Harriers; D.L.C. hon.; hon. coach; pole vault, sprints, jumps, relay; no outstanding performances. 107L ton, best vault.

WILLIAMS, Peter, 23 College Drive, Manchester 14, week-days; 13a, Lincoln Road, Blackpool, week-ends. Sample maker/designer (box firm); Blackpool and Fylde A.C.; hon. A.A.A. coach, sprints; sprints: 100 yds. 10.1 secs., 200 yds. 24.0 secs., 440 yds. 54.4 secs.; still active.

WILSON, Harry, 4 The Links, Welwyn Garden City, Hertfordshire. Statistician; hon. senior coach, 1-6 miles; hon. coach, sprints, mid-distance, 1-distance, relays, all track events; still competing 220 yds. 22.8 secs., 440 yds. 51.0 secs., 3 miles 14.37, 6 miles 20.35, marathon; 1 coach or adviser nearly all athletes in Welwyn A.C. and several from other clubs; best known are Ann Jenner, 4th W.A.A.A. 220; Richard Jones, A.A.A. junior 1 mile champion, Janet Simpson, English Schools 150 yds. junior champion; John Wank, S.A.P. 850 yds. champion.

From MODERN ATHLETICS, December 1950 issue. Good to know that Alf and Harry are still active.....

BMC race spongers!

There exist several athletes who believe that the BMC is here purely to provide them with races. Many of these are not members. Well, if they wish to continue to use us, they must pay extra to run in our races. And those who have achieved BMC Qualifying Standard will not be allowed to race unless they join. We do not enjoy being used by International athletes who are quite happy to run in our races when it suits them, but feel it is somehow beneath them to become BMC members. The BMC was not formed to grease the path for spongers!

WORLD TOP 30 LISTINGS - 1987. SOVIET UNION v UK v GDR.

	800m			1500m			5000m			10,000m			S'chase		
	Sov/UK/GDR			Sov/UK/GDR			Sov/UK/GDR			Sov/UK/GDR			Sov/UK/GDR		
Top 10	0	2	0	0	3	0	0	1	0	0	0	1	0	0	1
Top 20	0	2	0	0	4	0	0	2	0	0	2	2	0	1	1
Top 30	1	5	0	0	5	0	0	4	1	0	2	3	0	2	1
	Marathon														
	Sov/UK/GDR														
Top 10	2	1	0												
Top 20	5	2	0												
Top 30	7	2	1												

Womens' events

	800m			1500m			3000m			5000m			10,000m		
	Sov/UK/GDR			Sov/UK/GDR			Sov/UK/GDR			Sov/UK/GDR			Sov/UK/GDR		
Top 10	2	0	3	1	2	3	3	2	1	0	3	0	2	1	1
Top 20	5	1	6	2	3	6	4	3	1	1	3	0	3	2	1
Top 30	9	3	6	3	4	6	5	6	2	5	4	0	5	3	1
	Marathon														
	Sov/UK/GDR														
Top 10	5	1	1												
Top 20	8	2	2												
Top 30	12	2	2												

This is an interesting comparison in depth between the three Nations during 1987. Note how badly the Soviet men have become in the track events, whereas they had seven ranked among the World's top 30 marathon runners. East German women displayed great depth at 800 and 1500 (3 in top 10, 6 in top 30) whilst completely ignoring the 5000m (no one ranked) as it is not a Championship distance. But at 3000m only two GDR runners made the top 30 as against six British, and only World Champs bronze medallist Katrin Ullrich made it into the World top 30 at 10,000m. The Soviet womens' domination of the marathon was very marked - no less than 12 of the top 30 last year were from the USSR (!) whilst the GDR women kept pace exactly with the British here - one in top 10, two in top 20. Good Eastern depth at womens' 800 though: nine Russians made the top 30 as against 6 from GDR and three Britons. At 1500, the GDR had six in top 30 compared to four British and three Soviets, including double World Champion Tatyana Samolenko. The top ranked Russian man at 1500m was Lotarev at 46th, whilst they had no one in the top 50 at 5000 and 10,000m! Best Soviet Steeplechaser was 41st. East German men had two in the top 50 at 1500, one at 5000, and three in 30 at 10,000m.

SUB FOUR MINUTE REGISTER

(As at June, 1988).

BRITAIN'S SUB FOUR MINUTE MILERS - ALPHABETICALLY.

With grateful thanks to Bob Sparks, ATFS, NUTS.

(First time under Four, followed by best mile time to date, where applicable).

Roger Bannister	3:59.4	6 May 54	3:58.8	7 Aug 54
Maurice Benn	3:59.80	3 Jun 68		
Mike Berisford	3:59.2	18 Aug 62		
John Boulter	3:59.72	3 Jul 65	3:58.6	24 Jul 68
Clifton Bradeley	3:57.88i	9 Mar 85		
Gareth Brown	3:59.5	25 Aug 84		
Jack Buckner	3:53.44	13 Jul 82	3:51.57	29 Aug 84
Sean Cahill	3:56.95	31 Aug 79		
Adrian Callan	3:59.45	23 Jul 85	3:58.28	13 Jul 86
Andrew Carter	3:59.3	10 Jun 72		
Christopher Chataway	3:59.8	28 May 55		
Patrick Chester	3:59.60	20 Jul 85		
David Clarke	3:56.95	17 Jul 82		
Frank Clement	3:57.44	10 Aug 74	3:54.2	27 Jun 78
Sebastian Coe	3:58.35	30 Aug 76	3:47.33	28 Aug 81
Steven Crabb	3:54.36	21 Jul 84	3:51.76	14 Aug 87
Stephen Cram	3:57.42	2 Jul 78	3:46.32	27 Jul 85
Alastair Currie	3:59.29	2 Aug 85		
James Douglas	3:58.5	23 Jul 69	3:56.0	10 Jun 72
Mike Downes	3:56.47	31 Aug 79	3:56.04	25 Aug 82
Neill Duggan	3:59.1	4 Jun 66	3:56.1	11 Jun 66
Malcolm Edwards	3:57.8	20 Sep 87		
Peter Elliott	3:58.54	28 Jan 84	3:53.70i	13 Feb 88
Stephen Emson	3:58.9	31 Jul 79	3:58.62	31 Aug 79
James Espir	3:57.91	14 Sep 79	3:56.7	15 Aug 81
Graeme Fell	3:57.5	1 Jun 83		
Stephen Flint	3:58.68	26 May 80		
Brendan Foster	3:58.5	31 May 71	3:55.9	10 Jun 72
Andrew Geddes	3:59.28	17 Jul 87		
John Gladwin	3:54.52	12 Sep 86	3:51.02	19 Aug 87
Derek Graham	3:59.40	13 Aug 66	3:59.24	20 Aug 66
Glen Grant	3:59.47	30 May 76	3:59.16	19 Jun 76
Andrew Green	3:59.2	25 Aug 64	3:57.74	3 Jul 65
Roger Hackney	3:58.77	13 Jul 86		
Anthony Harris	3:58.96	3 Jul 65		
Robert Harrison	3:56.76	10 Jun 84	3:53.85	15 Jul 86
Brian Hewson	3:59.8	28 May 55	3:58.9	3 Sep 58
Neil Horsfield	3:54.39	8 Jul 86		
Colin Hume	3:59.58i	5 Mar 83		
Timothy Hutchings	3:57.83	2 Jul 78	3:54.53	31 Jul 82
Derek Ibbotson	3:59.4	6 Aug 56	3:57.2	19 Jul 57
Stephen James	3:59.8	9 Jun 84		
Michael Kearns	3:57.86	26 Jun 77		
John Keyworth	3:59.43	14 Jul 84		
Mark Kirk	3:59.67	13 Jul 86		
John Kirkbride	3:58.0	23 Jul 69	3:56.5	10 Jun 72

SUB FOUR MINUTE REGISTER

10

Paul Larkins	3:59.32	18 Jul 86	3:56.65	17 Jul 87
Ashworth Laukam	3:59.1	16 Jun 85		
Paul Lawther	3:58.49	19 Jun 76	3:57.81	13 Jul 83
Anthony Leonard	3:59.92	8 Jul 79		
David Lewis	3:59.6	27 Jul 82	3:55.96	23 Aug 83
Ian McCafferty	3:56.8	11 Jun 69		
Peter McColgan	3:59.37			
Ron MacDonald	3:59.7	30 Aug 75	3:59.1	1 Sep 75
Christopher McGeorge	3:58.97	27 Jun 86		
James McGuinness	3:59.2	30 Aug 75	3:55.0	11 Jul 77
William McKim	3:59.4	22 Jul 64		
Michael McLeod	3:59.38	23 Aug 78	3:56.38	31 Aug 79
David McMeekin	3:59.7	30 Aug 75	3:58.05	30 Aug 76
Robert Maplestone	3:59.51	19 Feb 72	3:58.5	25 May 73
Eamonn Martin	3:59.7	12 Jun 83	3:59.30	23 Aug 83
Ronald Martin	3:58.9	11 May 74		
Stephen Martin	3:56.71	10 Jun 84	3:56.36	5 Aug 86
Christopher Mason	3:59.9	30 May 70		
David Moorcroft	3:59.9	26 Jul 75	3:49.34	26 Jun 82
Norman Morrison	3:58.7	31 May 71		
Alan Mottershead	3:58.8	12 Sep 77	3:58.23	14 Sep 79
Kenneth Newton	3:59.8	12 Sep 77		
Sean O'Neill	3:58.42	7 Jul 87		
Steven Overtt	3:59.4	17 Jul 74	3:48.40	26 Aug 81
Neil Ovington	3:57.07	11 Jul 86		
Adrian Passey	3:58.38	18 Jul 86		
Gordon Pirie	3:59.9	23 Sep 60		
Malcolm Plant	3:59.61	31 Aug 79		
Timothy Redman	3:59.3	16 Jun 85		
Colin Reitz	3:55.41	31 Jul 82		
Jonathan Richards	3:59.94	7 Jul 87		
John Robson	3:58.81	29 Aug 77	3:52.44	11 Jul 81
Nicholas Rose	3:58.4	25 Jul 73	3:57.49	8 Aug 80
Rayfel Roseman	3:59.8	23 Jul 69		
Mark Rowland	3:55.72	11 Jul 86	3:52.99	10 Sep 86
Allan Rushmer	3:58.7	26 Aug 67		
Alan Salter	3:58.31	9 Jun 82	3:56.99	9 Jul 85
Mark Scruton	3:58.95	10 Jun 84		
Anthony Settle	3:59.4	30 Aug 75	3:58.8	29 May 76
Alan Simpson	3:56.6	7 Jun 65	3:55.68	30 Aug 65
Christopher Sly	3:59.69	8 Jul 79	3:58.85	8 Aug 80
Raymond Smedley	3:59.0	15 Sep 72	3:57.7	27 Apr 74
Barry Smith	3:58.96	4 Jul 75	3:57.46	8 Aug 60
Geoffrey Smith	3:55.8	15 Aug 81		
Ronald Speirs	3:56.9	30 Apr 77		
Laurie Spence	3:58.8	12 Sep 77		
Gary Staines	3:59.24	20 Jul 85	3:59.0en	15 Sep 87
Ian Stewart (1)	3:57.3	11 Jun 69		
Ian Stewart (2)	3:58.94	26 May 80	3:53.20	25 Aug 82
Peter Stewart	3:58.7	11 Jun 69	3:55.3	10 Jun 72
Gary Taylor	3:58.261	17 Jan 86		
Stan Taylor	3:58.0	18 Aug 62		
Bruce Tulloh	3:59.3	27 Jan 62		

Odd Facts from DC.

A DOPE STORY.

Whilst the drug scandal continues to get coverage, some amusing stories have emerged. Here's an oldie, but a goodie from the world of professional cycling: It seems that a domestique stage winner of the Tour de France once carefully saved and used a urine sample collected from his wife. Two days later he was called before Tour Officials who complimented him on "a fine stage win, monsieur, considering that your sample shows that you are two months pregnant..."

HELLO AND GOOD BAY!

Sparked by a 359 relay stage by Gary Staines at Battersea last October, the new look ATHLETICS WEEKLY has been carrying out a search for the fastest solo mile ever run. Many performances have been proffered, including John Landy's 3:57.9 at Turku in 1954. I wrote in, suggesting that Filbert Bayi's former world record of 3:51.0 at Kingston, Jan. on May 17th, 1975 has to be regarded strongly, as the amazing Tanzanian front runner led every step of the way. For reasons known only to himself, however, editor Keith Nelson chose not to publish my comments. For the record, Bayi's lap splits were: 56.9, 1:56.6 and 2:55.3.

MARY 2, TATYANA 0.

Back at the first World Championships at Helsinki in 1983, Mary Decker-Tabb (Slaney) won a tough 1500/3000m double in times of 4:00.90 and 8:34.62. For that, she was voted Female Athlete of the Year by various polls, was given front cover status by many magazines, and plenty of tv and newsprint coverage by the Western media. In 1987 at Rome, Soviet ace Tatyana Samolenko took the same double in 3:58.56 and 8:38.73, but gained no votes, no front cover status, and was virtually ignored by the Western press. People just seemed more awed by the performances of Silke Gladisch (100/200) and Jackie Joyner-Kersey (LJ/Heptathlon). Or could it have something to do with Decker's successes being seen as a victory for Western cosmetics and glamour over Soviet discipline and austerity? When Decker-Slaney or Budd win it is NEMS, but when an unpronounceable Soviet woman wins - well, we expect then to, don't we?

Corrections: Spring issue

Typos inevitably crept into issue no. 42. Try as we might to get everything as perfect as possible, it seems those gremlins lurk on pages here and there. Re. STELLA WALSH story: it seems that Ms. Walsh was killed during a drugstore holdup in Cleveland, Ohio in 1980. The tale of her getting caught in bandit/police crossfire in Los Angeles was merely fanciful.

STEVE BADGERY won the Surrey Boys' Cross Country title in 1963, not 1962 as stated. Therefore he was a father for the first time at age 15 by our calculations, and, as far as research can reveal, the only father ever to run in the Boys age group in the UK.

Re. Olympic 1500m: KIP KEINO's 1968 Olympic record time is more accurately 3:34.91. The Olympic record progression in 1500 - 4:33.2 Flack, 1896; 4:06.2 Bennett, 1900; 4:05.4 Lightbody, 1904; 4:03.4 Sheppard, 1908; 3:56.8 Strode-Jackson, 1912; 3:53.6 Nurmi, 1924; 3:53.2 Larva, 1928; 3:51.2 Beccali, 1932; 3:47.8 Lovelock, 1936; 3:45.1 Bartel, 1952; 3:41.2 Delaney, 1956; 3:35.6 Elliott, 1960; 3:34.91 Keino, 1968; 3:32.53, Coe 1984. Women - 4:01.38 Bragina, 1972; 3:56.56 Kazankina, 1980.

LETTERS TO EDITOR.

FROM 'DISGUSTED' OF NEWCASTLE ON TYNE!

I find it very hard to see what possible justification there can be for the inclusion in the Spring issue (no. 42) of several distasteful comments. Notably, Ian Stewart's flippant comment (Great Quotes, page 4). With respect to the very serious problem of ever increasing violence in the World today, I find it not in the least humorous.

Secondly, Dick Duerkle's sexual observations seem most inappropriate for inclusion in a magazine of this calibre.

Finally with regard to the Editor's notes, page 6 of the same issue: Many readers I am sure will have been offended by your degrading level of so-called humour. I give reference to the 'Abortion Games' 'joke'. Black humour of this level is totally unacceptable. Here you make the very serious World-wide issue of abortion seem very trivial.

Yours,

TERRY WEST, Newcastle-Upon-Tyne.

Geoffrey Turnbull	3:59.41	12 Jun 83	3:57.66	18 Jul 86
Adrian Weatherhead	3:58.5	19 Jun 71	3:57.59	29 Aug 75
John Whetton	3:59.0	3 Aug 64	3:57.68	3 Jul 65
Michael Wiggs	3:59.5	12 Jun 65	3:57.5	5 Jul 65
Walter Wilkinson	3:59.9	21 Jul 65	3:56.6	31 May 71
Graham Williamson	3:56.40	2 Jul 78	3:50.64	13 Jul 87
Kenneth Wood	3:59.3	19 Jul 57		
Roy Young	3:59.4	14 Jul 71		

en: en route to 2000 metres.

i: indoor mark.

SUE FOUR MINUTE REGISTER

TRAINING 'THE HORSE'

Remember ALBERTO JUANTORENA? The big Cuban is still the only man in history to win the immensely tough Olympic 400/800m double, back in 1976. His coach, ZYGMUNT ZABIERZOWSKI revealed that Alberto's off-season training consisted of a regular weekly cycle: 2 sessions on a sandy beach, 2 sessions on a mowed grass golf course, and 2 sessions on the track, plus one rest day.

A typical winter week: Monday - 13 km fartlek; Tuesday - 15min weights; 3 sets of 5x200 in 23.8 average. Wednesday - 3x100, 4x1000 in 2:35 average. Thursday - 2km run on grass; 3 sets of 3x400 (grass); 2km run. Friday - 15min weights; 3 sets of 5x200 in 23.6 average. Saturday - 3x100, 1000, 500, 1000, 500 in 2:41.4/64.4. Sunday - Rest.

Juantorena's workouts immediately preceding the Montreal Olympic Games in 1976:

July 13 - 4km run; 2 sets of 10 x 150m; 1000m on grass. July 14: 4x100m, 3x500m in 64.6, 63.5, 63.2. July 15 - 4x100m; 2 sets of 3x200m in 21.6, 21.9, 22.2, 21.5, 22.5, 21.5. July 16 - 3 km run; 2 sets of 10x150m; 2 km on grass. July 17 - 4x100m, 3x600m in 91.6, 81.5, 79.2. July 18 - 4km run on grass. July 19 - 200m in 21.4; 300m in 34.0 from blocks. July 20 - 2x600m in 79.3 and 75.9 (15min recovery). July 21 - 5km on grass. July 22 - Rest.

The decision to double up in the Games was made after Juantorena ran 46.2 and 1:46.1 in a meeting in Havana on April 17, 1976. In Ostrava on June 5th that year, he clocked 44.70 and 1:47.59 with just 75 minutes rest between races!

At the Olympic Games, commencing on July 23, he raced successive 800's in 1:47.2, 1:45.9 and 1:43.50 (World record); then 400's in 47.83, 45.92, 45.10 and 44.26 (World low altitude best). Racing on all nine days of the Games athletics, Juantorena then clocked anchor legs of 44.1 and 44.7 for Cuba's 1600m relay team. You have to admit it: he certainly earned his nickname of "El Caballo" (The Horse)!

Juantorena was born on 21.11.1950, and was 190w/84kg at his physical peak.



Former BMC National Secretary, KAREN HUTCHISON (23 in September) has recovered well from an ankle injury last year, taking third in the UK 1500m Championship. Her best 1500 to date (June '88) is 4:13.07. Karen is also a big point getter for the Civil Service; here she is winning an 800/1500 double in 2:08.8/4:28.1

This is a special bumper 32 page issue of BMC NEWS, the biggest in the club's history, which now spans 25 years. We include articles on injuries (page 5), privatisation of recreational and sports facilities (page 6/7), the Sub Four Minute Register (pages 9/10), CitiSport clinic in Epsom (page 13), Scottish Scene (pages 14/15), Drug Scandal (page 17), Facts and Quotes (pages 18/19), Medical Advice/letters (pages 20/21), the hard-hitting 'Achilles Writes' column (pages 22 - 25), and on page 26, Cecil Smith's views on those shadowy men of modern track and field known as Athletes' Agents. There is also the interesting Psoas Test by National Secretary Bill Anderson (page 27); Sue Lanham's helpful advice on Nutrition for endurance athletes (page 28/29), plus plenty of odd snippets and comments scattered throughout the journal. Hopefully, something for everyone. The entire issue has been put together using NEWSDESK INTERNATIONAL word processing software. Don't forget that BMC NEWS is YOUR magazine. Let's hear from you.

**BMC clothing
from Bill Anderson
Order form on
Page 16.**

Getting off the injury couch

The Citisport clinic is becoming the health spar of the south. BMC NEWS investigates.

Everyone who runs seriously at any level is bound to get injured. It's a fact of life. With increased fitness, you extend the number of miles you run every week, and thereby run the risk of what is known as "overuse injuries". It's Nature's way of saying: "Wait! Slow this thing down! Let's take this steadily." That's when you perhaps need some expert advice...

The Citisport Fitness Clinic in Epsom could be worth a visit. In comfortable, rural surroundings near Epsom College, it boasts sophisticated injury treatment machinery and facilities plus a modern computerised fitness assessment schedule. The setup is run by Chartered Physiotherapists and Doctors with specific sports medical expertise.

A branch of the company is also into sports management, with international athletes Neil Ovington, Paul Evans, Darren Mead, Graham Payne, Stuart Paton, Neil Tennant, Peter Standing and Rosemary Ellis having signed on. A Citisport Team competed in the Hague Half Marathon last March (1988).

Managing Director Brian Kolbe (47) runs every day himself, and is a member of Belgrave Harriers and Hercules Wimbledon AC. "We understand runners and their problems here," says Kolbe, who has clocked 34 minutes for a road 10km. "Forty per cent of the 2000 clients on our books are runners, but of course we treat people concerned with Rugby, Squash, Soccer, Hockey, Cricket and Tennis as well. We also have a special relationship with the All England Lawn Tennis Club, Surrey County Cricket Team and Kingston Polycell Basketball Team."

Orthotics

Chief Physio. John Deary has extensive experience from his RAF service days, and Chief medical consultant is John Reynolds. Chartered Physios. include Joanna Mansfield, Carol McCarthy and Andrew Surawy. Coaching adviser to the Management branch is former Marathon star Bill Adcocks (2:10:48 in 1968). Consultant Podiatrist (foot specialist) is Andrew Fisher, who worked with Deary to get Tim Hutchings back into 90 miles per week training using personalised orthotics after injury last January: Tim's stride

pattern was analysed using video equipment before casts of his feet were made to shape the orthotics.

Under the name of Injury Treatment Clinics Ltd, the company commenced operations in 1984 at Tolworth Leisure Centre. "We quickly developed to encompass rehabilitation, gait analysis and counselling on exercises and training" says Administration Director Ian Muirhead, "and we established excellent working relations with several eminent physicians and hospitals. This enabled us to refer cases for surgery where appropriate. In all cases the patients' GPs are kept fully informed, of course."

Fitness assessment

Citisport was formed in 1987 and moved into new premises in Epsom. "An increasing demand for health counselling led us to diversify into fitness assessment", says Muirhead, "and it was clear that lesser mortals, as well as the internationals we were helping, were equally in need of being able to monitor and programme their fitness. We therefore invested in a computerised system which allows all the important health criteria to be undertaken in just over an hour: this is free for the first time for holders of the company's special "Sportsmedicard" and £35 for each subsequent assessment."

The normal assessment comprises cardiac function, oxygen uptake, lung efficiency, bodyfat percentage, blood pressure, strength and flexibility. All this is followed up with a de-briefing involving computer printouts showing performance ratings in graphic and tabular form. This in turn can be translated into a programme of gym workouts or training schedules.

Optional features of the assessment programme include electrocardiograms and Doctors' medicals - which may be required by insurance companies. "The basic assessment is designed as a routine health monitor, and we hope to re-check everyone taking it every year," says Muirhead. "Few drivers would allow a car to run for twelve months without a service; yet most of us never dream of taking a health/fitness check up. But when you think about it, we only own one body

each - which surely deserves a much higher priority than a vehicle!"

Gym and running trail

Soon Citisport will be opening additional clinics at Silvermere Club, Cobham, and at Kingswood Golf Club. A fully equipped gym is planned at Silvermere in addition to a four mile jogging/running trail alongside the golf course, driving range and boating lake.

The company's public relations man among the athletes is European and Commonwealth bronze medallist Tim Hutchings, who is happy to have something to do between twice daily training sessions. Formerly it was John Gladwin, who benefitted greatly from treatment at the Tolworth and Epsom centres. Indeed, after three days of extensive physiotherapy when his back went into spasm last August, Gladwin recovered to run a mile in 3:51.62, just behind World 1500m Champion Abdi Bile in Zurich.

Others to benefit include Peter Standing (37) who missed three years and spent £2000 on treatment for an ankle injury before getting the right diagnosis from John Deary; and Grenville Tuck, repaired and able to race sub 49 minute 10 milers on the road again after two previous Achilles tendon operations failed to do the job. Among the women, marathon ace Sarah Rowell, 800m specialists Shireen Bailey and Lorraine Baker, plus sprinter Janet Smith have all been 'worked over' by the Citisport experts. As the word spreads, more sportspeople come along almost every day.

For paid-up members of the British Milers' Club, treatment is available at Citisport Sportsmedicard rates, through a special deal arranged by Tim Hutchings and Brian Kolbe. Perhaps only Southern-based members will be able to benefit, but for BMC persons further afield, the journey to Citisport may be worth the time.

Citisport is at Citisport House, Chalkpit Gate, College Road, Epsom, Surrey. KT17 4JA. 03727 43166.

THE SCOTTISH SCENE

By "MAC"

When we began to organise races for BMC members living in Scotland, one of the athletes remarked that up until then he had thought of our organisation as 'The English Milers Club'. Certainly, when the AGM was held in London one year and then on the edge of the Channel the next, there was perhaps something in that.

The truth is probably that we in Scotland are a bit of a close-knit community which objects to being called a 'region', and is a trifle prickly about insults. It is probably also true that the (South East) English are equally insular without knowing that they are - note the number of occasions when we are told by them that we will have to travel to their patch if we want good times and how reluctant they are to come to Scotland to race!

This mutual ignorance and inward looking attitude can only be changed by more information and sharing of knowledge. In this article I am going to discuss those Scottish coaches who are BMC members, since most of the runners are known to some extent. I would suggest too that BMC NEWS investigate the possibility of running a 'Meet the Coach' series, where the careers, ideas and philosophies of the top British coaches are looked at critically, or, at any rate, in some depth by an impartial observer.

I would like to look at two coaches whose qualifications are of the mid-seventies - John Tonner and Derek Parker.

Completely unknown

DEREK PARKER (Gillbarchan AAC): Derek is one of Scotland's best and most prolific coaches, and very little is known of him in Scotland since he keeps himself very much to himself. He is completely unknown outside the country except for his articles in BMC NEWS and ATHLETICS COACH. Derek is a journalist by profession, a graduate of Glasgow University (MA) and of London University (BD), and he took his BRAB Senior Coach Award in Sprints in 1975 and Middle Distance in 1978. Starting his coaching career with Paisley Harriers, he moved to Kilbarchan in 1976.

For those who do not know the place, Kilbarchan has beautiful scenery and countryside, but there is virtually nothing in the way of formal

provision for athletics: not even many streetlights! But these excellent cross country facilities mean that Derek's athletes do a lot of hard work in very pleasant surroundings throughout the year. It is common for them to do runs of up to 20 miles in rugged moorland terrain, exploiting various aspects of the countryside for different purposes: downhill or flat woodland paths for speed; uphill plough for endurance, etc. It is also not unusual for his young athletes to run up to 8 miles in this way. Derek himself reckons that his methods are based on those of Cerutti and the Swedish fartlek system, although he does not consciously model himself on either of them.

Since the nearest synthetic track is at Coatbridge (30 miles away), Parker uses the tracks at Bellahouston in Glasgow and at Seedhill in Paisley during the winter for interval/repetition work. His system is both complex and eclectic and incorporates steady state, hill running, track work and gym work.

BMC membership invaluable

Among those who have influenced Parker were John Anderson, Frank Dick, Jimmy Campbell, Alex Naylor, Alex Perrie and Sandy Ewen. He has found his BMC membership invaluable as a coach, thanks to the magazine and the Coaching Newsletters. His basic coaching philosophy emphasises the mental as well as the physical aspects since he contends that athletics is 100 per cent physical and 100 per cent mental. Two days stand out for him in his coaching career: three of his athletes won 1982 Scottish Schools titles, then at the 1982 Scottish Cross Country Championships, Alan Walsh (Senior Boys) and Robert Quinn (Youths) won titles. His successes include Quinn, Karen and Andrea Fisher, Alan Walsh, and Paul Magles.

These athletes recorded splendid results during the 1983-4 season, all athletes are members of Parker's club, all live within a six miles radius of his own home, and have been coached by Derek from beginners to their current status. His other coaching successes are too numerous to mention but include Scottish and British Schools/Universities Champions and Internationals in sprints, hurdles and middle distance. Novice to International

Parker is very much in favour of the proposed 'Master Coach' Award, provided that it does not assume that coaching success depends on the number of internationals in one's 'stable'. In his view, the hallmark of a 'Master Coach' is to take an athlete all the way through from novice to International stature. By his own criteria, Derek Parker is a Master Coach already! His record is second to none in helping produce both racers who can win, and athletes who can turn in fast times. And by doing it in his neck of the woods, he puts to shame all those with better facilities who moan about the shortage of indoor tracks, all-weather tracks, conditioning rooms, etc. It would be interesting to have some of our London-based coaches share his 'facilities' for a winter!

Read everything

We look now at a younger coach from a different background who has had lots of success with younger athletes in particular, and who has strong views: JOHN TONNER of Clydebank AAC. John came into the sport as a schoolboy and even then found that younger boys asked him for advice...his career soon developed from an 'advice service' to proper coaching. He was a member of Clydesdale Harriers time where he received coaching advice from veteran runner Jacky Girvan. Tonner was then helped in turn by club coaches George White and Bill Hislop - who gave him his first written schedule. Tonner read everything on athletics that he could, and picked the brains of everyone in the sport that he met. He reckons however that of all those that he read, he would have to say that none of them in particular influenced him, but there were ways in which they all influenced him.

200 miles a week

Having read and gleaned all that he could from many sources, he says: "In the final analysis, the coach must make up his own mind as to what works for him and how best to impart his philosophy of coaching to his athletes. Cross fertilisation of ideas is important". After finishing 6th in a Scottish Cross Country Championship, he began to experiment. Tonner asked Alex Naylor

Scottish scene, continued:

for a training schedule that he duly ADDED to the ones he was trying out. That winter of 1968/9 he often ran in excess of 200 miles a week...he calls this his 'kamikazi' period! He also became interested in weight training - and won the Scottish Junior Weight Lifting Title in 1968. Tonner now uses weight training as an integral part of his training programme - even with Boys. He feels that he is unique in the way that he does this.

Teenage coach

By 1971, still in his teens, Tonner's coaching career got off to a good start. By 1972 one of his athletes - Colin Booth of Clydesdale H, won the Scottish Schools' Under 15 titles at 1500m and over the country. In 1973, Alan Adams won the Scottish Boys' CC, Peter Jack the Scottish Under-15 1500m and Jim Martin the 1500m Steeplechase title in the same age group. By now, John was teaching at St.Columba's High School where he spotted a young professional working out. Tonner advised this young man to return to the 'Amateur' ranks and indeed coached him for a time. The young professional was John Robson - 3:52.44 miler, who holds the Scottish 1500m record (3:33.83) and took the 1978 Commonwealth 1500 bronze!

By the age of 21, John had passed his Senior Coach examinations (it would be interesting to know of any younger Senior Coaches). One of his 'stars' was young Gary Millar who started with Tonner on April 1, 1972 at age 10, and went on to win titles on the track and over country until gaining a Scottish senior track vest. His career was interrupted by University studies, but he is now back under John's guidance.

Dropped out of the sport

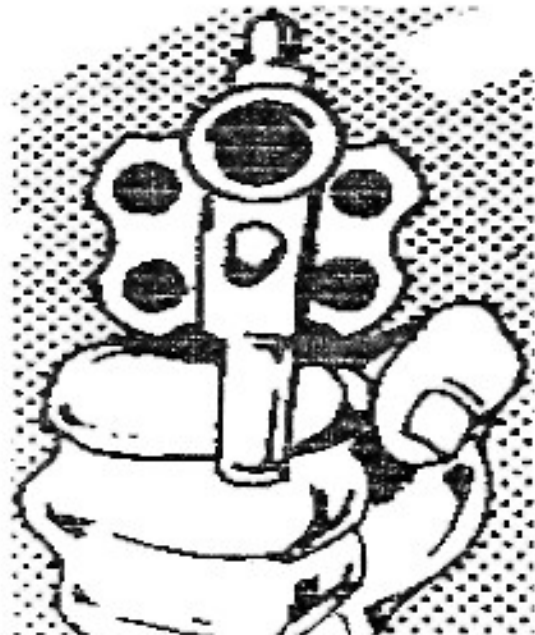
We all have faults, and one of John's is getting emotionally involved on occasion. He was coaching the phenomenally gifted David Boyd when the lad decided to become a Professional Footballer - he is now with Manchester City. Tonner was so crushed by this that he dropped out of the sport completely for a while. To some extent, this is understandable: Boyd clocked 12.1 in only his second 100m race, won three SAAA track and Scottish Schools titles, and ran 1:53.7 for 800m at age 13, gaining a Scottish Youths (Under 17) International vest before his 14th birthday - and all on training just three times a week... In any other school, David might not even have taken up athletics: the fact that he did, showed so much potential and then was able to walk away from it so casually, just shattered John.

However Tonner was able to pick up the pieces, thanks to help from many others and the faith of his young athletes, combined with his own personality. He is now back in the swing of it, and we are all glad, not only for John himself, but also for Scottish

athletics.

Soccer rules OK?

John's squad at St.Columba's has won many titles and produced many very good athletes, whilst Derek Parker has helped nurture a host of first class talent within his six mile radius. What could Scottish athletics do with this kind of enthusiasm and coaching ability harnessed on a Nation-wide basis? Unfortunately, both are rare, and we will lose many more David Boyds' Nationally because of our Football-dominated sporting society and press.



Paid your subs yet?
They were due last
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HURRY WHILST STOCKS LAST!!

DRUG SCANDAL IN BRITISH ATHLETICS

17

By David Cocksedge

The somewhat cosy administration of British International Athletics was rudely awakened by a series of articles in the London TIMES last December. These were the result of months of investigative reporting by journalists Pat Butcher and Peter Nichols, and cited an official 'cover up' policy, regarding drug taking.

Wrote Butcher: "Repeated contentions by the administrators of British athletics that they are leading the world in the fight against drug abuse are not borne out by our investigations since the world championships in Rome..."

By far the most serious allegation came from former UK Hammer record holder, Martin Girvan. He stated that he had 'tested' frequent rumours about how athletes could be steered through the doping procedure at major domestic meetings. Girvan's allegations centered around behind the scenes dealings at the 1984 Peugeot Talbot Games in London. Two officials named, Promotions Officer Andy Norman and Northern Ireland Secretary Les Jones, strongly denied the accusations.

Other revelations came from former BAAB General Secretary, Nigel Cooper, who stated that in 1982 he had acceded to a demand by East German officials to waive drug tests in the UK v GDR international match held in London on June 18/19th. In 1983, Cooper maintains he had struck a similar 'deal' with an USA team for an indoor match at RAF Cosford on March 12th, and also reached an incredible agreement with a visiting Soviet team in Birmingham in June that year: It seems the Soviets provided urine samples during the match as normal, and then Cooper later collected them and handed them back to senior USSR officials in their hotel. The mental image of Cooper taking a taxi ride across Birmingham with a suitcase full of Russian urine caused some wry amusement among the British athletics fraternity!

AAA Spokesman Tony Ward later conceded that these allegations were true, but that Cooper had acted on his own, without authority, in these dealings. Anyone who has ever met the amiable, guileless Nigel Cooper may find that a trifle difficult to believe.

It was also alleged that nine Soviet athletes who threatened to walk out of the Peugeot Talbot Games in 1985 if they were dope-tested, were specifically not selected for 'random' testing. A senior IAAF Official has taken legal action against THE TIMES over that allegation.

The Board's self-congratulatory stance regarding the Doping Register was also exposed as being rather hollow: THE TIMES' Journalists found out that the BAAB had massaged the figures referring to British international athletes who had been randomly tested out of season. It seems the figures were boosted by adding the names of those tested 'in season', at major UK fixtures. Apparently during March 1987, a crucial month, no one was tested.... In February an official Enquiry was set up to look into the TIMES articles as well as "investigate wider allegations of drug abuse within British Athletics, and to make recommendations to the BAAB Drug Abuse Sub-Committee on testing procedures." Heading the committee was Peter Coni (52) a Queen's Counsel, Chairman of Henley Regatta, and instigator of dope testing for British Rowers back in 1981. Concern was expressed by many, however, that one of the Enquiry team was Gilbert Kelland, former Assistant Commissioner of Crime at New Scotland Yard. Mr Kelland (63) was Andy Norman's superior officer whilst

Norman was in the Metropolitan Police, and was the officer responsible for giving Norman extra time off from his police work to carry out duties for the AAA.

Despite objections, Tony Ward insisted that there would be no changes of personnel on the three man panel. Coni said he knew of Kelland's connections with Norman, but did not have any reservations about his inclusion on the committee. "Peter Coni is a man of such high integrity that nothing untoward could happen..." stated Ward. Making up the trio on the committee was Dan Davies (66) Treasurer of Midland Counties AAA, and a member of AAA General Committee.

Then it was announced that whilst the Enquiry team would be taking written evidence from all interested and concerned parties, disclosures taken in confidence would not carry guarantees against subsequent prosecution or disqualification for allegations and/or confessed misdeeds. And all evidence given to the Enquiry could also be made public later.

Keith Nelson, editor of ATHLETICS WEEKLY, wryly observed in his leader column: "I would recommend any athlete prepared to give evidence to take a good lawyer with them..."

There was a general feeling in British athletics circles that the Independent Enquiry would turn out to be little more than an internal investigation. Others predicted a whitewash. Television and sponsorship money, which has been poured into the sport through astute marketing/PR organisations such as Alan Pascoe Associates, has brought wealth to an elite few athletes; whilst some feel the administration remains morally bankrupt.

Dope tests are £30 each to set up, when all costs are met. If athletes are then 'steered' through them by corrupt officials, it adds up to financial lunacy, quite apart from the hypocrisy and moral implications involved! But perhaps more disturbing is the thought that, if 'clean' urine samples can be planted, so can 'spiked' ones to implicate and disqualify 'troublesome' athletes. That may appear fanciful and far-fetched, but this is precisely what Swiss athlete Sandra Gasser alleged when she dope-tested positive at the World Championships.

Some, like knowledgeable commentator Ron Pickering, feel there has been "mismanagement on a grand scale", and that little of the new wealth has been channelled into development of the sport at club level. This was apparent in the AAA having to bail the BAAB out financially during 1987. Astute persons worked out that less than 4 pence in every pound spent by the AAA was going to the development of amateur clubs which the organisation is supposed to represent.

Meanwhile, some leading British athletes were receiving purses way over their true international market value in domestic appearance fees called 'subventions' in return for competing in events covered by Independent Television. This, more than anything else, it seems, has drained the administration's coffers.

"Today our sport is in such a perilous state" writes Pickering, "that it can be likened to the early days of the Roman Empire when, having tired of the Greek ideal of fair play, they invented their own rules in the amphitheatre to excite the crowd." Referring to an amazing but ultimately plausible conspiracy theory surrounding a 'fixed' bronze medal for Italy's Evangelisti in the mens' Long Jump in Rome, he continues "Sadly, the present Roman Empire did much the same thing at the last World Championships."

ODD FACTS FROM THE EDITOR

GREAT QUOTES:

"I see (Dwight) Stones, (Renaldo) Nehemiah and (Bruce) Jenner as men who out of greed or ignorance, or just some killing lack of imagination, have abused the spirit of sport." Canadian high jump ace DEBBIE BRILL, who obviously is not too impressed with some of her American cousins in track & field! (From her autobiography, JUMP, Douglas & McIntyre)

MIKE DUKAKIS has won the Democratic nomination for the American Presidency. That much we all know. But were you aware that he has a distance running background? It's true. At the illegal age of 17 (Dukakis says it was the only lie of his life) he entered the Boston Marathon, and gutted out a 3:31 performance, suffering badly on the last hills before the finish. Only 1.70m (5'7") tall, Dukakis has the heels on his shoes raised to give him extra inches on the podium. His Republican opposition have a saying: "Beware the Greek wearing lifts....."

"Flexibility exercises are a load of crap. The fifteen minutes I would waste exercising, I spend getting in some more running...the only stretching exercise I ever do is when I reach for the soap whilst bathing!" DAVID BEDFORD, former world 10,000m record holder, back in 1973. Bedford spent most of his active career injured.....

"She's dragged the Javelin back into the twentieth century!" RON PICKERING on Tessa Sanderson, 1984 Olympics.

EXCLUSIVE CLUB

When in 1977, the American AAU decided that athletes taking part in televised appearances could donate their earnings to a club, high jumper DWIGHT STONES formed his own "Desert Oasis Track Club". His mother was elected President, Chairperson, Secretary and Treasurer, and Stones donated all of his 33,000 dollars from a Superstars appearance to the club. He was the sole active member. The local Californian AAU objected and had him suspended by the National body. Stones took the matter to court and finally settled up by paying a portion of the sum to the AAU. "For 15,000 dollars I was able to be an amateur again", said Stones. "Basically, what it came down to was straight bucks.."

QUIZZED

In 1958 Lee Calhoun (USA), Olympic 110mH Champion in 1956 and 1960, was briefly suspended by the AAU for appearing on a tv quiz show and picking up roughly £1000.

NEBIOLO MUST RESIGN! (SAYS TEMPLE)

Many in the UK would agree with CLIFF when he wrote in the SUNDAY TIMES of April 24th : " (Primo Nebiolo) still heads an international body that expresses unmitigated horror and revulsion at (Zola) Budd's spectating habits while remaining unruffled by the scandalous escapades of Italian officials. His own countrymen have been rocked by allegations of drug taking and blood-boosting by successful Italian athletes, quite apart from the long jump conspiracy, and they will not thank him for allowing their officials to now be universally regarded as potential cheats....In a sporting body, that defies credibility. And if the IAAF does eventually discuss the almost unprecedented possibility of suspending a major athletic nation for misdemeanours, the priority candidate has to be Italy."

REMEMBER FIASCONARO?

Temple continues: "Perhaps the BAAB might even like to indulge in a little nostalgia with Nebiolo. They could recall the 1973 Europa Cup semi-final in Oslo, when Britain kept Italy out of a place in the final.

"That day the start of the 800m was held up for over half an hour when Italian athletes and officials angrily invaded the track following the quite legitimate disqualification of their runner for two false starts. After undignified scuffles Luciano Barra, Nebiolo's assistant) was among those led off the track by Police. Later Nebiolo, still sulking, refused to make a scheduled medal presentation, while most of the Italian team boycotted the official banquet.

"And the runner whose disqualification had sparked off the unruly scenes? It was MARCELLO FIASCONARO, whose European 400m silver medal in August 1971 had brought tears of joy to Nebiolo and pride to Italian athletics, even though he had set foot in Italy for the first time only a month earlier. Fiasconaro couldn't actually speak a word of Italian. Well, he wouldn't: because he was born, grew up, was coached and still lived in South Africa."

When Paul Kipkoech of Kenya won the World 10,000m track title in Rome last year, he covered the second 5000m of the race in 13:25.57, better than Eamon Coghlan's Championship Record in winning the 1983 5000 metres title.



"Seems to me that he's become a right PRIMO DONNA, Stanley....."

SUBS will be due on Jan. 1st, 1989. Send £5.00 to Treasurer, Pat Fitzgerald at The Acacia 47 Station Road, Cowley Uxbridge Middlesex.

Views expressed in BMC NEWS are those of the writers and not necessarily those of BMC Committee.

MORE GREAT QUOTES (plus the best excuses we have heard)

"I've decided that all the fears about burning yourself out are a bunch of junk. The body can do so much more than we realise. I refuse to set limitations for myself anymore." ALBERTO SALAZAR, 27:25.61 10,000m man back in March, 1979.

"I've just been pressing too hard for the last two years, and coming down with too many injuries. I'm going to take it much more carefully from now on." ALBERTO SALAZAR in March, 1988.

It had to happen. We've discovered a quicker road mile course record than New Zealand's Auckland downhill race (3:29, by Mike Boit). It's 3:27 by David Ottoway (East Hull) in 1986 for the Meltham Maniac Mile in Huddersfield. That's the downhill run, of course. Run uphill, and known as the 'Murder Mile', the record is 5:51 by Steve Halliday of Halifax in 1987. The combination record (up and down the mile long hill) is 10:12. Womens' downhill record is 4:09 by Anne Cook. "The slope of the hill is not too steep, and it's possible to run flat out", says race organiser Terry Lyons. Uphill, the ascent involves a one-in-nine climb. They breed 'em tough up there in Yorkshire.

Member BRENDAN FOSTER, former world record holder for 3km and Olympic bronze medallist in 1976, was economic with his praise for the new tabloid format ATHLETICS WEEKLY when he was interviewed on BBC radio's Desert Island Discs programme last Spring. Asked which book he would take to the island in addition to Shakespeare and Bible, he said: "I was thinking of bringing the complete set of ATHLETICS WEEKLY since 1948, but it's recently changed its format and I've fallen out of favour with the magazine." Foster opted instead for a book of photographs of the Lake District, and asked for a supply of tea as his choice of luxury item. We presume that Foster will NOT be asked to contribute a guest column in any future issues of AW. Member DAVID

MOORCROFT, still holder of the European 5km record, does of course contribute regularly.

Excuses proffered for missing BMC Races:

"Oh! I completely forgot all about the race; and I've just done a hard session..."

"Sorry, I've decided to run the 3000 instead, the pace will suit my injury better..."

"No, I can't make that date; I'll be injured by then, and anyway I'm going away on holiday..."

"My Coach says that I'm not ready to race BMC runners as yet. I'll be demoralised. Ask me again next year..."

"I'm really annoyed with Frank for putting a pacemaker in there. It messes up my pre-race plan..."

"I can't race today. It's too windy. I'll run hard, and get a lousy time to show for it. It's a waste of effort..."

"The BMC Race is going to be 10 minutes late. That's ruined my warm-up. I'm going home..."

"The pace is going to be too fast. I'm not ready to run that quickly as yet..."

"I'll have to see how my injury is. I don't know how bad it is until I get changed..."

"Put me in the 'B' race. There are too many good runners in the 'A' race..."

"I've decided to run in the Open race instead because the pace will be slower and I can use my finishing kick..."

"If I start my sprint with 300 to go I might lose my reputation of being the fastest person up the home straight..."

"I'm withdrawing because the BMC race has been combined with the Open race. I don't want to race against BMC people. I might get beaten, and I'm only really interested in winning, not running fast..."

"I've injured myself warming up. Can I run in the 4x400 instead?"

"I'll have to withdraw, because my club needs me for the 800, 1500, steeplechase and relay in a League match at the weekend..."

"There are too many runners in the race. I might get tripped at

the start..."

"The field isn't big enough. I'm not racing unless you get more runners in the race..."

"I'm not going to run, because I've been asked to pay my back subs, or get them deleted from my expenses....."

"I can't run in your BMC race next week. My coach says it interferes with my training....."

"The last time I raced, my girlfriend timed me two seconds faster than the officials....."

"I won't race unless you can guarantee pace makers to take me to three quarters in a good time - and there is no one in the field who can beat me....."

"Henry Rono - the man with asbestos lungs!" BBC Commentator RON PICKERING.

Why not wear
your BMC vest
in open races?
Prestige race?
Wear BMC
colours!

"I'm afraid I can't run in the BMC race tonight. I did a session of 16x400 in 62sec last night, and my legs are very stiff and sore today..."

Medical Advice

20

George Sheehan, M.D.

The rules for good health and long life have not changed since Hippocrates. Our days and their enjoyment are measured by following seven common sense commandments: (1) don't smoke; (2) get seven hours of sleep; (3) eat breakfast; (4) keep your weight down; (5) drink moderately; (6) exercise regularly; (7) don't eat between meals.

Dean Breslow and his group at the UCLA School of Public Health have studied what happened to people who kept or broke these rules. Their investigation came up with some interesting findings. A person who followed six of the seven rules had an 11 years longer life expectancy at age 45 than someone who followed less than four. And a 75-year-old who followed the prescription to the letter had the same physical health status as those age 35-44 who followed less than three.

Therefore, the first and basic commandment for health and longevity is the following: *Pursue your own perfection.* No one will have difficulty with this dogma. But as usual with dogma, we begin to have dissension when the theologians start interpreting it. Then we become schismatics and heretics, and start religions of our own.

In health, the main problems with orthodoxy are over the word "exercise." The leading heretics are Drs. Meyer Friedman and Ray Rosenman, the proponents of the stress theory of coronary disease who see exercise—particularly jogging—as unnecessary and even dangerous. Meanwhile, Dr. Kenneth Cooper, the aerobics advocate, regards exercise—especially jogging—as the panacea for the ailments that plague the Friedman-Rosenman "Type A" patients.

I am ready to start a new religion. I would change the controversial law (number six) to "play regularly." It is an hour's play a day that makes a man whole and healthy and long-lived. A man's exercise must be play or it will do him little good. It may even, as Friedman and Roseman claim, kill him.

I have scientific support for my position. Recent studies in both England and Ireland have shown that hard physical work did not change the coronary risk factors or heart disease in over

30,000 men. However, in the same group, hard physical activity during leisure time was accompanied by significant reduction in risk factors and heart attacks. Not by hard work but by swimming and running and heavy gardening (and by tennis and squash and handball, and other forms of play) these men achieved health and long life.

So it is not effort that reduces heart attacks and degenerative disease. If it were only effort, then effort on the job would do the trick. So it is not running but running that is play that is necessary. Exercise that is work is worthless. But exercise that is play will give you health and long life.

Exercise that is not play accentuates rather than heals the split between body and spirit. Exercise that is drudgery, labor, something done only for the final result, is a waste of time. If I hated to run, and ran only for longevity and was killed by a truck after five years at the sport, I would have a right to shake my fist at whoever advised it.

And so we can see why Friedman and Rosenman, who see the only joy of jogging in the miraculous feeling of relief when it stops, have seen such bad results. It is not the runner but those impersonating the runner who is at hazard—those with the "hurry sickness"; those aggressively involved in achieving more and more with less and less time, those who are always competing with or challenging other people.

"Only the sick man and the ambition are in a hurry," wrote Ortega. And it is these "Type A" people who use jogging to escape from death, only to find it taking them to their appointment in Samarra.

What then should you do? Run only if you must, only if running is an imperative that comes from inside you and not from your doctor. Heed the inner calling to your own play. Do what you do best and feel best at, something you would do for nothing. Something that gives you security and self-acceptance and a feeling of completion.

"Therein lies perfection," said Marcus Aurelius, "to live out each day as one's last."

BRIAN HOOPER IN SPORTS MANAGEMENT

Derek Redmond and Phil Brown, both star pupils of coach Tony Hadley, have signed with IMCOT, a sports management company co-directed by former Superstars Champion Brian Hooper (34).

"IMCOT will manage their business affairs only," says Hooper, "we are not competition agents. That side of things is run for them pretty successfully by the BAAB Promotions Office. We will not interfere with deals they may have already organised themselves. But if we can create something for them, then of course a percentage for us is negotiable."

Hooper's fellow director is Theo Goldberg from Alton Towers who has been in marketing for over twenty years.

Confidence tricksters

The IMCOT prospectus targets the company's services as identifying financial needs in terms of: (a) day to day cost of living/training etc. (b) long term investment, and (c) retirement (post career) plans.

Hooper, many times UK Pole Vault record holder with a best of 5.53m in 1980, became keen to launch a management company for successful sports people after some bitter experience of his own. After winning the World Superstars title, he lost £40,000 of his earnings by signing a contract with Paradise Promotions, an outfit that turned out to be run by confidence tricksters. Olympic Champion Allan Wells suffered a similar fate at the hands of the same con men behind Paradise. "We were just very naive in dealing with agents," says Hooper, "the whole area can be very confusing. In seeking to simplify things, we signed over everything to these guys, who took us for a ride with our own money. They handled all my appearances

and contracts, and my fees went straight to them, not into an account set up for me as I was led to believe. As well as the money, I lost 18 months of career development potential: at that time, I had a lot of public exposure."

Code of ethics

With Hooper's contacts, he feels that IMCOI can be of service to personalities in many sports. "I'd like to see a code of ethics in this area: Athletes should not be easy prey for unscrupulous marketing agents, but must also honour their commitments. I feel we can act as a middleman sometimes in athletes' financial dealings, defusing potential conflicts and establishing business agreements. My own experience can be of value to athletes who may be in a similar position to mine a few years ago."

Hooper, who coaches 5.40m man Jeff Gutteridge, is also Director of the successful Superschools company, where he works with former Pole Vault international Allan Williams, now a top amateur cycling time trialist.

**BMC Vests
£4.99 each
(see page 16).**

HE'S EVERYWHERE!

It seems that Andy Norman's influence simply has no boundaries. When he once wanted to enter a meeting in El Paso, Texas, pole vaulter Jeff Gutteridge was told by local officials over the telephone that he would have to contact the meeting promoter.

"Who is that?" Asked Jeff.

"Mr A. Norman in London", was the mysterious reply....

INJURED?

Are you a chronic sufferer from over-use stress injuries? If you live in the South, you could do a lot worse than call the experts at Citisport in Epsom (03727-43166). The facilities there are among the best I have ever seen in terms of treatment, and Chief Physio. John Deary really knows his stuff. Just ask Shara Rowell, Peter Standing and Grenville Tuck,

LETTERS TO THE EDITOR - 21 in defence of UK Coaching Scheme

FROM CONRAD MILTON, BAAB SENIOR COACH,
SECRETARY UK COACHING COMMITTEE:

I am sure that you are expecting me to respond to the article in BMC NEWS (Issue 42) - so I won't disappoint you!

(1) ICAS: It is certainly true to say that this new body has been discussed at UK Coaching Committee, but I saw no 'resentment'. As with any new body connected with coaching there was a natural desire to have information reading its aims and intentions and this was duly provided. The other point that arose, as Mike Winch says, was the question of any possible conflict of interest between Winch's position within a commercial organisation concerned with coaches and his membership of BAAB Council. This too resolved itself, since Mike's term of office as a Council member recently came to an end.

(2) ATHLETICS COACH. The magazine regularly invites articles and/or comment from subscribers, but there is a general inertia from readers most of whom like to prefer practical coaching to letter writing.

(3) UK Coaching Scheme Finances. Since my appointment as Honorary Secretary of the Scheme, there have been annual budgets agreed with BAAB Treasurer and the scheme has operated within these budgets or has financed any small overspend through additional income. Thus there certainly has been accountability. Coaching will always be the expense side of the sport, but as such is surely the investment in the future of the sport. It most certainly did not bankrupt the BAAB; the financial problems arose simply because the division of ITU and APA monies between AAA and BAAB was based simply on which body promoted a television fixture. Thus

overseas commitments were ignored, whereas now under a single governing body this expenditure has rightly to come from the total pot. Add to this an Accountancy change recommended for BAAB accounts, but strangely not in the AAA figures, plus an overspend on subventions and the problems become critical. All of these points were referred to at the last BAAB AGM and are thus public knowledge.

I am sure that in the interests of a fair presentation of all the facts you would wish to publish this letter.

BMC NEWS back cover (Issue 42) photo shows Gary Barber leading in an 800m race and readers might like to know that Gary is alive and well, doing a Masters Degree in British Columbia, Canada. Already he has won the Canada West 10km cross country Championship.

Sincerely, CONRAD MILTON.

David Cocksedge, BMC NEWS Editor, comments:

I assume Conrad's reference to "The article" refers to my interview with Mike Winch on pages 16 and 17 of issue 42. I feel it is important to point out that Conrad is responding to comments and direct quotes made by Mike Winch. These are purely his own views, and not necessarily a reflection of the views of the BMC National Committee, or any members of the BMC. The article was included to stimulate discussion, which it seems to have done!

I have a letter from another member coach, who states: "I was very interested in the ICAS idea; which seems to be superior to the BAAB system - but then anything would be...." This tends to indicate that there are others who are dissatisfied with the current official coaching system, though of course it is impossible to please everyone all the time, as anyone involved in administration well knows (9)

Conrad might also note that Mike Winch went to some lengths to praise the editor of ATHLETICS COACH for her excellent work on behalf of the UK Coaching Scheme - so it wasn't all 'knocking' copy....

It seems to me that 'an overspend on subventions' is a classic understatement! I find it amazing that, after 108 years of existence, the AAA is still operating out of rented accommodation in London whilst paying out thousands of pounds to an elite few athletes for televised events in the UK. Like Conrad, I suspect, I fear for the future prosperity of our sport once the financial whizz kids and smart alek marketing men have taken their cut and fled....

ACHILLES WRITES

Achilles is a guest column in which BMC members can sound off on any matters that interest them. This edition has been compiled by BMC NEWS editorial staff.

THE GREAT COLLECTORS

Some time back, there was a long-winded eulogy proffered by an ITV commentator to the National Coach who had three of his women charges in the UK team in the World Cross Country Championships. What the commentator may not have known was that all the athletes concerned had been taken over from hard-working club coaches who helped them to international standard in the first place. Had these club coaches the same advantages and financial support of National Event Coaches, it is surely possible that the athletes may have progressed even further than they have without changing coaches.

WRONG CONCEPT?

The UK Coaching Committee announced with pride last Spring that 300 applicants were lined up for the Senior Coaching Examination in 1987/88. The Committee also announced that there are now more Senior Coaches than ever before. We now have to ask: Why then do our women athletes lag so far behind the leading Athletics nations in every event except the Marathon? Could it be that the coaching education scheme is all theory and no action? Could it be that the Senior Coaching Examination is out of touch with reality?

Having passed the examination, some observers feel that the applicants are encouraged to think themselves experts until National Event and Staff Coaches come along and 'remove' their athletes to bolster their own squads and prestige. If this is true, there seems little point in taking the Senior Coaching Examination in the first place!

Could it be that in reality the whole concept of the UK Coaching Scheme is based on a dozen National Event Coaches and twenty four Staff Coaches grabbing every potentially good athlete for their own Empire-building purposes? Achilles says: GIVE THE MONEY TO CLUB COACHES WORKING WITH LOYAL INTERNATIONALS NOW - and stop the humbug!

FIFTEEN YEARS BEHIND THE TIMES

Last March, ATHLETICS WEEKLY reported with much colour and gloss on Costill's findings. He stated that 60 to 70 miles

per week is the optimum mileage for most athletes. After that, the carbohydrate reserve is greatly depleted. Well, two East German professors from Mainz University said the same thing fifteen years ago, but few took any notice....

In AM, Loughborough's Dr. Hardmann announced with authority "If we could find a way of finding early stages of over-training we'd be the most popular sports scientists in the World." We suggest that Dr. Hardmann do some catching up on athletics coaching literature: There are THREE well known ways of checking for stress in highly trained athletes: (1) the ACIM injection test involving measurement of white cells - eosinophils; (2) The Professor Cotton Stress Test; (3) The morning pulse differential test. Dr. Hardmann might also benefit from reading the BMC GUIDE TO FITNESS TESTING.

When Frank Horwill wrote to AM, pointing out that simple stress detecting methods ARE available, editor Keith Nelson chose not to publish the letter. We know Keith to be a fair-minded person, which makes his refusal to allow Dr. Hardmann's assertions to be challenged rather mysterious. Nelson was 'too busy' to discuss the matter with us over the telephone, unfortunately....

NORTHERN DISGRACE

The BMC moves its AGM every year so that local members can easily attend at least once in a while. The 1987 AGM get-together was the worst attended by local athletes in the 25 year history of the club. Scottish athletes made the 200 mile journey without any qualms. Could it be that Northern BMC members and coaches in the main think that they have nothing to learn? If that is the case, let's hope that their results can live up to their arrogance.

POOR MISS ANOREXIC!

One of the most puerile articles ever published in ATHLETICS WEEKLY was about an overweight female middle distance runner. On being told by her coach to "Lose some weight off your arse", she went off and virtually starved herself to death. Then this half-baked wench

blamed the coach, because, "He didn't tell me how to lose the weight."

It seems that this woman didn't have the intelligence to go to the experts for advice in this area - Weight Watchers. Nor did she think of going to a public library and reading up on the subject. No, she just felt aggrieved at being told that she was too fat for sustained fast running; made herself a martyr and then bleated about it to the Press. Her self pity is not becoming. Achilles has some advice for her: If you really want to lose weight, eat normally and RUN, RUN, RUN. Of course, that involves effort and hard work. If those are not to your liking, take up Netball!

LOSING WEIGHT AND GAINING \$\$\$

Gary Staines, the major find of 1987 at 5000m, ran 13:20.00 last September. An Australian sports doctor had told him: "Lose twenty pounds in weight and you will become world class". Gary did, by extra training, cutting out alcohol and fried food - and without whining to ATHLETICS WEEKLY about it. He subsequently earned himself £100,000 in prize money - that's £5000 for every pound he lost. Take careful note of that - Miss Anorexic Moaning Minnie.....

"SAME OLD STUFF"

On reading the Spring issue (No.42), one National Event Coach said: "Same old stuff: Frank writing about Russians and knocking the UK Coaching Committee..." Well, some of us remember this jumped up young fellow pulling out of a BMC invitation mile some years ago because he felt it was "too windy". He then watched the race as Gordon Minty won in a personal best of 4:02 - the wind dropped as the field lined up. So much for his judgement!

This critic should note that the item regarding Minolta Coaching Grants was NOT written by Frank, and that "The same old stuff" included a 1975 article by his boss, Frank Dick. One London coach photocopied Horwill's article 'On the right path' twelve times to hand out to his athletes, calling it "Really excellent advice." It seems that "The same old stuff" is still appreciated by some - with liberal minds.

MILER BOUNCED FOR PACING!

The arrogant spirit of PAUL GREGORY from Devon WAAA lives on....You may recall that our old chum Mr. Gregory disqualified an entire field of 16 runners at Yeovil in 1907 for 'illegal pacing'. Ten months later, schoolteacher KEVIN JENNINGS of Exeter Harriers set out to run a hard 1500m at Norbiton, helped by two training partners who shared the pacemaking chore for 500m each. Kevin then raced the last 500m alone to win in 3:49.0. Yes, you've guessed it: he was then disqualified by the track referee for 'illegal pacing'!

We suggest this official studies the new AAA/WAAA Handbook. Rule 22 (3) states: "Assistance" is also to be interpreted as including pacing by persons not participating in the race.' That means athletes starting the race with official numbers can pace other athletes in the race if they so desire. We do hope that Mr. Gregory has absorbed this rule amendment also.

*BMC vests
£4.99 each
See page 16.*

BMC RACE SPONGERS

There exist several athletes who believe that the BMC is here purely to provide them with races. Many of these are not members. Well, if they wish to continue to use us, they must pay extra to run in our races. And those who have achieved BMC Qualifying Standard will not be allowed to race unless they join. We do not enjoy being used by International athletes who are quite happy to run in our races when it suits them, but feel it is somehow beneath them to become BMC members. The BMC was not formed to grease the path for spongers!

QUIZZED OUT

We had a protest over the BMC Quiz in issue 42: a well known member complained that he "couldn't even understand the questions, let alone know any of the answers. You are trying to blind us with science, and in any case, I don't need to know that kind of stuff to run fast." This is true, but as Frank Horwill points out, the Quiz is designed for (a) people who can read, and (b) athletes/coaches with intelligence....

MILE SPLITS

The lap splits from selected World record mile races make interesting reading: At Lille Bridge, London on August 23, 1886, WALTER GEORGE passed the quarter mile posts in 58.2, 2:01.8 and 3:07.8 before finishing in 4:12.8. In Malmo, Sweden on July 17, 1945 GUNDER HAGG ran 56.6, 1:58.5 and 2:59.7 en route to his 4:01.3. At Oxford on May 6th, 1954, ROGER BANNISTER clocked 57.5, 1:58.2 and 3:00.5 on his way to athletic immortality with 3:59.4. In Dublin on August 6th, 1958 HERB ELLIOTT's splits were 56.4, 1:58.2 and 2:59.2 before he won in 3:54.5. At Bakersfield on June 23, 1967 JIM RYUN ran 59.0, 1:58.9 and 2:58.6 before erupting to 3:51.1. In Goteborg on August 12th, 1975 JOHN WALKER was timed at 58.3, 1:55.5 and 2:53.5 en route to the first sub 3:50.0 (3:49.4). In Zurich on August 19th, 1981, SEBASTIAN COE ran 56.2, 1:53.6 and 2:51.7 before his 3:48.53. STEVE OVIETT replied in Koblenz on August 20th, 1981, with 3:48.40 following splits of 56.6, 1:54.5 and 2:51.5. Two days

later Coe ran 55.3, 1:53.3 and 2:51.9 as he kicked home in 3:47.33. In Oslo on July 27th, 1985 STEVE CRAM ran 57.5, 1:54.9 and 2:53.3 en route to 3:46.32.

Fastest first lap (in world record race): Coe, 55.3. Fastest halfway: Coe, 1:53.3. Fastest 1320y (Bell lap) split: Oviett, 2:51.5. Fastest last lap: Ryun, 52.5. Fastest last lap in sub 3:50.0 race: Cram, 53.02.

SEAFRONT MILE

Plans are currently being firmed up for a seafront road mile at BRIGHTON sometime next year, possibly in August or September. In conjunction with Phoenix AC, the BMC hope to stage a series of races for both sexes and age groups (including Veterans), and ending with good quality elite races for men and women. The popular seaside resort should be a splendid setting for this event.

Rumours swept the sport last summer that FATIMA WHITBREAD had speared herself a new boy friend. The lucky man was RICHARD GERE, we were told. However, there remained some doubt as to whether this was the world famous Richard Gere of Hollywood, or Richard Gere of East Crinstead.....

Views expressed in EMC NEWS are entirely those of the writer(s) and not necessarily those of EMC National Committee.



Champagne time for Frank, but Tony Cocksedge photo. Linford is not so sure.....

ACHILLES WRITES CONTINUED:**WHAT A LOAD OF RUBBISH!**

"The BMC is a load of rubbish!" exclaimed a BAAB coach we know in the South when he heard that his own club had arranged a joint training day with us. So, let us look at the "rubbish" the BMC has had in its' membership over the years: STEVE OVERT, SEBASTIAN COE, DAVID MOORCROFT, TIM HUTCHINGS, BRENDAN FOSTER, TOM MCKEAN, DAVID CLARKE, JOHN GLADWIN, IKEM BILLY, TONY MORRELL, JACK BUCKNER, JIM DOUGLAS, RAY ROSEMAN, ALAN SIMPSON, JOHN WHEITON. Among the women have been: WENDY SLY, CHRISTINE BENNING, DIANE EDWARDS, KIRSTY WADE, JANE FINCH, MARGARET BEECHAM, JO WHITE, LESLEY KIERNAN-FOLEY, BEVERLEY NICHOLSON, ANNE SMITH, JOYCE SMITH, KATHRYN BINNS etc... Not bad for one specialist club, you might think...

Now this overweight coach has been around for over 20 years, passing judgement on others and in that time has managed to coach one youngster as far as Junior International level. It seems that he could be suffering from some kind of warped vision, probably caused by his abdomen which necessitates him looking from side to side as he tries to make forward progress.

A few years ago this gent's local club warmly welcomed Peter Coe, Brian Wilson and Frank Horwill to a lecture/training seminar. No doubt these three are "rubbish" lecturers in the eyes of Mr. Know-it-all.

We will be watching this gentleman carefully in future, taking note of such comments. Many BMC members are not overly enthused at being described as "rubbish".

REFRESHING ATTITUDE

We have heard recently of a North West Event Coach who tried everything he knew to keep a British Junior international and her coach working together - in spite of objections from the athlete's father - it seems he didn't care for his daughter's coach too much. How simple it would have been for this Event Coach to snap up the youngster for his own group - and add to his status. He did no such thing; finally persuading the father that his daughter's coach/athlete relationship was a good one, and the coach was doing his best. What a refreshing attitude!

The same reports reach us about Scottish Event Coaches: these men and women believe that their job is to help coaches progress with their athletes on a long-term basis. Perhaps the grasping Event Coaches we know elsewhere should take note.

STATUS CREEPER

Everyone has seen the 'Status Creeper': he leaves his local club to join a bigger, fashionable one that is currently climbing up the British League table. He leaves his local coach and joins a national squad where he can swan around, wearing all the latest gear, attend warm weather training camps, and be seen socialising with famous internationals. We know one who has even got himself a manager as well as a national coach...

However, when it comes to racing, the truth is out: Status Creeper is nothing more than an ordinary club standard runner. On the track, there is nowhere to hide. All the warm weather camps, high octane training schedules and expensive gear in the world cannot help him.

So far, this young man's achievements have been: (a) dropping out of races; (b) running outside 2:04 for 800m when he did manage to finish a race; (c) drinking in a night club until 3.30am with two nationally ranked youngsters; (d) running repetition 1000m's at 5km pace with 10 minutes recovery after each; (e) posing with famous athletes at track meetings where he chats up the local young maidens whom he hopes to impress with his fashionable training gear and famed boozing charms.

We have a theory about this name-dropping male athletics groupie: Status Creeper is only a winner when it comes to the self-adoration contest!

MORON COACH?

Unknown to his own coach, a Scottish athlete once joined in some weight training sessions with other event coached athletes. It was quickly established that he had 'matchstick' leg strength. But when his coach discovered what he was doing, he ordered the athlete to stop; rationalising, "Running will give you all the leg strength you need..."

We ask should such morons be allowed to call themselves coaches?

Back in the seventies, the BMC tested a top class 10,000m man who was on 140 miles per week in training. We found that his leg strength was weaker than that of his girl friend, who was running 40 miles per week, and could beat him in a duel over 400 metres!

Our man was not convinced, however, saying that time 'wasted' in the weights room could be better spent getting in

some more miles. Well, he set a world record, but in every major Championship 10,000m race he ran, he was outsprinted by athletes who had combined high mileage with leg strengthening work. So endeth the lesson...

DID YOU KNOW?

...that the first woman to run a mile inside 5 minutes was DIANE LEATHER (CHARLES) with 4:59.6 at Birmingham on May 29, 1954 just 23 days after Roger Bannister's highly acclaimed 3:59.4 at Oxford? Diane clocked 4:45.0 the following year and the first IAAF recognised World mile mark for women was 4:37.0 by Mitcham's ANNE SMITH at Chiswick on June 3, 1967.

First sub 4:30 was 4:20.5 by PROLA CACCHI-FIGINI (Italy) at Viareggio on August 8, 1973. First sub 4:20 was 4:17.55 by MARY DECKER-SLANEY on the oversize indoor track at Houston's Astrodome on February 16, 1980.

...that the fastest mile yet run by a woman has not been given official record status? NATALYA ARTYOMOVA (USSR) ran 4:15.8 on manual watches in Leningrad on August 6, 1984 but as the Soviet authorities did not forward the necessary paperwork on the mark to IAAF offices in London, it has never been officially recognised. The official mark remains Mary Decker-Slaney's 4:16.71 in Zurich on August 21, 1985. The European women's record is officially 4:17.44 by MARICICA PUICA (Romania) in Reiti on September 16, 1982. UK record is 4:17.57 by teenager ZOLA BUDD behind Slaney and Puica at Zurich on August 21, 1985.

...that the fastest ever 600 metres by a woman is 1:23.9 (83.9sec) by GDF's ANITA WEISS in a semi-final of the Montreal Olympic 800m on July 24, 1976? Weiss completed the two lap distance in 1:56.47. Two days later she was fourth in the final in 1:55.74 as TATYANA KAZANKINA (USSR) won in a World Record 1:54.94.

The greatest number of men under four minutes for the mile on one day is 25: On August 8th, 1980, thirteen men were clocked in at under four in Berlin, led by THOMAS WESSINGHAGE (3:55.04) whilst the same evening at London's Crystal Palace, JOHN WALKER led eleven others home inside four minutes as he won in 3:54.38 at the IAC/Coke meeting.

OVERT'S RANGE

On August 20, 1972 STEVE OVERT set a UK Youths (under 17) 400m record of 48.4 at Crystal Palace. Exactly five years later, on August 20, 1977, he won the Min Lighters' Dartford half marathon in 65:38 (1 hour, 5 minutes, 38 seconds). Overt only ran at Dartford because he had missed his flight to Edinburgh for a 1000m race at the Highland Games. He planned to accompany training partner/adviser MAIT PATERSON for 6 miles of the race, but ended up trading strides with Cambridge Harrier BARRINGTON WATSON, who crossed the line in second place, but was the official winner, as Overt had entered on the day.

EUROPE - THE MILING CENTRE

The fastest mile ever run outside Europe is Eamon Coghlan's indoor 3:49.78 at East Rutherford, New Jersey (USA) on February 27, 1983. The old Continent lays claim to all the outdoor sub 3:50.00 miles ever run, with Steve Cram's 3:46.32 in Oslo on July 27, 1985 still the World Record at time of writing. Cram and Steve Overt are still the only persons to duck below 3:50.0 in Britain: Overt ran 3:49.57 on August 31, 1979 and Cram clocked 3:49.49 on September 12, 1986. Both performances were at London's Crystal Palace.

The Bislett Stadium in Oslo must rate as the best miling stadium anywhere, however: at last count, there have been 17 (seventeen) sub 3:50's clocked there!

(As at June 1988).



*The odd pint helps
when in heavy mileage
- but don't overdo it!
Drunks don't win track
races very often!*

The alphabetical list of sub four minute milers still lacks an 'X'. It seems that no one with a surname beginning with that letter has run fast enough as yet. American claims that Malcolm X once ran a 3:59 escaping Federal agents down alleyways in Chicago have been discounted. The fastest 'Z' to date, in case you are interested, is Yugoslav Dragan Zdravkovic, with 3:52.24 in Berlin on August 17, 1983.

This fresh-faced young man is DAVID BEDFORD in his younger days. Dave was tested by the IBC in the mid seventies when he was on high mileage, and was found to be have weaker leg strength than that of his girl friend! See: "Achilles writes" opposite...



Pic: Peter Tempest

ATHLETES' AGENTS

How much power should they have?

BY CECIL SMITH (From Canada)

The vexing question in sport right now concerns AGENTS. Are athletes' agents running the sport? Controlling athletes? Determining who goes where and when?

On the one hand we have the sport trying to regulate itself and on the other we have opportunistic agents telling athletes when and where to compete.

The idea of having agents representing athletes is not unique of course, but it is unique in the quasi world of amateurism.

You cannot talk directly to top athletes any more - you have to talk to their agents! The agents' role is virtually going beyond the minimum criteria set down by the IAAF at its' 1984 Congress in Los Angeles. These guidelines are supposed to be enforced by National Federations.

IAAF Rule 53, xii states - "Any person who uses the services of a commercial agent, sponsor or manufacturer to plan, arrange or enter into negotiations on his behalf in connection with his athletic programme... (is) ineligible to take part in competitions whether held under IAAF rules or the domestic rules of the Member nation." Editor.

Maybe the time has come whereby Federations revert to licencing all agents, because some act as if they are gold prospecting. This way at least some control could be exercised. Currently, an agent doesn't have to report to anyone; there are no controls, no guidelines, and no limits on what they can charge athletes for their services. It's virtually go as you please.

The minimum rules set down by the IAAF are ignored. Ultimately it is up to a country (IAAF Member nation) to impose the IAAF rules on all agents. Unfortunately, the authorities are not always aware that agents are breaking IAAF rules simply because nothing is brought to their attention!

The relationship between money and top class athletes is what it's all about. No longer are athletes' fees paid "under the table". Athletes are now paid openly through trust funds without the loss of Olympic eligibility for legitimate expenses and compensation (prize money and appearance fees).

Athletics is now Big Time, played in the world's arenas, and the International Amateur Athletic Federation makes the rules. In Canada the Canadian Track & Field Association is the IAAF member and IAAF approval for open payments to Canadian athletes was granted only after the CIFA agreed that funds would be routed through a trust system supervised by them. The system is called the Athlete Reserve Funds (ARF) developed by Glen Brogue some years ago. It takes into account taxation and contracts, and it safeguards the athletes' money.

Now the CIFA, unlike some other countries which deduct a 5-10% (per cent) administrative/program fee, receives no fees, commissions or revenue from supervising the entire complex trust system for Canadian athletes.

On the other hand, agents, or should I say financiers who act like free masons, walk away with hundreds of thousands of dollars!

Members of ARF includes superstars, plus the young and developing athletes and older athletes able to stay in the sport because of ARF. Do you know that an athlete,

who say over ten years, accumulates \$300,000, can save anywhere from \$50 - 80,000 in tax on his/her athletic earnings?

Because of these sport-developed controls sponsors can feel comfortable with the realities of athletic compensation within the Olympic framework and not within an agent's framework. Agents cannot (are not supposed to) sign contracts. Only the athletes and the sport can do so.

Up to now, fair play and balance have been the foundation on which our sport was built and flourished. Some agents couldn't care less about that foundation and balance. They feel that they can control events from their multi-push button telephones.

The actions of some agents bode ill for everyone. These agents would like to be left unrestricted, mining everything that the sport has fought for. Reality for some agents ranges from controlling television or media production for the staging of television 'spectaculars' where the smell of big money is the overriding factor, to hogging an entire meeting budget for athletes under contract.

Would you believe it if I said that agents will 'inform' athletes to ease up in a race because of another lucrative payday in a couple of days? These people wish to play all sides against the middle so that only the agent comes out ahead.

Sport must remain in the hands of sports people who are in it for the long haul and not for the quick buck.

Some acceptable principles by which agents should work could be as follows:

- 1) Agents, like athletes, must register with CIFA (or national governing body of the country in which they operate), and come under 'Agents rules in the sport'.
- 2) They must pay an annual Licence Fee if they wish to represent Canadian athletes.
- 3) The licence can be revoked if it is established that rules have been broken by the agents.
- 4) Agents do not represent the sport or the country; they represent an athlete.
- 5) The best interests of the athletes must be the priority of the agents (though we all know that most are in the game for the money, their own egos and the opportunity to travel on someone else's budget).
- 6) They should personify honour, integrity and respect for the country and its demands.

There may be no clear equation between what the sport expects and what an agent wishes to do. But as sport is responsible for the development of athletes, it must invariably be the law-maker for the protection of athletes.

When all is said and done, it is the athletes who have to suffer and sweat on the track, not the agents!

(Reproduced from ATHLETICS, June 1988 - Canada's National Track & Field magazine).

THE PSOAS TEST

BY BILL ("WANDY") ANDERSON, BMC National Secretary.

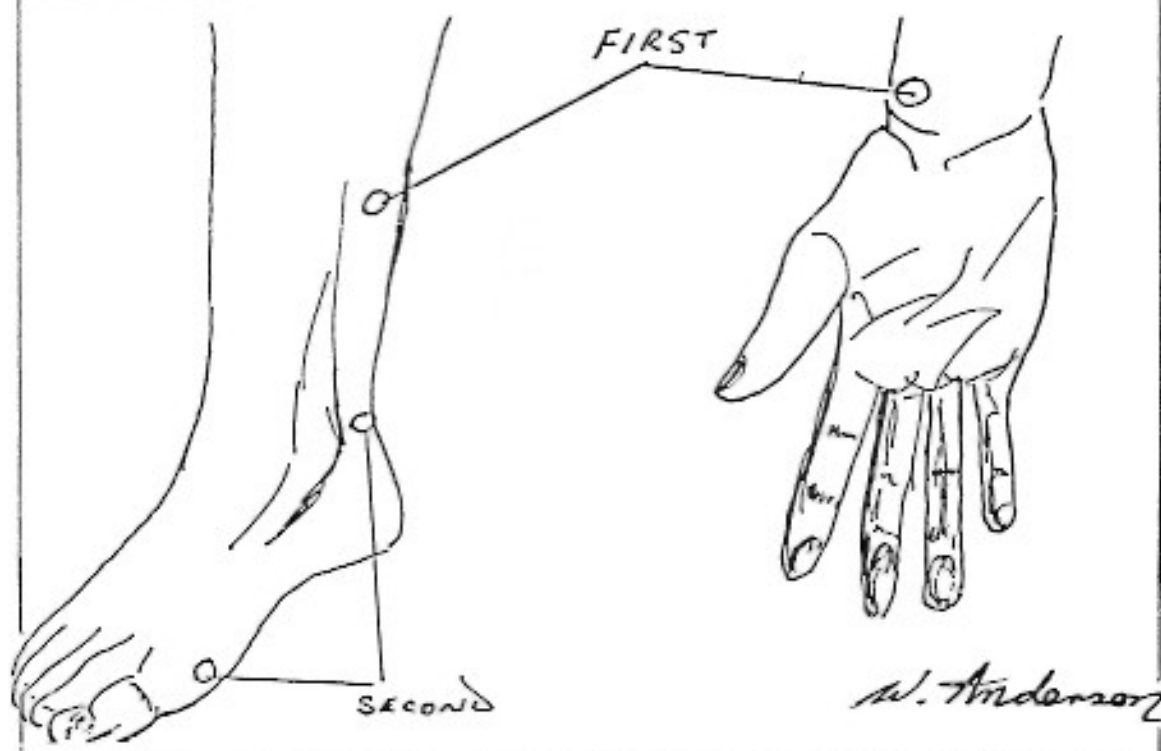
The PSOAS muscle is part of the hip flexing group. It helps keep the lumbar curve in the spine. Weakness on both sides will cause the lower back to flatten. Weakness on one side will cause the foot to turn in or make the hip low. Standing, walking or running with the foot turned in will put a strain on the Psoas. Low back pains and foot problems can be associated with the Psoas muscle.

HOW TO TEST THE MUSCLE:

Test with the athlete face up, with one leg raised up at about 45 degrees, slightly to the side with the foot pointing out. Apply pressure by hand against the inside of the ankle to push the leg out and down. If the leg does not move all is well, but if the leg moves, there is a weakness. Having established that there IS a weakness, you can strengthen the muscle by the following means:

Energy holding points (see diagram) - Use the points on the same side of the body as the weak muscle. Using the strengthening points, hold first arm and leg points at the same time, one with each hand. Place as many fingers around the point as will fit, using the pads of the fingers rather than the fingertips. Maintain light pressure for about 30 (thirty) seconds. Then place the hands on the two second points and hold these. The location of these points may vary from person to person, but using many fingers helps ensure reaching the exact spot. The muscle is usually effected after about 20-30 seconds of light pressure and will now be strong when retested.

NOW RETEST THE MUSCLE!



When DAVID SHARPE outspinted STEVE CRAM and TONY MORRELL over 1000m at Birmingham on June 24th, it was the first time Sharpe had ever beaten his more famous training partner. The time was a pedestrian 2:27.66, but Sharpe clocked 49.2 for the last lap! Whilst Morrell and Cram blitzed the penultimate 200 in 23.8, Sharpe's 200 splits for the last circuit were 24.1 and 25.1. "They warmed up by jogging for 600m, and then ran a 400 metre race" analysed ITV commentator STEVE QUETT.

When international athletes tried to gatecrash training nights at Tooting Bec track in South London, they were brought up sharp by portly Paul, the groundsman. "I shouldn't have to pay to use these facilities!" shouted a noted high jumper, "I'm an International athlete training for Seoul!"

"So what?" replied Paul, "I'm an International Darts Player, but that doesn't entitle me to free beer all night in my local when I train!"

So now we know - Beer to a darts player is as vital as a synthetic track is to a runner.

NUTRITION FOR ENDURANCE ATHLETES

By Sue A. Lanham, B.A.

The success of an individual in any athletic endeavour is dependent upon a number of specific factors, not least being the possession of mental and physical characteristics inherent to the demands of the sport. Nutrition is an example of one of these factors. It is the study of foods and their effect on health/development and performance of the individual. The three basic purposes of food are to build and repair tissues, provide energy, and regulate bodily processes. Thus their importance to the physically active person is unquestionable.

There are six general classes of nutrients considered necessary in human nutrition. These are carbohydrates, fats, proteins, vitamins, minerals and water. Fibre, a plant carbohydrate, is considered by many nutritionists to be an essential nutrient in the diet. Fibre's main function is to speed the transit of various materials through the intestine. This helps to prevent diseases of the digestive tract and the absorption of cholesterol. However, it must be noted that phytic acid often found in dietary fibre may lead to a decrease in the absorption of important minerals such as iron and zinc. This could pose a problem to individuals who have a tendency toward iron deficiency.

The three main functions of food include all of the above in varying proportions. Firstly, foods provide energy for human metabolism. Carbohydrates and fats are prime sources of this. Although protein may provide some energy, this is not its major function. Vitamins, minerals and water are not energy sources. Secondly, foods are used to build and repair body tissues. Protein is the major building material for muscle and other soft tissues, while certain minerals such as calcium and phosphorus make up the skeletal framework. Thirdly, foods are used to regulate body processes. Vitamins, minerals and proteins work closely together in order to maintain the physiological processes of human metabolism.

All of the above functions are important to the sedentary individual. For the active human, especially athletes, they are vital as the physically active person's metabolic activities increase more than tenfold through exercise and maintain that high rate for an hour or more afterwards. A number of studies have shown that physical performance may be hampered seriously by inadequate nutrition (Gillians, 1975; Humphreys, 1978).

All the essential nutrients can be supplied by the diet, using the system of the Four Basic Food Group. Foods of similar nutrient value are placed in groups. These are: The Meat Group; The Milk Group; The Bread-Cereal Group and The Fruit-Vegetable Group.

Humans have a requirement for a number of very different nutrients, including eight amino acids, three fatty acids, fourteen vitamins and twenty-one minerals. Some of these requirements are only trace and can be supplied easily as they are distributed throughout the Four Main Groups. Table One represents and outline of the major nutrients found in each of the Four Food Groups.

Table One: The major nutrients found in the four food groups.

MEAT GROUP : Protein; Fat; Vitamin B Complex; Iron.

MILK GROUP : Protein; Fat; Calcium; Vitamin B Complex; Vitamin D; Phosphorus.

BREAD-CEREAL GROUP : Carbohydrate; Protein; Vitamin B Complex; Iron.

FRUIT-VEGETABLE GROUP : Carbohydrate; Vitamin C; Vitamin E; Vitamin A; Folicin; Biotin.

Carbohydrates are the most versatile form of energy. The best are those that are absorbed slowly by the body, including whole meal bread/cereals/rice/pasta/cakes/biscuits, vegetables plus fresh and dried fruit. Carbohydrates which are absorbed more slowly come in the form of simple sugars: sugar, honey, jams, syrups and fruit juices. The majority of the body's energy should be supplied by carbohydrate and is best eaten in a slowly absorbed form.

Carbohydrates supply approximately 35 - 40 per cent of the body's energy needs during rest. As a person engages in mild to moderate exercise, carbohydrate use can increase to 50 per cent or more. When the exercise becomes more intense, such as when a person is working at 70 - 80 per cent of his/her capacity, carbohydrate is the preferred fuel. At maximal exercise efforts, it is used almost exclusively.

Fat, although a very concentrated form of energy, is not as versatile as carbohydrate. In fact, most people have adequate fat stores in the body to fuel exercise without eating any more. But there is a need for certain essential fatty acids that are components of fat. Most can be synthesised by the body, but linoleic, linolenic and arachidonic fatty acids must be supplied by the diet. Since all foods have some fat, sufficient amounts of these essential fatty acids are found in the average diet. Even on a vegetarian diet of fruits, vegetables and grain products, about 5 - 10 per cent of your total calories would be derived from fat.

These fatty acids are chains of carbon, hydrogen and oxygen that vary in their degree of saturation with hydrogen. Fats can be either saturated, unsaturated or polyunsaturated in nature. Over the past fifty years, research has shown that foods high in saturated fat should be avoided as these clog up the artery walls causing degenerative diseases such as coronary heart disease, hypertension and obesity.

At levels of exercise that are from mild to moderate intensity, the percentage of energy derived from fat increases. If a person ran a mile in eight minutes both before and after a two month training programme, the same amount of calorific energy would be burnt each time, but more energy would be derived from fat on the second time trial. Training helps you become a fat burner, which may help to spare some of the glycogen in the muscles.

Protein is not primarily used as an energy source for exercise, but to build and maintain muscle mass. Contrary to public belief, only small portions are required. In stamina sports, only one gram of protein is needed for every kilogram of body weight.

Protein is a complex chemical structure containing carbon, hydrogen, oxygen and nitrogen. These four elements are combined together into a number of different structures called amino acids. Humans can synthesise some amino acids in their bodies, but not

others. The amino acids that cannot be synthesised in the body are called 'essential amino acids' and must be supplied by the diet.

In general, the proteins ingested as animal products are superior to those found in plants. This is because the animal protein is a complete protein since it contains all the essential amino acids in the proper proportions. All amino acids must be present simultaneously in order for the body to synthesise them into the necessary body proteins. If one essential amino acid is in short supply, protein construction may be blocked.

Vegetable proteins usually exist in smaller concentrations in plant materials and may be lower in three of the essential amino acids - lysine, methionine and tryptophan. Most individual vegetables are usually unable to meet human nutrition needs. However, if they are eaten in proper combinations, then the individual may receive a balanced supply of amino acids. A good combination that represents a complete protein is rice and beans.

Vitamins and minerals are essential for the optimal functioning of many physiological processes in the human body. There are two types of vitamins - fat soluble and water soluble. The former, which includes, A, D, E and K, can be stored in limited amounts within the body, but the latter, B complex and C must be replaced daily.

Contrary to popular belief, the active individual who is on a balanced diet is unlikely to need vitamin and mineral supplementation. An exception to this is iron supplementation for female athletes. It is recommended, however, that the athlete be selective in the foods

chosen for the diet. Stress of exercise can increase the utilisation of some water vitamins, but these can be replaced easily if the extra calories expended during exercise are restored by foods with high nutrient density.

Of all the nutrients, water is the most important to the active person. Under optimal conditions, humans can only survive approximately ten days without water. For the active individual, water loss can be detrimental to physical performance capacity, particularly in prolonged endurance events. The requirement for body water depends on the bodyweight of the individual. Under normal environmental temperatures and activity, the average adult needs about two litres of water a day.

When and what should be eaten before and after Competition?

Although there is no evidence to suggest that the ingestion of food prior to competition will not benefit physical performance, the pre-event meal tends to be one of the major topics of discussion among athletes!

A solid meal should be eaten about three to four hours prior to competition. This should allow ample time for digestion to occur so that the stomach is relatively empty, yet hunger sensations are minimised. The content of the meal should be predominantly carbohydrate, as a meal that is high in fat and protein tends to delay digestive time. Large amounts of simple carbohydrate (for example, sugar and honey) should NOT be ingested within an hour of competition. A rapid rise in blood glucose will elicit an insulin response that will quickly remove the glucose from the blood. This creates hypoglycemia/low blood sugar levels, producing symptoms of weakness and fatigue - just the opposite to the effect intended.

After competition or a hard training session, a balanced meal will meet all the nutritional demands. Foods should be selected from the Four Major Food Groups so that variety within the diet is wide.

Thus it can be concluded that the basic nutritional requirements for an athlete follows the same pattern as that of the average sedentary person. A diet that is low in fat, but high in complex carbohydrate, supplying adequate amounts of vitamins and minerals, especially the Vitamin B complex, Vitamin C and Iron. The only major difference will be an increase in the E content of the diet, with a higher proportion of carbohydrate and protein.

Although consumption of a well-balanced diet does not provide the key to athletic success, knowledge of the general principles involved, and the practice of these in every day life will help to maintain the health of the athlete. This in turn will enable him or her to train and compete to his/her limit, and so allow them to achieve their optimum potential. Just as you are what you eat, so is your performance.

Sue Lanham, B.A.



Sue Lanham (18) in action!
Cocksedge photo.

Twenty four years after her father, JIM RYUN, ran 3:53.0 for the mile as a raw seventeen year old, HEATHER RYUN (also 17) clocked 61.7 for the 400 leg of the victorious Laurence High School medley relay team at the Kansas Relays last May.

Be advised, coach!

ONCE UPON A TIME.....(A cautionary tale)

Coach 'W' was an area staff coach in sprints for several years, performing the task dutifully until he received a "Dear John" letter from the Coaching Director, thanking him for his efforts, and informing him that a National Coach would be taking over.

Subsequently, one of Coach 'W's top female sprinters was included in a relay squad group, overseen by the new National Coach, whom we shall call Coach 'B'.

Coach 'W' found it necessary to contact Coach 'B' regarding this athlete. "She has plenty of speed but finds it difficult to receive and pass the baton" he told the newly appointed area event coach, "I advise you to use her as a lead-off runner, because then all she has to do is pass. I've worked with her for years, and in club teams, we only use her either on the first or anchor legs."

Coach 'B' thanked him for the advice, but overruled him, saying: "She is a primarily a 200m runner, which means her sustained speed is best suited to the third leg. She will work with the group, and I am confident that we can instil into her the technique of both taking and passing the baton..." The athlete was placed on the third leg in every squad practice, but in

the major championship event, she messed up both connections completely. The National sprint relay team was disqualified for passing zone infringements in the first round....

Moral: Newly appointed Event Coaches should not be too arrogant and pig-headed to heed advice from the personal coaches of athletes who obviously know what they are talking about.

ILL-FATED GAMES

"I began to realise that we were perpetrating a myth that these Games were a meaningful international competition..." Commentator and AAA spokesman TONY WARD on the boycott-ridden 1986 Commonwealth Games in Edinburgh. Principal participating athletics nations were England, Canada, Australia, Scotland and Wales.

SAID AQUIITA is always good for a quotable quote. After kicking down the field with a 53.2 last lap to win the World 5000m title in Rome on September 6, 1987, he was quite caustic about Kenyan rival JOHN NGUGI: "For several days I was deafened by talk of Ngugi and how he was going to eat me alive," said Aquita, "Well excuse me, but he showed me absolutely nothing."

CLARKE'S BIG PERCENTAGE JUMP

When Australian great RON CLARKE ran 10,000m in 27:39.4 (actually, 27:39.89 on photo cell/automatic timing) in Oslo on 14.7.1965, it was one of the all-time great drubbings of a World Record. Clarke trimmed no less than 36.2 seconds off the old mark whilst in the 23 years since then the record has improved by only 25.13sec.

According to expert BERT NELSON of the authoritative TRACK & FIELD NEWS, if BEN JOHNSON had bettered the 1000m record by the same relative amount (2.13 per cent), the great Canadian sprinter would have run 9.72 in winning the World title at Rome in 1987. That much improvement in the mile works out to 4.82 seconds - that's 3:41.50 people!

First teenager under four minutes for the mile was Australia's great HERB ELLIOTT with 3:59.9 on January 25th, 1958. By the end of that year, Elliott was world record holder for 1500m (3:36.0) and mile (3:54.5) and had run five of the ten best miles to that date! He took the Olympic 1500m title in 1960.

Youngest sub four minute man is still JIM RYUN from Wichita East High School, Kansas, who was only 17 years and 37 days old when he ran 3:59.0 at Compton on June 5th, 1964 for 8th in a race won by DVSOL BURLESON in 3:57.4. By July 17, 1966, Ryun was World record holder with 3:51.3 at Berkeley, California, a mark he lowered to 3:51.1 at Bakersfield on June 23, 1967. Ryun's 3:51.3 is still the World Junior (Under 20) record.

BMC GUIDE TO FITNESS TESTING

- a twelve page Coaches' leaflet on fitness testing procedures, written by BAAE Senior Coach and BMC Chairman, Frank Horwill.
£1.00 to BMC Members
£2.00 to non-members
 plus 26p postage.

From: Pat Fitzgerald, The Acacia,
 47 Station Road, Cowley, Uxbridge,
 Middlesex.



THE BOXHILL MOANER

The EMSLEY CARR MILE has been held annually since 1953, in memory of Sir Emley Carr, editor of the *News of the World* for more than 50 years. Its perpetual challenge trophy is a book bound in Moroccan leather in which each result of the race is inscribed. Four great milers of the past watched the first race at London's White City: JOE BINKS (UK record of 4:16.8 in 1902), PAAVO NURMI, SYDNEY WOODERSON AND GUNDEL HAGG. In an astonishing upset, GORDON PIRIE outsprinted WES SANTEE (USA) to win the race in 4:06.8. KEN WOOD won four Emley Carr miles in 1954-5, 1957 and 1961. First sub four minute winner was DEREK IBBOTSON, who ran 3:53.4 in 1966. Fastest winner thus far has been KIPCHOGE KEINO (Kenya) with 3:53.4 in 1966.

Though six athletes set personal bests in a BMC 1500m race at Tooting Bec on June 8th, moaning coach ROBIN BATCHELOR was not satisfied. "You've cost me a 3:45!" He screamed at the race organiser, DAVID COCKSEGE, Glen Penney won in 3:47.7. "There was no pacemaker! The BMC couldn't organise a piss up in a brewery!" Batchelor, who runs an ego trip called Boxhill Racers from his home in Dorking, also refused to allow his three athletes to pay their entry fees for the race, on the grounds that he was dissatisfied with it. (The designated pacemaker was BARRY ATTWELL, ironically one of Batchelor's own men. He did not turn up). Presumably this strange club secretary demands entry fees back when his athletes do not run as fast as he wants them to in Championships....

The charming Mr. Batchelor, who seems to spend all his time at meetings moaning and criticising, was subsequently informed that his Boxhill members will not be allowed to participate in BMC races again. And should he care to repeat his remark about piss ups and breweries, BMC Chairman FRANK HORMILL says he would be delighted to treat Mr. Batchelor to a handsome 'knuckle sandwich'!

FLAT SHARE

Fellow athlete is required to share a house with a male athlete in Ruislip area (Middlesex). Own double room. Share all facilities. Animal lover preferred. Write for details to Treasurer/Membership Sec. PAT FITZGERALD at The Acacia, 47 Station Road, Cowley, Uxbridge, Middlesex. Mark envelope "Accommodation".

London marathon founder CHRIS BRASHER does not look with a kindly eye on those who dare to gatecrash his big event. In 1986, he stated that those who run with bogus official numbers, no numbers at all, or using relinquished numbers of friends or relatives "are so damned selfish. We shall make an example of them!"

Fighting words from the 1966 Olympic Steeplechase Champion. But what's this? At the 1988 Fleet Half-marathon in March, none other than Mr. Brasher himself was observed by thousands, thundering along the course - having gatecrashed the race, running without an official number!

We must conclude that, whilst he approves of example making, example SETTING is not a strong point of the chain-smoking mountaineer from Ranelagh Harriers.

Talking of London Marathon gatecrashers, those of us with long memories may recall that the new London marathon deputy race director, DAVID BEDFORD (he of the 1972 Olympics and air rifle shooting fame), ran in the inaugural race in 1981 as an unofficial entrant...

presumably, this sin has been forgiven.

Photo on page 31: JOE DUNBAR leads Southern 800m field at the bell from winner PAUL ROXBOROUGH (26), JON BIGG (6) and STEVE OWEIT (46). Cocksedge pic.

SEBASTIAN COE's choice of 'Desert Island Discs': 1) 'History of a Boy Scout', by the Dave Brubeck Quartet; 2) 'A Sunday Afternoon at Home', by Tony Hancock; 3) Extract from Tosca, Act One, by Puccini; 4) 'Georgia on my mind', by Billie Holiday; 5) 'Just a closer walk with thee', by The Lawson-Haggart Greats of Jazz; 6) The 1980 Olympic Anthem; 7) 'Love for Sale' by Sidney Bechet; 8) 'A foggy day in London town', by Ella Fitzgerald, Louis Armstrong and Oscar Peterson.

His Luxury: A very, very comfortable bed. Book: The Penguin Dorothy Parker.

UGANDIAN ROAD SESSION

We know of a young distance runner who developed a most interesting mid-week road session. It seems that in winter months, he would run 4 miles to his girl friend's house on a Wednesday night. Whilst his tracksuit and gear was laid out to dry on her radiator, the pair of them would have Ugandan discussions for 30 minutes. Then our resolute hero would climb back into his dry gear, and run 4 miles home. In his training diary, the session would be classed as an 8 mile road run in two sets of 4 miles each, with a 'hunk' recovery.

RESULTS ROUND-UP: SUMMER BMC RACES

Blackpool, May 2: Mile - 1, P.Toote 4:04.6; 2, P.Roden 4:08.7; 3, J.Maycock (J) 4:10.7. Womens' 800 - 1, B.Nicholson 2:03.8; 2, A.Williams 2:04.3; 3, J.Bell 2:05.0; 4, A.Coates 2:06.9; 5, J.Finch 2:07.2; 6, P.Fryer (J) 2:07.8; 7, S.Davenport (J) 2:08.5; 8, L.Elliot 2:09.5; 9, D.Farren (J) 2:10.5. Iford, May 27: Mile - 1, N.Ovington 4:03.9; 2, T.Hutchings 4:04.7; 3, R.McDonnell 4:05.3; 4, P.Chester 4:05.3; 5, M.Forder (J) 4:06.6; 6, P.McGrath 4:07.3; 7, D.Mead 4:08.4; 8, D.Baptiste 4:09.2. Tooting, June 8: 1500 - 1, K.Penney 3:47.7; 2, C.Ogle 3:48.2; 3, M.Chaston 3:49.0; 4, S.Fairbrother 3:49.7; 5, M.Mannion 3:50.3; 6, A.Reilly 3:51.0. Wythenshawe Park, June 14: 1500 - 1, P.Taylor 3:44.9; 2, J.Nuttall 3:44.9; 3, D.Ireland 3:48.9; 4, L.Grime (J) 3:50.0; 5, J.Brown (J) 3:50.4. Wythenshawe Park, June 28: 800 - 1, J.Lobo (J) 1:51.0; 2, M.O'Brien 1:51.8; 3, L.Grime 1:52.0; 4, S.Wallace 1:52.3. Womens' 800 - A.Coates 2:08.9. Colindale, June 29: Mile - R.Denmark 4:07.2.

This is just a selection of race results from 1988. Area secretaries and race organisers are urged to send detailed results to local media, ATHLETICS WEEKLY, and BMC NEWS Editor, David Cocksedge.

BMC Vests
£4.99 each

- see page 16.

BMC AGM WEEKEND

At Jordanhill College, Near Glasgow

October 22 - 23, 1988

Lecturers include: DAVID HEMERY, TOMMY BOYLE, MALCOLM BROWNE, HARRY WILSON and FRANK HORWILL.

Note the date in your diary so that you don't miss the training weekend of the year! Details from: Lachie Stewart, 30/4 Shandon Crescent, Haldane, Dumbartonshire, Scotland. Alexandra 54723.

Plus: Election of officers, discussion of BMC qualifying standards.