



BMC News

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Founded 1963

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All official correspondence to the BMC should be addressed to the National Secretary at the above address. All matters so received will be addressed by the national committee at their next meeting. All other requests should be sent to the BMC Administrator Pat Fitzgerald and will be dealt with as soon as possible. Matters concerning specific areas of the club should be sent to the relevant person from the above list.

The BMC are always looking to expand its network of people and locations that host BMC races. If you feel that you can help or want to get involved then please contact the BMC Administrator Pat Fitzgerald.



Editor's Introduction

BY MATTHEW LONG

Well, if you are not inspired by the front cover displaying our 'fab 5' of the inspirational Jo Pavey, super Lynsey Sharp, awesome Andy Vernon, brilliant Laura Weightman and budding Kyle Langford, then nothing will kick your athletic taste buds into action!

The magazine sprints out of the starting blocks with our excellent Chairman, Tim Brennan's report on a fabulous summer as alluded to. We implore you to please consider his heart felt message about the importance of volunteerism both in our sport and for the future of our great club, more specifically.

We then salute our annual award winners on their successes. You'll see there's a host of trophies to be awarded for athlete and young athlete of the year; coach of the year and lifetime services to coaching and to top it all off there's a couple of awards, one for coach education and the other for more generic services to our club, named in honour of our late great charismatic founder, Frank Horwill, MBE.

Having burst out of the blocks our pick up phase is in **Part One**, which is devoted to matters of **BMC Present**. Kevin Fahey, Tim Brennan and Steve Mosley, talk us through a jam packed summer season. Do you recognise yourself in any of these reports or perhaps you have coached someone who gets a deserved mention?

We then pause for breath in **Part Two** and allow ourselves a glance back in our **BMC Retro** section which the award winning David Cocksedge has been so instrumental in developing. We have illuminating interviews provided by both David and the well respected Alastair Aitken, with two great characters of our sport, namely Alf Wilkins and Andy Green. There's a couple of priceless gems of miling memorabilia thrown in there by our rock of a Treasurer Pat Fitzgerald, a traditional Cocksedge style mind bending quiz plus in a feature which we very much hope will become a regular in future editions we take a look at the lighter side of life, in 'Frank's Fables', with a nod, a wink and a smile with the aforementioned Mr Horwill. We then reflect on three men who defined not only British but global miling at the end of the last century. Many of you blessed with youth won't have even been born when the holy trinity of Ovet, Coe and Cram were strutting their stuff



Matt Long and Becky Lyne at the BMC Academy around the European circuit three decades ago but the wizard with a pen that is Pat Butcher (author of the magical 'The Perfect Distance') steps forward to the start line to remind us all just what these three did for British miling in a wonderful piece on the Los Angeles Olympics, exactly 30 years ago.

By **Part Three** we are in mid-race and the versatile David Lowes picks up the baton to share with us all the goings on at the very recent BMC Academy training weekend in Spinkhill, just outside Sheffield. The former international athlete, now performance editor of 'Athletics Weekly' shares the sessions the athletes did as well as his probing interviews with 2006 European 800m bronze medallist Becky Lyne and a sensation from last summer, Alison Leonard, whose breakthrough came with selection for this year's Europeans in Zurich. This section is aptly titled **BMC Future** because those of junior status reading this magazine really are the future of our sport as one of our Academy Squad Lead coaches Geoff James, reminded a captivated Spinkhill audience at St Mary's during the Academy weekend. We leave you to get stuck in to interviews with our young athlete of the year, Kyle Langford, plus we hear from potential stars of the future, thunderous Theo Blundell, brilliant Bobby Clay and the cultured Katie Ingle. The interview skills of Steve Green, Matt Fraser Moat, Rachel Berney and the aforementioned Kevin Fahey will become apparent as they tease out from both athlete and in most cases, coach, the principles of long term athlete development which are guiding the steps of the fledgling athletes towards senior success and potential fame.

For some, the BMC is an invaluable stepping stone in terms of progressing to a major championships and in **Part Four** our national coach mentors Martin Rush, Jenny Harris and Andi Drake join with the

talented Rick Betts for a **Championship Round Up**. Our fab four join forces to analyse home nation performances at last summer's Commonwealth Games in Glasgow and Team GB performances at the following European Championships in Switzerland. It's a spine tingling thought that some of you reading this will be there at the next Europeans in 2016 and the next Commonwealths in four years' time!

Coach Education is an inherent part of the philosophy of our club with our founder being reputed to have literally written hundreds of articles himself! **Part Five** therefore kicks off with an exploration of the research being conducted by the English Institute of Sport's Andy Shaw, who if you've flicked through the awards winners section already, you will recall has been awarded the prestigious Horwill Research Scholarship. Our efficient Secretary David Reader caught up with Andy and we ask you to consider that rather than simply reading about Andy's invaluable work, why don't you reinforce your learning by taking part as a subject in the ongoing study?

We then move on to revisit the second half of the Youth Endurance Conference, organised by the prolific Jenny Harris. You may recall we covered the first half of the conference earlier this year in the April edition of this publication, having heard from the talented Jake Wightman and his father and coach, Geoff Wightman. Jenny helps us pick up the thread in cascading invaluable knowledge as to how to make a successful transition from junior to successful senior.

The BMC is an organisation which values diversity and we take a look at the important issue of gender in our sport. Former England Athletics Coach Development Manager, Leonie Lightfoot, provides us with an excellent overview of the recent Women in Coaching Conference which featured an account of the long term athlete development of London Olympic sprint hurdles champion, Sally Pearson. So you think there's nothing that you as a middle distance athlete or coach can learn from the development of a sprinter and hurdles technician? This article will make you think again. We then return to more familiar territory with an account of the elite women's coaching experience from Birmingham University based endurance coach, Sally Straw, who explains what she learned from working with athletes at

altitude last summer before heading off to be part of the Commonwealth Games Coaching Group in Glasgow.

We then digest a welcome message from British Athletics Performance Director, Neil Black, who spoke at a recent England Athletics Conference at the Alexander stadium and who of course retains a vital role as part of Mo Farah's support team. Another man who has been instrumental in our double Olympic champion's success is physiologist Dr Barry Fudge, who along with Martin Rush offers an insight at the strategic level as British Athletics Head of Endurance. To complete our coverage of 'Team Mo', we then turn to coach Alberto Salazar who offered his thoughts on middle distance running both Stateside and in the UK at a recent workshop in Birmingham on the eve of the Diamond league.

Six months ago I had the sober task of pulling together a flurry of moving testimonies which formed the obituary to our late editor Dave Sunderland. I reminded you that it was a bitter-sweet moment to have been asked to take on the acting editorship of this journal in such sudden and sad circumstances. Having served my apprenticeship, to have been appointed editor in recent weeks by the club committee is the greatest honour I have had in athletics. Without Dave Sunderland's guidance in terms of having had the privilege of working with him in assisting with the management of a county team for the English schools back in 2007 and more recently in 2012 as part of a BMC created coach shadowing initiative, co-ordinated by Rod Lock, this would have not been possible. In this edition we choose not to dwell on Dave's untimely passing but instead stand up to sing a song of celebration of his marvellous contribution as a coach educator. I join with a man who knew Dave for over three decades, the well respected coach and mentor Geoff James, plus Steve O'Brien from Dave's old club Cannock and Stafford. The three of us both pay tribute to and attempt to further develop his instrumental work on the notion of speed endurance.

Dave published a couple of excellent books on high performance middle distance and endurance running and we conclude this deliberately weighty section of the magazine by handing over to the trusted figure of Brendon Byrne who will whet your appetite with a couple of cracking reviews of two recent sports science related publications which will inform your running or coaching.

We reach for the **BMC Stars** in the home

straight of the magazine, **Part Six**. Just sit back, relax and enjoy the reflections on some magical summer moments provided by our front cover stars, Jo Pavey, Andy Vernon, Lynsey Sharp and Laura Weightman. Messrs Aitken and Fraser Moat are joined by BMC stalwart Paul Hayes in digging into the development of these people who have reached the zenith of championship medal wins in our sport.

As we approach the finishing line, we slow down to mourn the passing of Gerry North, Clive Thomas and Bill Dance in our mercifully brief Obituaries subsection.

We hit the tape in this winter edition by encouraging you to attend and have your say at your AGM. Remember it's YOUR club, so come along and join us!

Dr Matt Long
BMC News Editor

Dates for Diary 2015

Sunday	11 January	INDOOR RACES	SHEFFIELD
Saturday	16 May	GRAND PRIX 1	TRAFFORD
Saturday	30 May	GRAND PRIX 2	SPORTS CITY
Saturday	27 June	GRAND PRIX 3	WATFORD
Saturday	18 July	GRAND PRIX 4	OXFORD
Saturday	22 August	GRAND PRIX 5	SOLIHULL



BMC Award Winners

BMC ATHLETE OF THE YEAR

Jo Pavey

Also nominated Lyndsey Sharp



BMC YOUNG ATHLETE OF THE YEAR

Kyle Langford

Also nominated Jessica Judd

BMC COACH OF YEAR

Gavin Pavey

Also nominated James Thie, Andy Carter, and Phil Townsend

LIFETIME SERVICES TO COACHING

Gordon Surtees

Also nominated David Lowes and Mike Down.

FRANK HORWILL AWARD FOR OUTSTANDING SERVICES TO THE BMC

David Cocksedge

Joined 1970. Was heavily involved with BMC in its earlier years as Secretary and BMC News Editor, Race organiser of popular BMC races at Crystal Palace, highly respected statistician and font of knowledge on the early history of BMC. Now a Vice President and researches 1970s and 1980s results and contributes regular articles for BMC News.

HORWILL RESEARCH SCHOLARSHIP WINNER

Andy Shaw

For research into Running Economy

Chairman's Notes - October 2014

BY TIM BRENNAN BMC CHAIRMAN

Welcome to the autumn 2014 edition of the BMC News. I hope the summer season was a successful one for you. We were certainly pleased with the standard of our races which saw a 47% PB rate across 523 races. I am sure you would want to join me in thanking the organisers, officials and partner clubs who gave their time and effort to make the good results possible. A review of the season and our 2014 award winners can be found elsewhere in the magazine.

Competition for all

The BMC's mission is simple to state, it is to improve the standard of British Middle Distance running. To do this we provide a pathway through which athletes can progress, moving through our levels of competition, 'PB', 'Classic', 'Regional', 'Gold Standard' and 'Grand Prix'. Our aim is to provide races which are relevant for everyone from the age group athlete chasing an English Schools qualification, to the international preparing for a major championship. Once you get to the Grand Prix level the pathway becomes even clearer, as you can see in one meeting the standards you need to progress through from an 'I' race to an 'A' race. Do well and you will move up a grade next time.

It struck me that a benefit of our meetings is that the internationals mix in with the younger athletes, collecting their numbers and paying their £4 alongside each other. For me the sport is more disjointed now than it has previously been. The regional and county champs no longer seem to attract top level athletes as they once did. The trend towards centralised training camps for those on performance programs means you are less likely to see mixed ability training groups at your local track. By mixing all abilities together in a single meeting as the BMC does, the younger athletes can rub shoulders with those who's level they aspire to emulate, and hopefully see it as something achievable and natural. For me it is important that we do not lose the seamlessness of our sport and go too far down the professionalism model, where the Sunday Footballer has no touch point or commonality with the Premiership star.

The fact that we offer competition at different ability levels does give us some difficulties when it comes to fixture planning. It seems like every man and his

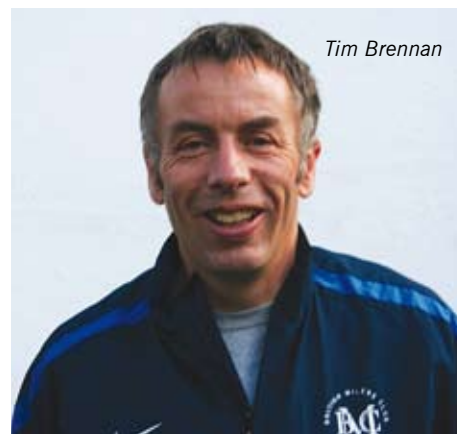
dog thinks that BMC competitions should not be allowed on the weekends when their competitions are, and we have suffered at the fixture planning meetings and ended up with bad dates.

BMC to stop staging races

Fortunately that is not a real statement, or a headline you are likely to see any time soon. However it is true that as a club we have felt the strains of organising the extensive race program that we provide. That may be a surprise to many, who see the well run and efficient meetings we provide, but the fact is that the success of the events depends on a few people donating a lot of their time. We cannot solely rely on the goodwill of a few to keep the clubs competition program going. At some point, and with great reluctance, we may have to cutback. The same message would be true for the club's other activities in coaching and training courses; they depend on the time and hard work of a few to make them happen. We are keen to attract more people into helping the club. This could be helping out at a meeting, helping out remotely with some of our administration or taking on a more leading role. If you would be interested in this then please get in contact with me. It would be great if volunteers came forward from athletes as well as coaches. Several people amongst the committee and race organisers have started their involvement in BMC organisation at a point where their racing careers were coming to an end. That is how I started and I have found it a fantastic way of staying involved in the sport. It has kept me in touch with those who I used to compete or train with, who are now the parents or coaches of today's athletes. This sits alongside the satisfaction gained from knowing you have helped athletes achieve their potential, and in some cases given them opportunities to produce life changing performances

Help us shape the BMC future

As well as seeking volunteers we are keen to hear people's ideas about what the BMC should be doing over the next few years. To this end we are holding an extended meeting in Solihull on the weekend of our AGM the 29th and 30th of November. In it we will consider our strategies across competition, coaching and training. It is your chance to influence what your club is going to be doing in the future. If you would



Tim Brennan

be interested in joining us in this meeting then please get in touch with me; I can assure you of a warm and friendly welcome.

Coming Events

Winter is a time for getting in some serious training and a bit of cross country, but many will also be seeking indoor opportunities. We will be repeating the popular BMC races in Sheffield and hopefully will also add other venues. We are also, with the support of England Athletics, finalising plans for a coaching conference to take place in March.

Enjoy the magazine.

Tim



Cover: (Clockwise from top): Jo Pavey, Andy Vernon, Laura Weightman, Lynsey Sharp and Kyle Langford.

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KEVIN FAHEY OFFERS HIS OPINIONS ON THE 2014 SEASON.

"Where would we be without the BMC in putting on races to get qualifying standards?" should be contender for quote of the season as we turn to reflecting on the events of the summer.

That the rhetorical question was posed by none other than Gavin Pavey, husband and coach of big BMC supporter Jo Pavey and arguably the most popular female long distance runner in the country following her brilliant gold in the 10,000m at the European Championships gives it even greater resonance.

Hundreds of other distance runners across the country would no doubt echo Pavey's sentiments; others would just swap qualifying standards for personal bests which represents that other Holy Grail of the track for the vast majority of athletes.

But what the 2014 Grand Prix season again emphatically illustrated is that the BMC offers a great vehicle whether for established international runners like Jo Pavey and Lynsey Sharp to rising stars like Jake Wightman and Kyle Langford to improving established runners such as Julia Cook and Frank Baddick to fine-tune their plans and push the boundaries.

Pavey can have her pick of races around the world but she chose to open her summer 5000m campaign at the first Grand Prix in Watford on May 17th.



Hannah England reigns in the rain at Oxford



Then aged 40 but running with the enthusiasm and power of someone half that age Pavey broke her own BMC Members' record of 15:14.19 which she set two years ago when preparing for the London Olympics clocking 15:11.52 to win the 5000m.

Having not raced in 21 months Jo was competing one week after setting a European 10,000m standard at Highgate and these races launched a summer that ended with bronze medals over 5000m at the Commonwealth Games and the IAAF Continental Cup plus that coveted gold in the 10,000m at the Europeans.

It is amazing to think that Pavey has been running BMC races since she won the English Schools' junior 1500m title 26 years ago.

Again at Watford the exciting Kyle Langford ran a PB of 1:47.41 for second place in the 800m A race which was well inside the qualifying standard of 1:48.50 for the World Junior Championship. With the qualifying standard achieved the 18-year-old Shaftesbury Barnet Harrier was able to concentrate on winning the England Athletics title and World trials race the following month to secure his place in the Great Britain team for Eugene where he finished eighth.

Likewise fellow 18-year-old Amy Griffith used Watford to beat the qualifying standard of 4:18.0 with a personal best of 4:17.56 for fifth in the women's 1500 A event and also went on to win the trials race and book her ticket for Eugene.

That sparkling Watford meeting also featured Commonwealth Games' qualifying standards from Scotland's Beth Potter (5000m), Northern Ireland's Katie Kirk (800m) and Scotland's Mark Mitchell (1500m).

Like Pavey Scotland international Lynsey Sharp also opened her domestic season at Watford opting for the 800m B race to give herself a confidence boost. It worked a treat as the 23-year-old 2012 European champion ran 2:03.90 and then improved to 2:02.42 in Belgium. By the time she lined up for the A race at the second Grand Prix at SportCity, Manchester, Sharp was ready to show the Scotland selectors she was more than ready to star in the Commonwealth Games in Glasgow. Reaching the bell in 58.5secs Sharp powered clear to win in a season's best of 2:01.68 and make another big stride towards those two silvers she won at the Commonwealth Games and then the Europeans.

Jake Wightman opened his season with a personal best of 1:47.93 at Watford and then switched to the 1500m at SportCity having already notched up a PB of 3:42.01 at the BMC Gold Standard event at Trafford on May 20th.

The SportCity Grand Prix saw him with another PB of 3:41.40 as the 20-year-old 2013 European Junior champion raced to victory with a run that all but secured his place in the team for Glasgow and also the Europeans.

'Been there, done that and got the T-shirt' could easily be Anthony Whiteman's mantra but like Jo Pavey the 42-year-old is still driven to excel and he showed at the Trafford Grand Prix that age need not be a barrier to success.

Focusing on his own race rather than the pacemaking duties which he exercises with such precision on the domestic Grand Prix circuit Whiteman produced one of the best performances of the summer as he won the 800m A race in a new World Masters M40 record time of 1:48.05. "I am quite

shocked with that as when I did 1:48.2 in Indianapolis last year the conditions were absolutely perfect and it is a super fast track," said Whiteman.

The lure of the BMC Grand Prix races for foreign runners – northern Europeans in particular were again big supporters of the five meetings – was again underlined when New Zealand champion Angie Smit requested a late entry for the 800m to prepare for the Commonwealths.

Smit was well aware of the BMC reputation for staging fast races but the tough Kiwi showed she didn't need a pacemaker for help as she led almost the whole way to win in 2min 00.59secs. She later finished fifth in Glasgow.

Trafford will also have fond memories for Julia Cook and Frank Baddick as they both enjoyed their first ever victories in a Grand Prix A race. Baddick, 28, had actually never finished in the top three in an A race before – he won a B race five years ago – but has been one of the most consistent performers in BMC events over the past ten years. It was two years ago that he set his previous PB of 3:42.22 but was buried a bit as he finished eighth at the Solihull Grand Prix. But there was no hiding his delight at Trafford as he won in a new PB of 3:42.06.

Newly qualified doctor Cooke, who has made such big progress under Bud Baldaro's guidance this summer, was delighted with her first Grand Prix victory. "I am really chuffed to win," she said. And she really meant it.

The Oxford Grand Prix saw two of Britain's best middle distance runners go head-to-head on the eve of the Commonwealth Games with Hannah England, who had just returned from a spell of training at altitude in Font Romeu, beating Marilyn Okoro in a torrential downpour. For England the winning time of 2:00.50 was just what she was looking for and she had nothing but praise for the organisers.

The rest of the meeting was dominated by the mile races with Richard Peters retaining his men's title as he also tuned up for Glasgow while American runner Erika Veidis dominated the women's mile race.

A special mention also to David Cowlshaw, Danny Ray and Sophie Tooley, who reflected the embracing nature of the meeting. Madrid-based Altrincham runner David Cowlshaw, 46, took full advantage conditions in the D race to set a new British M45 record of 4:26.34. "It was also the first BMC race I have ever won as I was never good enough in the past! But it is brilliant that they agreed to put on

the race and well worth coming over from Madrid," said Cowlshaw.

Sixteen-year-old Ray was rewarded for making the long journey from his home in Guernsey with a committed, front-running victory in 4:19.75 to win the Peter Coe mile for under 17 men while the Frank Horwill title for under 17 women, incorporated in the senior A race, was retained by 15-year-old Sophie Tooley of West Suffolk, whose time of 4:54.22 was good enough to place her fourth overall.

The final Grand Prix of the season at Solihull offered redemption for internationals Jenny Meadows and Jemma Simpson, who raced to victories in the 800m and 1500m respectively after disappointing runs in Glasgow.

Looking to the future there were two more outstanding runs by Langford and fellow young runner Seren Bundy-Davies. Despite a long season Langford pushed Kenya's Vincent Kibet all the way in the 800m and only missed his PB by just a frustrating 0.04secs as he clocked 1:47.45 to finish second while 19-year-old Bundy-Davies, who has concentrated on the 400m this season but won the 800m B race in an encouraging 2:03.73.

Jonny Hay has been a tremendous supporter of BMC races so it was great to see the 22-year-old finally improve his three-year-old PB in the 1500m as he showed a return to form with victory in 3:42.13 to edge out the experienced Tom Lancashire. In fifth place 42-year-old Anthony Whiteman recorded a season's



Making Hay. Jonny edges out Tom Lancashire at Solihull

best of 3:44.28 – easily the quickest by a British veteran runner this summer.

In the longer distances 24-year-old Jess Coulson celebrated her return to track action – it was her first race on tartan since the 2012 Olympic trials – with an encouraging victory in 15:44.85 which carved almost 40 seconds off her best time.

As for the stats the five Grand Prix races featured 131 races with a staggering 561 personal bests from a total of 1,313 contestants. But the real story is told by the number of established British internationals, rising stars and dedicated club runners who flock to the meetings year after year.



Watford. Rory Chesser makes a splash

CHAIRMAN TIM BRENNAN REFLECTS ON AN EVENTFUL SEASON FOR THE CLUB.



*Majestic Meadows
at Solihull*

We begin by taking a closer look at some impressive performances by female two lap athletes.

Great Racing over Women's 800m

2014 was certainly one of the best years ever for BMC women's 800m running, with great winning performances in all the Grand Prix meetings, and in the Best of British and PB Classic races. (See rankings below)

In the Grand Prix the performances of Hannah England 2:00.50 and Angie Smit (New Zealand) 2:00.59 went to third and

fourth respectively on the BMC all time rankings, and the average time of the first British runner was 2:01.88 bettered only in Grand Prix history in 2007.

Heading those 2007 Grand Prix rankings was Jenny Meadows, with 2:00.61, and seven years later she was back winning BMC races to go third in this year's lists. Lynsey Sharp used the Grand Prix to get back into her racing and to put herself in medal shape for both the Commonwealth Games and Europeans. Fifth ranked was Olympian Marilyn Okoro who fought out a great head to head with Hannah England at Oxford.

Sixth in the rankings and winner of the 'Best of British' race held at Watford was Emily Dudgeon. All of the top six in the rankings plus 13th placed Katie Kirk went on to make at least the semi finals of the Commonwealth Games, Just short of half the field!

BMC All time 800m Rankings

1	2:00.37	Jessica Judd U20	Chelmsford	1rA	Watford	15-May-13
2	2:00.49	Vicky Griffiths	Liverpool H	1rA	Sportcity	31-May-08
3	2:00.50	Hannah England	Oxford City	1rA	Oxford	19-Jul-14
4	2:00.59	Angie Smit	New Zealand	1rA	Trafford	12-Jul-14
5	2:00.60	Marilyn Okoro	Shaftesbury Barnet	1rA	Watford	13-Jul-11
6	2:00.61	Jenny Meadows	Wigan & District	1rA	Stretford	11-Aug-07
7	2:00.7	Shireen Bailey	Blackheath & Bromley	1	Ipswich	19-Jun-85
8	2:00.77	Susan Scott	City of Glasgow	1rA	Watford	12-Jun-04
9	2:00.99	Amanda Pritchard	Cardiff	1rA	Solihull	24-Jun-06

1	2:00.50	Hannah England	Oxford City	1rA	Oxford	19-Jul-14
2	2:00.59	Angie Smit		1rA	Trafford	12-Jul-14
3	2:01.48	Jenny Meadows	Wigan & District	1rA	Solihull	16-Aug-14
4	2:01.68	Lynsey Sharp	Edinburgh AC	1rA	Sportcity	31-May-14
5	2:01.77	Marilyn Okoro	Shaftesbury Barnet	2rA	Oxford	19-Jul-14
6	2:01.89	Emily Dudgeon U23	Edinburgh AC	1	Watford	18-Jun-14
7	2:02.07	Rose-Anne Galligan	Gloucester	2rA	Sportcity	31-May-14
8	2:02.19	Adelle Tracey U23	Guildford & Godalming	5	Eltham	23-Jul-14
9	2:02.51	Hanna Tarver U23	Edinburgh AC	3rA	Sportcity	31-May-14
10	2:02.77	Jessica Judd U20	Chelmsford	1rA	Milton Keynes	07-Jun-14
11	2:02.79	Alison Leonard	Blackburn	1rA	Watford	17-May-14
12	2:02.95	Katy Brown U23	Stewartry	2rA	Trafford	12-Jul-14
13	2:02.97	Katie Kirk U23	Lagan Valley	2rA	Watford	17-May-14
14	2:03.16	Alexandra Bell U23	Pudsey & Bramley	3rA	Trafford	12-Jul-14
15	2:03.23	Shelayna Oskan-Clarke	Windsor Slough Eton & Hounslow	3rA	Watford	17-May-14
16	2:03.46	Katie Snowden U23	Herne Hill	2	Watford	18-Jun-14
17	2:03.55	Trine Mjaaland	Norway	4rA	Trafford	12-Jul-14
18	2:03.73	Seren Bundy-Davies U23	Trafford	1rB	Solihull	16-Aug-14
19	2:03.82	Rachel Aubry	Canada	2rA	Eltham	20-Aug-14
20	2:04.11	Jenny Tan	Fife	5rA	Oxford	19-Jul-14

Hannah and Angie fell fractionally short of the fastest ever time in a BMC race. That honour remains with Jessica Judd at 2:00.39, who this year raced and won a PB Classic race at Milton Keynes. It was great to have an established international at this meeting largely geared to developing young athletes. Jessica, an U20 herself, set a fine example of front running for them to follow. One of the young athletes at that meeting was U15 Katy Ann-McDonald who later in the season, at Eltham, in our Sydney Wooderson 800m races bettered the UK U15 best with 2:06.47; the previous best set by Rachael Hughes had stood for 32 years.

With so many good names competing in BMC races this year, perhaps the only disappointment was that we did not see the first ever sub 2. That day cannot be too far away. The challenge is out there!

As well as two-lap success, we have much to celebrate in terms of the quality displayed over twelve and a half laps of the track.



Tom Marshall (125) gets the nod in the 'A' 1500m at Watford

World Class 5000m

The women's 5000m has been the event where BMC records have tumbled most frequently over the last few years reflecting a huge rise in standards. It is also an event where qualification for the major international championships have come each year and where the early season meetings have produced world

leading times.

2014 was no exception with the opening Grand Prix of the season seeing Jo Pavey breaking her own member's record with a Commonwealth and European qualifying time. It was followed at Sportcity by a Commonwealth qualification for Helen Clitheroe. Great running and a triumph for the overs 40s!

BMC Women's 5000m Members' Record Evolution

16:25.4	Ceri Pritchard	1	Tooting	10	Sep	89
16:05.6	Laura Adam	2	Crystal Palace	25	Apr	90
15:56.8mx	Vicki McPherson	1mx	Loughborough	11	Jun	97
15:50.59	Angela Newport	1	Wythenshawe	3	Jun	98
15:43.99	Angela Newport	1	Wythenshawe	9	Jun	99
15:32.23	Sonia O'Sullivan IRE	1	Battersea Park	25	Jun	00
15:28.99	Stephanie Twell U23	1	Watford	12	Jun	10
15:23.4	Charlotte Purdue U20	1	Cardiff	28	Aug	10
15:14.19	Jo Pavey	1	Sportcity	19	May	12
15:11.52	Jo Pavey	1	Watford	17	May	14

BMC Women's 5000m Record Evolution

16:25.4	Ceri Pritchard	1	Tooting	10	Sep	89
15:47.9	Andrea Wallace	1	Crystal Palace	25	Apr	90
15:43.99	Angela Newport	1	Wythenshawe	9	Jun	99
15:32.23	Sonia O'Sullivan IRE	1	Battersea Park	25	Jun	00
15:30.79	Natalie Harvey AUS	1	Stretford	11	Jul	00
15:28.58	Mara Yamauchi	1	Solihull	24	Jun	06
15:23.4	Charlotte Purdue	1	Cardiff	28	Aug	10
15:14.19	Jo Pavey	1	Sportcity	19	May	12
15:08.83	Sara Moreira POR	1	Watford	9	Jun	12

Now we turn to consideration of a new initiative which has enriched our club.

Best of British

Each year the BMC reviews the overall success of our Grand Prix series. 2013 had been a year of low standards in the races. We felt that was due to several factors including the loss of funding, poor dates and restrictions on who was allowed to compete. One thing we did to address that was the 'Best of British' initiative for the first BMC member in each race. This was a way of targeting prize money at home competitors. 2014 saw a good recovery in the overall standard and this was one element of the success.

The BMC uses three criteria over the 800m and 1500m for both Men and Women. These criteria are the Fastest British time over the whole series in each

event, the average time of the First British athlete in each event and the average time for 10th place finisher in each event.

By summing the ranking positions it is possible to rank the Grand Prix's to date in an order of merit.



PART TWO: BMC RETRO

DAVID COCKSEGE BEGINS WITH AN ILLUMINATING INTERVIEW WITH BMC FOUNDER MEMBER **ALF WILKINS**.

David Cocksedg: I believe you first met Frank Horwill in July 1963 at the Southern Junior/Youth Championships at Wimbledon Park in South West London?

Alf Wilkins: That's right. One of my athletes there introduced me to Frank, whose letter had already appeared in *ATHLETICS WEEKLY* about the formation of a specialist club for middle distance runners and coaches. I had responded by writing to Frank; expressing an interest in joining, and when I asked, "How many people have you got so far?" He replied, "You're the first one!"

The very first committee meeting of the BMC took place subsequently at my office in Margaret Street in London West 1, and I believe that seven people attended. It was a small room, and I had a limited number of chairs, so Brian Boulton, at the time a young miler from Kent, had to sit on the floor. Later meetings took place at the flat of one of my athletes, Brian Buxton, in Grays Inn Road.

At that time, (1956 Olympic silver medallist) Gordon Pirie (1931-1991) was Chairman, and I was Vice-Chairman. Now Gordon rarely attended a full committee meeting; he would usually leave before the end of the evening. Some of his ideas were way too ambitious; we would never have got any of his grandiose schemes off the ground; we just did not have the funding to do many of the things that Gordon proposed.

David Cocksedg: It's on record that you drafted the club's constitution in 1963.

Alf Wilkins: Yes. With my background in accounting, I had put one together for the National Union of Track Statisticians (NUTS), which had been formed on 1st January, 1958; and Frank asked me to write another one for the BMC. I did this, using the NUTS constitution as a basis for the BMC one. It was discussed at one of our meetings, and then adopted; and is still in place today. Our stated aims were to improve British miling by putting on races, and share coaching knowledge at middle-distance training weekends. We also established qualifying times for all age groups in both genders, making the BMC quite an elite organisation. The standards were lowered during the 1990s to broaden the membership base, and this idea has worked amazingly well as the club is now truly a nationwide second-claim service club for elite as well as club-standard runners. Sadly, I don't think any of the minute books

from committee meetings back then have survived, making a detailed history of the early days of the club a very difficult thing to put together.

David Cocksedg: Are there any amusing incidents from the early days of the club?

Alf Wilkins: I can think of three. We organised a mile race at Stamford Bridge Stadium in September 1971 in front of 42,000 spectators who were there to watch the game between Chelsea FC and Derby County, which back then was one of the top five football clubs in the country. We (BMC officials and athletes) shared the Chelsea dressing room with the players, and at one point the referee asked us to leave whilst he addressed the footballers alone. I have no idea what this man said to the Chelsea players but when we returned, striker Peter Osgood (1947-2006) asked us if he could borrow the starting gun, because, he said, "I'd like to shoot the ref!"

Our race was during the 15 minutes half time interval, and Maurice Benn (1968 Olympian) won in 4:10.0 from John Rix, John Cadman and Clive Thomas. The distance was approximate, but that was unimportant, as this was strictly an exhibition event; and it was well received by the crowd.

I'll give you two examples of weird official reasoning back then. One of my athletes, Allen Cowen, was highly regarded for his pace judgement, and the BMC often asked him to take out the early laps in many of our races. In 1968 he was invited by (BAAB official) Pat Sage to hare a race at Portsmouth. This was to be a trial event for the upcoming Mexico Olympics, and a fast pace was required so that qualifying times could be achieved. Allen drove down to Portsmouth, and did his job expertly, leading the field through to 2.5 laps exactly on schedule.

Afterwards an official asked him to fill in a claim for his travelling expenses. Allen declined to claim any money, only requesting tea tickets for himself and his girlfriend, who had travelled down with him. Allen was told, err...no, sorry; only he himself was entitled to a tea ticket; not his girlfriend! He had saved the BAAB money by not claiming travelling expenses, but they were not prepared to underwrite the cost of a cup of tea and two sandwiches for his girlfriend!

On another occasion, I was helping Frank put on some BMC races at one of the famous



Eyes on the prize. Alf Wilkins at Oxford last year

Southern CAAA Open Meetings at Crystal Palace. Now this particular evening we were flooded with last-minute entrants from all over the country, and the meeting was running late. I had just gone into the seeding room to put in the list of extra BMC runners and get numbers and pins for them when I was accosted by Len Smith, the SCAAA Secretary. He told me in no uncertain terms that the BMC could only have the two races scheduled; certainly not the extra races we needed to accommodate the athletes who had turned up on the night.

As I walked out of the room feeling pretty annoyed at Len's bombastic manner, I ran into the famous Met. Police sergeant Andy Norman (1943-2006), who was then heavily involved with athletics in the south. He saw the aggrieved look on my face and asked me what the problem was. When I told him, he stated that "Smithy" could go away and have intercourse with himself - only he was a little more blunt than that! Andy said, "We are not in business to turn athletes away; especially if they have travelled hundreds of miles to get here. Give me your list of names, and I'll get the numbers and pins for you. The extra BMC races will go ahead."

And so they did, even though the meeting ran overtime, and the SCAAA incurred extra expense for the floodlights being kept on longer than scheduled. Andy Norman has received a lot of criticism in the national press for his actions as Promotions Officer for the BAF, but I know that he was always on the side of the athletes; and had little time for petty officialdom.

David Cocksedg: Who was the most talented athlete that you have coached?

Alf Wilkins: Len Walters of Thames Valley Harriers. With my coaching, he improved from 56 to 46 seconds for 400m; and he could have been very good at 800m, except that he didn't like to hurt himself in training. I realised this, and as he progressed I gave him two-lap conditioning even as he continued

to race over 440 yards. Other coaches asked me, "Why are you giving him half mile training? He's a sprinter!" But (National Coach) John Le Masurier agreed with me and realised what I was doing: preparing Len for a future career over two laps.

After getting his time down to 1:53 one year, Len was selected to represent Middlesex at the Inter Counties Championships at the White City Stadium at the end of May. Now back then this was a major fixture in the domestic calendar; a stepping stone to international selection later in the year. In the final Len got stuck in, and knocked nearly four seconds off his personal best,

placing third in 1:49.7 (worth 1:49.0 for 800 metres). John Le Mas. congratulated me afterwards, saying, "You've done it, Alf. Now he must know that this is his event." Then Len's dad walked up and told me, "Yes, my boy did well to get third in the half mile today, but just look at the results - he would have won the 440 yards final easily!"

Len ran quite a few races inside 1:50.0 after that, but after winning a 4x400m relay bronze medal for England at the 1970 Commonwealth Games in Edinburgh, he ended his career way too early. He never got to really explore his potential at 800 metres which is a matter of regret for me.

David Cocksedge: What do you make of the club's progress today?

Alf Wilkins: I feel immensely proud when I see results of BMC meetings, with so many athletes setting personal bests at every one of them. We have regional races locally which are incorporated into open meetings and other fixtures, and stand-alone National meetings which comprise graded races from 800m up to 5000m with quite a number races at each distance in both sexes; and sometimes steeplechases races as well. And some of the 'A' races are often of a very high standard. The fact that these meetings are so popular shows that there is a need for them.

Frank's Fables

DAVID COCKSEGE NOW TURNS HIS ATTENTION TO **BMC FOUNDER FRANK HORWILL** IN RECOUNTING HOW HE DEFENDED THE HONOUR OF THE SQUAD SOME FORTY YEARS AGO.

In August 1974, BMC founder Frank Horwill (1927-2012) travelled to Rome, Italy, with a specialist tour group and two of his female athletes (Lesley Pamment and Sally Sales), for the European Athletics Championships. This meeting was memorable for British fans with Brendan Foster front-running the 5000m final, Ian Thompson winning the marathon, and Alan Pascoe taking gold in the 400m hurdles. 18-year-old Steve Ovett (European Junior record of 1:45.77) also took silver in the 800m, where Luciano Susanj (YUG) crushed the field in 1:44.07. At Frank's hotel in the historic Italian capital city was a large swimming pool, which was used by most of the guests in between track & field sessions at the Stadio Olimpico (1960 Olympic Stadium) alongside the River Tiber. However, whenever large groups of residents were sunbathing by the pool, Javelin thrower Brian Roberts (TVH) and his girlfriend would arrive and, amid much hilarity, proceed to throw everyone into the water.

The third or fourth time this happened, Frank decided that enough was enough. Shortly after casting Frank and his athletes into the pool as usual, Roberts suddenly felt a hand grasping his right ankle. It was Frank, who had swum to the edge of the pool, reached up and caught the burly thrower before he could escape. Brian's girlfriend saw what was happening and grabbed his left arm, pulling him away from the pool.

"I was UTTERLY DETERMINED to pull this swine into the water with the rest of us," recalled Frank. "He was not going to

get away with it this time!"

Frank tightened his grip with both hands now and began to pull Roberts slowly towards the water; as his girlfriend tried to pull him away. This odd tug of war lasted for several long seconds, before Roberts over-balanced, and tumbled into the pool, pulling his girlfriend along with him. Fully dressed, they fell alongside Frank with a loud splash.

"A huge cheer went up around the pool from all the victims", said Frank. "I had taken on the bully and taught him not to mess about with the Horwill squad!"



Frank Horwill receiving an award from Lord Coe

Quiz

1. Which two world record holders for the mile were rejected for military service?
2. Can you name the first man to clock inside 8 minutes for the 3,000 metres steeplechase event?
3. Where were the IAAF World Championships held in 1999?
4. Who was the first BMC member to win a BMC-organised mile race inside four minutes?
5. Who was the first British man to run sub four minute miles on successive days?
6. Who is the world's fastest loser at 1500 metres?
7. How many times did Seb Coe and Steve Ovett race each other over One Mile?
8. Which famous British distance runner once said that the Decathlon consisted of "Nine Mickey Mouse events and a 1500 metres race...?"
9. Why was Sin Kim Dan's time of 1:59.1 for the Women's 800 metres at Jakarta in November 1963 never ratified as a world record?
10. Which man has won the most Olympic gold medals in distance running?

NOTE: Email answers to the Editor at matt@mattlong.wanadoo.co.uk and you could win a BMC prize. Answers will then be posted on the BMC Facebook page.

BMC in pictures



4 minute mile tie & tattoo, Andy Green.
Top right: Roger Bannister 4 minute mile club (see Andy Green interview on next page)
Bottom right: Roger Bannister 4 minute mile club (see Andy Green interview on next page)



Above: The traditional 7.30am run at the Academy
Below: Becky Lyne is mobbed at the BMC Academy



Roger Bannister's 4 Minute Mile Club
Roger Bannister and his wife designed the motif for the neck tie awarded to athletes who broke 4 minutes for the mile. This in the 50s and 60s was a very exclusive club featuring the founder Roger Bannister with his epic run at Iffley Road, Oxford in May 1954 with a time of 3mins 59.4 secs.



The following is a list of the British Sub 4 Milers 1954 to 1969

1	Roger Bannister	3.59.4 pb 3.59.8	1954	Roger Bannister
2	Chris Chataway	3.59.8	1955	Chris Chataway
3	Brian Hewson	3.59.8		Brian Hewson
4	Derek Ibbotson	3.57.2	1956	Derek Ibbotson
5	Ken Wood	3.59.3	1957	Ken Wood
6	Gordon Pirie	3.59.9	1960	Gordon Pirie
7	Bruce Tulloh	3.59.3	1962	Bruce Tulloh
8	Stan Taylor	3.58.1		Stan Taylor
9	Mike Berisford	3.59.2		Mike Berisford
10	Andy Green	3.50.2 pb 3.57.7	1964	Andy Green
11	Bill McKim	3.59.3	1964	Bill McKim
	John Whetton	pb 3.56.00		John Whetton
12	Alan Simpson	pb 3.55.7	1965	Alan Simpson
13	Mike Wiggs	pb 3.57.5		Mike Wiggs
14	Antony Harris	pb 3.58.9		Antony Harris
15	John Boulter	pb 3.58.6		John Boulter
16	Walter Wilkinson	pb 3.56.6		Walter Wilkinson
17	Neill Duggan	pb 3.55.1	1966	Neill Duggan
	Derek Graham	3.59.2		Derek Graham
18	Alan Rushmer	pb 3.58.7	1967	Alan Rushmer

1960 10 Maurice Berr 1969 20 Ian McCaffrey pb 3.56.8 21 Ian Stewart pb 3.53.2
23 Peter Stewart pb 3.55.3 24 John Kirkbride 3.58.5 26 Jim Douglas pb 3.59.0 27 Ray Roseman pb 3.59.8

42, Buxton Avenue
Leigh on Sea
Essex
SS9 3U
22.06.2014

Dear Pat,

Re: Roger Bannisters Sub Four Club

Thanks for the Spring edition of the BMC News and also my 2014 Membership Card I found the article for the BMC Horwill Scholarship and Research by Martin Jones and John Parker very interesting. The Pain Catastrophizing in Middle Distance Runners seemed to happen to me in 1968 when I worried more about when it was going to hurt in a race than actually getting involved with the race, resulting in some very lacklustre performances. It is a bit of comfort after all these years to know that there was a possible explanation to why I ran so poorly despite a fantastic amount of training and preparation for the 1968 season.

It was great to see the Swinging Sixties article by David Cocksedge re the City Charities Meetings. I'd forgotten most of these races!

Re my project getting the autographs for the first 20 UK runners to break 4 mins for the mile, I enclose a copy of it so you can see what I was up to. I had a tattoo done on my arm and enclose a picture of it, cannot blame it on a mid life crisis as I am too old.

I read Seb Coe's autobiography where he said he was deeply embarrassed about not wearing his Sub 4 min Mile Tie when he received an award for, breaking the world record for the mile, from Roger Bannister in 1979. I was rather surprised that he got a tie as when I spoke to Roger he said he and his wife designed the tie, had a batch made, and when they were gone that was it. He was unable to remember when they ran out. It would be interesting to know how many BMC members have actually got the tie. Perhaps they could contact me on my email?
The Sub Four athletes I contacted were all very proud to own the tie especially as it had come from Roger.

Is Brendan Burn who contributes to the BMC News the Norfolk athlete who used to run with Mike Tagg and the Norfolk Olympiads?

I enclose a cheque for your funds towards supporting up and coming milers, no need to send a receipt.

Many thanks for your time and hope you will be able to help me in this task.

Yours sincerely,

Andy Green

ALASTAIR AITKEN RECALLS THE CAREER OF ANDY GREEN

Andy Green leads a mile race at the famous White City Stadium in London in 1967



Andy Green was born on 26th of November 1942. His brother in Law, Mike Tagg was the 1969 European 10k silver medallist and International 'World Cross' Champion. His wife Mary (Olympic Semi-finalist in 400 in 1968). They both made it to the Olympics in Mexico in 1968 and whilst Andy got close to going, he was not selected.

There were reasons Andy Green (1.88 tall) did not make the Olympics in both 1964 and 1968. Regarding the Olympics of 1964 the selectors took Bill McKim, who had beaten Andy in a close finish at the White City Stadium, which was after Andy had run very hard some 13 hours before in a race he was committed to do. Had he not done that he more than likely, would have been victorious the next day and been selected for Tokyo. Those were some of the reasons the selectors decided against him going.

Regarding the Olympics of 1968 there was a much more subtle reason behind the fact that he could not quite produce the goods to go to Mexico. He had been running really well and even as a miler, he managed ninth in the Southern cross country Championships but like his wife Mary, had been taken on by coach Harry Wilson, who had such success with Steve Ovett but, the particular training Harry gave Andy Green of 'Ever so Short' recovery work, did not suit him at all and Andy started to dread going down to the track to do it. That also affected him when he sometimes pulled back from the pain of hurting himself in a race. Here I will bring in something that Andy believes applies to him in the *British Milers Club News Spring 2014*.

It was from an article on page seven where, Martin Jones and John Parker, from the University of Gloucestershire gave their opinion headed Mindfulness and Pain

Catastrophizing in Middle Distance Runners.

The article stated that "Pain can occur for a variety of reasons during sport participation. For example investigations amongst elite athletes demonstrate that physical discomfort associated with continued energy expending effort is a potential limiter upon athletics performance in endurance sports. The importance of athletes inflicting exertion induced pain upon themselves during training has been likened to an investment, where increased deposits are linked to developing desirable performance outcomes (e.g. speed). Of the cognitive factors that can influence pain perception (e.g. appraisal, fear-avoidance beliefs, perceived control, self-efficacy) pain catastrophizing has demonstrated a reliable association in mediating responses to pain in both clinical and non-clinical populations. Pain catastrophising is an exaggerated negative mental set brought to bear during actual or anticipated painful experience. Broadly, individuals who catastrophize appear to adopt a negative orientation towards pain that leads to deleterious changes in pain perception (e.g. heightened pain response)."

The above was the type of thing that Andy felt applied to him.

Despite that he had many good performances in his life when he was with Salford Harriers, Hadleigh Olympiads and finally Southend AC.

In 1961 he came second in the National Junior 880 yards at Enfield in 1:55.7 behind Terry Nash who did 1:55.0. Andy felt that was his first breakthrough as a young runner. Amongst some interesting results were coming 2nd to Bill Crothers of Canada, the 1964 Olympic silver medallist in a 1000 yards race on the boards at

Wembley Stadium. That was a really short track with tight bends. However, on that indoor track, in 1963, Robin 'Ralph' Lingle of the USA ran to a British All Comers Record of 2:10.5 and in the good international field Andy Green was second in 2:12.5.

Notably, Green ran the first sub minute mile in the North of England in 1964. On the 25th of August 1964 at Blackburn, in a race where Derek Ibbotson, the World Mile record holder of 1957, was the favourite in the field. Andy raced home in 3:59.2 and Ibbotson was 2nd in 4:01.04. That was the first sub-4 minute mile in the North of England.

In 1968, Andy was a medallist in the AAA's Championships mile. The winner was Alan Simpson in 4.01.94, with Andy Green 2nd in 4:02.54 and Walter Wilkinson, the engine train driver 3rd in 4:02.54. Andy did do another sub 4 minute mile in 3:59.9, but his fastest I will talk about a bit later on in this article. In the World Student Games of 1967, he was a silver medallist in the 1500 Final in 3.46.7 behind 1968 Olympic bronze medallist, Bodo Tummeler of Germany (3:43.4).

Andy Green worked hard as a teacher in metal work, after being a PE and woodwork teacher to begin with and after his spell in insurance. Obviously, quite often, as a school teacher, he was still either competing abroad or at major meetings in the UK, particularly when he came down South. He can remember saying to the Headmaster at the start of his teaching career, about getting away to run a race. 'Sir I need to go half an hour early to-day for a race!' The Headmasters turned round and said "Mr Green, I hope this will not be a common occurrence".

As a small boy of 11/12, before he lived down South and was up at Manchester, his Father Richard Green coached him successfully. His father and grandfather Tommy were runners and if work had not been a very strong priority in those days for his grandfather to earn a living as he was so talented, he would have been close to making the Olympic selection. Andy Green was at Ducie Secondary High school for boys, in the middle of Mossdale. Andy won the Victor Ludorum three times at school.

Andy was in insurance for a while with the Guardian Royal Exchange and twice achieved the double (880/Mile) in the Insurance Championships which was well supported in those days. That was before he decided teaching was something better to do and, even in his 70's he now helps as a technician in metal work at a Special Needs

School.

Looking back to when he was a school boy. He was a great fan of Roger Bannister and later Herb Elliott. He said to some boys at school, when he was quite young "I want to run a 4 minute mile one day! And his school mates looked at him in total disbelief!"

Now for Andy Green's fastest ever Sub 4 minute mile. It was achieved in a loaded field of internationals. It was the first time ever 8 runners in one race were inside 4 minutes and it was at the famous White City Stadium in an invitation race held in conjunction with the WAAA Championships on July 3rd 1965. Result:-1 Josef Odlozil (Czechoslovakia 2nd in the 1500 Olympic Final of 1964) 3:56.7; 2 John Davies (NZ) 3rd in the 1500 in the Olympic Final of 1964) 3:56.8; 3 John Whetton (GB) 3:57.7; 4 Andy Green (GB) 3:57.7; 5 Tony Harris (GB) 3:59.0; 6 John Boulter (GB) 3:59.7; 7 Peter Snell (NZ double Olympic Champion of 1964) 3:59.7 and 8 Bill McKim (GB) 3:59.9.

Andy Green won the AAA's Mile Championship in 1967 in the fastest a time ever recorded for a AAA's mile Championships, since the history of the event started in 1880. His time was 4:00.61, ahead of double Olympic Finalist,

John Whetton (4:00.74) and Alan Simpson who was a close fourth in the Tokyo Olympic 1500 (4:01.06). The night before Andy was in trouble, because he had some long hold ups on the train, then ran from White City underground to the stadium for the heats and in actual fact there was only 15 minutes to go before the heats when he arrived at the White City Stadium but fortunately they allowed him to run. However let us see what happened in the Final the next day as Andy Green comes in. "The first lap was 60 seconds with Walter Wilkinson leading, the next 65 then, Witold Baran (Poland, the 1962 European silver medallist over 1500) took off with 500 to go. 'Down the back straight 4 got away. I thought I had blown it. The front group then, although well ahead slightly slowed. I gradually made up the large gap in the back straight. I was then in the mix with 180 to go and as we entered the straight Whetton, started to go for home and I raced up the straight and managed to take him before the tape. I ran about just under 56 seconds for my last lap."

It was interesting to note that in 1980 they had a Centenary Celebration AAA's mile and the result in a tactical race was Steve Ovett 4:04.10, 2 John Walker of New Zealand, another World record holder, 4:04.62 and 3rd steeplechaser Colin Reitz

4:06.43. Andy's AAA's Championship record still stands!

Andy Green had a break from racing at 28, to earn a living and help look after his family. He did not take up racing again till he was 40. He entered the British Masters Championships in 1983 at Melkesham in the 800 and the 1500 the next day. In the 1500 he felt, because he was a AAA's Champion he should show the flag and run into the lead from the gun but in veteran competitions, often someone who never reached the dizzy heights of being amongst the top runners before being a Masters athlete, could be some sort of danger. It proved so, as Andy led all the way till the last straight when, Mike Wrenn, the double Masters European Champion, came by and won in 4:11.7 with Andy 2nd in 4:12.8. In the 800 good times were set up by the Over 40's. The first three runners were 1st J. Wood of Blaydon 1:57.9; 2nd Andy Green 1:58.3 and 3rd Mike Wrenn 2:00.1

I would, however like to point out that Andy was an Essex Veteran Champion for three years and came out at 50 and won an 'Over 50' Essex Veteran Championship.

Andy Green lives with Mary at Leigh on Sea and has two sons, Michael and David (Ex-Essex Junior 800 Champion) and four grandchildren and a scrapbook of memories.

FORMER BMC COMPETITOR **PAT BUTCHER** REFLECTS BACK ON THE 30TH ANNIVERSARY OF THE EPIC **COE, OVETT, CRAM** BATTLE AT THE **LOS ANGELES OLYMPICS** BACK IN 1984.

It was the apotheosis of a century of British miling, Los Angeles 1984. In retrospect, it also turns out to have signalled the swansong, albeit one played at full volume. Sebastian Coe became the only man in Olympic history to win the 1500 metres twice; Steve Cram, the reigning World, European and Commonwealth champion won silver; and but for a respiratory ailment multi-record holder and Olympic gold-medallist Steve Ovett, who had to drop out with 300m to go, would probably have won bronze.

In the half-dozen years prior to that example of (British) lions coming off best in a Coliseum, British milers had reigned supreme. After the disastrous team display in Montreal 1976, a lone Olympic bronze, for Brendan Foster, the middle-distance mountain was overrun by Brits, and the Union flag planted firmly on the summit. Dave Moorcroft won Commonwealth 1500m gold in 1978, then bronze behind Ovett's gold in the European Championships (with silver for Ovett and bronze for Coe in

the 800m); the following year, Coe broke three world records, (800m, Mile, 1500m, in that order) in 41 days, jolting Ovett, who had not lost at 1500m/Mile for over two years into chasing records himself.

The pair both broke world records prior to Moscow 1980, setting up two of the most memorable races in Olympic history, where a role-reversal added spice to the rivalry – Ovett won the 800m gold that had seemed destined for Coe, who won silver; then Coe outmanoeuvred favourite Ovett to win the 1500, with Ovett taking bronze. The record breaking continued after the Games and into 1981, when Coe and Ovett swapped the Mile world record three times in nine days; but the supporting cast was equally impressive. With Cram, Moorcroft, and the Scots John Robson and Graham Williamson, the UK had six milers in the world's top dozen. (And with talented youngsters like Peter Elliott, Tim Hutchings, Jack Buckner, John Gladwin training in the wings, the succession seemed assured for years if not decades).

Illness and injury took its toll on the world's top two in 1982; yet with Coe and Ovett indisposed, Cram won the European and Commonwealth 1500m titles, Moorcroft broke the world 5000m record and won Commonwealth gold and European bronze at that distance. Cram added the World 1500m title in 1983 (with Ovett, coming back from injury, fourth); and the scene was set for another memorable Olympic race in the Los Angeles Coliseum, in 1984.

The run-up to the Games was not auspicious. Coe had not been well for two years, and was only given a 1500m place, in addition to the 800m, at the selectors' discretion, prompting a media furore, since he had lost to Elliott in the qualifying race. Cram's form was even more suspect than the previous year, with a worse injury than had preceded Helsinki. Ovett had had problems too, pertinently including bronchitis, but seemed in the best shape of all; until it became clear during the 800 metres that he was having severe respiratory problems.

Coe meanwhile, who had gone early to the US, to acclimatise both for the weather and the eight-hour time difference, was

coming back into top form; evidence of which was his second Olympic silver in the 800 metres, beaten only by the superlative Brazilian Joaquim Cruz (whose times improved in all four rounds!). Ovett scraped into the final and finished last; and had to be hospitalised, as he did after both heats and semis of the 1500 metres. He was an unlikely winner, as was Cram, despite winning his semi-final, given the brevity of preparation after being a plaster cast up to three weeks before LA.

From 'nowhere man' immediately after the AAA Championships 1500 metres a month earlier, Coe now seemed likely to be the first man in Olympic history to win successive titles at that distance; and so it proved. And in stark contrast to the profound self-doubt prior to that histrionic victory in Moscow, Coe knew it.

When I interviewed him ten years ago for *The Perfect Distance*, Coe said, "Yes, I knew I was going to win. If I had any niggling doubt, it was, this is my seventh race in nine days; they were only on their third. I knew Ovett wasn't going to be a factor, going what he went through. I went in with one strategy, there was no way with 600 metres to go was I going to let Crammy get in front. He grew in confidence. Get him out front, and he was a difficult athlete to beat".

Like in Moscow, Coe was always in the leading trio, poised to strike. First Khalifa of Sudan, then Scott of the USA, then the Spaniard Abascal led, with Coe right behind, and Ovett and Cram jockeying for position in the pack. With 350 metres to run, and Abascal out of shot ahead, the cameras captured that historic study, of Coe, Cram and Ovett, the three greatest milers in British athletics history, in full flow. Then Ovett dropped out, gasping for breath; Cram began to ease up to Coe's shoulder, as the defending champion passed Abascal. The alarm bells rang for Coe, and he bolted.

It had been a minor miracle that Cram got to the final in one piece, and silver was a marvellous achievement; his time would come the following year, beating Coe and his 1500m/Mile world records inside a week. Ovett too would go on to another major accomplishment, winning the Commonwealth 5000, title in 1986. Coe too would finally win a major 800 metres race, the European title (while Cram won the 1500) in 1986. Coe always maintained that, had he gone to Seoul 1988, he would have got a (1500m) medal, but this time the selectors did prefer Elliott, who duly won silver, then went on to win the Commonwealth title in 1990. And there has not been a lot to

celebrate since then. But August 11, 1984 was the apotheosis of both Coe's career, and of a century of British miling.

Around the final bend and into the straight, with the 100,000 crowd on its feet in the sun-drenched stadium, Coe went up the gears of that famous five-speed system, borrowed from BMC founder Frank Horwill, and developed by father/coach, Peter Coe. Cram was left in his wake. Coe surged again, the gap widened inexorably, and with the evidence clear even to himself from the giant screen, Coe could savour the victory even before the haven of the finish line, which he crossed in 3.32.53, an Olympic record which lasted until the turn of the century.

Not only had he beaten his domestic rivals – as Moorcroft once said, you were the third best middle distance runner in the world, yet only third best in your own country – Coe had surpassed a roll-call of the great milers in history. Paavo Nurmi, Jack Lovelock, Peter Snell, Herb Elliott, Kipchoge Keino, John Walker; and Jim Ryun and Filbert Bayi, who unlike the others

never won even a single Olympic 1500 metres title.

As millions across the world marvelled, Sebastian Coe now stood astride history; one hand aloft, the other clutching that Union flag on top of the world's highest sporting peak.



Coe, Cram and Ovett 4 years prior to Los Angeles, at the 1980 Moscow Olympics

Thanks to **David Cocksedge** and **Pat Fitzgerald** for their additions on the following statistics:

STEVE OVETT'S BMC RACES

BMC 1500m, Crystal Palace, 16 December 1970, 4:10.7 (1st)
 BMC 1000m, Crystal Palace, 29 March 1972, 2:29.2 (2nd)
 BMC City Mile, Motspur Park, 25 July 1973, 4:00.0 (2nd) (3:44.8 at 1500m, both UK Junior Records)
 BMC Brigg Mile, Haringey 17 July 1974, 3:59.4 (1st) (European Junior Record)
 BMC 600m, Crystal Palace, 10 May 1976, 1:18.5 (1st) (Ran 400m in 48.9 in SCAAA Open Meeting later that evening)
 BC 1000m, Crystal Palace, 8 August 1979, 2:23.4 (1st)

SEB COE'S BMC RACES

3 June 1972 BMC 800m, Hendon (Cophall) 1:59.9 (5th)
 1 May 1973 BMC 800m, Stretford 1:56.6 (3rd) No races in 1974 (stress fracture injury)
 30 April 1975 BMC 1500m, Rawtenstall 3:52.0 (1st)*
 24 March 1976 BMC 1500m, Stretford 3:47.4 (1st)
 14 April 1976 BMC Harry Wilson Mile, Crystal Palace 4:07.6 (1st)
 1 May 1976 BMC Mile, Stretford 4:05.7 (1st)
 7 August 1976 BMC 800m, Stretford 1:47.7 (1st)

OUR TREASURER **PAT FITZGERALD** SENDS A MESSAGE OF GOODWILL TO FORMER WORLD MILE RECORD HOLDER **DEREK IBBOTSON** (BMC MEMBER 210).

Derek was of course world 1 Mile record holder 3.57.2 in 1957 and 5000m Olympic Bronze Medallist Melbourne 1956. We recently heard from his long-time partner Lynette that Derek has had to go into a nursing home. Over the years Derek has been a keen supporter of BMC and enjoyed receiving BMC News and keeping up to date of things going on but he is now unable to read any magazines.

He has many friends in the BMC who we feel sure would want to wish him well.



Derek Ibbotson (right) with Brendan Foster

A record attendance was had at our training camp at Spinkhill, just outside Sheffield and you will see a day by day account of the lectures, training sessions and social side of our Academy presented below. We then move on to look at four young athletes who may just

be the future of our sport. All have achieved considerable success to date and our interviews and articles with each of them and in many cases their coaches, assess what they attribute their successes to and what they'd potentially like to achieve in the future.

BMC Academy Residential Course

BY DAVID LOWES

The annual three-day residential course took place once again at the majestic Mount St Mary's facility at Spinkhill, near Sheffield from October 24-26. A record 92 athletes and coaches turned up to the venue for a weekend of hard work, learning and fun.

The course was run as usual by Academy chairman and course director David Lowes and ably backed up by his staff of Matt Long and Samantha Hodges. The Friday night's activities got off to a great start with an on-stage interview with one of Sheffield's and GB's best, Becky Lyne. Interviewed by Lowes, the talk revolved around how she became involved in the sport and how she rose up the ranks to eventually take European championships 800m bronze medal and record 1:58.20 in 2006. She told the engrossed audience about her training and also about the injuries which stalled and eventually halted her promising career. At the end of the interview the youngsters tested Lyne with plenty of well thought out questions before posing with some groups with her coveted bronze medal.

The evening's activities were rounded off with a killer quiz from Lowes before they went to their rooms to prepare for a tough Saturday programme. As is the tradition the first morning kicks off with a 7.30am run around the excellent grassed areas of the facility with some of the coaches taking part too. The first presentation of the day was about Fartlek running and the duo of Matt Long and Geoff James gave the audience much to think about and how it could benefit their running with some unique examples of how the three energy systems worked through using plastic cups!

Presentation over and it was time for the mid-morning sessions which this year were in three large groups and taken by Lowes, Long and James with the visiting coaches not only helping, but assisting in the session content. With Lowes stating in his welcome speech on the previous evening that this year there would be two awards for the "Most Deserving Athlete" it was game on, with the athletes giving 100% irrespective of their abilities. All three groups displayed enthusiasm and determination

in abundance and it was obvious that the recipients of the awards were as ever going to be a very hard call!

Lunch and time for recuperation before back for another on-stage interview, this time European championship representative, Alison Leonard with Lowes again the interviewer. Much like Lyne's talk it revolved around her involvement as a youngster and how she rose up the age group rankings. It also delved into her move to Birmingham University and how her time there improved her performances and continues to do so after she finished her degree. Much was centred around her Glasgow Diamond League performance where she came so close to going sub-2 and her experiences at the European's where she won her heat and DNF'd in her semi-final. Although a huge disappointment and frustration, Leonard says it will hopefully make her stronger and more determined. She told the audience that she is about to become a full-time athlete and was also about to embark on her first altitude trip to Iten which was scheduled to last for four weeks. Like Lyne, she took time out to answer questions and pose for photographs with the excited youngsters.

With the afternoon still young, it was then time for the athletes to warm-up for a 45 minute drills session which centred mainly around drills for strength and power. Lowes led the session with the visiting coaches helping and watching carefully for poor technique and also good technique! With a 15 minutes break it was back to the theatre for another presentation and this time by Lowes on "Developing a Young Athlete." This was about one of his athletes, 15-year-old Markhim Lonsdale, English Schools 1500m winner and third fastest on the all-time 800m rankings for his age with 1:52.00. Lowes didn't leave any stone unturned and showed in detail many of his sessions and weekly cycles with some sessions in particular being astounding in terms of speed. The talk has received many plaudits and one coach sent an email to say "this was the best talk on the subject he'd ever seen or heard!"

Time for food and a well-deserved rest

before the evening's games activities began. But not before a great video observation quiz on Ian Stewart by Matt Long. These are as much about fun and a socialisation as anything too competitive, but tell the athletes that! Yes, there were winners, Rossendale, and there were losers, but I'm sure the boys don't want to get mentioned here!

Onto the final day, and although the clocks had gone back one hour, it was still a 7.30am run with some tired legs, but enthusiasm still shining brightly. The weather for the whole weekend was spring-like with very mild conditions. Breakfast eaten and it was time for a light 60 minute circuit session led by Lowes with many exercises being demonstrated that could be used in their programmes to develop strength and stability. As has become a tradition we finish off with a 60 second step test and this is awe-inspiring to watch. There were many over 60 reps, and three over 70, but the winner was Rob Huckle with a BMC record of 73!

After a 25 minute break it was down to the grassed areas for the finale to the course and the fartlek session. This was a simple 8x1min with a 1min recovery on an undulating course and this is always where the athletes can prove to themselves how much energy they have left in store. With 77 athletes spread out over the 600m loop it was indeed an impressive sight.

Lunch again, bags packed and the conclusion of the course where Lowes emphasised how impressed he was with everyone and that they go home with at least one thing that will make them a better runner. It was decided, that the two most deserving athletes were Heidi Murray from Lancaster and Morecambe and Oliver Mason from Border Harriers and they will receive two free places at next year's course which is already booked for October 26-28, 2015!

Having considered our excellent Academy, we now move on to look at four potential stars of the future all of whom have been influenced to a greater or lesser extent by the work of and opportunities offered by the BMC.

KEVIN FAHEY SPEAKS WITH OUR YOUNG ATHLETE OF THE YEAR, KYLE LANGFORD.



Kyle Langford (left) chases hard at Solihull

The time of 1mins 55.21secs may have been his second slowest of the season but for Kyle Langford it may prove to be one of the most important times of his career.

Forget the fact that Langford finished eighth and last in the final of the 800m at the World Junior Championships in Eugene, America. That stat, while now consigned to the history books, doesn't tell the whole story of a race that said more about the 18-year-old Shaftesbury Barnet Harrier than any other race of a tremendous season.

"My form going into the World Championships was the best it has ever been and I felt like I was cruising when I ran 1:48.76 in the semi-finals, it was just so easy," says Langford. "But then I got ill before the finals and had stomach problems and was sick. We are not sure what it was, it could have been some dodgy water or food poisoning or maybe just some heat stroke as I had to stay out in the heat after the semi-finals and it was really hot". He continues, "I just wasn't feeling well at all going into the final. When they went through the bell in 49seconds I was off the back and my legs were dead. There was just nothing there. I was going to drop out but I didn't want to give up so kept going. I didn't want to get into that mentality of dropping out of races when something isn't going well as that is not a good mind-set to get into because then you might do it again".

He remains philosophical, stating that, "I

didn't want an excuse not to finish so kept going even though I was a long way behind down the finish straight. That was not a nice feeling at all but I did feel proud of myself for getting to the finish although I was obviously gutted as well. It was so frustrating." The fact that the immediate six runners ahead of him ran lifetime bests in perfect conditions only served to sharpen Langford's frustration. He knew a chance had gone begging and through no obvious fault of his own.

He admits that he was unlikely to have challenged eventual champion Wilfred Kipketer of Kenya, who clocked a mightily impressive 1mins 43.95secs, the fastest time in the world by a junior, but he has no doubt that at his best he would have been mixing it with the rest of the field. He recalls, "The whole season was about peaking for the final of the World Juniors. Not the heats or even the semi-finals but the final and I had prepared really well for it". If circumstances had been different he states that, "I would have definitely been fighting for a medal. Maybe not first place but I think there was a medal there and with everyone running PBs I would have expected to have run very fast myself. It was just so frustrating but all part of the learning curve and overall I cannot complain too much about my season. It didn't go as well as I wanted but it wasn't too bad."

At this point it is worth recalling just how far Langford has progressed since linking up

with coach George Harrison. A self-confessed disinterested athlete at school in Watford, Langford's exciting potential only started to emerge when he met Harrison three years ago. "I ran a 200m at school and someone invited me to join the local club but they didn't take much interest and I later met George and he started me on running 400m and 800m," he explains. "Then things just happened so quickly. It was only two years ago that I first broke two minutes for 800m (February 25th 2012 indoors in the heats of the England U17 Championships with 1:59.66) and then suddenly that season I got down to 1:51 (Langford finished second in 1:51.31 in the F race at the BMC Grand Prix event in Watford on June 9th). He adds with modesty, "I have taken it all in my stride and feel quite used to it actually. We are still not running that much mileage and George has kept my training pretty low-key really. We are just gradually building it up rather than piling in the miles or sessions". In terms of his own long term athlete development he is categorical that, "The aim by George and myself is to progress, be consistent and keep injury free and fit. I was certainly consistent this summer as I opened it with 1:47.41 at Watford (May 17th) and finished with 1:47.45 at Solihull (August 16th - both BMC Grand Prix meetings in which Langford was second in both A races)."

It's clear that the summer of the 2014 has already been consigned to the history books and the 18-year-old is already planning for the future and no-one can accuse of lacking ambition. He is keen to look ahead, adding with enthusiasm that, "Obviously I have the European U20 Championships in 2015 (Sweden) but next year I will also be looking to establish myself in the senior ranks as well. I would love to get close to the qualifying standard for the World Championships (in Beijing). I want to give myself something high to aim for". Does he dream of the ultimate prize? "Then longer term the Olympics is the big aim. My training is geared towards that", he readily admits. It's obvious that he is not just thinking of 2020 but the next Games in Rio de Janeiro in 2016 when he will be 20 and certainly old enough to be a contender. After all the Shaftesbury Barnet Harrier has a top class coach, the support of his parents Karen and Donald plus generous local sponsorship from MP Security - and he only lives five minutes away from the track in Watford. He signs off by offering the rationale that, "I am going to take a couple of gap years next to focus on my athletics because I don't want any regrets when I am older".

STEPHEN GREEN SPENT TIME WITH THE EXCITING 18 YEAR OLD 800M PROSPECT THEO BLUNDELL AND HIS LONG TIME COACH EDDIE COCKAYNE.



*Theo Blundell. Photo courtesy of Bill Hollingshead, Birchfield Harriers
www.billpaparazzi.co.uk*

Birchfield Harrier, Theo Blundell, excelled himself in the World Juniors in July this year. He reached the semi-final after finishing 2nd in his heat.

He has had a breakthrough year over 800m with best of 1:48.20. He has 1500m bests of 3:53.6 and a 400m best of 49.2, also set in 2014.

Steve Green: Who have been the biggest influence(s) so far in your athletics career?

Theo Blundell: I would have to say my Mum and my coach in equal measure. Eddie has been my only coach and I trust everything he says. My mum has basically kept me in the sport and helped me out in every way.

Steve Green: What would you say are Theo's strongest qualities as an athlete, Eddie?

Eddie Cockayne: He listens to me, which sometimes not all athletes do, and he's very loyal, I've been coaching him since he was 10

years of age.

As a younger athlete he used to travel across the city with his mother on two buses to train at Birchfield, which demonstrates his dedication to the sport. He only won the English School's 800m for the first time in 2013 so we've had to be very patient, over the years, and wait for success. Theo's approach to racing is quite relaxed, and has a good racing brain, which is an asset when you start competing at a higher level.

Steve Green: What did you learn, Theo, from the World Junior Champs experience in Oregon?

Theo Blundell: What it takes to be a top athlete. I mean some of the guys out there are at 1.43 level already, and Kyle (Langford) is getting towards that standard, after making the final. I was generally happy with my performance but know there is a lot more to come. Just being around such a high level of

athlete really inspired me to work a lot harder to get the highest level of the sport.

Eddie Cockayne: His heat performance was great, as Theo had a slight Achilles problem which held back his training. He was lacking a bit of strength in the semi, where he finished 8th.

Theo is only on 30 miles a week, it's quite a mix of speed work, runs, and hill sprints. His training load will have to increase if he is to make his mark as a Senior.

Steve Green: Theo has not been a regular in BMC or paced races. Is there any reason for that Eddie?

Eddie Cockayne: I've nothing against paced races - and the BMC do a fantastic job. Theo had to run in a paced race at Loughborough to qualify for the Word Juniors in May. It's just that some athletes sometimes forget how to race, my aim has been to develop Theo as a racer. The British League and the YDL are great for learning tactics at different speeds, within a team environment.

I like Theo to go out at his own pace for 400m. The rest of the field then have to get round 6ft 2 and 12 stone of athlete, this worked well for us at the U20 indoor champs 800m in Sheffield which he won in 1:52.40.

Steve Green: What motivates you in training, and racing Theo?

Theo Blundell: I just like hitting target times in training - that gives me a lot of satisfaction, and working with other athletes, who have become both friends, and rivals, such as Kyle Langford. I enjoy racing, and I'm pretty happy to go out and test myself and others in the field.

Steve Green: What does the immediate future hold for this long standing and successful partnership?

Eddie Cockayne: Theo starts at St Mary's in the Autumn. I'll still be coaching him. I think he'll benefit from the campus environment and being around other top athletes such as Andrew Osagie. We've had to join with other training groups over the years to keep him motivated, so being there should help.

We're looking towards 1:46 for 800m this year and the European U23 champs.

The Olympic Games in Rio are realistic if he continues to improve.

I also think Theo has a lot of untapped potential over 400m. Before this year he raced regularly over the shorter distance, which we are going to explore further in the future.

Theo Blundell: I'm excited to be going to St Mary's and training every day with such a high level of athlete, plus enjoying a new chapter in my life at University.

MATTHEW FRASER MOAT ASSESSES THE PROSPECTS OF YOUNG BOBBY CLAY, ALONG WITH HER COACH PETER MULLERVY:

Aged just 14, Bobby Clay came to prominence as a leading junior in 2011 with an 800m time of 2:08.75. In 2014 she placed 8th in the 1500m final at the World Junior Championships in Oregon in a season's best 4:16:47. This year she is top ranked domestically over 3000m whilst her sister Alex is top ranked over 5000m.

Matthew FM: Bobby, how did you first start running? When did you first join a club and get a coach?

Bobby Clay: I started running when I was really young, my mum (Micheala) runs so I suppose I just wanted to be like her. Every now and then she would take me out for a run with her and I felt really grown up. I joined Invicta East Kent AC when I was about 7 years old, my sister and I were very young in the group but James Roberts our coach always made training so fun yet we still worked hard.

Matthew FM: You seemed to win many of your early races. What was that like? What sort of training were you doing then?

Bobby Clay: I didn't expect too much of myself, I was just running because it was fun. Of course I enjoyed winning but that has never been the reason to race, it's the thrill of racing that got me hooked. Racing was always the most exciting thing in the world! Until about 2 years ago all my training was on grass. The approach was always relaxed and sociable which I think was so important for me - it almost disguised the hard work I was doing because it was so much fun.

Matthew FM: You won the Frank Horwill Memorial Mile at Oxford in 2012. What do you remember of that race?

Bobby Clay: I remember thinking it seemed shorter than a 1500m! At the time I was putting a lot of focus on 800m, the thought of 1500m was 'too long' let alone another 109m on top of that! I actually really enjoyed it, it was nice to be doing it with my sister too. I think it could have been my first race with a pacemaker which I found quite odd, I'd never had overly thought about lap times before then I don't think.

Matthew FM: You were selected for the World Junior Championships in Oregon this year. Tell us about that experience?

Bobby Clay: It was amazing - I had the time of my life! The holding camp in Corvallis was brilliant, it allowed us to spend some

time as a team and to get to know your team coaches a bit better. Gary Lough was the endurance coach and I got on really well with him, he was fantastic and so knowledgeable and supportive. As regards the races, I have mixed emotions. In the heats I possibly ran the most controlled and powerful race of my life, automatically qualifying in just outside my PB and it felt effortless. The final however was a lot to deal with, it was the most physical and pushy 4:16 minutes of my life - I came 8th which I was pleased with but I knew that in a different race scenario I could have achieved a major PB. But it's a learning curve and an experience I will never forget.

Matthew FM: What do you consider your best event and what are your plans for the next five years?

Bobby Clay: At the moment I would say 1500m is my strongest event, and definitely the one I have the most international experience in. However I do really enjoy the 800m and the 3km which I feel I neglected this summer, after managing to run pretty well in them on returning from the world junior championships, so I'm not ruling anything out! But at the moment the 1500m is where my heart lies.

Five years is to me just such a long way away, it's hard to think about. Really I want to be running at the highest possible level, improving with each season. Of course my ultimate goal is to be able to compete in the Olympics but that's a long way off. Hopefully in 5 years' time I'll be commencing in my senior seasons which I hope to be running at the highest level. So I'm just going to keep working hard and focusing on the present to make sure I get there.

Matthew FM: Peter, tell us about your own running career? What was your best performance? How did you get into coaching?

Peter Mullervy: I discovered I had a talent for running when I was 16 and in my fifth ever race I found myself at the English Schools in 1972 racing Kevin Steere in a race where he was half a lap (or so it seemed) better in setting an ESAA record which stands to this day. Shortly after this I started to work with Frank Horwill as my coach and stayed with him until going to college made it impractical but we stayed life long friends. Running 8:42 as a junior for second in the Southern Championships



A triumphant Bobby Clay

(also to Kevin Steere) but although I went on to improve all my personal bests as a Senior (a typical ranking of 150th - a long way from the heady heights of top five as a junior) by age of twenty one I realised nobody in my club could assist with my coaching or any other talent we had acquired so took my Club Coach exam. My examiner was one Mr Cliff Temple.

Matthew FM: You have a large and varied group. Where and when do you train and what sort of sessions do you do as a group?

Peter Mullervy: Classically we train as a group on Tuesdays and Thursdays at the Canterbury High School track and we do aerobic interval sessions and a small number of anaerobic sessions in the summer when preparing for races. Although it's a large group the sessions are structured so the younger or novice athletes find their feet with less volume which is increased year on year as they gain greater strength and ability. After our Thursday track session we do strength and conditioning which is led by Karl Clay (Bobby's dad) both winter and summer which a large part of the training group participate in. This is a key element in Bobby's training. There isn't an upper limit on this - one of my athletes now often runs 140 miles a week and will attempt sessions such as 10x1600m. Younger athletes might be limited to something like 8x200m off 1 minute. Everyone is prescribed training or rest for the other days in the week with the athletes taking ownership of what that includes as they gain the necessary experience.

Matthew FM: What is your coaching philosophy? Which coaches have influenced you?

Peter Mullervy: Frank Horwill, my own coach, was an enormous influence. I still base my training sessions on Frank's five pace system but my philosophy is that it is necessary to coach the 'whole' person if you are going to succeed at the highest level. So an athlete who can't or won't build trust in you and share everything which affects their training, lifestyle, day to day mood or general wellbeing in my opinion isn't going to get the best out of themselves or me as their coach. If there is trust and mutual respect and the determination as a coach to work as hard and facilitate whatever is needed as the athlete trains then the only limitation is the natural talent you started with.

Matthew FM: Tell us about how you came to be coaching Bobby? What has been your main priority with Bobby over the last few years?

Pete Mullervy: Bobby started her running career with James Roberts (the other middle distance coach at Invicta East Kent). James took Bobby up to international level but rarely trained on the track. I was already coaching Bobby's sister Alex and Bobby felt she would never have the pace judgement for the 800m (her then principal event) without track sessions and so she joined my group.

My main priority with Bobby, or any

athlete, is the long term goal to be as good in the senior ranks as in the juniors. We plan every season in race by race detail but there is an underlying two year plan in putting everything in place to achieve in the next year up and the one after that.

Matthew FM: How do you select Bobby's racing programme? You must do a lot of travelling?

Peter Mullervy: Bobby's racing program for the summer is usually planned around February/March once we know selection criteria and dates but we use a plan of five 1500m races to reach the best and fit under and over distance races around that program to create confidence in speed or strength and further develop those events too. It's not cast in granite and gets tweaked as we go if something doesn't go as we expect. Cross country is similarly planned.

There is an immense amount of travelling which my club, recently UKA and the British Athletic Supporters Club, have offered help with the expenses. My wife loves the sport too and tolerates all the time I spend doing it so that helps, and Bobby's parents are both supportive of Bobby and Alex in their international careers in a way that many other parents would run out of energy. We have built an immensely helpful team around us from medical and physio

provision financial and more recently the necessity of an agent it's been a fun and challenging learning curve.

Matthew FM: Were you able to go to Oregon with Bobby? What advice were you able to give her?

Peter Mullervy: Yes, Oregon was an amazing experience for both of us. Advice? Most of the planning mitigates last minute advice and Bobby doesn't get fazed by the bigger occasion, it's just more of a buzz and a bigger challenge. The coach in the warm up area is just a facilitator who knows the athlete well and is there for any crisis -there weren't any. It was very satisfying to see Bobby make the final with ease and then run to the best of her ability. Not forgetting, that in IAAF age groups she is still U18 so we hope to be in Moscow in two years' time to do the real job.

Matthew FM: How will you adapt your training for Bobby as she gets older?

Peter Mullervy: Progression, progression, progression – more intensity, more volume and make all the use we can from the sports science testing results which we conduct at Christchurch University in Canterbury. But all this has to be fitted around A levels, her university course and everything else she wants to fit into her busy life.

RACHEL BERNEY ASSESSES THE DEVELOPMENT OF KATIE INGLE, ALONG WITH COACHES MARGARET AND IAN RILEY.

I have coached athletics since I was 14 years old, taking lessons for a rather more relaxed PE department than Ofsted would care to encounter. Thirty three years later and I have an opportunity to interview GB athlete Katie Ingle. As I still feel that I have still so much to learn, I sit and carefully craft my questions for Katie as well as Margaret and Ian Riley, coaches to the U20 GB steeplechaser.

I am always intrigued as to how any coach becomes drawn into their sport and then ends up so intertwined that there is little discernable difference between their coaching self and the rest of their thinking mind! So this is my first question.

As is so often the case, Margaret and Ian Riley started coaching athletics after watching their own children at a local track. Very soon, and with a Level 1 qualification under their belts, Margaret ventured out around Sutton Park, running alongside the 40 or so young athletes whom she trained, whilst Ian supported and learnt from a level 2 coach. He too ran with his squad.

Over the lifetime of a coach, styles and techniques change. New coaching theories filter down to those of us standing in the rain each week, calling times out to our exhausted athletes. The Rileys reflect on how their styles have changed and describe what is now a much more athlete-centred approach. Groups are smaller and organised according to ability and experience which Margaret tells me has fostered a "much more systematic and progressive approach, with short term and long term goal setting". This long term planning denotes a sense of patience that both share and, no doubt imbued in their young 'potentials'.

It is athletes such as Katie Ingle who are benefiting from this continuing development in coaching. In Katie's present schedule the coaching couple have taken stock of a productive year in which Katie raced several BMC races and participated at both the European and then World Junior Championships in the steeplechase. Her PB of 10:13.99 was set at the BMC Sport City race in May of this year.



Overcoming barriers. Katie Ingle

Katie explains the advantages of having achieved early season PB's saying it "definitely boosted my confidence going into the selection races and I was able to focus solely on winning the race knowing I had the qualification time." I ask how the PB's made her feel. She tells me, "I knew that what I was doing in training was working

positively, filling me with confidence”.

With so many races to choose from I wondered why she chose BMC races and what they added to her training and racing. Enthusiastically she replies, “BMC races are always guaranteed to be quality races full of great competition. They help a lot in developing race practice and trying out different tactics, most of my PBs have been attained at BMC races so have been a very positive impact on my performances”

Rather than patting themselves on the back, Margret and Ian have already planned Katie's short term goal, which is the Commonwealth Games in 2018 and her long term goal, that of Tokyo Olympics in 2020. Setting a goal six years ahead might leave some 19 year olds feeling a little daunted but Katie shows maturity in seeing the bigger picture. She asserts that, “Having competed internationally as a junior for the last two years I have developed a lot of experience in major championships and a strong sense of motivation to continue this streak into next year and beyond.” She continues, “I love doing what I do and every single effort is completely worth the sense of achievement you get when you race for GB.”

Planning for an athlete's development is only one part of a coaching role. More and more coaches are planning their own personal development. Margaret admits to using the internet to keep up to date with the latest coaching trends and both Margaret and Ian regularly attend appropriate England Athletics workshops. Helping to assimilate all this acquired learning, England Athletics Area Coach Mentor for Endurance and BMC Academy Squad Lead Coach, Geoff James, is overseeing the development of the coaching couple. Scheduled monthly visits to see Geoff or attend one of his workshops have added greatly to their learning curve and new ideas and techniques are confidently tried and tested on the athletes.

Another more obvious aspect of the coaching role is the regularly commitment in attending sessions, now Katie is training six days a week personal commitment and involvement is high. I ask what the Rileys found to be the greatest challenges when in this position and Margaret steps in to tell me, “keeping athletes motivated. Keeping them focussed on goals and aspirations, and being realistic with training times/sessions”.

Whilst Katie Ingle, 19, spent her younger years in Australia her focus was on shorter distances such as 800m. She was also a keen gymnast. Significantly, Margaret attributes this gymnastic beginning to providing a good basis for Katie's present

mobility. However, during the last four years of training in England the Rileys have re-focused Katie's training towards developing more of an endurance base, something which has proved dividends with Katie competing in the World Junior Championships in Eugene, Oregon, where she finished 18th in her heat in 10:43.03.

This change of events had me wondering that with such an array of choices on the track, how does a coach know which is most likely to suit any young athlete with the potential that Ingle so obviously possesses? I mention the notion of ‘natural talent’ and Margaret responds with honesty by saying, “We believe that a natural talent plays a big part in achieving success in the discipline” She continues, “Katie is very mobile, strong, technically sound, mentally very tough and enjoys the challenge of the steeplechase”.

Margaret then shares her feelings about working with talented young athletes, adding that, “There is a lot of trust placed in the coach and we need to ensure that we cover all aspects of Katie's training – both mental and physical – as thoroughly as possible, if she is to get to the top”.

It is incredulous to think that there are

hundreds of coaches across the country who are prepared to take on these immense responsibilities undaunted by the time, effort, passion and energy required to do so. Neither, it seems is the athlete daunted by similar commitments. I ask Katie about her own goals in the sport, she readily shared her aspirations for 2015 - the U23 European Championships. She adds with relish, “I would definitely love to crack the 10 minute mark in my event.”

Katie is managing to dovetail her training with studying for a degree in Fashion Design. Trips to London for fashion research often clash with her training but she quickly lets me know that, “training plans come first - one hundred percent!” When I tentatively suggest that Katie could blend her two loves in life, namely design and running, she says with a smile, “It would be absolutely amazing to both compete and design for GB”.

Maybe instead of ‘Watch this Space!’ we should ‘Watch this GB vest!’ I for one will be watching in 2018.

**Rachel Berney is Head Coach of
Leamington Athletics Academy and a
British Athletics Coach Education Tutor.**



The poster features a photograph of several male runners in various colored singlets (green, blue, yellow) competing on a red track. The runner in the foreground, wearing a yellow singlet with number 109, is in mid-stride. The background is slightly blurred, showing other runners and spectators.

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PART FOUR: CHAMPIONSHIP ROUND UP

The BMC undoubtedly gives athletes a platform to strive to get the qualifying times which will enable them to be eligible for selection for major championships. There were two such major

championships this summer which many of our athletes were involved in. Here we take an in depth look at performances in both Glasgow and Zurich.

NATIONAL COACH MENTORS MARTIN RUSH, JENNY HARRIS AND ANDI DRAKE REPORT ON HOME NATION PERFORMANCES AT THE COMMONWEALTH GAMES.

The 14th Commonwealth Games were held in Glasgow between 23rd July and 3rd August 2014. For the first time in more than 20 years, England gained more medals than Australia and from an athletics perspective the team achieved their medal target despite Mo Farah, Chris Thompson and Julia Bleasdale who were selected but not able to take part due to injury or illness.

Women 800m

After suffering considerable pre-race adversity, Team Scotland's Lynsey Sharp took a fine silver in 2:01.34. Team mate Emily Dudgeon went out after a gallant effort in the semi-finals with 2:03:00. Laura Muir was a non-starter following her being knocked in the final of the 1500m which preceded the two lap races. Northern Ireland's Katie Kirk went out in semi-final no.1, placing 6th in 2:02.63. Team England's Marilyn Okoro exited in the semi-final in placing 8th in 2:06.7s. Jenny Meadows and Jess Judd both made the final with the former placing 6th in 2:01.91 and the latter just missing a medal in 4th place (2:01.19), with Kenyan Eunice Sum bagging the gold in 2:00.31.

The Final

Jenny Meadows (ENG) ensured she set a good pace through the first 200m (27 approx) before the pace dropped a little and together with Eunice Sum (KEN) they kept the lead over the next 200m. As the athletes approached the bell the pace remained steady and Nanyondo (UGA) was a close 3rd and Jessica Judd (ENG) 4th and European Champion Lynsey Sharp (SCO) who was hugging the kerb 5th. With Sum in front and looking very comfortable with the 58.24 pace at 400m, Meadows worked hard over the next 200m to keep on the shoulder of Sum. At 600m Judd and Sharp made their moves to go round the outside of Meadows who was fading. Coming off the last bend into the home straight Sum showed an impressive kick to go well clear of Nanyondo who was ahead of Judd with 70m to go. Sharp however, showing her characteristic strong finish, going wide, overtook Judd and went on to pass Nanyondo as they reached the line to claim the silver medal with Nanyondo 3rd and Judd 4th and Meadows in 6th.

Women 1500m

Team England's Laura Weightman took a fantastic silver in 4:09.24 behind Kenyan Faith Chepngetich Kibiegon (4:08.94). Hannah England (4:11.10) and Jemma Simpson (4:12.93) placed 7th and 9th respectively. As previously mentioned, Scotland's Laura Muir was bumped entering the home straight and finished 11th in the final (4:14.21).

The Final

The first two laps of the race were steady. Selah Busienei (KEN) was at the front at 400m (70.94) and was joined by her compatriots Hellen Obiri and Faith Kibiegon, closely followed by Laura Muir (SCO) in 4th. Sensing a faster pace was needed when the leading athletes went through 800m in 2:18.95 (68:01) Laura Weightman (ENG) decided to attack the race and increased her pace in an attempt to get in front of the Kenyans, but Kibiegon and Busienei also increased their pace to stay ahead. Once again Weightman on the inside attacked as they approached the bell in 3:07.70 with the pack still all together and but they began to spread out as they reached the 1200m point in 3:23.25 (64.30). With 300m to go Kibiegon took the lead and Obiri drew alongside ahead of Weightman, who was on the inside and taking the shortest route; Muir, Kate van Buskirk (CAN), Hannah England (ENG) and Nikki Hamblin (NZL). Going into the final bend England was moving up well on the outside and passing Muir who appeared to have lost her stride and therefore all momentum, slipping right back. Ahead of them Kibiegon put on a surge down the home straight to draw clear of a fading Obiri who was then passed by a faster Weightman and van Buskirk. Despite their hard work in trying to close the gap Kibiegon had opened up they could not catch her and she won gold in 4:08.94. Weightman proved the stronger of the two to claim an excellent silver medal with van Buskirk in bronze. Hannah England finished in 7th, Jemma Simpson (ENG) 9th and Laura Muir in 11th. The last lap was run in 61.24 with the last 200m in approximately 30.40 seconds.

Women 5000m

Team England's battling Jo Pavey took a brilliant bronze in 15:08.96 behind

Kenyan winner Mercy Cherono who clocked (15:07.21). Emelia Gorecka was 8th in 15:40.03 with the evergreen Helen Clitheroe 11th in 15:55.00. Team Scotland's Laura Whittle was 6th in 15:33.72, with team mate Beth Potter 9th (15:44.38) and Steph Twell a distant 14th in 16:30.66. Elinor Kirk of Wales placed 12th in 15:57.67.

The race

A pedestrian opening lap of 1:09 seconds was enough for Helen Clitheroe who moved to the front of the field and headed the race through the opening kilometre in 3:15.4. The next kilometre passed in 3:00.1, with Mercy Cherono (KEN) leading with Jo Pavey and Emelia Gorecka tracking Janet Kisa (KEN), Margaret Muriuki (KEN) and Eloise Wellings (AUS) in splits of 3:00.2 and 3:01.4; while a 3:03.6 saw Clitheroe slipping off the pace. The Kenyan trio, Wellings and Pavey maintained the 3:00 pace through 3000 m with Kisa heading in 9:15.8. The pace dropped in the 4th kilometre to 3:03.4 with Pavey now leading: she continued her attack only to be passed by the Kenyans and Wellings a lap and a half out, responding immediately to lead again at the bell, dropping to 4th with 200 m to go Pavey continued her fight with 1:04.4 last 400 m including a 15 second final 100 m to pass Muriuki and close Kisa down to 0.06 of a second at the line for a famous Bronze Medal. Reigning European Junior 3000 m Champion Gorecka got detached between kilometres two and three finishing 8th and Clitheroe completed her 4th Commonwealth Games and first full track season since 2011 in 11th.

Women 3000m steeple-chase

Our home nation based athletes trailed Kenyan Purity Cherotich Kirui, who stormed home in 9:30.96. Team Scotland's Eilish McColgan finished a creditable 6th in 9:44.65, with fellow Scots Lennie Waite (9:51.93) and Kerry O'Flaherty (9:55.94) in 10th and 11th respectively. Team England's Rachael Bamford came home 7th in 9:45.51, with Pippa Woolven one place in arrears in 9:47.97.

The race

Despite the attentions of Aussies Madeline Heiner and (Closing Ceremony Kylie stage bomber) Genevieve LaCaze, Kenya swept the podium. Kilometre splits of (approx) 03:12.9, 03:13.8 and 03:04.3 including

a 68.1 second last (396.5 m) lap saw 2012 World Junior Champion Purity Kirui edge out 2013 World Champion Milcah Chemos by 0.34 second. Elish McColgan was isolated for the latter stages in 6th only to be closed down in the final 200 m by Rachael Bamford whose 73.9 second last circuit saw her close to within a second in taking 7th; and reduce her two month old personal best by nine seconds. Pippa Woolven also finished strongly with a 75.2 second final lap to also take an impressive seven second chunk from her PB in 8th.

Men 800m

Team Scotland's Guy Learmonth impressed with a final placing of 6th (1:46.69), whilst Wales' Joe Thomas who has impressed over the indoor boards in recent years, went out in the semi-final placing 7th with 1:50.08. Team England's Michael Rimmer placed 7th in the final in 1:46.71s behind winner Nigel Amos of Botswana in 1:45.18s with Andrew Osagie being disqualified in his heat and Mukhtar Muhammed a disappointing 7th in his semi-final in 1:51.91.

The Final

Rudisha (KEN) led out, as usual, through a first controlled 200m in approximately 25.2, closely followed by Amos (BOTS), Riseley (AUS) on the inside and Olivier (SA) behind. The pace slowed slightly for a 52:71 bell time with the positions unchanged. Guy Learmonth (SCO) and Mike Rimmer (ENG) were in the final two positions but both had run the shortest distance and were in contact with the field. The pace did not change through



Giant strides. Guy Learmonth

the next 100m with Rotich (KEN) the only significant mover, positioning himself wide on the shoulder of Amos with 300m to go and Rimmer moving around the outside of Learmonth to take up a position in lane 2, now in 7th. Through 200m to go, with Rotich on the outside and Rudisha leading, both athletes sustained their pace but neither looked overly comfortable and the rest of the field were not being dropped. In the final 100m Rudisha appeared to be drawing away comfortably, with Rotich fading. Olivier looked strong and Rimmer was making inroads down the inside and Learmonth now making gains down the outside. However, it was Amos, despite ungainly technique who finished the strongest with a clear speed advantage over the final 40m he caught and passed Rudisha for a fine win. Rudisha was 2nd with Olivier backing up his 4th World Indoor Championship form from early 2014 to take bronze. A fast finishing Learmonth passed Mike Rimmer for 6th and was rewarded with a new personal best.

Men 1500m

Northern Ireland's Daniel Mooney placed 10th in heat number 1 in 3:45.79 and failed to progress further as did Scotland's Jake Wightman whose 3:43.87 in placing two positions better than Mooney in that same heat, left him eliminated. Fellow Scot David Bishop suffered the same fate in heat 2, finishing 8th in 3:43.10. In the final the Scot Chris O'Hare placed 6th in 3:40.83, with Welshman Chris Gowell in 10th (3:42.10). Team England's Charlie Grice placed 7th in the final in 3:41.58s behind Kenyan phenomenon James Magut (3:39.31s). Richard Peters (3:44.10s) and Lee Emmanuel (3:46.29) exited in the heats in 9th and 11th respectively.

The Final

The race was led out by Musagala (Uga) and Kwemai (KEN) at a controlled pace with all the contenders packing closely behind. Grice (ENG) was on the outside of lane 1, O'Hare (SCO) on the inside but two places back. Nick Willis (NZL) was in front of O'Hare. Between 700m and 600m to go Cronje (SA) made a significant move on the outside of the pack to reach the shoulder of the lead two at the start of the bend, Kwemai then took the lead at 600m to go and started to increase the pace. With 450m to go, the Kenyans had 3 abreast running with Willis buried in the middle of the pack, now tracked by Grice with O'Hare in lane 1 on the inside towards the back of the pack. There was a further injection of pace from the front at the bell. Cronje

made inroads to the lead 3 round the bend and down the beginning of the back straight with Manangoi (KEN) starting to fade. Grice took a knock at 260m to go but held his position. From 250 to 200m to go, O'Hare on the outside of the pack and Riseley (AUS) on the inside started to make significant moves, rapidly closing down on the leading six athletes and bringing them either side of Nick Willis who was running on the outside of lane 1 at the 200m to go point. Here, Kwemai led Magut, Cronje, Musagala, Grice, O'Hare, Riseley and Willis. O'Hare maintained his effort from the back straight around the final turn taking him narrowly into 4th place with 100m to go, but the extra distance he was forced to run cost him in the final straight. Riseley had tracked O'Hare's progress from 250 to 100m to go but had managed to find space all the way around the inside of lane 1 and was level with O'Hare at the start of the straight. The final 100m looked like a straight race between Kwemai and Cronje but Magut found a strong finish and kicked down the home straight to pass both Cronje and the newly crowned World Junior Champion and 3.28 man Kwemai. Only Willis was finishing faster managing to pass 4 in the home straight to scrape a bronze passing Cronje (World Silver in 2013) in the final 5 metres. Riseley faded less than O'Hare having run considerably less distance around the final lap, both managing to stretch away from Grice down the final 100m.

Men 5000m

Team England's Andy Vernon was 6th in 13:22.32 with Thomas Farrell coming home in 7th with 13:23.96s behind the brilliant Kenyan Caleb Ndiku (13:12.07s). Luke Caldwell of Team Scotland finished 13th with 13:43.75.

The race

The initial pace was cut out by the Lesotho athletes but by 1km the majority of athletes were running as a group led by Keoch. An uneven pace with consistent changing of position by athletes kept the pace strong but did not enable athletes to settle into a rhythm. Vernon and Farrell were running strongly with Farrell buried in the pack and Vernon content with settling at the back to try to smooth out the pace changes. The Robertson brothers of New Zealand were aggressive with their running taking the pace on whenever it threatened to drop and breaking the Kenyan hegemony. By 4000m it was Ndiku (KEN) leading a group of 12, closely followed by the NZ brothers, with Andy Vernon appearing to

struggle to maintain contact at the back of the group. With 850m to go, Nick Willis (NZL) appeared to make contact with Jake Robertson (NZL) in the middle of the lead pack of 8 athletes as they moved to pass a lapped runner. This splintered the lead group with gaps appearing behind the first 5. The 3 Kenyans with Zane Robertson (NZL) and Muhammad Ahmed (CAN) being able to gain valuable meters at this point. A small acceleration by Keoch (KEN) with 600m to go pulled the lead 5 further away and in the next 200m, up to the bell, the 3 medallists split away from the chasers, Ndiku on the inside, Keoch on his shoulder and Robertson 1 metre back. The penultimate lap was 60.35. With 300m to go, the pace being maintained, Ndiku and Keoch gained 2 metres and then with 230 metres to go Ndiku accelerated significantly

to stretch away for a convincing win. His final 200m took around 26.2. Andy Vernon showed the mental and physical strength to sustain his final km and passed Tom Farrell in the finishing straight, both athletes being rewarded with good times, Vernon his 2nd fastest ever and Farrell his 3rd fastest for 6th and 7th positions respectively.

Men 3000 steeplechase

Team England's James Wilkinson placed 5th in 8:24.98s with Luke Gunn in 7th in 8:45.99, with both men trailing Kenyan winner Jonathan Ndiku (8:10.44s). Scotland's Stephen Lisgo was one placed in arrears of Gunn but clocked 9:05.13.

The race

Jairus Birech (KEN) took out the first kilometre with Jonathan Ndiku (KEN) in 2:37.2 to gap the field with Ezekeil

Kemboi (KEN), Matt Hughes (CAN) and James Wilkinson 20 m back. The gap was opened in the first lap and a half. Birech and Ndiku were thorough 621 m in 1:34.1 to Wilkinson's 1:39.8 and Luke Gunn's 1:41.6. The pace dropped by 1414 m, which let London Olympic Champion Kemboi back in, only to drop back on lap six. Ndiku got the better of 2014 World Lead Birech with a 61.3 final lap for a Games and Scottish All-Comers Record of 8:10.44 (his PB is 8:07.75). Wilkinson and Gunn ran even paced through to 1811 m in 4:59 and 5:04 respectively. Thereafter Wilkinson hung on to chase in Hughes with a 1:07.8 final 395 m to clock 8:24.98 in 5th, backing up his recent PB with his 2nd quickest performance. Gunn faded in the final km with a 1:15.4 final 395 m to clock 8:45.99 in 7th.

NORTH EAST COACH OF THE YEAR RICK BETTS REPORTS ON THIS BRITISH MIDDLE DISTANCE PERFORMANCES AT THIS YEARS EUROPEAN CHAMPIONSHIPS.

At this year's European Championships in Zurich a few of the Team GB athletes could have been excused for feeling a bit jaded following their exploits and the Commonwealth Games less than two weeks before. For many this was simply not the case, indeed only three of the athletes in Zurich did not compete for England or Scotland in the Commonwealths.

There were many reasons to be optimistic for the future with encouraging performances from the youngsters in the team with the average age of the athletes from 800-5000m being only 25 years and 2 months. Areas for concern remain in the steeplechase events with only 1 male athlete chosen and no females having the qualifying time.

Women 800m

All three athletes made it comfortably through the first round heats with Alison Leonard (2:01.47) and Lynsey Sharp (2:01.55) winning their respective heats and Jessica Judd finishing third in her heat (2:02.30). The semi-finals saw mixed fortunes for the trio. Sharp (2:01.32) and Judd (2:01.53) ran well to finish in first and third places in semi-final 2 to qualify for the final. Unfortunately it was the end of this particular line for Leonard as she failed to finish in the first semi after getting baulked at 500m and dropping out of the race at 600m.

Following a day's rest the athletes lined up for the final with both British girls having realistic medal opportunities. With defending

champion Sharp in a positive mood to retain her title, she set off from lane 6 quickly followed by Judd with the athletes leading through 200 metres. Going through 400 metres in a fast 58.2 seconds only Arzamosova of Belarus was able to go with her. The leading two piled on the pressure opening a big lead on the chasing pack which included a fading Judd. Coming into the home straight Sharp tried to hold off the fast finishing Arzamosova but was passed in the final 50 metres and could not respond. Her brave front running rewarded Sharp with the silver medal and a personal best of 1:58.80. Judd finished in seventh place.

Women 1500m

A slow first round heat cost Laura Muir a place in the 1500m final finishing in sixth place in the first heat (4:14.69s), Muir was always at the mercy of the second heat and failed to progress on this occasion. The second first round heat was a much different and more positive affair for Team GB. Laura Weightman (4:10.55s) and Hannah England (4:10.73s) finished in fourth and fifth respectively to qualify for Fridays Final.

With World Champion Abeba Aregawi (Sweden) and European Cross Country Champion and world no1 Sifan Hassan (Holland) in the race it was always going to be a difficult task for the British girls to break into the medals.

Weightman and England set about their task competently with Laura in seventh

place after 300m running sensibly on the outside and Hannah two places back in ninth on the kerb. Going through 400m in 65.95s the two Russian athletes led the field, with Hassan bringing up the rear. An even slower lap of 69 seconds ensued prompting Whiteman to go to the front at 800 metres closely followed by Aregawi.

With one lap to go Hassan went from last to first in the space of 80 metres down the home straight to take the bell in 3:03s. That injection of pace from the Dutch athlete meant the third lap had been covered in 62 seconds. Aregawi took the lead at 300m with Hassan in second and Muir running strongly in third and England in sixth. Not being able to respond to the big two Laura concentrated her efforts on maintain her position and clinging onto a well-deserved bronze medal in a time of 4:06.32s. England finished in sixth position (4:07.80s).

Women 5000m

It was a case of the generation game for the two British girls in this event. The newly crowned European 10,000 metre champion Jo Pavey (40) and two time European Cross Country champion Emelia Gorecka (20), being our representatives. Again it was Sweden and the Netherlands who were firm favourites for this title. Although Pavey was again hoping to upset the odds, as she had done earlier in the week over 10,000m.

Holland were represented again by 1500 metres champion Hassan and Swedish hopes were placed on former Eritrean Meraf Bahta. The first two kilometres were covered in a pedestrian 6:26s with Pavey

Lynsey Sharp
and Jess Judd



and Gorecka prominent in the closely bunched pack. Jo took the lead at the 3k point taking the field through the third kilometre with 3:06.

With 500m to go Bahta held the lead with Hassan looking the most likely threat and Pavey in fifth place but looking as though the exertions of winning the 10,000 metres were catching up with her. Reaching the bell in 14.29 Bahta looked in control with the leading pack of 5 including Pavey in close order and Gorecka back in 10th.

With 200 to go a burst of speed from 1500m champion Hassan left Pavey trailing in her wake and moved the Dutch athlete up to second with 150m left. Despite a valiant effort from Hassan in the home straight Bahta held on to take Gold with bronze going to Kuijken of Holland. Jo Pavey finished her hugely successful summer with seventh position and Emelia Gorecka will have learnt a lot from this occasion in 9th.

Men 800m

The 800 metres was once again a case of what might have been with the event not really having moved on since Andrew Osagie's fine run in London 2012. The team were once again represented by Michael Rimmer and Osagie who were the only athletes who had ran the qualifying time for Zurich.

Osagie was the first of the duo in action in heat 2 slotting into second place after the first 200 metres things looked to be going well for the Harlow man. Going through the bell in second place in 53.07 Andrew went to the front at 600 metres, but had no response when first Mark English of Ireland went past him, followed quickly by the rest of the field finishing in the supine position on the track in fifth place in 1:48.31.

Rimmer, whose back problems did not help his cause, despite a valiant effort also finished outside qualifying in fifth place in heat 4 in 1:48.51s. Hopefully an injury free winter will see both Michael Rimmer and Andrew Osagie back to top form with some of the younger brigade challenging them domestically.

Men 1500m

The men's 1500m showed that the youth of British Athletics can flourish on the big stage with the average age of our two contenders only 22. Unfortunately Jake Wightman had to withdraw prior to the championships commencing with a hamstring injury.

That left Charlie Grice and Chris O'Hare to fly the flag. Charlie went in heat 1 and ran a very controlled race finishing second in 3:39.24s to qualify for the final. Chris went in heat 2 and made no mistake with his qualification winning the race in 3:39.41s which was the fastest qualifying time of the first round.

In the final Chris and Charlie pitted against the enigmatic and unpredictable Frenchman Mahiedine Mekhiss-Benabbad and reigning champion Henrik Ingerbrigtsen of Norway. Following a slow start that saw the field go through 800m



Brilliant bronze. Chris O'Hare

in 2:10.12 seconds with Charlie and Chris nicely placed in fifth and sixth places. It was at 900 metres that the race started to unravel for some. The occupational hazard that is bumping and pushing occurred with Ireland's O'Leonard being the main casualty. Both Brits were thankfully unscathed and probably to his surprise Charlie found himself at the front with just 500m to go.

At the bell Benabbad stormed to the front and the resultant chaos left another three athletes including Charlie Grice spread-eagled on the track. By 1300m Benabbad opened up a 15m gap which he was not to relinquish. A great finish by Chris saw him take a richly-deserved bronze medal in 3:46.18s.

Men 5000m

The men's 5000m saw high hopes of multiple medals for Team GB with 10,000m Champion Mo Farah, 10,000m silver medallist Andy Vernon and Commonwealth Games 7th placer Tom Farrell in the team. Following one of the most pedestrian starts I have witnessed to a championship 10,000m the 3000m point was reached with all the field still in contact in 8 minutes 52 seconds. The field seemingly mesmerised by Farah allowed Mo and Andy to go to the front of the pack and dictate the pace, with Farrell in sixth. The 1 mile to go marker was reached in exactly 10 minutes. With 600 to go Ibrahimov of Azerbaijan surged to the front with a determined Mo holding him to the bell and Vernon close behind in third, a penultimate lap of 58 seconds having the desired effect of splitting the field. Ibrahimov and Mo were locked into a close race until the final 150m when Mo pulled away to secure victory with a final lap of 52.23s being the difference between the two men Mo's time of 14:05.82s being his slowest 5000m race in a major championships since his European u23 silver medal in 2005. Andy finished strongly to secure his second medal of the championships taking the bronze in 14:09.48s.

Tom Farrell found the going tough over the latter part of the race finishing in 12th place overall in a time of 14:15.93s.

Men Steeplechase

James Wilkinson was the only man to achieve the qualifying time of 8 minutes 30 in the steeplechase. Following his excellent 5th place at Hampden Park the Leeds man struggled to make an impact in Zurich less than two weeks later finishing seventh in his heat in 8 minutes 39 seconds.

PART FIVE: COACH EDUCATION

Every year, in memory of our late founder Frank Horwill, who passed on in 2012, the club awards a scholarship for coach education research. Since 2008, an annual research grant of up

to £2,000 has been in place for individuals who believe they have the capacity to further high performance middle distance running through their research.

2014 BMC HORWILL SCHOLARSHIP AWARD WINNER, ANDY SHAW, SPOKE TO BMC SECRETARY DAVID READER ABOUT HIS AWARD AND HOW HE PLANS TO USE IT.

For a physiologist, there is no greater ambition than that of working with exceptionally talented individuals to maximise their physical potential. For the past three years I have been fortunate to work with many talented endurance runners, and have had the pleasure to watch them develop and grow within the British Athletics system. As an exercise physiologist with the English Institute of Sport, I am always striving to find innovative ways to help coaches and athletes achieve excellence. From international level runners to recreational joggers, the aim is the same; to elicit the greatest adaptation within the time frame and training methods available to maximise an athlete's race day performance.

There are many variables that can dictate race pace in distance running, however, from a physiologists perspective there are three key factors; an athlete's maximal oxygen uptake (VO_{2max}), their ability to utilise a high proportion of this VO_{2max} at race pace, and their running economy. These factors underpin performance in all distances running events from 800 m to ultra-marathons, and therefore optimising these factors is a target for all distance runners.

Although training methods to enhance an athlete's VO_{2max} and the utilisation of their VO_{2max} are well established and practiced in the field, methods to improve an individual's economy are limited. Through the Horwill scholarship, the British Milers Club will be supporting a collaborative project I am conducting on behalf of the English Institute of Sport and Loughborough University with an aim to identify a novel, yet accessible method to enhance running economy in talented distance runners.

Running economy relates to how effectively an athlete can translate their energy turnover within the body into running speed. Athletes who are able to run at a given pace with a lower energy 'cost' have a superior running economy. Based on knowledge and observations from support staff and coaches in the high performance system, the current project is exploring the use of structured and highly individualised treadmill sessions as a means to enhance an athlete's economy. These structured treadmill sessions will be on the flat, or on a downhill gradient, which is designed to tease out whether running at a quicker speed for the same level of energy turnover (as experienced downhill) will influence

running economy in a unique way. Over an 8 week period, athletes can include these bespoke training sessions into their existing training programmes. This readily accessible method of training could be used by coaches and athletes at various stages of the season, providing a potential edge over competitors and leading to substantial performance gains. I am pleased to present this opportunity to BMC members, and the programme will be running through the winter into the New Year. During the programme athletes will be provided with physiological support and will be invited to use the facilities at the high performance laboratories of the English Institute of Sport. To take advantage of this unique opportunity or simply just to learn more, please do not hesitate to email me (andrew.shaw@eis2win.co.uk).



Andy Shaw of the English Institute of Sport

So having explored the work of this year's scholarship winner, we move on to take a closer look at some conferences which you will find of value. You may recall that in last April's edition we looked at the input of Dr Melitta McNarry of Swansea University who presented at the conference on the subject of aerobic fitness in children and adolescents. In addition we explored the learning from an interview between British Athletics Endurance lead Martin Rush with Jake Wightman and his coach and father Geoff Wightman. We take a look at the other findings presented at this conference.

NATIONAL COACH MENTOR FOR ENDURANCE, JENNY HARRIS, REPORTS FROM THE ENGLAND ATHLETICS YOUTH ENDURANCE CONFERENCE.

The theme of the conference moved on to what might impair a young athlete's development and delegates heard an excellent presentation from **Dr. Jessica Leitch** from Run 3D based at the Bosworth Clinic on 'The Biomechanics of Running Related Injuries'. She spoke about:

- The mechanisms of musculoskeletal injury
- The biomechanics for running
- Gait patterns associated with running

related injuries

- Gait retraining
- Foot-strike strategy

Dr. Leitch listed the most common injuries in endurance runners and discussed the extrinsic factors involved – training volume/training intensity/running terrain/footwear and the intrinsic risk factors – joint movement patterns/kinetics (loading patterns)/muscular strength/flexibility/anatomical alignments (Q-angle, foot posture) and the importance

of the coach working with the athlete and clinician to establish cause, problem identification and treatment.

Dr. Leitch then went on to give a detailed description of human movement including pronation and supination, tibial rotation and mid foot mechanics. She described the running gait cycle in detail and then showed a video of the running gait analysis methodology.

Dr. Leitch focused on three particular injuries common in young athletes – Patellofemoral pain syndrome, Iliotibial band syndrome and stress fractures explaining the multifactorial reasons behind why these injuries could occur before discussing the gait retraining process that could be used to improve gait by for example learning how to reduce load while running, or retraining by following a graph to improve hip mechanics.

In the final part of her talk Dr. Leitch looked at the debate into foot strike and in

particular whether rear or fore foot strikers were more at risk of injury and she shared the interesting findings from Daoud et al (2012) Foot Strike and Injury Rates in Endurance Runners (aged 17.75 -22.5 years averaging 42 miles/week) whereby the conclusion was that moderate to severe injuries were 1.7 times greater in rear foot strikers (8.66 injuries/10000miles) compared to Forefoot runners (5 injuries/10000miles). There were still many other factors and unanswered questions to consider though such as the anatomical alignment of the athletes; their strength and flexibility; would rear foot strike runners who switch to fore foot have lower injury rates – transition would need to be gradual; forefoot running would require stronger calf and foot muscles and what could possibly make forefoot running more favourable.

The theme moved finally to the need to ensure that young athletes were robust enough to take on progressive workloads. The final speaker **Dr. Rhodri Lloyd**, senior lecturer at Cardiff Metropolitan University, certainly delivered the importance of this message in his presentation '**How Young is Too Young to Start Training**'. Dr. Lloyd, a member of the Executive Council for the National Strength and Conditioning Association (NSCA) Youth Training Special Interest Group, was recently the lead author for the 2014 International Consensus

Statement for Youth Resistance Training which highlights the dangers during musculoskeletal growth of not ensuring sufficient corresponding neuromuscular adaptation during maturation. This can influence the development of abnormal movement mechanics during certain activities, which if not addressed early can lead to injury risk factors continuing through adolescence and into young adulthood.

He began by giving the recommendation that a child could engage in any form of resistance training (excepting maximal lifts!) if they were "emotionally mature enough to accept and follow directions, and possess competent levels of balance and postural control".

He also posed the question "Early sport specialisation – does it lead to long term problems?" leading him to discuss overuse injuries such as Osgood-Schlatter and Patellofemoral Pain; Sever's Disease and overuse avulsion fracture of ligaments.

His view was that all young athletes should develop their motor skill competencies from an early age. Time devoted to each component of training would change with an increased training age. He advocated children learning large muscle group exercises such as full squat and lunge patterns and ended with some training plans – Example of a Whole-Body Session for an Adolescent with a Training



Jenny Harris and Andi Drake with Jo Pavey in Glasgow

Age of 0 Years; Example of a Lower Body Session for an Adolescent with a Training Age of 8+ Years and an Example of an Upper Body Session for an Adolescent with a Training Age of 8+ Years.

Note: Please be advised that the full conference presentations appear on the uCoach section of the British Athletics website.

The BMC prides itself on diversity and one key area of diversity in our sport is that of gender. Here we take a look at the important issue of females in coaching.

FORMER ENGLAND ATHLETICS COACH DEVELOPMENT MANAGER, LEONIE LIGHFOOT, REPORTS FROM THE RECENT WOMEN IN COACHING CONFERENCE.

The sixth annual British Athletics Women in Coaching Conference took place on Saturday August 23rd and was attended by some seventy delegates including the British Athletics Women in Coaching Advisory Group, representatives from Sports Coach UK and Project 500.

The conference was an initiative of the British Athletics Women in Coaching Advisory Group who seek to inspire all female coaches to be the best they can be; influence key stakeholders in decision making to create more opportunities for female coaches, and finally to inform female coaches, coach development and coach education at all levels. As the England Representative on this group I was well aware of the lack of female coaches operating in the high performance environment and was delighted that the

day gave attendees a real opportunity to learn from women who have excelled in this field. Some real learning took place in terms of the sharing and building of some support networks with female coaches who were facing similar coaching challenges on a weekly basis in their club environment.

The conference was supported by a range of prominent speakers including Head Coach for British Gymnastics Amanda Reddin, who coached Olympic bronze medalist Beth Tweddle. Here we focus on the input of Australia's assistant team manager for the recent Glasgow Commonwealth Games, Sharon Hannan, who addressed a packed audience at Conference Aston.

The woman who coached Sally Pearson to a Commonwealth spring hurdles gold in Delhi (2010), a world title in Daegu one



Leonie Lightfoot

year later and of course an Olympic title in London 2012, had plenty to say about the foundations for high performance coaching success. What Hannan had to say was not specific to hurdles or sprints coaches but rather had a relevance for all coaches including those in the BMC.

"I was never an athlete" said the Gold Coast Athletics Coach. "I was an orphan at the age of 11 who was raised by my grandmother. I was pregnant aged 17, married at 18 and separated just over a year later", she said with painful honesty.

Sharon then shared her coaching journey with Olympic Champion Sally Pearson who she began to coach aged from the age of 12. "As a coach you have to prepare for questions, set boundaries and rules, be knowledge hungry and have a mentor who will let you grow", she enthused. "You need to embrace intuition and think outside the square" she added before highlighting the

importance she places on undertraining and late specialisation with young athletes. To the delight of an enthralled audience, Sharon then shared footage of an innovative pool session which she regularly employed with her athletes. With specific regard to the kind of high performance environment which some of you BMC News readers who coach will be operating in,

she implored coaches to always "drive the bus" with respect to other support staff and to learn how to be "competition tough" as a coach to remain calm and consistent throughout the rounds. She signed off by imploring us all to, "be flexible and creative and above all be yourself and trust your instincts." These are lessons which can benefit all of you coaches out there!

After exploring the above conference, we now turn to consider the insight offered by a well respected endurance coach from Birmingham University AC, who shares her views of a British Athletics programme which she has benefitted from before she went to Glasgow as part of the Commonwealth Games Coaching Group.

SALLY STRAW SHARES HER EXPERIENCE OF THE BRITISH ATHLETICS FEMALE COACH LEGACY PROGRAMME.

In November of 2013, I was accepted on British Athletics Female Coach Legacy Programme (FCLP). The programme, now in its 3rd year, is designed to promote, enable, and encourage Female Coaches towards working with elite level performers.

In July 2014, as part of my own development within the programme, I chose to visit the British Athletics Altitude Training Camp in Font-Romeu (French Pyrenees). The camp was timed to allow the athletes to prepare for both the Commonwealth Games, and the European Championships. I was able to observe and work with the athletes, sports scientist/ physiologist and the coaches, during acclimatisation period and also the more intense period of training both on the track and tempo runs.

One trip to an altitude training camp, does not by any stretch, make me an expert on altitude training.... but for what it's worth, these are some of the things I was reminded of:

As training at altitude places additional stresses and strains on the body's systems, its vital that athletes are in 'good condition' before they go to altitude. Most will have

undergone baseline blood tests (ferritin, vitamin D, HB and Hct) to ensure any existing deficiencies can be rectified prior to arrival at camp. In addition, physiological testing will have been done, (VO2Max, lactate threshold and turning point) to ensure correct training zones and paces are known in order to optimise training intensities.

During training at the camp the role of the Sports Scientist/Physiologist is vital. Blood lactate levels are taken during sessions and tempo runs, constantly monitoring the athlete's reaction to the 'rare air' environment. In practical terms, I was also reminded that whilst living 'high' it's important to maintain the body's fluid and fuel balance. Training and living at altitude may increase energy output/expenditure, so an adjustment to one's normal routine will have to be made to avoid dehydration and weight loss.

I found in addition that training at altitude means that more rest is required between, and after, training sessions due to the additional stress placed upon the body. It's also interesting that many report

experiencing 'weird' dreams whilst at altitude.... a fact I can personally confirm! Life at Camp was very relaxed, with people easily falling into a daily routine. It was clearly important to maintain people's normal life patterns, with plenty of time for rest and relaxation.

Most athletes remain at camp for at least three weeks, with each individual timing their return to 'competition' altitude to suit their own tried and tested personal profile. As everyone reacts differently to altitude training, it's recommended that an athlete attending camp for the first time should do so during training phase, as opposed to competition phase. All athletes will also undergo the same baseline tests on a return to sea level, to measure any effects that may have occurred.



Sally Straw, Paula Radcliffe and Bud Baldaro in Font Romeu

So having looked at an important area of diversity in our sport, we now turn our attention to a message delivered by our very own British Athletics Performance Director. Neil Black wishes to tell you that, "The BMC plays a hugely important role in the development of endurance runners in the UK through the use of a proven formula that athletes and coaches use to great success". Below is his take on the message he delivered at the recent England Athletics Coaching Conference.

BRITISH ATHLETICS PERFORMANCE DIRECTOR, NEIL BLACK, ADDRESSED COACHES AT THE RECENT ENGLAND ATHLETICS COACHING CONFERENCE.

Dr. Anders Ericsson confirms via research that the facts tell us as far as genetics are concerned "the only thing that probably

cannot be influenced is your height". Further research indicates that even this may be influenced to a degree by diet/nutrition and

everything else can be worked on.

In terms of developing a coaching philosophy it's clear that if an athlete specialises too early it may be inhibitory in developmental terms. Evidence suggests that at the earlier stages of long term athlete development, it's better to do lots of varied things. We also know that in developmental terms, things tend to happen in 'chunks' such as developments in movement patterns.

As a coach if you have an inner voice you need to listen to it. I have one and it teaches me about high personal standards,

learning to be internally motivated and self-respect. In terms of my own journey I've learnt how important the notion of 'the team' actually is. You have to learn it's not about you. Jim Alder converted me from being a rugby player into an athlete and in terms of my career as a physiotherapist, I was hugely influenced by Norman Anderson who was the physio for Olympic champion and world record holding triple jumper Jonathan Edwards.

I worked for the English Institute of Sport in the early 2000s where we were trying to get diverse professions to work together as teams. Looking back in some respects we imposed ourselves on coaches. I worked alongside Dave Collins between 2004 and 2008 and of course more recently Charles van Commenee and Paralympic head coach Peter Ericsson between 2008 and 2012 and basically I was learning like crazy all of

the time.

My philosophy is firstly to be as good as I can be, secondly I always respect the knowledge of others, thirdly to acknowledge I'm part of a team with coaches leading and fourthly, if I say I'm going to do something – I do it.

Most people in life are inhibited and frightened to proverbially 'go big'. You have to remember that if you think small you will get a small outcome.

My advice is that some of you will be good at multi-tasking and balancing different demands in your life – that's fine but don't overdo it. You need to set out your tasks like a stack of dominoes and make sure each domino is well placed each and every day. The law of geometric progression states that smaller dominoes when placed to much larger ones can knock those much larger ones over. You need to learn to



Neil Black

develop powerful habits and to remember to build one habit at a time. In addition, give each habit enough time to develop.

So don't let your mistakes inhibit you. Know your own internal drivers. Line your dominoes up and think big. Focus on one thing and retain the willpower to develop those good habits. That is the essence of progressing from good to being great".

So having heard from a world class performance director, we now hear from the man who Mo Farah was keen to credit for his development after his phenomenal success at London 2012.

UKA HEAD OF ENDURANCE, DR BARRY FUDGE AND BRITISH ATHLETICS ENDURANCE EVENT LEAD, MARTIN RUSH, GIVE SOME KEY MESSAGES ON THE MANAGEMENT OF ELITE BRITISH ENDURANCE.

The vision of the endurance program is that our best athletes stand on the start line at major championships and are the best prepared runners in the world on that particular day. In my conversations with athletes and coaches around the country I am calling this strategy - 'own the start line'. It may seem a bit cheesy but it not only encapsulates the idea of athletes being as well prepared as possible on race day but also that there is a key element running through the strategy that is that athletes and coaches have ownership in what they do.

The trickledown effect of our best distance runners being successful on the global and European stage is that it will inspire and motivate runners of abilities. Equally runners at all levels of the pathway have a role to play in our ability as a sport to produce medallists and role models for future generations. Recent analysis on each level of the endurance pathway (from recreational joggers to those looking to make national teams) shows that by having more people at each level right the way down the pathway is extremely important for the numbers and quality of athletes at the top end of the sport. This means everyone involved in running, whether it be coaching at your local club, volunteering to hand out drinks at a local race or coaching athletes to national teams, they are fundamentally important to the

success of the sport as a whole.

We can't do this alone and we are pleased our endurance initiative involves British Athletics working in partnership with the Virgin London marathon, whose funding will continue for the next 3 years.

No matter what part of the pathway people are operating at we can all own the start line.

Performance

We are identifying athletes capable of medals, finals and representing GB at the global and European level, from junior to senior. At the heart of our endurance initiative between 2014-17, will be coach support and education, medical and scientific support plus altitude exposure. By being supported by leading experts we will be making a long term investment in athletes. Delivery may be bespoke, flexible and aligned to objective targets which make us accountable.

Based on calculations of what it will take to win medals in endurance events across various objective indicators of the pathway and how specific event groups are performing now, the overarching targets are to identify and support 4 of the top 8 athletes in each event, based on selection criteria, and with 75% of identified athletes progressing year on year towards an



Dr Barry Fudge

identified performance goal, which will have been agreed in advance. Identified athlete and coaching pairs will undergo a review and planning process and be supported appropriately in terms of science, medicine, coach education and training camps, based on their current level and potential future running ability. Our attainment of global medals will be the result of both the density of the pathway and the effectiveness of the world class performance programme.

World Class Performance Programme

In terms of the 2014-15 Olympic World Class Performance Programme, it's worth contextualising the fact that since 2013, UK Sport have changed the way they fund individual sports. Each sport has a maximum number of funded places and

this number is based on the numbers of athletes that UK Sport think we need to meet our target of 8-10 medals at the 2016 Rio Olympics. Currently we have 40 podium athlete places available and 46 podium potential places available. UK Sport has now made it clear that the World Class Performance Programme for all sports is about medals only. So in effect, the top 8 is no longer the main consideration. Athletes on Podium funding should have realistic potential to win a medal within this cycle, whereas athletes on Podium Potential should have a realistic potential to win a medal within 2 cycles. The new requirement is that this must now be demonstrated to UK Sport as part of an annual review process.

2015 IAAF World Championships in Beijing

In terms of the 2015 IAAF World Championships, we have a sea-level holding camp secured in Fukuoka, Japan. This is the same city which hosted 2006 IAAF World cross country championships and we have access to a park where this was hosted if athletes want to use it. The climate will be very hot and humid as it was in the 2008 Olympics. There will be a warm up track and gym solely for the Great Britain team. A 2k synthetic lake loop and trails are just a short distance from the team hotel. For altitude we are still exploring a number of options in the far east and will update those that is relevant

to shortly. It is around a 3 hour transfer time to China.

Altitude camps

We have two key camps in the near future. Both are in Kenya. The first of which is in November and the second spans January and February 2015. The early focus of the 2015 camps will be those preparing for track events and February has more of a marathon focus. Both camps are for both development and World Class Performance Programme athletes.

Research which will inform high performance

We are delighted to announce that we have an innovative research partnership between the English Institute of Sport and British Athletics. We are supporting 3 performance focused research projects which should provide immediate, meaningful data and support evidence based decision making. They will optimise preparations for Rio 2016 and beyond.

The first study on Running Economy is about optimising training strategies and is supported by the Frank Horwill scholarship which you will probably just have read about earlier in this section of the magazine. The research will help to identify the extent to which both tempo running on flat and downhill can enhance running economy in well trained distance runners. The results will inform the structure of training programmes and help us to optimise training in order to

maximise competitive performance.

Secondly, we are researching how to optimise altitude and hypoxic training and to identify if there is an optimal time to compete after altitude exposure. We aim to validate a pre-screening tool to be able to predict athlete response to altitude the results of this study will provide objective data to coaches to use when deciding on intensity of training undertaken by athletes at the start of a camp.

Thirdly, research into tapering is about maximising race day performance. It will enable us to identify if training intensity in the final days of taper, after large volume reduction, has a 'priming' effect on performance. This research is particularly geared to the 1500m at present in terms of varying the volumes and intensities of the taper. This research provides a low-risk environment to taper and identify optimal individual strategies for our athletes.

The above research is key to improving elite middle distance and endurance athletics in Britain and it's important for us to acknowledge that getting the World Class Performance Pathway right is dependent on all the other diverse pathways in the sport operating correctly. The BMC is an invaluable pathway for those athletes looking to achieving world class performance. The BMC is key in the development of the sport and in helping our top runners gain the racing opportunities that they require to propel them on to the global and European stage.

Having heard from a world class physiologist, we now move on to hear from a world class coach who recently offered his thoughts on matters of relevance to middle distance running during a recent trip to watch his athlete, Mo Farah, break Steve Ovett's British record for the 2 miles at the Birmingham Diamond league.

ALBERTO SALAZAR, COACH TO MO FARAH AND OTHERS, WAS AT A RECENT WORKSHOP IN BIRMINGHAM. DAVID LOWES AND MATT LONG REPORT.

At the pop up workshop event organised by Andy Paul (APsc) and Steve Hollingworth of Birmingham City Council, the three-time New York marathon winner (1980-82) and former world marathon record holder (2hr 08min 13sec) had a number of pertinent lessons for both developing and established BMC athletes.

Importance of role models and coaches

Salazar begins by acknowledging the importance of role models. He says, "I had an older brother called Rick. He was four years older than me. I looked up to him. He was a 4min 07sec miler at high

school and college." He then moves on to talk about another 'significant other', namely the coach. "I had a good high school coach and a good club coach and was influenced by Bill Rogers around the age of 16. I made the US junior team. At Oregon I was coached by Bill Dellinger, who of course was coached by the legendary coach Bill Bowerman."

The transition from junior to senior

The role of the aforementioned coach for Salazar is to assist in long-term athlete development. "The key in athletics is to make the successful transition from



Salazar
the coach

junior to senior," he tells former British international marathon man and famed event commentator Geoff Wightman, who is firing him the questions. He continues, "Whether you are 13 or 14 or 27 years old, it's the same principles. Running is basically running. The volume and intensity of work undertaken as a junior is different." In talking specifically about the development of Olympic 10,000m silver medallist Galen Rupp, he stresses that, "Galen is basically doing the same type of training that he was

when he was 14 years old. Whereas he used to run say 6x1 mile in 4min 40sec, he now runs 6x1 mile in 4min 08-10sec.”. He uses a cookery analogy to convey that, “The ingredients of the cake have been the same year after year. Some years the cake has been too sweet and other years not so,” before re-asserting the basic premise that, “You need to take a long-term approach with your athlete.”

Progressive competition

Competition must be progressive for the founder of the Oregon Project. He notes that, “When you move up a level of competition you have to start off at the bottom again, so to speak.” On reflecting back once more on the experience of Rupp, he adds, “I never tried to get Galen to try and beat Kenenisa Bekele when the Ethiopian was running 26min 20sec and Galen was running around 27min 30sec. You have to be rational and conservative in your approach.” He feels the most common mistake is that, “People tend to overstep and want a huge improvement. Especially with junior athletes you have to teach them patience.”

Indoor running

In talking about the virtues of both single and double peak periodization he offers the opinion that, “An indoor and outdoor circuit gives an athlete two peaks. If I work with an athlete over an average of say seven years, I basically get 14 chances to get it right with him or her rather than just 7”, before adding with a good measure of humour, “I can screw up in the winter!”

Muscle fibres

In turning his attention to matters relating to physiology, the American who finished runner-up at the 1982 world cross country championships in Rome, explains, “The training we do is impacted upon by our muscle fibres. The way I had it explained to me was we basically have three types of muscle fibres, namely ‘fast twitch’, ‘slow twitch’ and what we could call ‘intermediate’ fibres”. He continues, “These ‘intermediate’ fibres can go either way depending on the training which you do.” With reference to double Olympic 10,000m champion Haile Gebrselassie and former world marathon record holder Paul Tergat, he articulates the view, “They both worked on their intermediate fibres in moving up from 5k and 10k up to the marathon. But it doesn’t happen overnight and can’t be changed in a few weeks.”

Case study: Fernando Mamede

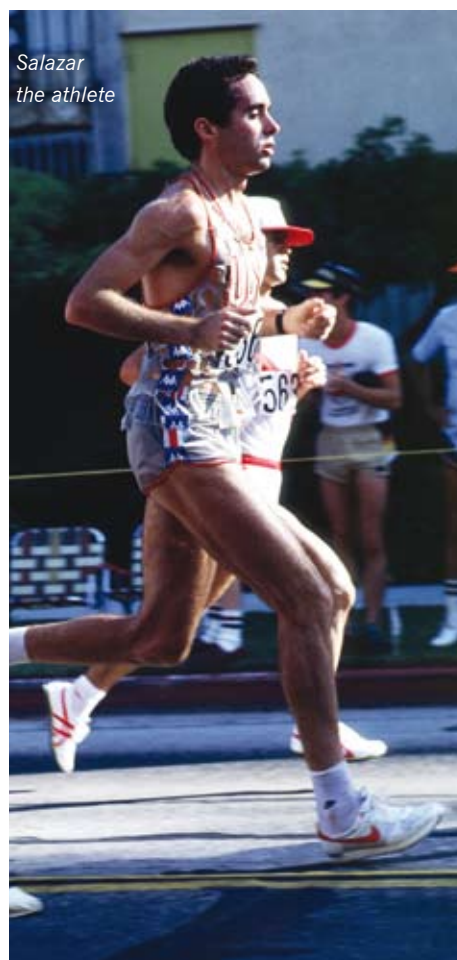
Salazar elaborates that the Portuguese athlete, “started off as a 400m relay runner at the 1972 Munich Olympics. By the Montreal Olympics in 1976 he was running 1500m. Four years later in Moscow at the 1980 Games he was operating over 5000m. He was able to do this because he had lots of intermediate fibres.”

Strength and conditioning training

While crediting the work of both Barry Fudge in terms of training input and Neil Black in terms of dealing with the injuries incurred by our double Olympic champion Mo Farah, Salazar is keen to emphasise the importance of strength and conditioning training. In particular he expands on the work of David McHenry, who has been working as a Physical Therapist for the Oregon Project since 2005. As the Lead Physical Therapist and Head Strength and Conditioning Coach for the team since 2011 his remit ranges from injury prevention to strength development. His role aims to develop strength, power, plyometric capacity and the maximization of running efficiency through the optimisation of biomechanics. Salazar conveys, “Mo and Galen always do S&C work twice a week after they have done a running based workout. It’s normally Tuesdays and Fridays when we have our hard workouts. They may have a protein bar and then go to the gym and lift weights together.” He is unequivocal when assessing the value of S&C work in the success of our reigning double world and European champion, adding, “I would say Mo’s strength and conditioning work has been the key to what he has achieved. When he came to me he was so weak. Galen Rupp was way ahead of him at one stage. Now he can lift almost double his own bodyweight.”

Championship style racing

Salazar, who is flanked by former world cross country champion and Olympic bronze medallist Ian Stewart, tells of the advice which he gives to Farah in championships like the Olympics, worlds and Europeans. “In the championships I tell Mo to sit back and stay on the inside lane if he can, so he is effectively doing as little work as possible,” he explains before continuing, “I couldn’t care less what time he runs in those championship races. Mo himself doesn’t care if he wins a 5000m title in 14min 05sec or 13min 05sec – it really doesn’t matter.”



Salazar
the athlete

‘Golden rules’ for developing athletes

He leaves the workshop audience with five key golden rules which can effectively serve as guiding principles for BMC athletes.

Rule 1. Biomechanics

“Attention to running biomechanics is fundamental. It’s a ceiling you can’t get past”, he asserts.

Rule 2. Speed

“Always work on your speed”, he demands.

Rule 3. Long-term athlete development

“Be patient and be prepared to take a long-term approach”, he advises.

Rule 4. Strength and conditioning

“Pay attention to your strength and conditioning work and all-round athleticism more generally. Mo and Galen often head a football to each other and I think their record is something like 42,” he laughs.

Rule 5. Process not outcome

Salazar signs off by encouraging us all to remember, “As a younger and developing athlete, remember it’s more about process and less about outcome, Keep in mind that the less you focus on outcome, the more you will achieve it.”

GEOFF JAMES, MATT LONG AND STEVE O'BRIEN BUILD ON THE WORK OF OUR LATE EDITOR, DAVE SUNDERLAND, IN EXPLORING HIS WORK ON SPEED ENDURANCE.

Geoff reflects: "It is my privilege to be asked to reflect on the coaching philosophy of David Sunderland, who I had known for over 40 years, from the early 1970s. He succeeded myself as Staff Coach for the Midlands (Endurance) in 1974. We had a friendly rivalry, from that time, when he was working with the Colebrook sisters, Jane and Tina, and myself, with Mary Stewart, culminating with that wonderful weekend at the European Indoor Championships, in San Sebastian in 1977, with Jane, Mary and Seb Coe winning gold plus it being a world record for Jane and a championship best for Mary in their respective events. David was a great coach but I have also felt, as have others, that he was an even greater communicator and motivator. His memory will live on, together with those inspirational thoughts and presentations which he gave to us, at the back of our minds.

His thinking on Speed Endurance work evolved over the years. He always maintained in recent times that his athletes were never far away from racing pace, at any time and preferred to reduce the recovery time as means of progression. He was always keen to identify the weaknesses in an athlete at an early stage. He would then work with them to progressively resolve the problems, so a more efficient and economic athlete developed over time. His main view was always to 'Make Haste Slowly'. Wise council indeed".

We now move on to explore speed endurance in more detail.

Defining Speed Endurance

In definitional terms speed endurance is your athletic ability to prolong the duration of near maximal speed maintenance. In *High Performance Middle Distance Running* (2005), Sunderland stressed that such work should take place over repetitions of between 100 metres-1,000 metres in length. For the man who was national coach for no less than 15 years, speed endurance is characterised by the following three 'golden rules':

1. A relatively low number of repetitions.
2. Long recoveries.
3. High intensity.

He stresses that, "The key to training the lactate system is to run a small number of repetitions at maximum speed, with a sufficiently long recovery to maintain quality".

Physiology

Sunderland (2005: 24) points out that the heart rate of the athlete during speed endurance repetition sessions is likely to exceed 140 beats per minute and in some cases may be in the region of 200 beats per minute for elite athletes. Put simply the sessions result in the athlete having the, "inability to take in the required amount of oxygen", leaving a deficiency of oxygen uptake often proverbially referred to as 'oxygen debt'.

The lactate system is predominating during speed endurance training with Dave pointing out that at rest lactate levels are approximately 1 millimole per litre of blood and can rise to in excess of 25 millimoles per litre during intense exercise. There is a point at which when intensity increases, there is a rapid increase in the level of lactate in the blood. Technically, reference is made to this as the Onset of Blood Lactate Accumulation (OBLA). Sunderland (2005: 55) continues that, "Blood lactate accumulation is the lactate that builds up in the blood, minus that which the athlete is able to remove from the blood". This is ordinarily referred to as 'lactate threshold'.

Training Effect

In terms of the training effect, Sunderland (2005: 24) states that, "These types of session are important to ensure that there is an efficient blood supply to the muscles and a high tolerance of both oxygen debt and waste products". Dave suggests that elite athletes may have a lactate threshold as high as 70-80% of their maximum $\dot{V}O_2$, with 800m runners performing at levels of 20+mmol/ltr of blood lactate and 1500m runners at 18 mmol/ ltr of blood lactate. So training can improve the efficiency of lactate removal and thus, "high performance middle distance runners need to consider training methods which will raise their lactate threshold to improve their performance, as well as training to raise their maximum $\dot{V}O_2$ " (Ibid: 55).

Periodisation

For Dave, speed endurance sessions should be predominantly located in the pre-competition and competition phases of the periodization cycle.

While Dave extolled the importance to periodise glycolytic work into the pre-competition and competition phases



Dave Sunderland with double Olympic 1500m champion Lord Coe

within his written work, it is of paramount importance not to ignore the needs of the endurance athlete throughout the entire training macro cycle. Both he and Lord Coe underlined this in Sunderland's interview of Coe at the 2011 European Endurance Conference by confirming that, 'You should never be too far away from the fast stuff'. The late great Arthur Lydiard also supported this very school of thought by integrating 60 metre fartlek sprints within the winter endurance phase; keeping the speed work very much Alactic thus avoiding any potentially detrimental build up of lactic.

Diversity of speed endurance sessions

At an England Athletics Workshop in early 2013 organised by the lead author in his role as Midlands Area Coach Mentor for Endurance, Dave stressed the necessity for coach and athlete to disaggregate the notion of 'speed endurance' in the following ways:

1. Quality repetitions.

Example: A 1500m runner performing 2x1000m with complete recovery.

2. Split intervals/ differentials.

Example: An 800m/ 1500m runner performing 4 x 400m in 55s. 1st 200m may be 29s and 2nd 200m may be 26s. 5-6 min recovery in between.

3. Pace injectors.

Example: 3x600m (1st 200m in 30s/2nd 200m in 28s/ 3rd 200m in 30sec)

4. Pace increases.

Example: 3 x 600m (1st 200m in 30 s/ 2nd 200m in 28s/ 3rd 200m in 26s.

5. Tired surges.

Example: 3x600m (1st 300m in 45sec/next 100m cruise/last 200m in 28sec)

6. High intensity repetitions.

Example: 2 x 3 x 200m at faster than race pace. 20 secs between reps and 8 mins between sets.

7. Event specific repetitions.

2 sets. Each set always adds up to race distance. 2nd set reps always shorter than 1st.

Example: 3m30s 1500m runner

1st set = 500m (70s); 1 min rec.;

700m (98s); 30 sec rec; 300m (42s)

15-20 min recovery.

2nd set = 5x300m (42s) 1 min rec between repetitions.

An evaluation of speed endurance sessions

Here we build on the work of Dave Sunderland by moving from description towards an evaluation of the different kinds of session articulated above.

Quality repetitions are good at simulating race pace specificity but their requirement for complete recovery in between repetitions means they do not simulate the kind of racing scenario. For as national coach mentor Bud Baldaro once rhetorically asked "When did you ever see an athlete stand still in the middle of a race?"

Split intervals are great at simulating slower championship races where the 2nd half of races are invariably quicker than the 1st half. The same can be said of pace increases which give the athlete the chance to operate at three rather than two differential paces. Slightly differently, pace injectors simulate the tactical battles characteristic of mid race surges. Tired

surges help the athlete cope with a fast and furious opening lap before the race settles in the mid stages. These sessions whilst invaluable in a championship racing context may not be best suited for engendering the kind of consistent pace often associated with the smashing of one's personal best or the setting of records. High intensity repetitions and event specific repetitions do engender consistency of fast pace but are correspondingly lacking in terms of being able to prepare the athlete for the rigours of tactical battles. By their nature high intensity repetitions and event specific repetitions tend to be effected in the competition phase of the periodization cycle only so they cannot be performed consistently over several months as the athlete will risk excessive fatigue, leading to subsequent loss of form and potential injury.

We feel that whilst much has been covered in terms of how and when to train glycolytically, what is almost universally ignored – probably to the detriment of many dedicated and highly ambitious young athletes is how much is too much. In our experience, glycolytic training should not exceed a period of 5-6 weeks before returning to a prolonged period of back to back mitochondrial running. Any glycolytic heavy training phase beyond 6 weeks may result in injury and/or a period of staleness for the endurance athlete due

respectively to either over training, adrenal failure or the physiological effect of the recruitment of slow-twitch fibres to type II fast twitch fibres; the latter may be a deliberate objective if, for example, a very good 800m athlete wished to concentrate on 400m competition.

Within the speed endurance mesocycle it is also just as critical to balance out the speed work with sufficient aerobic recovery runs of between 60-80% of MHR. A general rule provided by Colin Livingstone, Coach to Dick Quax (Olympic 5000m Silver 1976, CWG 1500m Silver 1970) and co-author of 'Healthy Intelligent Training', is one recovery day per 5 accumulated minutes work at VO₂ pace or above. To exemplify: 8 x 300 metres at 39 seconds = 5.2 accumulated minutes of vVO₂ Max work = 1 recovery day of recovery runs at 60-70% of MHR [see Brian Mac Sports Coach]. Working within this edict optimises both recovery and physiological adaptations while avoiding injury and we feel it is fair to say that it is the athlete who is able to train the most consistently who will make the most optimal gains.

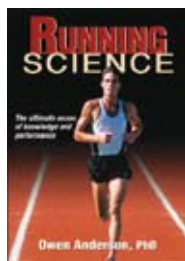
Geoff James in an England Athletics Area Coach Mentor for Endurance (Midlands) and Steve O'Brien coaches at Cannock and Stafford AC which of course Dave Sunderland was instrumental in founding.

We conclude this section of the magazine by now turning to the available literature on the market which can inform your approach to middle distance running.

BRENDON BYRNE REVIEWS SOME IMPORTANT WORK ON RUNNING SCIENCE.

There aren't that many books about science and running and yet two very good American ones have come along this year. Both emphasise the scientific approach to training and have much to offer.

Owen Anderson PHD is the author of 'Running Science' and has devoted much of his life to research on training. There are authoritative sections on physiology, genetics and biomechanics. There is also a valuable section on optimal conditioning for runners. He does question the effectiveness of training at altitude and also, in correspondence, has questioned the use of heart rate monitors. The section on running shoes alone is worth the price of the book. The major shoe companies won't like his conclusion!



The section on physiology is very thorough and he develops training programmes and sessions that are scientifically based. Anderson emphasises the relevant strengthening exercises that are important for running as well as the value of hill training. While he queries the use of Vo₂ Max as a useful predictor of performances (as do many experts) he does pick on the velocity at which Vo₂ Max is reached as an important training tool. The book is clearly set out and there is a very useful references section as well as a good index.

This is a book really that follows on from Tim Noakes' 'Lore of Running' and as such should be an important addition to the library of any coach working with performance athletes.

'The Science of Running' by Steve Magness is in similar vein to Owen Anderson's book and is very good in its own right. He also emphasises the importance of the brain

– muscle connection. His point on the front cover that invites you to "...find your own limit and train to maximise your performance" is certainly borne out in the text. What is missing is a proper index although the reference section is thorough. It is disappointing that there are a number of spelling and grammatical errors. In spite of this it is a very valuable addition to the subject area and is to be recommended.

'Running Science' by Owen Anderson published by Human Kinetics

'The Science of Running' by Steve Magness - private publication but available from Amazon.



PART SIX: BMC STARS

ALASTAIR AITKEN SPOKE TO
OUR BMC ATHLETE OF THE YEAR
JO PAVEY.

Alastair Aitken: Looking back on your Olympic experiences which races meant most to you?

Jo Pavey: I suppose Olympic-wise my highest Olympic position was 5th in Athens over 5000m in 14:57.87.

Alastair Aitken: What other global championships hold special memories?

Jo Pavey: I suppose, in a way, a good race was when I finished 4th in Osaka over 10,000 in the World Championships (in 32:03.31 just behind Kara Goucher of USA- 32:02.05). It was frustrating as well as I lost by one second or less to get a medal. I think, actually funnily enough, one of my favourite races was my 5000m PB that was in Brussels, just because I think that is my best PB of all the distances I have done and that meant a lot to me to get under 14:40 (at the Ivo van Damme Memorial IAAF Golden League 14:39.96 25th of August 2006). That felt really special because I think of all the races I have done that was the best time I have ever run. (It ranked her second on the 'All Time' UK rankings).

Alastair Aitken: What are your recollections about starting out in the sport?

Jo Pavey: I suppose I started running more seriously when I was 14 and I was fortunate enough to win the English Schools when I was 14 and ran 4:27 for 1500m and I supposed that showed that maybe I could be a runner but I did not have the confidence in a way because I knew what the seniors were doing and I was way off that. People said, 'You're young and you will get stronger' but I just could not imagine being able to run close to 4 minutes. Then I went away and got injured and things like that. My husband and I went backpacking around the World. I had worked for a physiotherapist before that, and while we were away we trained in the most inspiring locations and got really fit and when I came back, I made the world championships in Athens in 1997 and that was really the start of my senior career.

Alastair Aitken: Looking back did having a break help in some ways?

Jo Pavey: I think so. It gives you that motivation. It makes you realise how much you love it. I find it quite motivating to start from scratch. It's quite interesting to go down the track and sprint as hard as you can do, which is the pace for a lap in



*Jo Paves the way
in Zurich*

order to be able to do 25 laps like that! Then each week you work away at it, lap by lap, getting quicker and quicker. It's exciting to see the escalation of progress. You have good sessions and bad sessions but to start from scratch towards being an athlete again was very motivating.

Alastair Aitken: You are a heroine to many of our BMC members but tell us who were your idols?

Jo Pavey: Obviously people like Seb Coe and Steve Cram and I remember watching those athletes when I was young. Then there's also, people like Liz McColgan, who was so gutsy to win the World Championships over 10,000m in Tokyo back in 1991. More recently Kelly Holmes was so supportive of me when I was in the team. She helped me through those years of my career and I appreciate that a lot.

Alastair Aitken: So thinking of the last few months, what does it mean to have become European 10,000m champion this year?

Jo Pavey: I'm really thrilled and surprised. I had been trying for so many years to achieve a gold medal at a major championships but never achieved it. I never thought that being a 40 year old busy mum and just coming back from having a baby would be the circumstances that would enable me to finally achieve my goal.

Alastair Aitken: As well as the European championships, what are your reflections on a brilliant bronze medal in Glasgow at this years' Commonwealth Games?

Jo Pavey: I was very pleased as I knew the

Kenynes would be extremely hard to beat. I thought it could be a big ask to get a medal. Prior to the race I felt like I was entering a bit of an unknown as I hadn't been able to test myself out in that sort of race since having a baby. I was therefore pleasantly surprised that I was still able to be competitive.

Alastair Aitken: Focussing more specifically on the British Milers Club now. How do you feel the BMC has aided your development over the years?

Jo Pavey: The BMC has been crucial in my development and is still so important to me as an athlete. It was the BMC that made it possible for me to start my senior international career. The races provided the opportunity to achieve performances that allowed me to be accepted into my first overseas races. Each season the BMC plays an important part in my qualification and preparation for the championships.

Alastair Aitken: What advice do you have for young athletes in the BMC?

Jo Pavey: I would say take part in BMC races as they provide the necessary great races to further your career and to achieve PBs. Be flexible with your approach to training and don't be afraid to have an easy day or modify your session if you have a niggle. Consistency and avoidance of injury where possible is the key to success. Enjoy your running!

Alastair Aitken: Looking ahead now, what are your plans for 2015?

Jo Pavey: To hopefully gain selection for the World Championships in Beijing.

ALASTAIR AITKEN SPOKE WITH EUROPEAN SILVER AND BRONZE MEDALLIST ANDY VERNON OVER THE COURSE OF THE SUMMER.

Alastair Aitken: This year you won the British Indoor 3000 title. Your fastest time for that was 7:45.49 coming 4th in his heat in the World Indoor Championships. Did that give you a bit of sharpness and a new vista?

Andy Vernon: I went to the World Indoors hoping to get into the Final but it was not the 'Be all and End all'. I was not thinking this is what I need to do. Luckily I did make the Final. Being in a first round and a second round, so close together, which they have in those Championships. It was good to kind of at least get an idea of some recovery strategy. I ran a PB in the first round and obviously I ran very well. It is such a quick turn around for recovery and get back into it, deal with the nerves and build up again for a race two days later. It was all just a learning curve. In that respect it helped me a lot. I did not do any specific training for it. I carried on my cross-country training and base training (He was 3rd in the European CCC back in December).

Alastair Aitken: Do you think you have got to do altitude training to become world class?

Andy Vernon: I don't think you need it but it does definitely help. What has helped me whenever I have been at altitude for 4 weeks, I was able to get everything out of my life and concentrate on running. That is a really good thing for me as, I work part time. It is not strenuous work. It definitely helps to get away and do altitude training or whatever.

Alastair Aitken: You have battled back

from injury this year to run well at the Commonwealths. What are your reflections on Glasgow 2014?

Andy Vernon: My overall reflections on Glasgow is that it went well considering the circumstances I was under. I went into the race having faced two weeks of fatigue and 6 weeks of only 30 miles per week due to injury and a lot of cross training. Basically on the day of the race I didn't know if I was capable of 13.20 or 14.20. As it happened it was much closer to 13.20 and happened to be my 2nd fastest time ever which I was very surprised about. Finishing 6th wasn't what I had wanted at the start of the year but in the end it was a good result for me.

Alastair Aitken: You exceeded expectations with two fantastic podium spots in Zurich. Did this surprise you or were you confident?

Andy Vernon: I was always going to the European Champs with an expectation to medal, perhaps only one but with a chance of getting two so it wasn't so much of a surprise, more of a relief than anything, I think. Obviously the injury put some doubt in my mind but the Commonwealths gave me a lot more confidence going in.

Alastair Aitken: In what ways has the BMC aided your development do you feel?

Andy Vernon: The BMC has always been, in my opinion, a stepping stone towards the European circuit. It helped me bridge the gap between 14.10-14.20 races and 13.30-13.40

which is where you start getting invites to the circuit. It's here that you'll find races won in 13.10-13.20 more often than not which you ride the train out as long as you can and over the years try and get to the front. It's important to have this bridge though where Brits can still get good quality races four to five times a year to gradually bring their times down.

Alastair Aitken: What advice do you have for budding young endurance athletes?

Andy Vernon: I would say make sure you're enjoying it. Running can be a tough sport and you can have just as many downs as you do ups so it's something you really have to love doing. Don't go too hard too early, you only get one shot at an Athletics career and you don't want to be taken to the scrapyard before you're 20. Not every training session has to be eyeballs out. Running faster and harder than you did the week before doesn't necessarily mean you are better than you were last week. Progression takes years and even decades so be patient and try to look at your training over a year not just weeks or months. If you can string one year, two years, three years together without any major injuries or interruptions then your general conditioning and base will be huge.

Alastair Aitken: What does 2015 hold in store for you?

Andy Vernon: My goals for 2015 will be to Medal in the European Indoors, make the Final of the World Champs and finish in the top half of the race and Run PB's, hopefully breaking 27.30 for 10K and win the European Cross.

PAUL HAYES CATCHES UP WITH COMMONWEALTH SILVER AND EUROPEAN 1500M BRONZE MEDALLIST, LAURA WEIGHTMAN.

It is surprising what a difference that a small act can make. Simple suggestions that a child might be good at something, and encouraging them to take part in a sport or activity, can lead to events not considered in that first moment. The first such occurrence of this for Laura Weightman was teachers at school looking to take the energy out of, what she describes, as a lively child. Fast forward a number of years to the summer of 2014, and we can see the unconsidered result of that encouragement with medal winning performances at the two major games, the lowering of her pb's at 800 and 1500 and regular appearances in the biggest meetings of the year. In view of the team around her, this seems remarkably familiar to another well known athlete.

The initial seeds of a running career for

Laura were sown in the local school's cross-country league as she moved to secondary school then onto the track in the summer. Not only was there the improvement side that appealed but the social aspect that sport offers (plus the chance to be away from school for the afternoon). She was then directed towards the local athletics club, Morpeth Harriers, here coming under the guidance of Mike Bateman, one of the thousands of club orientated coaches who are the backbone of our sport. Together, they progressed through school to county to national level competition, culminating in 3 English Schools titles while lowering her 1500 pb to just under 4.20. Mike recognised Laura's talent, looking to the long term development of her career so not over training her, and allowing her to progress at a rate that avoided the frequent

injury problems beset by youngsters in sport, resulting in a large dropout rate. This also included the strategies for dealing with her asthma and hay fever. Laura feels that Mike deserves a lot of credit for his work in her initial career development. All the while, Laura was building the background work that would allow her to move on to the international scene as a senior athlete.

At 18, she felt there was a need to push on with her running, aiming to take it to a higher level. It was at this point that she linked up with Steve Cram. Again, another instance of someone making a key suggestion at the right time to make a significant impact to an athlete's career. Laura did not find this an easy decision to make, but the wealth of knowledge and experience that Steve has was one that she felt she needed to move to the next level and was a big factor in the decision to make the change. This is particularly relevant to the past couple of years which has seen her make,

firstly, the Olympic Games in London, which she tells me was “a magical way to start your International championship career”, and then the hugely successful 2014 campaign. Particularly this year, with two major championships, Laura felt nervous about the task that they had set themselves, with the added pressure of winning medals as her goals. Steve Cram’s own career came into play here, allowing her to feel more relaxed and giving her the belief that she could achieve what they had planned. As Steve says, “If you can step off the track, knowing that you have given your all, then you will achieve what you are capable of”.

Laura has also been able to add several other building blocks to her support network and is keen to credit the BMC, adding, “I have certainly benefitted from the fantastic races that the BMC put on. In particular, for the female athletes, they provide competitive races in which times are valid for championship qualification”. So these have been key in her long term athletic development. Laura credits two other people as a major support alongside Steve. Firstly, there is her physio, Alison Rose, whom she sees weekly in Leeds to help iron out any little niggles that can occur. Secondly, there is Andy Henderson, head of athletics at Leeds Met University, who plans, and oversees, all her drill and conditioning work which

Laura sees as a key part of her development since 2011. Both they, and Steve, form the necessary support for Laura to continue to reach the highest end of athletic achievement.

So did Laura do anything different this year to set up the results she achieved? “There is no magic formula”, according to Laura except hard work, focus and dedication. As her athletics’ career has moved forward, the accumulated years have conditioned her to be able to take on a higher work load so this past winter saw her able to build a better endurance base. This included going back to running cross-country, making the Euro Cross Country Championships, supporting her club in road relays which add that all important fun element to athletics, then spending more time at altitude. Laura spent 5 weeks over January and February in the training camp in Kenya before heading off to Park City in Utah for 3 weeks in May. This was just prior to her opening season’s race in Eugene. This race set the tone for the year with an excellent pb. Coach Steve had predicted she would open with such a mark following the successful work she had been completing in the weeks leading up to the race. Laura had been unsure and found it hard to accept what she had run. From this point, the season just snowballed into an incredible year. Laura is keen to use more altitude training again

as she feels it suits her, making a welcome change, getting away from the distractions that go with being a well know face in this country.

Team Weightman are now fully geared up for the World and Olympic cycle. Laura feels that the standard of women’s 1500m running is very high at the moment, with any one of a number of athletes capable of taking top spot at a championships, so it is all down to meticulous preparation and she relishes the challenge. This year has given her a great deal of confidence to tackle the next 3 years and reaching global finals with the prospect of medalling at all of them. She admits she is not quite the complete package but can only get better year on year in her quest for world and Olympic medals. It is this that drives her to work harder. There are, says Steve, no specific sessions that make the difference, but an accumulation of all the running, drills and conditioning that make the difference. It is the putting together of all these elements in a consistent manner over a season, an Olympic cycle and a lifetime that all add up to the producing that peak performance when it matters. Laura and her team have certainly got this in mind as they prepare for the worlds next year and Rio in 2016. And it all started with someone making a simple suggestion to a newly started secondary school pupil with a bit more energy than she could cope with!

MATTHEW FRASER MOAT SPENDS TIME WITH COMMONWEALTH AND EUROPEAN 800M SILVER MEDALIST, LYNSEY SHARP.

Lynsey Sharp’s front-running of the first 700m of the European Championships 800m final in 2014 announced her arrival at world class level. It was reminiscent of Seb Coe’s performance in the same championships in 1978, and arguably the gutsiest performance by a British middle-distance athlete in a major championship since 2004. Lynsey became a household name, and a month later she was confirmed as one of the top three female 800m athletes in the world in the final IAAF Diamond League standings. It was hard to believe that just four months earlier Sharp was running the ‘B’ race at the BMC Watford Grand Prix.

However, Lynsey’s story is certainly not that of an ‘overnight’ success, but actually the result of fifteen years of careful progression in the sport - her first 800m race was in 2000 at the age of ten. It was 2003 when Lynsey ran her first BMC race, setting a PB of 2:17.64 whilst finishing 4th in the Solihull ‘D’ race. Two years later Lynsey ran at the BMC Grand Prix Final at Crystal Palace, the meeting where Mo Farah set his Mile PB that still stands,

winning the ‘E’ race in another PB of 2:10.44. In 2007 she ran further PBs of 2:09.70 and 2:06.92 at BMC Watford and Sport City respectively, followed by a 2:04.44 at BMC Sport City in 2008.

There then followed two years of injuries and in 2011 Lynsey made her first ‘comeback’ with a new coach, the late great Dave Sunderland. She opened her season with three victories. She then won again at BMC Sport City and came to BMC Watford and set a new PB of 2:02.48, and later on that season she finished third in the European U23 championships. In 2012 Lynsey won again at BMC Sport City, went on to become the UK Champion and finished second in the European Championships, only to be awarded the gold medal after Yelena Arzhakova was banned for two years for doping. She was the only British female athlete selected at 800m for the London 2012 Olympics and performed well in her heat to make the semi-final.

She lost 2013 though, to an injury that refused to heal – no one would have predicted at that time just how good her 2014 season

was going to be. *BMC News* caught up with Lynsey in October 2014.

BMC: Can you remember what sort of training were you doing at the age of 17, when you ran 2:04.44?

Lynsey: I cannot remember exactly but I have never been a high mileage athlete. So it is likely that I was doing around 25-30 miles a week. I think this is the year that I started doing morning runs before school which would only have been around 2-3 miles a couple of days a week. Then I would have track sessions on a Tuesday Thursday and Saturday. I think my only gym work was a circuit type session once a week.

BMC: You set a big pb of 2:02.48 when you won at BMC Watford in 2011, what are your memories of that race?

Lynsey: This was the first year which Dave coached me after two really awful years out with injury. Similar to this year, I came on leaps and bounds in every race that season.

BMC: What exactly was your injury in 2013, and why did it take so long to heal?

Lynsey: My injury was to my plantaris

tendon. The tendon was wedged inside my achilles tendon and therefore had to have it removed as it was causing me a great deal of pain. I couldn't run on it. I had surgery in September 2013 but the wound didn't heal and the skin died so in October 2013 I had surgery again to clean out the wound and re stitch it. Unfortunately it became infected chronically and didn't heal at all. I was on antibiotics around 20 times in the last year, the last time being between the Commonwealths and Europeans, to keep the infection at bay. I had to pack the wound with a silver dressing during the day to keep it open as if it closed over my leg would swell as the infection couldn't get out. At night I had to wear a vacuum dressing which literally sucked the infection out. I was meant to have surgery again last week but luckily since I stopped being stressed and competing my body finally decided to start healing!

BMC: Throughout the 2014 season you just seemed to be getting better and better despite doing 20 races. What sort of training were you able to do in between the races?

Lynsey: The main thing was racing. I needed race practice as I had missed the 2013 season so I basically used races to get fit and also to gain confidence and try out different tactics. Terrence Mahon knows exactly what I need and I just do what I am told. This year was the first year of Olympic lifting and I think this has really helped me to be stronger and faster.

BMC: What are the vivid memories of your fantastic silver medal achieved under somewhat difficult circumstances in Glasgow?

Lynsey: What I will never forget about Glasgow is how awful I felt but how determined I was to get to the start line and fight for a medal. I will never forget lying in the foetal position screaming in pain with severe stomach cramps, being transported to the polyclinic in a golf buggy at 3am, leaving the polyclinic at 5:30am as athletes who had finished competing returned from nights out. Never once during the time I was ill did I ever think about not racing. I can actually remember thinking "I've got this far and it's a miracle, due to all the problems I have had with my foot, I'm not going to let something new, completely unrelated stop me from getting that medal".

Memories from competing itself - the crowd were unbelievable. I always said the crowd in London would be hard to beat and the Glasgow crowd perhaps managed that. There was an amazing atmosphere inside the stadium and I was so proud to be Scottish. Doing my lap of honour and meeting so many friends, family and people I have grown up

with in the sport was so unique and I will never forget it.

BMC: You made a great attempt to defend your European title in Zurich. What were your thoughts on this race?

Lynsey: I went into Zurich feeling in great shape and so confident. I am not one to front run but I felt so comfortable that I went with it in the heat and semi. In the final, Terrence told me to try not to lead this one out, but I found myself at the front and I knew that if it was a slow race there would be eight girls in the fight for medals. If I took it out, I would remove some people from the equation. It was a very painful feeling in the last 150 metres, knowing that the Belarus girl was catching. My heart sank when I turned around slightly with around 80m to go as she passed me.

Ideally, I wish she had taken it out and I had sat on her shoulder and done what she did to me. But I feel that if I hadn't taken it out, she wouldn't have. So I stick by my decision to front run it. It was an amazing champs for me. I was slightly disappointed at being passed and losing my title of course, but running 1:58.80 (a Scottish record) made up for it.

BMC: More specifically, how has the British Milers' Club played a role in your own athletic development?

Lynsey: The BMC has been hugely important in my career. I always remember going to my first BMC at Solihull when I was 13 and being so excited about the concept. We are very lucky to have such a set up in the UK. I opened my season this year in America with a diabolical last place in 2.06. My initial plan had been to stay out there and race some more but I cut my trip short as I knew BMCs were what I needed. I came back and raced Watford and Manchester, running seasons bests at both and then kicked on from there. I think for me they are the perfect early season races.

BMC: So looking ahead, what are your plans for next season in 2015?

Lynsey: Try not to make too many changes! I think cross training a fair bit as well as running worked for me so I will keep some cross training in my programme. I also want to get a lot stronger in the gym and then work on my speed. World Champs is the goal and a medal at Worlds and Olympics are my next two aims.

BMC: What advice do you have for our young BMC athletes who no doubt be looking to you as a role model?

Lynsey: Run happy - if you are happy, you will succeed!

We then asked Lynsey to list her coaches and to articulate what she felt she had learned from them. She answered as follows:

Liz McColgan: "Liz is a tough cookie and this is what I learnt the most from her. Not to make excuses and to go out and work hard".

Tommy Boyle: "Tommy was very methodical is his approach to training and was the first person who introduced me to strength training. He was also a very positive person and taught me to see the positives in everything".

Dave Sunderland: "Dave's knowledge and passion were first class. He knew me inside out and really gave me a personalised programme which suited my biological make up. He told me that I am not a 400m/800m athlete, or an 800m/1500m athlete, but a "true 800m" athlete. He planned my training on this idea and really understood the athlete I was".

Terrence Mahon: "The knowledge this man has is unbelievable. He knows exactly what I need and when in the year I need it. He is also a hard man to impress so you know you have done well when he says "well done". With him being in Boston, I have really learnt to take a lot more responsibility for my own training and career.

Rana Reider: "Rana has helped me massively this year with improving my mechanics, technique and speed. I have also really enjoyed training with his group. I think I'm a sprinter at heart."

We finish, by fittingly asking Lynsey to offer her thoughts about her abiding memories of our late editor, Dave Sunderland, both as a person and as a coach.

Lynsey: Dave was one of the most caring men I have ever met. In his own words he "believed in me implicitly" and made me feel like I could achieve anything. He took me on after a difficult two years and got me back to being a world class athlete. I will always remember his smile, his cheeky comments and that strong Yorkshire accent. Throughout this season, I carried a black ribbon in my bag to every race to remind me of Dave. I always wanted to make him proud. I heard how he watched me receive my European medal at the Glasgow Indoor match earlier this year, whilst he was in hospital, just a few weeks before his death. Even after he stopped coaching me, we kept in touch and he was concerned about my injury troubles throughout 2013. Even now, when I see a black VW Golf, a man wearing a red England Athletics jacket, or a white haired man at the track, I still think for a split second it is Dave. The sport has lost a truly great gentleman.

Obituaries

ALASTAIR AITKEN LOOKS BACK AT THE LIFE OF GERRY NORTH (May 2nd 1936 - 1st of April 2014)

Gerry North was a 'Great' cross-country runner who ran for England many times. I met him and interviewed him twice at his home and I always found that he really was a modest and likable person, who was not always given the credit for being a very good coach in his later years, with an outstanding knowledge of the sport.

One must remember also that he was not only the Junior 'National' winner in 1957 and the Senior 'National' Champion of 1962 but also the 'National and Southern over 50' veteran (now masters) cross country champion, when he was actually 50 and, trained harder than he did for those titles, running 50 miles a week, than he did in his 40's, when he was semi-retired from the sport and only on around 30 miles a week.

In 1965 he won the Surrey 6 mile championships in a record time of 28:48.2 and went on that year to win the Southern 6 miles at the White City in 28:40.04. He was in addition very useful on the road, particularly in the road relays.

His brother Geoff was a fine track runner (13:44 for 5000m), although Gerry himself did not feel he excelled on the track like his brother but more on the country. It should be remembered that Gerry won the World Games 10,000 in Helsinki in 29:51.1, back in 1963.

His real ability came when running on cross-country courses and he very nearly won the International Cross Country one year. He had fallen over early on but was in the winning England team, as he was

several times. He was 3rd in the National of 1961 behind Basil Heatley and Bruce Tulloh but the following year he turned the tables on Tulloh, beating him in the sprint finish, with runners like Mel Batty and Ron Hill behind him too. It is also worth considering his victory that year, in the light of the fact that Bruce Tulloh, went on to become European 5000m Champion in Belgrade in 1962! In reflecting on the 'National' in 1962, Gerry once recalled, "It was a race on my home ground in Blackpool and I thought I had got to win it. It was a race I completely dominated and I had that feeling I was going to win. When anyone tried to overtake me I put in a little burst. I had a challenge from John Anderson who finished 3rd. Bruce Tulloh worked his way through. I think he caught the group at six or seven miles. I was still doing all the forcing of the pace until 600 yards to go. Then Tulloh went past me and he went hell for leather. He thought he had got it but I kept a yard behind him then, as I came down the finish, I left him for dead. I was fresh as a daisy and he was on his knees having run himself into the ground! He had just come back from New Zealand and done a four-minute mile. He must have thought to himself, 'I can outspurt Gerry no problem'. But it was not the speed at the finish- it was the strength I had."

Gerry North not only had a brother who ran but a couple of sons who did. One of those was a well known junior, Andy North, and Gerry himself, actually started out at school as a footballer, not just a runner. He



An agile Gerry North at the international xc champs in Dublin, 1964

gradually decided to stick with athletics. In fact he played in the Blackpool FA Youth club team with Jimmy Armfield who went on of course to play for England and then build a career as a famous commentator.

The three athletic clubs Gerry had been associated with were Blackpool & Fylde, Belgrave Harriers and Portsmouth AC. He was President of Belgrave Harriers in 2005 and was an England road team manager around that time too.

He had something special to say about his father, remembering with affection that,

"He was very sporting. He did everything for us and went with us to the races. He encouraged Geoff and me right from the start".

You can talk to anyone who knew Gerry and many established runners and ordinary club runners would not have a bad word said against him and if you can say that about someone like Gerry then, his days were well spent.

DAVID COCKSEGE PAYS TRIBUTE TO CLIVE THOMAS (1947-2014)

Welsh International Clive Thomas died in sad circumstances on 22 September, 2014, at the age of 67. A member of Thames Valley Harriers and the British Milers' Club, Clive had an enviable range of talent from 800 metres right up to the Marathon distance. His best marks: 1:51.3 (800m); 3:43.6 (1500); 4:01.0 (mile); 8:04.98 (3000); 13:42.73 (5000m); 30:13.3 (10,000); 8:37.8 (3000m Steeplechase). He ran 2:29:58 in the very first London Marathon in March 1981 - just behind Athletics Weekly's own Steve Smythe.

Clive was Southern Counties AAA

5000m champion in 1975, beating a good field at Crystal Palace in his best time of 13:42.73, and he won Surrey titles at both 800 and 1500m. Whilst teaching PE at Stockwell Manor School in 1970/71, he discovered a rare young talent in Wayne Tarquini (Herne Hill H), who clocked a UK Under-15 best of 51.2 for 400m in 1971, but sadly died aged just 44 in July 2001.

After teaching in south London, Clive moved to the west country where he taught at the prestigious Millfield School, working alongside fellow Welsh international Tony Harris (Mitcham AC), who ran 3:58.96 for the Mile in 1965.

BILL DANCE BMC Member 1344

The BMC were sad to hear Bill passed away in September after a long illness. He joined BMC in 1978 as a coach having previously been a regular member of the very successful Belgrave Harriers Cross Country and Road Relay teams. He started his running career in his native North East with Bedwell Harriers before moving to London to work and then to Yorkshire where he joined Longwood Harriers.

During his time as a BMC member he was often seen at BMC Coaching Seminars and a frequent attender of BMC Grand Prix events in recent years.

His many friends within the BMC send their sympathy to his wife and family.



AGM Agenda

Secretary: David Reader,
Tel 07929 860389, Email: davidreader@britishmilersclub.com

Notice is hereby given that the **Annual General Meeting** of the members of the above-named Club will be held at HOLIDAY INN HOTEL, 61 HOMER ROAD, SOLIHULL, B91 3QD

Date November 30, 2014 - 1.30pm

AGENDA

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| 1. Apologies for absence | 6. Competition Report |
| 2. Consideration of Minutes from Annual General Meeting held on 8 December 2013 | 7. Academy & Coaching Reports |
| 3. Matters arising from them | 8. Election of Officers |
| 4. Chairmans Report | 9. Consider amendments to Joining Standards from 1 Jan 2015. |
| 5. Financial Report | 10. Any other business |

Dated 28th October 2014
David Reader
By order of the Committee

The club are holding a series of meetings to help develop its future vision and activities from Saturday 29th pm through to the AGM at the same venue. We wish to extend these meetings beyond current Committee and Race organisers, and welcome all members who are interested in helping mould the future vision and strategy of BMC to attend. All aspects of the club will be open for discussion such as development of competition, coaches, young athletes, website/entry system, media, communication and administration structure. If you wish to attend the AGM or any of the meetings or offer any views on the clubs future direction please me.

ANNUAL SUBSCRIPTIONS for 2015 of £25 (Overseas members £30) are due on the 1 January. Please pay promptly to ensure you receive your membership card for you to benefit from special low members rates for races and courses. Send to: British Milers Club, Pat Fitzgerald, 47 Station Road, Cowley, Uxbridge, Middlesex, UB8 3AB.

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