

BMC

NEWS

*Official Journal of the
British Milers' Club*

VOLUME 3 ISSUE 7
SPRING 1999 £10.00

**Paula Radcliffe
breaks
Commonwealth
10,000m record**



The British Milers' Club

sponsored by NIKE

Founded 1963

BMC VISION 2000

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

OFFICERS

President	Lt Col Glen Grant
Chairman	Dr Norman Poole
Vice Chairmen	Maureen Smith Matthew Fraser Moat
National Secretary	Peter Thompson, PO Box 34, Tewkesbury, GL20 5YF
Treasurer	Pat Fitzgerald, 47 Station Road, Cowley, Uxbridge, Middlesex UB8 3AB
Membership Secretary	William Anderson, 49 Paulsgrove Road, North End, Portsmouth, Hampshire PO2 7HP
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Honorary Auditor	Mike Rezin

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1999 BA ENDURANCE INITIATIVE

BMC Director	Mike Down	0117 973 3407
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1999 GOLD STANDARD MEETINGS

Stretford	Mike Harris	0161 499 1901
Watford	Tim Brennan (Men)	01628 415748
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Loughborough	George Gandy	01509 230176

1999 REGIONAL SECRETARIES

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East	Philip O'Dell	01234 852038
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North East	Phil Hayes	01207 570161
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	Ray Thompson (Rosenheim)	01737 554450
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JOURNAL

BMC News is published twice yearly in April and November by the British Milers' Club. BMC News is distributed free to all members. Non-members can subscribe for £20 per annum.

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The training articles expressed in this journal do not necessarily reflect the opinions of the National Committee. They are published as part of the BMC's policy of a liberal approach to diverse training theories.

MEMBERSHIP

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

Members receive the BMC News twice a year. They are eligible for reduced entry fees to BMC races and courses, preference in BMC race-seeding and travel expenses to certain BMC races. Members are eligible to wear the BMC "White" Vest. Members with the BMC "Gold" Standard are eligible to wear the BMC "Gold" Vest.

All applications to join the BMC should be sent to the Membership Secretary with a cheque for £25 (£30 overseas) stating vest size and enclosing an A4 SAE. Annual subscriptions of £15 (overseas £20) are due 1st January each year and should be sent to the Treasurer.

MERCHANDISE

BMC vests (gold/white - S/M/L/XL - £10), BMC T-shirts (S/M/L/XL - £10) and BMC ties (£5) are available from the membership secretary. William Anderson. Back issues of BMC News (£2.50 each) are available from the Treasurer, Pat Fitzgerald. Please make all cheques payable to "The British Milers' Club" and enclose an A4 SAE.

INTERNET

BMC Web Site <http://www.british-athletics.co.uk/bmc/>
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Cover picture by Allsport

BMC QUALIFYING TIMES

(from 1st January 1999)

MEMBERSHIP Entry Standard

	800m	1,500m	3,000m	5,000m
Senior Men	1:56.0	3:56.0	8:30.0	14:45.0
Under 17	2:10.0	4:30.0	n/a	n/a
Veterans	2:10.0	4:30.0	n/a	n/a
Senior Women	2:20.0	4:45.0	10:15.0	18:00.0
Under 17	2:25.0	5:00.0	n/a	n/a
Veterans	2:25.0	5:00.0	n/a	n/a

GOLD Standard

Men	1:52.0	3:49.0	n/a	n/a
Women	2:12.0	4:30.0	n/a	n/a

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

ELITE Standard

Men	1:49.0	3:43.0	n/a	n/a
Women	2:05.0	4:20.0	n/a	n/a

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



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

CHAIRMAN'S NOTES

by Dr Norman Poole

We have witnessed a number of fine British endurance performances this winter both indoors and particularly over the country.

Congratulations to Jon Brown and Paula Radcliffe for further consolidating their world class status and also to those athletes who have made a major breakthrough this winter, athletes such as Eddie King, Amy Waterlow, Sam Haughian and David Heath. It is such breakthroughs which we all hope will be reflected in performances on the track this summer.

As we are all aware, the BMC has continued to develop its relationship with PAS whilst maintaining its strong identity. For example, although we strive to aid the athletic journey of our top athletes, the BMC remains committed to all athlete and coach members. As such we continue to organise training and educational events throughout the UK and the most recent, a training day organised by Chris Coleman and Frank Horwill in Redruth, Cornwall, was particularly well rewarded by the attendance of 40

enthusiastic athletes and coaches.

Although new training ideas are always welcome it is the tried and tested methods that will always prove to be more popular with our members. Consequently a number of articles on our former "greats" and their training will be appearing in this and in future issues of the BMC News. We start in this issue with Ovett and Moorcroft. Their pbs are still world class today and Dave Moorcroft remains the UK record holder at 5,000m.

These athletes, and indeed most of our "greats" developed their careers with a commitment to a long term relationship with their coaches. The article in this issue on the Code of Ethics for Athletes and Coaches is concerned with an ingredient for athlete success which is rarely discussed. This is the mutual respect and responsibility which must be equally shared between athlete and coach.

To all of our member athletes and coaches I wish you success this summer and look forward to meeting up with you at our BMC competitions.

BMC NIKE GRAND PRIX

The 1999 BMC NIKE Grand Prix will once again be run on similar lines to previous years.

The Grand Prix meetings are:

Wed 9th June	Wythenshawe GP
Wed 23rd June	Watford GP
Wed 14th July	Solihull GP
Wed 4th Aug	Cardiff GP
Sat 21st Aug	Glasgow Final

There are three Grand Prix categories, Men, Women and overall, covering 800m, 1,500m and 1 Mile.

There will be four Grand Prix meetings and a Grand Prix Final.

At each GP meeting there will be four events, M800, W800, M1500, W1500. At the Grand Prix Final, the 1,500m will be replaced by a Mile.

The overall prizes in the combined men's and women's Grand Prix are: first £1,000, second £600, third £400, fourth £200, and fifth £100.

There will be total prize money of £250 for each event at each meeting - first prize being £100, second £75, third £50 and 4th £25. An athlete that wins events at all five rounds of the Grand Prix could therefore win £1,500.

In addition, a bonus of £100 will be paid to any BMC member who breaks and still holds the BMC members' record at the end of the season, with a winning performance at a BMC NIKE Grand Prix Meeting.

GRAND PRIX SCORING

Points can be scored at any distance in the four BMC NIKE Grand Prix meetings and the final, the best four meeting scores counting towards the overall men's and women's Grand Prix. An athlete may also include one score from a BA Endurance Initiative race that takes place at a BMC NIKE Grand Prix meeting.

The points system will be the same as last year. Equal points will be available for "time" and "position", 21pts being the notional maximum for each category.

First place will count 20 points, 2nd place 19 points, 3rd place 18 points down to 1 point for 20th place. "Positions" will be decided on time, taking all races in account, but the winner of any race, 'A', 'B', 'C' etc., will get a 1 point bonus.

"Time" points will be awarded as follows:

	21pts	step	1pt
M800	1:46.0	½ sec	1:56.0
W800	2:00.0	1 sec	2:20.0
M1500	3:36.0	1 sec	3:56.0
W1500	4:05.0	2 secs	4:45.0
M Mile	3:54.0	1 sec	4:14.0
W Mile	4:25.0	2 secs	5:05.0

The "21 points level" is approx. world Top 50 standard and the "1 point level" is our BMC entry standard. Times will be rounded "down" to the "step" below that time, thus an 800m in 1:47.7 would score 17 points and 1:55.7 would score 1 pt.

GRAND PRIX ENTRIES

All BMC Members are eligible and encouraged to enter the BMC NIKE Grand Prix, and are encouraged to vary their events. Athletes are asked to register with the meeting organiser 8 days before the event. As start-lists and seeding will be done 72 hours before the meeting, Grand Prix entries will not be accepted on the day.

Entry fees for members are £2 per race. Non-members and members behind with their subscriptions will be allowed to run but their entry fee will be £7 per race. Non-members are not eligible to win a prize in any of the overall Grand Prix categories.

Limited overseas athletes are encouraged to

run - care will be exercised to ensure that they "enhance" rather than "distort" the meeting. Overseas athletes are eligible to join the BMC as Associate Members.

GRAND PRIX SEEDING

Race seeding will be done by the meeting organiser in conjunction with the BMC Committee. In case of dispute, current BMC merit rankings will be used.

Promising U23 athletes will be given priority in the seeding and any athlete that wins the 'B' race in a BMC NIKE Grand Prix meeting will be given the option to run in the 'A' race in the next round.

Members who are behind with their subscriptions are unlikely to get priority in the seeding!

LONDON MARATHON ENDURANCE INITIATIVE

Norman Brook has asked Mike Down to co-ordinate the race programme for the Endurance Initiative, working mainly within our BMC race programme.

The LMEI Grand Prix will therefore be held during the following meetings:

Wed 9th June	Wythenshawe GP
Wed 23rd June	Watford GP
Wed 14th July	Solihull GP
Wed 4th Aug	Cardiff GP

Points will be scored on the same basis as the BMC National Grand Prix. as follows:

	21pts	step	1pt
M3000	7:40.0	2½ secs	8:30.0
W3000	8:50.0	5 secs	10:30.0
M5000	13:20.0	5 secs	15:00.0
W5000	15:00.0	10 secs	18:20.0
M10000	27:40.0	10 secs	31:00.0
W10000	31:40.0	20 secs	38:20.0



NIKE to sponsor the BMC ...

GRAND PRIX FINAL

The BMC NIKE Grand Prix Final will be held at Glasgow on Saturday 21st August. Events will be 800m and one Mile and points can be scored towards the overall BMC NIKE Grand Prix in the same way as other rounds. To qualify for the 'A' race in your chosen event, you should be:

- i in the Top 10 of the overall Grand Prix standings after the 4th meeting, or
- ii have won an 'A' race at any of the previous Grand Prix meetings, or
- iii have run a BMC "Elite" (see page 2) standard in that event at any of the previous Grand Prix meetings

Remaining places in the "A" races will be decided on the current national rankings. It is highly likely that, like last year, the Grand Prix Final will incorporate the BMC Championships.

OVERALL RACE PROGRAMME

Our 1999 Race Programme is designed to build on the successes of last year and will be once again in three tiers:

- i BMC NIKE Grand Prix;
- ii BMC Gold Standard Meetings;
- iii BMC Regional Races

Following on from their successful launch in 1997, in addition to the above the BMC are continuing their two series of invitation races:

- i BMC "Mile of Miles";
- ii BMC "Record Breakers".

For further details see below.

GOLD STANDARD MEETINGS

Put on in conjunction with the promoting clubs, these meetings take place every two or three weeks to provide high class races in preparation for championships and the BMC NIKE Grand Prix. These meetings are open to all members but BMC Gold Standard members, i.e. sub 1:52/3:49/ 2:12/4:30, will find the 'A' races paced appropriately.

Stretford Mike Harris 0161 775 0719

Watford Tim Brennan 01628 415748

Pat Fitzgerald 01895 234211

Loughborough George Gandy 01509 230176

These meetings will always include high quality 3k races. The Stretford races will also include 1,500m and 2,000m steeplechases.

REGIONAL RACES

For BMC members, i.e. sub 1:56/3:56/2:20/4:45 (M800/M1500/W800/W1500) athletes, paced BMC races will take place at the following venues:

Rosenheim Lg. Ray Thompson 01737 554450

Finsbury Park John Sullivan 0171 790 1961

Woodford Green John Sullivan 0171 790 1961

Sutcliffe Park Ron Allison 0181 858 9380

Midlands Steve Edmonds 0121 561 4399

North East Phil Hayes 01207 570161

East Philip O Dell 01234 852038

Cornwall Chris Coleman 01736 740616

Wales Steve Mosley 01222 306733

Scotland Brian McAusland 01567 830331

N Ireland Malcolm McCausland 01504 349212

BMC MILE OF MILES

Local sponsors have provided prize money for Mile races in the "Mile of Miles" including bonuses for performances under 4:00 (men) and 4:40 (women).

15th August Mile Carn Brea

28th August Mile South West

29th August Mile South West

30th August Mile South West

The BMC will put up further prize money of £100 for U23s and juniors, male and female, for the most wins (in their own age group) throughout the summer.

BMC RECORD BREAKERS

The "Record Breakers" series will attempt to set new BMC Records as follows:

4th April 2,000m Carn Brea

8th August 800m Brighton

Other events may be added at short notice within the Watford and Stretford meetings if athletes so request. Prize money of £100 will be awarded for each race where a new BMC members' record is set, provided that the record still stands at the end of the season.

Men's records are currently:

M600 1:17.8 Andrew Hart 1998

M1000 2:19.4 Andrew Hart 1997

M1200 2:57.0 Paul Williams 1978

M2000 5:11.0 Walter Wilkinson 1972

M4000 11:03.2 Rob Whalley 1998

Women's records are:

W600 1:29.4 Linda Staines 1997

W1000 2:44.9 Jo White 1980

W1200 3:23.4 Christine Ward 1977

W2000 6:12.4mx Dianne Henaghan 1998

It is recognised that some of these records are "soft" and therefore the £100 will be split between all athletes that record a time inside the mark listed above. To enter, please register with Matthew Fraser Moat on 01304 379777 or the local race organiser.

BMC CHAMPIONSHIPS

As in 1998 it has regrettably not yet proved possible to find a suitable weekend date to hold the BMC Championships in a heats and finals

format in 1999. If a suitable date emerges, members will be informed by letter, but at the moment BMC Champions for 1999 will be the athletes who set the fastest times in the 800m and Mile races at the Grand Prix Final in Glasgow.

1999 NATIONAL TRAINING DAY

It is intended to hold this in October 1999. For further details please contact Frank Horwill on 0171 515 3472.

NATIONAL ENDURANCE WEEKEND

The seventh National Endurance Weekend will take place in November, venue TBA. For further details please contact Normal Poole on 0161 980 8358.

1999 ANNUAL GENERAL MEETING & CONGRESS

This will be held in the autumn, probably in conjunction with one of the above events. For further details please contact Peter Thompson on 0131 317 7320.

BMC E-MAILING LIST

To receive news of BMC events and full BMC results as they happen throughout the summer, BMC members on E-mail can join the BMC Mailing List. To subscribe to this free of charge service please send an e-mail to Matthew Fraser Moat at mfm@fmconsultants.telme.com.

1999 SUBSCRIPTIONS

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

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

RECOMMENDED INTERNET SITES

- i. <http://www.british-athletics.co.uk/bmc/> - our own BMC site which now gets about 2,000 hits a month.
- ii. <http://www.ukathletics.org/> - the new official web site for UK Athletics.
- iii. <http://www.british-athletics.co.uk/> - the unofficial web site for British Athletics, hosted by C. Zacharides.
- iv. <http://tilastopaja.vservers.com/> - Mirko Jalava's site - the best site for ranking lists as the season progresses.
- v. <http://www.hkkk.fi/~niininen/athl.html> - Petri



into the new millennium

- Niininen's site lists world junior records and national records.
- vi. <http://personal.computrain.nl/eric/m800/> - Eric Roosendaal's site which lists men's 800m statistics.
- vii. <http://usuarios.iponet.es/acarras/athletics/1500.html> - Antonio Carrasco's site which lists men's 1,500m statistics
- viii. <http://www.algonet.se/~pela2/index.html> - Peter Larsson's site which lists all-time track and field performances.
- ix. <http://members.aol.com/trackceo/index.html> - Ken Stone's Masters Track & Field site.
- x. <http://wso.williams.edu/listserv/ffselect/> - holds the archives from the track & field mailing list.
- xi. <http://members.aol.com/WelshAth/s/> - the unofficial site for Welsh Athletics
- xii. <http://ourworld.compuserve.com/homepages/jhscholes/> - the site for Trafford AC and our races at Stretford
- xiii. <http://easyweb.easynet.co.uk/~rsparks/> - Bob Sparks Web Site contains all British Records and houses the Association of Track and Field

- Statisticians (ATFS) home-page.
- xiv. <http://public.logica.com/~grosetim/runtrack.htm> - Tim Grose's UK Running Track Directory.
- xv. <http://www.2000athletics.penrith.net.au> - Sydney 2000 Track & Field Training Site

RECOMMENDED SERVICES

- i. *Leisure Pursuits Group*, for warm-weather training trips. Telephone 01256 471016.
- ii. *Body Language II*, custom competition and training apparel for clubs and individuals. Contact Lesley Graysmark on 01452 619486.
- iii. *Athletics International*, for the best coverage of international results. Write to Mel Watman, 13 Garden Court, Marsh Lane, Stanmore, Middlesex HA7 4TE.
- iv. *Peak Performance*, a technical athletics journal. Write to Peak Performance, 1st Floor, 5 Charterhouse Buildings, Goswell Road, London EC1B 1HH.
- v. *Ultrafit Magazine*, a bi-monthly journal on all aspects of fitness. Write to Simone Kiburn, Ultrafit Magazine, Champions House, 5 Princes

Street, Penzance TR18 2NL, phone 01736 50204.

- vi. *Sports Tours International*, for warm-weather training trips. Write to Vince Regan, Sports Tours International, 91 Walkden Road, Walkden, Worsley, M28 5DQ or phone 0161 703 8161.
- vii. *Len Lewis*, for an excellent second-hand, no-obligation, book-search service. Please ring any evening 01938 552023 or write to Len Lewis, 3 Aubet Drive, Guilsfield, Welshpool, Powys, SY21 9LX.
- viii. *Phil Young*, Sports and Clinical Massage Therapist. Massage therapist who attended the BMC Warm Weather Training camp in Portugal. Highly recommended by the athletes he treated. Based in the Oxfordshire area. Contact: 01235 832663, mobile 07775 944726

NEXT ISSUE

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

British Milers' Club Records (as at 1st May 1999)

BMC Members' Record

by a paid-up BMC member
in a BMC race

Men

M600	1:17.8 Andrew Hart 1998
M800	1:46.7 James McLroy IRE 1998
M1000	2:19.4 Andrew Hart 1997
M1500	3:37.5 Anthony Whiteman 1997
M Mile	3:56.35 Anthony Whiteman 1996
M2000	5:11.0 Walter Wilkinson 1972
M3000	7:51.4 Rob Whalley 1997
M 2 Mile	8:34.5 Ian Gillespie 1997
M4000	11:03.2 Rob Whalley 1998
M5000	13:41.08 Rob Whalley 1997
M10000	29:49.2 John Lisiewicz 1994
M3000SC	8:43.36 Craig Wheeler 1998

Women

W600	1:29.4 Linda Staines 1997
W800	2:01.93 Diane Modahl 1998
W1000	2:44.9 Jo White 1980
W1500	4:10.7mx Sonya Bowyer 1996
W Mile	4:30.77 Joanne Pavey 1997
W2000	6:12.4mx Dianne Henaghan 1998
W3000	8:58.2x Joanne Pavey 1998
W5000	15:50.59 Angela Davies 1998
W10000	34:44.9 Heather Heasman 1997

"BMC Record"

by anyone
in a BMC race

1:17.8 Andrew Hart 1998
1:45.2 * Patrick Ndururi KEN 1997
2:19.4 Andrew Hart 1997
3:37.5 Anthony Whiteman 1997
3:56.35 Anthony Whiteman 1996
5:11.0 Walter Wilkinson 1972
7:51.4 Rob Whalley 1997
8:34.5 Ian Gillespie 1997
11:03.2 Rob Whalley 1998
13:28.6 * Mizan Mehare U20 ETH 1998
29:32.8 * David Taylor 1997
8:38.5 Sammy Nyamongo KEN 1998

1:29.4 Linda Staines 1997
2:00.7 * Shireen Bailey 1985
2:44.9 Jo White 1980
4:10.7mx Sonya Bowyer 1996
4:30.77 Joanne Pavey 1997
6:12.4mx Dianne Henaghan 1998
8:58.2x Joanne Pavey 1998
15:47.9 * Andrea Wallace 1990
33:33.7 * Theresa Duffy IRE 1997

* denotes non-member

BMC Club Record

by a paid-up BMC member
in any race world-wide

1:15.0+ Seb Coe 1981
1:41.73 Seb Coe 1981
2:12.18 Seb Coe 1981
3:29.77 Seb Coe 1986
3:47.33 Seb Coe 1981
4:53.06 Jack Buckner 1987
7:32.79 David Moorcroft 1982
8:13.51 Steve Ovett 1978
10:28.7+ David Moorcroft 1982
13:00.41 David Moorcroft 1982
27:30.3 Brendan Foster 1978
8:18.91 Roger Hackney 1988

1:26.5 Kirsty Wade 1985
1:57.14 Kelly Holmes 1997
2:32.55 Kelly Holmes 1997
3:58.07 Kelly Holmes 1997
4:19.41 Kirsty Wade 1985
5:37.00 Christine Benning 1984
8:37.06 Wendy Sly 1983
14:51.27 Paula Radcliffe 1998
30:40.70 Paula Radcliffe 1999



Dave Moorcroft - analysis of a champion

An analysis of his training by Norman Poole

Introduction

David Moorcroft was a consistent world class athlete over 1500m and 5000m during the mid-1970s and 80s. During this time he won a number of medals at major games on the track and was equally proficient with his performances over the roads, country and indoors. In this sense he was an all-round performer and one of the few to successfully bridge the transition from world class 1500m to world class 5000m performances.

At the peak of his athletic powers, in 1982, David broke the world 5000m record in Oslo with a time of 13:00.41 and set his best ever times for 800m, one mile, 1500m and 3000m. As is the case for a number of his contemporaries, he would surely have offered the sport even more great performances but for injuries.

David has always remained an active athlete and retained his renowned enthusiasm for athletic challenge. This was highlighted in 1993 when he set a vets' world record of 4:02 for one mile.

During April of 1994 I first began to discuss his career and training methods with him and then studied his training diaries in which he meticulously recorded all of the training he performed. Although his diaries start in 1966, when he was aged 13, and continue to the present day, I concentrated on the period 1966 to 1982 when David broke the world 5000m record. For me this was a fascinating opportunity to gain a detailed insight into the development of an inexperienced young athlete through to world class 1500m performer and on to a world record-holder over 5000m. I

then went on to study David's training during his build-up to the vets' world one mile record.

Since May 1969, when he was 16 years of age, David has been coached and advised by John Anderson who has planned and devised all of his training. On a number of occasions during 1994-5 I met with John to discuss David's career and training, to more accurately interpret his methods and present a summary of his approach and philosophy to training/ coaching world class middle distance athletes.

The early years

David first started to run competitively at school in 1964 and joined Coventry Godiva Harriers later the same year. His club were very orientated towards road and cross country and were very much endurance based. Such notable distance stars as Basil Heatley, Bill Adcocks, Juan and Dick Taylor were competing for Coventry Godiva at this time and a particularly inspiring moment for the young David Moorcroft was the silver medal performance won by Basil Heatley in the 1964 Tokyo Olympic Games marathon.

Understandably at this stage of his career David's ambitions were to follow in the footsteps of Heatley and be a marathoner. The early years of David's competitive experience were at

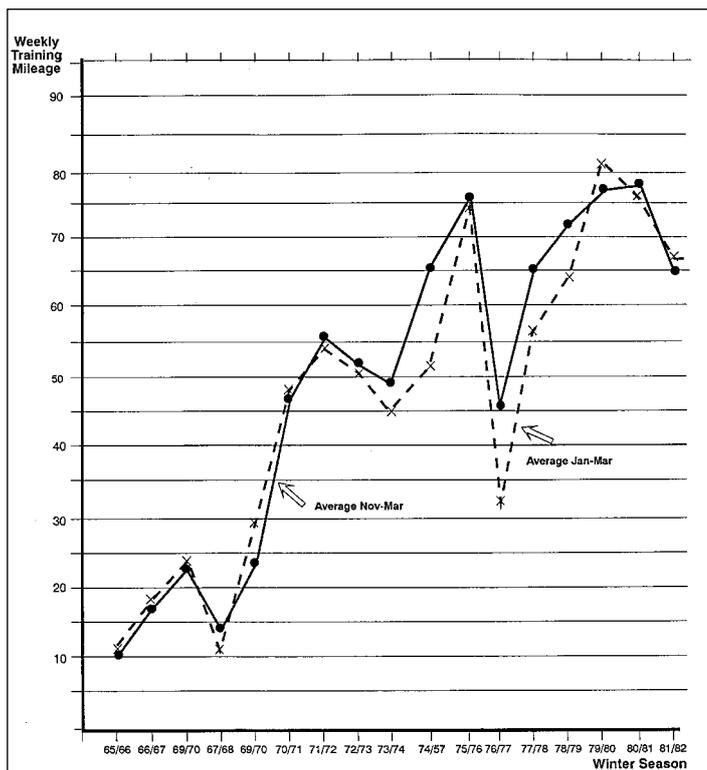
cross country with the track season viewed almost as an incidental of minor importance between cross country seasons.

Coached by Reg Payne from 1964-66 and Mick Crossfield from 1967-69, Dave ran only 4-5 days per week and rarely above 25 miles/week until 1968. Most of these training sessions were steady runs or fartlek and the occasional hill session; with very little experience, either in training or competition, on the track. During these early years the major aim for his cross country season was the English National Schools Championships, where he finished 86th in 1966 and a highly creditable fifth in 1967, both at junior level. During 1968, weekly training was consistently above 25 miles/week but no particular consistency or great improvement in race performance was forthcoming.

During these embryonic stages of his athletics career David, as previously mentioned, rarely ventured on to the track. During 1968 and the early stages of 1969, David realised that he had to increase considerably the volume of his training if he were to improve and realise his athletic ambitions.

Table 1

Sunday (1/11/70)		12 miles steady
Monday	am	5½ miles easy
	pm	3½ miles steady
Tuesday	am	30 mins fartlek
	pm	3x220yds + 2x330yds + 660yds + 2x330yds
		3x220yds
		(recoveries not recorded)
Wednesday	am	5 miles easy
	pm	4x660yds + 6x150yds
		(recoveries not recorded)
Thursday	am	30 mins fartlek
	pm	30x220yds
		(recoveries not recorded)
Friday	Rest	
Saturday	Race	Birmingham League Cross Country
		3 miles, Youths. Position 1st.
Weekly mileage 48 approx.		



Winter Training Mileages

Fig 1



Dave Moorcroft - analysis of a champion

Mick Crossfield, knowing that a greater coaching experience was required, approached John Anderson, the National Athletics Coach for Scotland and coach to the Coventry based middle distance international Sheila Carey, to help David.

John, initially reluctant to coach a young athlete who lived geographically remote from him, started to advise David by correspondence in May 1969. He immediately introduced an increase in weekly training mileage to 32 miles, interval training at a higher intensity level than David had previously experienced, speed work and a clearer structure to the monthly development of training. It is interesting to note that in May 1969, aged 16 years, David had written in his training diary that he was 5ft 6 5/8" tall and weighed 8 1/2 stone.

In fig 1 I have plotted the average weekly training mileages performed by David during each winter season November-March from 1965/6 to 1981/2. I have also shown the average value for the most critical period, as far as a forthcoming track season is involved, from January-March inclusive. John's impact on training mileages is demonstrated by the dramatic increase from 25-30 miles/week during the winter of 1969-70 to that of close to 50 miles/week the following year when David was aged 17 years. David was obviously capable of handling this increase and demonstrated a greater consistency in his racing performances for the first time. A typical week's training in this period is given in table 1.

David was introduced to training twice per day for the first time during the winter of 1970-71. Although training at this time emphasises the endurance elements of basic winter work, it also reflects one of John Anderson's key practices of including practical elements of running at various speeds in an individual week regardless of the season. In the given example from November 1970 we can see interval sessions in the 1500-3000m pace range built upon an endurance base.

In Fig 2 I have plotted the annual progress in David's personal best performances from 1965 to 1982. It is interesting to note the large improvement in 800m and 1500m personal best in 1971 which followed the first major increase in winter training mileages. Other features of these curves will be examined later. It was during the early part of the summer of 1971 that John first began to lay down the foundations of track training which David would establish over the coming years.

Overleaf I have given a typical two week period of training during April/ May (see table 2).

As can be seen from this training David continued to carry certain endurance elements of training into the early stages of the summer season. This was coupled with a greater range of pace work particularly in the range 400-1500m. It was also apparent and confirmed for the first time in his early career that David had international potential over 5000m from his excellent result in the National Road Relay after just passing his 18th birthday.

In Figs 3 and 4 I have plotted the number of competi-

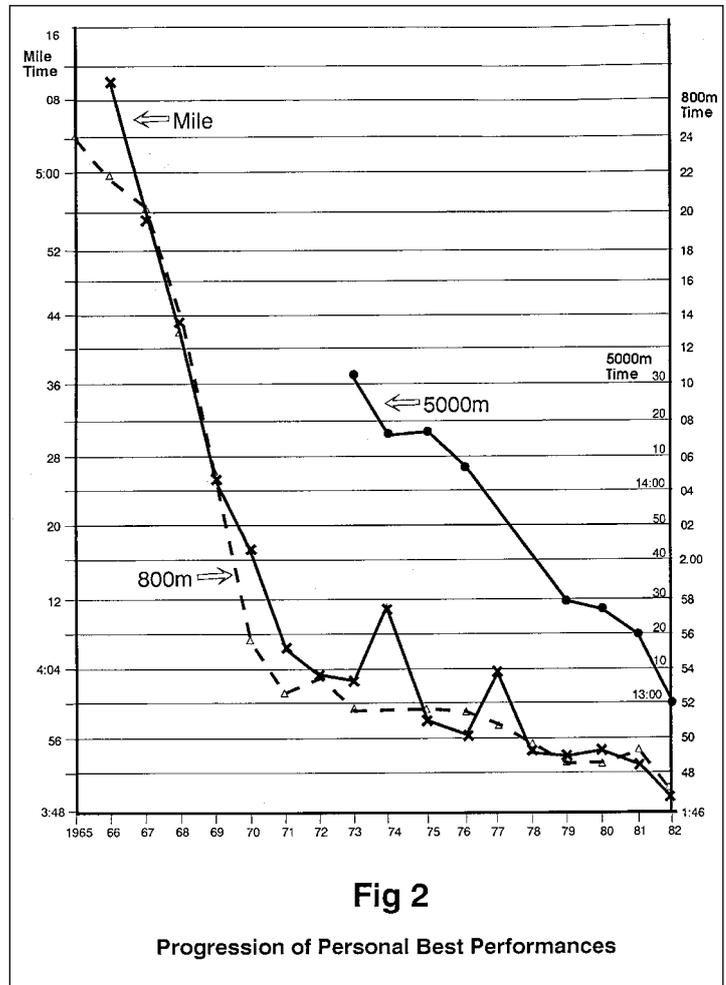


Fig 2

Progression of Personal Best Performances

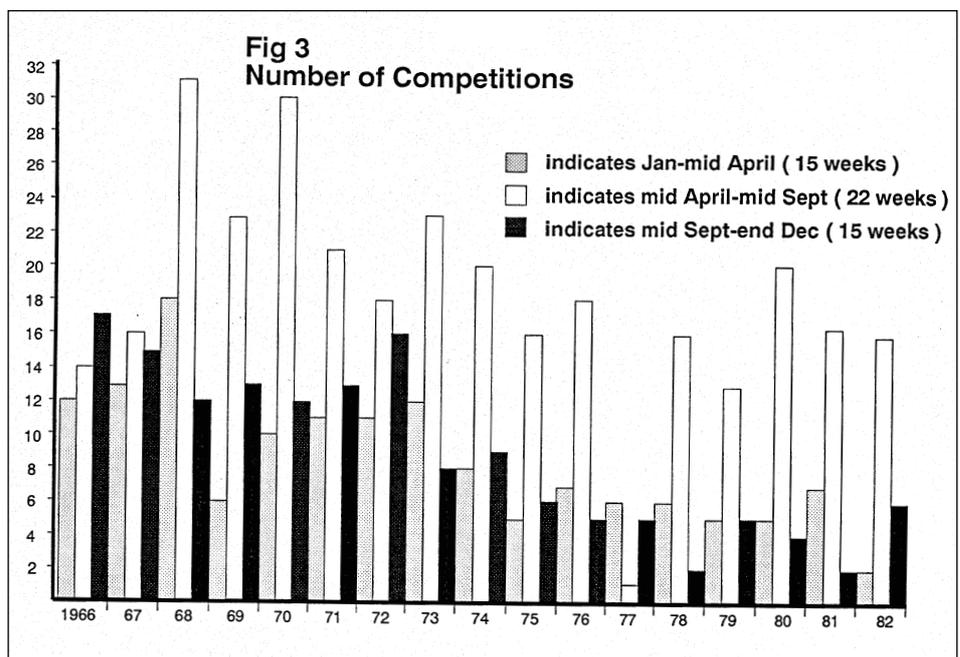


Fig 3
Number of Competitions



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tions which David experienced during 1966-82 and the corresponding number of days in which no training was performed during the major seasons January-mid April, and mid April-mid September and mid September to end December. It is interesting to note that David experienced an average of 46 competitions per year, or almost one per week, during the years 1966-73 when he was aged 13-20 years. It was this relatively high number of competitions which enabled David to learn the craft of racing and to develop and focus his competitive mind when it mattered. From the age of 15 years onward, approximately 50 per cent of these competitions were run during summer months mid April-mid September. Many of these low key local meetings and league matches or school competitions, which were utilised as competitive training sessions, were won by David.

In terms of the number of days with no training, Fig 4 exhibits a number of interesting features. During the period 1966-69 inclusive, most of these 'lost' days were deliberately designed into the training schedule of the young Moorcroft. From 1970 onward the greater number of training days proposed by

John Anderson are immediately obvious. Similarly, serious losses of training due to injury and illness, as in 1977, are also apparent.

Periodisation

During the period 1964-May 69 as has been previously mentioned David's main focus of attention was the major Area and National schools/clubs cross-country Championships. From May 1969 John reorientated David's major aims towards the national Schools and Clubs track Championships held during the Summer months. Winter cross-country Championships were viewed more as a guide to Winter endurance progress than as a major aim. Since John Anderson's training methods also involved elements of 'quality' work during these Winter months David also often competed indoors and outdoors in Australia and New Zealand, once again the indoor season was never seen as a major aim.

As a senior athlete therefore David Moorcroft could be seen in principle to adopt a single periodised year with his main aim to be at a peak of fitness for the National and any other major Summer track Championships

which may occur. Each year, apart from those where a Commonwealth Championship occurred during a British Winter, could be split into 5 major periods. These are given below in approximate terms and would be adjusted to take account of previous injuries, and associated training loss, and the dates of major Championships.

Period 1

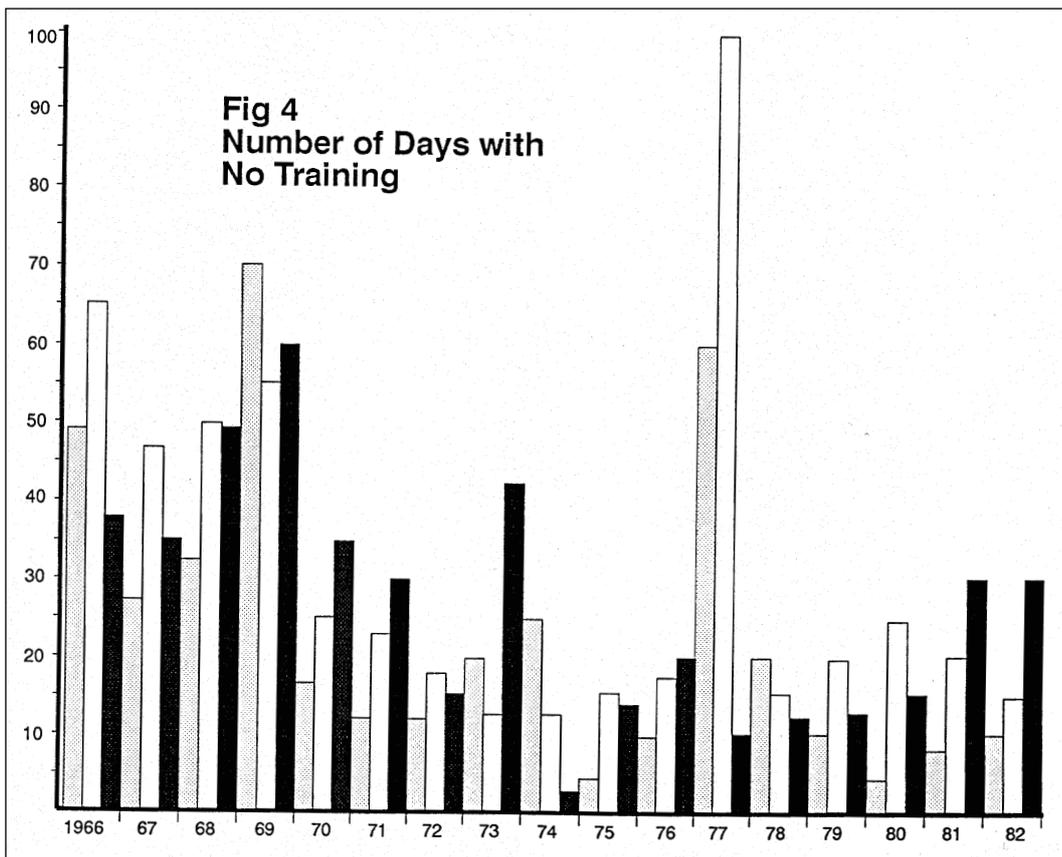
November-December (8 weeks) Endurance Development

Each year after a rest and recovery period during late September and October David would gradually increase weekly training mileages from early November to a maximum of 70-80mls by late December. This would usually consist of steady running, 1 or 2 fartlek sessions per week and between 2 and 3 low key races during this 8 week period. David was at no stage approaching maximum weekly mileages during this period and consequently very few rest days were required.

Period 2

January-March (13 weeks) Endurance Consolidation

During this period of Winter training maximum weekly mileages would be increased to the range of 90-100mls. This level of training was usually maintained for blocks of 3-5 weeks before taking a 1 week recovery/rejuvenation break. During this easier week training mileages would be reduced to the range of 50-70mls to meet David's specific recovery requirements at that time. A typical training week for this period of approx. 100mls is given in table 3. It is immediately obvious from the table that David's training during Jan-March is highly orientated towards the development of a sound aerobic/endurance base with the bulk of his mileage covered at sub-maximal aerobic pace. Over the years David and John experimented with the pace of the evening steady runs, increasing the pace and therefore the fatigue levels meant reducing the distance run. Reducing the pace did allow greater mileages to



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be run but for David there was also a diminished training effect. When coupled with the two quality track sessions shown both David and John determined that the optimum pace for the steady runs was as shown. David actually stated that he avoided performing steady training runs with certain athletes simply because they ran much more quickly. „What worked for them did not necessarily work for me and vice-versa“.

As previously mentioned one of the unusual features of David's training at this time of the year was 100mpw coupled with two speed endurance track sessions at a speed slightly slower and slightly faster than 1500m race pace. At this time occasional sessions of 8 x 300m (3 mins recovery) in 38.5/42.5 were also performed. The two track sessions shown, ie. 4-5 x 1000m (7 mins recover) and 4 x 600m (3 mins recovery) + 6 x 150. (90 seconds recovery) are termed as key sessions by David and John. The standards of these sessions would also give them an excellent guide to David's potential capabilities in various types of middle distance competitions.

Both athlete and coach found this level of quality work overriding a significant foundation of endurance as essential for an athlete who wishes to compete at international level in track endurance and middle distance events. John believed that his athletes were better prepared for change of pace, or competitions which were fast in their early stages, by incorporating this mixture of 1500m pace work during the endurance consolidation stage of training ie. January-March, rather than introduce this element of quality work at a later pre-competition stage of the training cycle.

During the 1970s John developed the view that athletes who run slowly for long periods of time in the absence of speed would ultimately have a greater capacity for running quickly if they practiced elements of speed training throughout the year. Today John still maintains this view and has extended his belief that all elements of training should be incorporated into a training schedule to a greater or lesser extent throughout the year.

David also preferred not to stray far from such speed elements of his training during the winter months since he regularly competed over 1,500m indoors and over 1,500-

5,000m outdoors when he travelled overseas. Each year from 1977-1982 David spent several weeks in Australia/New Zealand during the endurance consolidation period January-March. Although the main aim was to train in the much warmer climate as previously mentioned he did compete in the Australian summer track meetings. These warm weather trips of up to eight weeks in duration would incorporate as many as six track competitions. Although principally 1,500m/1ml in distance David did occasionally compete over the 800m and 3,000m distances during the years 1977-1979. During the UK track seasons 1980-1982 David began to prepare and compete more seriously over 5,000m. It is important to note that he had previously been successful in his ventures at this distance during his winter visits to Australasia of 1980-82, 3rd in 13:29.4 and 1st in 13:29.1 and one competition in 1981 with a 1st place in 13:36 and two winning outings during 1982 in 13:36 and 13:37. David obviously did not just develop his 5,000m racing ability during the relatively short British

season and his transition from 1,500m to 5,000m racing can be seen as a gradual development over a number of years and seasons.

As previously mentioned David's training was adapted in principle to a single periodised year but the competitions in Australasia during January-March would suggest that it could be viewed as a double periodised system in

Table 2

Sunday (25/4/71)		11 miles steady
Monday	am	30 mins fartlek
	pm	5x500m hill climbs
Tuesday	am	5 miles steady
	pm	4x600m (recoveries not recorded) in 87.7, 87.5, 89.5, 92.5 + 6x150m
Wednesday	am	20 mins fartlek
	pm	6 miles fast
Thursday	am	50 mins steady
Friday		Rest
Saturday		Ran short leg of National Road Relay (3.1 miles) in 14:27 (the day's fastest time) and brought team from 9th to 1st
Sunday		20 mins fartlek
Monday	am	5 miles steady
	pm	6x6x110m on road (recoveries not recorded)
Tuesday	pm	1st in 800m race in 1:53.1
Wednesday	am	45 mins fartlek
	pm	4x600m + 6x150m (times and recoveries not recorded)
Thursday	am	4 miles fast
	pm	8x300m (recoveries not recorded)
Friday	am	3 miles easy
Saturday		1st in 800m race in 1:55.9

Weekly training mileage: Week one: 50, Week two: 37.

Table 3

	Distance	Pace	Distance	Pace	Type of session
Sunday	14mls	6mins+/ml	3mls	6mins+/1ml	loosener
Monday	7mls	5m 50sec-6m/ml	4*600 (5 min recovery)	1500 or faster	speed endurance
			800m jog (90 sec recovery)	86/88 sec change of pace or acceleration	speed under conditions of fatigue
Tuesday	7mls	6 mins+/ml	8mls	22 in 33 sec	fartlek
				200 in 45 sec	
Wednesday	11mls	6-6 1/4 mins/ml	5mls	5 3/4 min/ml	sub maximal aerobic continuous run
Thursday	7mls	6 mins+/ml	5-6*1000 (7 mins recovery)	slower than 1500 pace	endurance
				2:30/2:35	
Friday	10mls	6-6 mins+/ml	6mls	5-5 1/2 min/ml	sub maximal aerobic continuous run
Saturday	4mls	6 mins+/ml	8mls	200 in 33 secs	fartlek
				200 in 45 secs	





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practice. Both David and John pointed out that although he was competing in track competitions during January-March the training, aimed at a peak for a UK summer season, was never compromised.

If not competing overseas during the period January-March David preferred to compete in cross-country or indoor events every two weeks. Cross-country competitions were never viewed as a major aim by David or John but were used as more of a useful measure of David's endurance capability and the most strenuous form of competitive endurance training. In March 1981 David finished an outstanding 4th in the National having arrived back from New Zealand only one week

before. As these results and the consistently high average training mileages performed during January-March 1981-82 of Fig 1 show, David had developed his best ever consistent pre-season endurance training at this stage of his career. This is further confirmed by the corresponding low number of training days lost during this period as shown in Fig 4.

David only significantly eased off his training during January-March for such major distance races as the English national cross-country champs in which his highest placing was 2nd in 1976. This does suggest that he did recover from his high training loads relatively quickly although he does admit that occasional poor competition performances also infer that he pushed too close to the limits of his capabilities at times.

Period 3

April - May (9 weeks) Pre-Competition

Training during this nine week pre-competition period would normally consist of two major four week blocks of work separated by one week of easier running as similarly described for period two. Mileage was reduced to a maximum of 90mls/week and low key competitions such as road relays and local club track races would be used every 1-2 weeks. John Anderson's approach to training during this period was for the quality or speed of the major track sessions during each four week block to show an improvement, i.e. they were to be progressive.

Due to the nature of these competitions it is incorrect to describe each week of training as

Table 4
Pre-1981: Preparing principally for 1500m competitions, April-May

	Distance	Pace	Distance	Pace	Type of session
Sunday	10-12mls	6mins+/ml			
Monday	5mls	6mins+/ml	5 mls	22 in 33 sec 200 in 45 sec	fartlek
Tuesday	6mls	6 mins+/ml	8mls4*600 (5 mins recovery)	1500 pace 84-86 secs	speed endurance
Wednesday	6mls	6 mins/ml	5mls	5 3/4 -6 min/ml	sub maximal aerobic continuous run
Thursday	6mls	6 mins+/ml	600 (10 mins recovery) 300	800 pace 78.5 400 pace 36.1	endurance 800m maintenance
Friday	6mls	6 mins+/ml	5mls	6 min/ml	400m maintenance endurance maintenance
Saturday			9 mls	6 mins/ml	endurance maintenance

identical but the following page illustrates what could be considered as typical when he was principally a 1,500m runner.

As can be seen from table 4 of training the 1,500m speed endurance sessions have now progressed in terms of speed and 800/400m sessions have been introduced. Since the 800m and 400m training volumes are not very high I have referred to them as maintenance sessions.

During this period David also regularly included another key session of 3-4x 1,000m (7mins recovery). the times performed for these will also have progressed to 2:26-2:28.

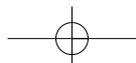
It is significant and interesting to note that if David was performing his major quality training sessions particularly quickly John would occasionally plan the following weeks training without track work. This he felt was of importance if David was to maintain his level of fitness throughout the forthcoming season.

Although particularly stressful track work may have been removed from such "easier" weeks, the total distance run would still be maintained at 80-90mls when preparing for 1,500m, i.e. pre 1980/81 and 80-100mls thereafter.

From 1980/81 onwards when David was preparing for both 1,500m and 5,000m races, as opposed to

Table 5

Sunday	am	7mls steady
(11/4/82)	pm	1) 4 x 600 (5 mins recovery) in 85, 83.8, 84, 83.8 2) 5mls steady
Monday	am	10mls steady
	pm	5mls quite fast
Tuesday	am	7mls steady (a bit tired)
	pm	6 x 1000 (7 mins recovery) relaxed times not recorded
Wednesday	am	5mls steady
	pm	8mls fast (legs are heavy)
Thursday	am	5mls fast
	pm	8 x 300 in 42.40 and then inside 40 2mls warm down (reocveries not recorded)
Friday	am	7mls steady (feel weak)
	pm	9mls steady (still quite tired)
Staurday	am	8mls steady
	pm	5mls steady (pretty tired)
Weekly mileage: 100 mls		
Sunday	am	15mls steady (feel ok)
	pm	1000 (2:28:6), 600 (85.4) 1000 (2:27:7), 600 (83.9) (recoveries not recorded)
Monday	am	7mls steady
	pm	8mls steady
Tuesday	am	5mls steady
	pm	5 x 1000 in 2:29, 2:28, 2:28, 2:27, 2:28
Wednesday	am	7mls steady (a bit stiff)
	pm	7mls steady
Thursday	am	5mls steady
	pm	7mls steady
Friday	am	5mls steady
Saturday		National road relay, long stage run in a record of 24:27 (5 1/2 mls)
Weekly mileage: 100 mls		



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Table 6

Sunday (25/7/82)		5th in AAA 800m Final in 1:46:64
Monday		travelled to Hengelo
Tuesday		1st in 1500m 3:33:69
Wednesday		15mls steady
Thursday	am	5mls steady
	pm	4 x 600 (feeling tired) run 87 secs (recoveries not recorded)
Friday	am	5mls steady (not feeling good)
	pm	7mls steady with a bit of hard
running		
Saturday	am	6mls steady
	pm	7mls steady (feeling weak)

Weekly training mileage: 60mls

Sunday (25/7/82)	am	14 mls steady with last 3-4mls hard
	pm	4 x 600 in 85.3, 84.8, 84.8, 84.0 followed by 6 accelerations (recoveries not recorded)
Monday	am	7mls steady
	pm	5mls steady (feeling pretty weak)
Tuesday	am	6mls steady
	pm	600 in 87.0, 1000 in 2:26:3 600 in 85.3, 1000 in 2:24:8 600 in 83.7, plus some accelerations (recoveries not recorded)
Wednesday	am	7mls steady
	pm	10mls steady (feeling tired towards the end)
Thursday	am	7mls steady
	pm	5mls fartlek (ran hard in places, bit tired towards the end)
Friday	am	5mls steady (ran hard in places)
	pm	5mls steady
Saturday		1st in Empire British Games 2000m in 5:02 (fast last lap)

Weekly mileage: 88mls

1,500m only, the training did change during period three, April-May.

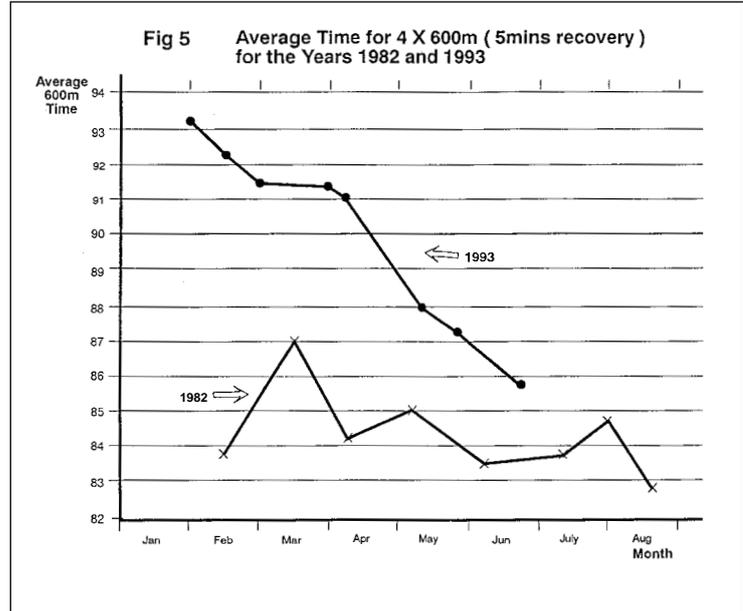
These modifications to training included an increase in weekly training mileages of 5-10mls and a general increase in both the volume and regularity of the longest track sessions, i.e. the 1,000m reps.

In table 5 I have shown the training noted by David during the two weeks prior to his record breaking national road relay run. I have also included his written comments.

There also were occasions when David and John had to plan for a late season peak or the need to maintain good form through to September/October. This was the case during 1982 when David had to prepare for the European championships 5,000m in Athens final on September 11th and the Brisbane Commonwealth games final on October 7th. For such late season events period three would

be extended for another 2-4 weeks to mid or late June. In 1982 this was certainly the case when David achieved weekly mileages of 83, 90, 90 and 83 miles during June.

Competitions inevitably required a lot of travelling and apart from the few competitions he viewed as serious his training was a fine balance between a) achieving his immediate competitive aim and b) maintaining his level of fitness. This inevitably meant that the training was seriously altered from that previously described. Rarely did he perform more than one track session per week during this period and in the week prior to a major race he may not perform a single track type session at all. In order to maintain his aerobic fitness levels weekly mileages may still reach 85-90mls if he either did not race or competed in what he and John considered a non serious competition. It is interesting to note that he ran 83 miles and ran one speed track session of 8 x 300 during the week prior to his pb mile of



3:49:3 in Oslo in 1982.

To further illustrate this point table 6 details the training which David performed during the week of and the week following the AAA 800m and the Hengelo 1500m which he won in 3:33:69 also in 1982.

Period 5

Mid-Sept-End Oct (6 weeks) Recovery

Period 4

June -Mid Sept (16 weeks) competition

During this phase David would average almost a competition per week.

A number of these compe-

The Later years

As previously mentioned David remained an active athlete for many years after his record breaking feats focussing on the road and the relays in particular. Although as he admits the lack of a clear competitive aim in these later years did cause his enthusiasm to wain at times. Approaching his 40th year on 1993 David was spurred on by the challenge of achieving a fast mile time as a vet. During the weeks prior to the start of the 1993 Summer track season David did not allow himself to become too serious about the possibility of achieving the vets world 1 mile record since he had experienced a number of illnesses which had reduced his training. As we know the final weeks of training prior to the Les Jones Memorial mile race in Belfast on 19/6/93 did progress extremely well and resulted in a Vets World record of 4:02:53 and a fitting reward for the many years of hard dedicated work which David had given to his training.

I thought it would be of great interest to note the training David could achieve in his 40th year and to determine how this had been



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modified from that previously charted during his peak years. Below I have listed a number of the more important features of his training from the beginning of 1993 through to the 4:02:53 mile.

1. Training mileages were reduced by an average of 20 mls per week during the whole of 1993.
2. Maximum mileage achieved was 80mls per week
3. The average Jan-March weekly mileage was only 54 miles due to a number of bad colds causing training to be missed.
4. When occasionally feeling very tired David would miss a training session or even a particular day of training instead of training through it as he had in the past.
5. Due to the reduced training mileages the number of days/week with 2 runs would typically be 3 with a maximum of 5.
6. A typical training week would still consist of 3 repetition sessions but 1 or even 2 of them would not be performed on the tack.
7. Throughout 1993 David very rarely ran the 3-5 x 1000m (7 mins recovery) session.
8. David still maintained the sessions of 4-6 x 600m (5 mins recovery) and 4 x 6 x 300 fast with several mins recovery.
9. The following 2 sessions were regularly introduced:
 - a) 10 x 400 (60 secs recovery) and
 - b) 2-3 x 1 mile (3-5 mins recovery).

As previously mentioned David's training really began to improve in both standard and consistency from the middle of May 93 as the progress of the 4 x 600m session, in Fig. 5

shows. When this improvement was coupled with an average weekly training mileage of 64.5mls during the 6 weeks prior to the 4:02:53 it was obvious that David was in excellent shape. The continued improvement in David's form during the week following this fast mile does suggest that he was ready to run much faster. Unfortunately illness prevented him from achieving this.

Fig. 5 also indicates the times which David ran for the 4 x 600m training session during his peak year of 1982. The contrast between the 2 curves is quite striking. David's excellent times during his stay in Australasia in Feb 82 are obvious as is the time gap of only 4 secs between the best and the worst times achieved throughout the year. As David pointed out to me "at 40 years of age it is harder to train for a peak of performance and you also lose the training effect more quickly".

John Anderson the Coach

Additional facts and items of information

1. Date of birth: 28.11.31
2. Since his early years, John Anderson has been a highly competitive individual who represented Scotland at football as a schoolboy and went on to play at the highest amateur level until 1962.
3. Was a keen ball games player throughout his early life and also represented Scotland at tennis.
4. Only involved in athletics periodically during his school days and occasionally trained for the sprint events with Victoria Park Harriers aged 15-17 yrs.
5. Was a school physical education teacher until 1964 and it was through this profession that he started to coach athletics in all events in 1959.
6. Was a founder member of Maryhill Ladies AC
7. Became a full time AAA National Coach in all events in 1964 and in 1965 was appointed as the first ever full times Scottish AAA National Coach.
8. Has coached athletes to International level in all track and field events but has focussed particularly on the middle and longer distances since the mid 1960 s.
9. Prior to meeting David Moorcroft in 1966 John had been sending basic middle distance training schedules to youth coach and physiotherapist Mick Crossfield at Coventry Godiva Harriers who had requested assistance in this area. At the same time John was also coaching Shelia Carey of Coventry who went on to finish 5th in the 1972 Olympic 1500m final and break the UK record.
10. John has always based his training methods on a sound physiological foundation and has continued over the years to maintain his knowledge of the latest developments in sports physiology.
11. In the early years as a coach John came to the view that athletes who run slowly for long periods of time in the absence of speed would ultimately have a greater capability for running quickly if they practiced elements of speed training throughout the year.
12. John still believes the above to be true and has extended this view to his belief that in essence all elements of training should be incorporated to a greater or lesser degree throughout an athlete s annual training cycle.



1998 UK Merit Rankings

by Peter Matthews

This is the 31st successive year that I have compiled annual merit rankings of British athletes. As usual these are an assessment of form during the outdoor season. The major factors by which the rankings are determined are win-loss record, performances in the major meetings, and sequence of marks.

I endeavour to be as objective as possible, but form can often provide conflicting evidence, or perhaps an athlete may not have shown good enough results against leading rivals, or in very important competition, to justify a ranking which his or her ability might otherwise warrant.

I can only rank athletes on what they have actually achieved. Much depends on having appropriate opportunities and perhaps getting invitations for the prestige meetings.

Difficulties also arise when athletes reach peak form at different parts of the season or through injury miss significant competition. Increasingly, also, many of our top athletes are competing overseas instead of in domestic meetings, which makes comparisons of form difficult.

Once again it should be pointed out that the rankings are by no means necessarily the order in which I think the athletes would have finished in an idealised contest, but simply my attempt to assess what has actually happened in 1998.

I hope that I have not missed many performances, but I would be very pleased to receive any missing results at 10 Madgeways Close, Great Amwell, Herts SG12 9RU.

For each event the top 12 are ranked. On the first line is shown the athletes named, then their date of birth followed, in brackets, by the number of years ranked in the top 12 (including 1998) and their ranking last year (1997), and finally, their best mark prior to 1998.

The following lines include their best six performances of the year (followed, for completeness, by significant indoor marks indicated by 'i' (although indoor performances are not considered for the rankings)). Then follow placings at major meetings, providing a summary of the athlete's year at the event.

MEN 800M

- 1 **Andy Hart** 13.9.69 (3y, 4) 1:46.36 1997 1:45.71, 1:46.19, 1:46.77, 1:47.0, 1:47.0, 1:47.13; 3 BMCBattPk, 3 ECp, 5 GhG, 7 BGP, 1 Tooting, 4h Ech, 1 BMCSolihull, 6 WCp, 5 CG
- 2 **Bradley Donkin** 6.12.71 (2y, -) 1:48.25 1996 1:46.86, 1:47.5, 1:47.65, 1:48.32, 1:48.3, 1:49.01; 3 AAA v LC, 4 CAU, 4 Ljubljana, 3 Leeds, 2 North, 5 Cork, 7 AAA, 1 BMCWatford, 3 Tooting, 6 CG
- 3 **Jason Lobo** 18.9.69 (3y, 11) 1:47.29 1997 1:47.48, 1:47.74, 1:47.96, 1:48.21, 1:48.23, 1:48.41; 2 AAA v LC, 4 Leeds, 2 Istanbul, 2 BL1 (3), 4 GhG, 1 AAA, 8 BGP, 6s2 CG
- 4 **Grant Graham** 27.12.72 (2y, -) 1:49.2 1996 1:47.85, 1:48.13, 1:48.94, 1:49.25, 1:49.60, 1:49.73; 1 CAU, 6 Ljubljana, 1 Scot, 2 AAA, 10 BGP, 5h CG
- 5 **Paul Walker** 2.12.73 (4y, 3) 1:46.4 1997 1:47.91, 1:48.53, 1:48.68, 1:48.82, 1:48.85, 1:49.1; 5 Ljubljana, 2 Stockholm, 2 Scot, 3 Celle, 1 BL1 (3), dnf AAA
- 6 **Eddie King** 26.11.75 (2y, 7) 1:48.22 1997 1:48.51, 1:48.95, 1:49.01, 1:49.38, 1:49.71, 1:49.74; 4 BMCWyth, 2 Leeds, 1 Tonsberg, 3 BMCCardiff, 3 AAA, 3h3 CG, BL1: 1,-,-,1
- 7 **Phillip Tulba** 20.9.73 (1y, -) 1:49.88 1997 1:48.31, 1:48.43, 1:48.71, 1:49.2, 1:49.38, 1:50.07; 1 BMCSSwindon, 6B Oslo, 2 BMCCardiff, 4 AAA, 4 BMCWatford
- 8 **Matt Shone** 10.7.75 (1y, -) 1:50.2 1997 1:48.33, 1:48.39, 1:48.6, 1:49.21, 1:49.63, 1:49.8; 2B BMCWyth, 5 Leeds, 7B BMCSSwindon, 1 Welsh, 4 BMCCardiff, 1 IR, 6 AAA, 2 BMCWatford, 3 BMCSSolihull, BL3: 3,2,1,-
- 9 **Chris Moss** 17.6.79 (1y, -) 1:49.98 1997 1:48.43, 1:48.77, 1:49.78, 1:49.92, 1:50.09, 1:50.3; 1D BMCWyth, 2B BMCSSwindon, 1 AAA-J, 3 JivFS, 6 WJ, 4 BMCSSolihull
- 10 **Simon Lees** 19.11.79 (1y, -) 1:50.5 1997 1:47.69, 1:48.03, 1:48.88, 1:50.82, 1:51.68 1 Mid-J, 3 BMCWyth, 2 AAA-J, 6h6 WJ, 2 BMCSSolihull
- 11? **Anthony Whiteman** 13.11.71 (3y, 5) 1:47.16 '97 1:47.5, 1:48.4; 1 BL2 (2), 4 BMCBattPk
- 12 **Alasdair Donaldson** 21.6.77 (1y, -) 1:49.05 1997 1:48.6, 1:49.18, 1:49.49, 1:49.58, 1:50.0, 1:50.01; 1 B.Univs, 1 AAA v LC, 1 BL1 (2), 1 Leeds, 1 U23H, 8 Istanbul, 4 Cork, 3 Scot, 2h4 AAA, 1 U23D, 1 Cup, 1B BMCSSolihull
- nr **James McIlroy** IRE 30.12.76 1:51.8 1997 1:45.32, 1:45.46, 1:45.83, 1:46.7, 1:46.81,

1:46.87; 2 Dublin, 1 BMCWyth, 2 BMCBattPk, 1 Tallinn, 4 Nice, 1 GhG, 4 Ech, 6 Brussels

Hart had a fine year to retain top ranking, and both he and Donkin broke through with pbs at the Commonwealth Games. The overall standard is depressingly low compared to past glories, but an encouraging feature was the progress of two juniors. Moss beat Lees at the AAA and fared far better at the World Juniors, but Lees had better form at the start and end of the season, with pbs for both in the BMC finals at Solihull. Whiteman could well be higher, but is difficult to rank - he had two good times, but did not contest the major races at this distance. One great new talent emerged - the most exciting British middle-distance runner since Curtis Robb, but James McIlroy was snapped up by Ireland, so although he has a British passport, he is not ranked.

The 10th best of 1:48.31 is better than 1994 (1:48.38) but otherwise the worst since 1980.

MEN 1,500M / 1 MILE

- 1 **John Mayock** 26.10.70 (8y, 1) 3:31.86 1997 / 3:50.32M 1996 3:32.82, 3:33.90, 3:34.60, 3:34.71, 3:51.99M, 3:53.72M, 3:53.81M, 3:36.74; 1 Hexham, 7 St Denis, 2 Bratislava, 3 ECp, 6 Oslo, 10 Rome, 2 GhG, 1 AAA, 7 Paris, 2 E.Carr, 10 Monaco, 5 Ech, 6 Brussels, 9 GPF, 2 CG
- 2 **Anthony Whiteman** 13.11.71 (3y, 2) 3:32.34 / 3:54.59M 1997 3:32.69, 3:51.90M, 3:52.09M, 3:35.30, 3:36.78, 3:39.52; 4 Bellinzona, 4 Nuremberg, 3 Nice, 2 AAA, 3 E.Carr, 7 Zurich, 4 Ech, 3 WCp, 3 CG
- 3 **Matthew Yates** 4.2.69 (7y, 4) 3:34.00 1991 / 3:52.75M 1993 3:37.04, 3:38.36, 3:38.97, 3:39.5, 3:40.38, 3:40.78; 5 Barakaldo, 11 Nice, dnf GhG, 3 AAA, 7 Hechtel, 2 BMCWatford, 6 Ech, 2 v USA, 12 Berlin
- 4 **Kevin McKay** 9.2.69 (10y, 3) 3:34.59 1997 / 3:53.64M 1994 3:37.22, 3:40.78, 3:58.52M, 3:43.22, 3:44.42, 3:46.18; 4 Hengelo, 5 GhG, 4 AAA, 18 Hechtel, 1 Cup, 3 v USA, 5 CG, BL1: 1,-,1,-
- 5 **Michael Openshaw** 8.4.72 (2y, 6) 3:41.38 / 4:03.7M 1997 3:39.7, 3:57.2M, 3:40.19, 3:43.50, 3:43.60, 4:08.33M; 1 CAU, 2 Hexham, 3 BMCBattPk, 3 Rhede, 5 AAA
- 6 **Neil Caddy** 18.3.75 (4y, 8) 3:39.1 / 3:55.84M 1996

3:39.89, 3:58.49M, 3:58.5M, 3:40.9, 3:42.34, 3:42.66; 1 BMCWyth, 5 BMCBattPk, 2 BMCCExeter, 2 Rhede, 4 GhG, 3 WG, 3 BMCBath

- 7 **Gary Lough** 6.7.70 (5y, -) 3:34.76 1995 / 3:55.91M 1995 3:57.58M, 3:40.8, 3:43.33, 3:44.55, 3:44.99, 3:46.1; 2B BL1 (2), 2 Lough, dnf BMCSSwindon, 12 Cork, 8 AAA, 9 E.Carr, 5 WG, 3 BMCWatford, 6 v USA
 - 8 **Spencer Barden** 31.3.73 (2y, 9) 3:40.10 1997 / 4:02.1M 1996 3:39.64, 3:58.5M, 3:59.86M, 4:00.73M, 3:44.8, 3:46.85; 3 Hexham, 2 Barcelona, 8 GhG, 9 WG, 2 BL2 (4), 3 Meilen, 5 BMCSSolihull
 - 9 **Ian Gillespie** 18.5.70 (3y, 5) 3:39.8 / 3:58.4M 1997 3:57.6M, 4:01.84M, 3:46.11 1B BL1 (2), 1 BMCCExeter
 - 10 **Tom Mayo** 2.5.77 (1y, -) 3:43.4 1996 3:41.2, 3:42.33, 4:00.02M, 3:43.98, 3:46.81 10 AAA, 4 BMCWatford, 16 Rieti, 4 BMCSSolihull
 - 11 **Phillip Tulba** 20.9.73 (1y, -) 3:44.5 1997 3:59.7M, 3:42.3, 3:42.96, 3:45.0, 3:45.19, 4:06.20M; 1 B.Univs, 1 AAA v LC, 8 BMCBattPk, 8 Cork, 1 BMCTooting, 11 BMCSSolihull
 - 12 **Christian Stephenson** 22.7.74 (1y, -) 3:49.90 / 4:02.9M 1997 4:01.7M, 3:43.85, 4:02.2M, 3:44.82, 3:45.75, 3:46.2; 3 BMCCExeter, 1 Welsh, 2 BMCCardiff, 1 IR, 7 BMCBath, 9 CG
 - nr **Grant Graham** 27.12.72 (0y, -) 3:43.2 1995 3:41.5, 3:44.09; 6 BMCBattPk, 11 Cork
 - nr **James McIlroy** IRE 30.12.76 3:59.48M, 3:46.00, 3:49.83 2 Dublin, 1 ECp 2A, 1 Irish, 2 BMCSSolihull
- M = 1 mile time (1500m times in brackets).
- Mayock and Whiteman remain 1-2 for the third successive year, but it was close with Mayock just having the edge, 3-1 on win-loss. Yates and McKay swap places. Openshaw, Caddy and Barden moved up slightly from 1997, but maintained their positions against each other, with Lough returning to split them. The 10th best was 3:41.5 - in 1991 it was 3:41.52, but otherwise this was the worst since 1979.

MEN 3,000M (NOT RANKED)

Anthony Whiteman 13.11.71 7:57.59i 95 / 7:57.65 1997 7:43.61, 8:03.3; 3 ECp



1998 UK Merit Rankings

Jon Brown 27.2.71 7:51.72 1993

7:45.41; 5 Hechtel

Neil Caddy 18.3.75 7:58.14i / 8:03.9 1996

7:48.76, 8:54.43M, 8:16.8

6 BGP, 2 v USA, 7 WCp

Karl Keska 7.5.72 7:56.74 1997

7:50.04, 8:01.2; 7 BGP, 5 v USA

Ian Gillespie 18.5.70 7:48.28 1997

7:51.34; 7:52.61i, 7:53.79i, 8:03.28i

6 Caorle

Spencer Barden 31.3.73 7:53.2 1997

7:55.50; 8 BGP

Kris Bowditch 14.1.75 7:57.7 1997

7:56.12; 2 BMCCardiff

John Mayock 26.10.70

7:43.31i 1997, 7:47.28 1995

8:54.16M; 7:47.43i, 7:48.80i, 7:50.10i, 7:55.09i,

7:58.57i; 1 v USA

MEN 5,000M

1 **Karl Keska** 7.5.72 (2y, 10) 13:37.54 1997

13:26.37, 13:33.67, 13:40.24, 13:41.61, 13:42.58, 13:59.30;

1 Walnut, 9 Eugene, 6 ECp, 1 AAA, 9 Ech, 4 CG

2 **Jon Brown** 27.12.71 (7y, -) 13:19.78 Ö93

13:19.03, 13:41.72, 13:47.2

2 AAA, 12 Stockholm

3 **Keith Cullen** 13.6.72 (3y, 1) 13:17.21 1997

13:22.31, 13:31.07, 13:33.89, 13:43.15, 13:44.69,

14:13.32; 10 Nuremberg, 3 AAA, 9 Hechtel,

8 Brussels, 5 WCp, 5 CG

4 **Dermot Donnelly** 23.9.70 (3y, 12) 13:45.97 1997

13:27.63, 13:35.3; 2 BMCBattPk, 13 Hechtel

5 **Rod Finch** 5.8.67 (1y, -) 13:50.6 1997

13:27.75, 13:41.44, 13:49.46, 13:52.94, 14:09.87;

1 AAA v LC, 6 Cork, 5 AAA, 14 Hechtel,

17 Ech

6 **Kris Bowditch** 14.1.75 (3y, 6) 13:42.00 1997

13:36.24, 13:43.68, 13:50.91, 13:51.8, 14:01.9,

14:02.36; 8 Walnut, 12 Cork, 4 AAA, 21 Hechtel,

3 BMCWatford, 7 CG

7 **Ian Gillespie** 18.5.70 (3y, 2) 13:18.06 1997

13:28.57, 13:44.08, 13:51.24; dnf Eugene,

9 Lisbon, 19 Rome, 6 AAA, 8h CG

8 **Spencer Barden** 31.3.73 (3y, 7) 13:43.84 1997

13:45.31, 13:54.13, 13:54.39, 14:04.6

2 AAA v LC, 8 Cork, 1 Lough, 9 AAA

9 **Rob Denmark** 23.11.68 (8y, 4) 13:10.24 1992

13:48.48, 13:53.86, 13:54.4

4 BMCBattPk, 9 Cork, 8 AAA

10 **Julian Moorhouse** 13.11.71 (1y, -)

13:48.5, 14:03.01, 14:12.59

2 North, 12 AAA, 2 BMCWatford

11 **Matthew Clarkson** 25.1.66 (1y, -) 13:57.91 1997

13:52.4, 13:56.15, 14:05.86, 14:16.9

4 AAA v LC, 10 AAA, 4 BMCWatford,

BLI: -,1,-,1

12 **Glynn Tromans** 17.3.69 (2y, -) 13:48.0 1997

13:53.59, 14:21.54; 15 Cork, 7 AAA

Nick Comerford 23.4.66 (8y, -) 14:11.63 1997

13:52.7, 14:01.19, 14:04.47

3 BMCBattPk, 11 AAA, 3 BMCSolihull

Keska leaps up from 10th to 1st; he did not have a sensational season, but a good, solid one. Brown ran the fastest time, but was beaten by Keska at the AAAs, Cullen was next best ahead of Donnelly, who made big improvements on the Northern Irish record in each of his two 5000m races and was unfortunate not to get a championship race at this distance. The standard in

depth is again way below what it was in previous decades. The 10th best standard, under 13:40 each year 1977-92, was 13:48.5, and only 15 men broke 14 minutes - compared to a peak of 49 in 1988.

MEN 10,000M

1 **Jon Brown** 27.2.71 (6y, 1) 27:27.47 1997

27:18.14, 28:02.33; 4 Ech, 4 Brussels

2 **Keith Cullen** 13.6.72 (1y, -) 0

27:53.52, 28:34.34; 10 Eur Chall, 11 Ech

3 **Dermot Donnelly** 23.9.70 (3y, 6) 28:38.56 1997

28:43.17, 29:05.96, 29:27.40

25 Eur Challenge, 1 AAA, 5 CG

4 **Glynn Tromans** 17.3.69 (2y, 5) 28:35.32 1997

28:31.71, 30:04.95; 20 Eur Challenge, 9 CG

5 **Carl Thackery** 14.10.62 (6y, -) 27:59.24 1987

28:52.71; 2 AAA

6 **Andrew Pearson** 14.9.71 (4y, -) 28:32.0 1996

29:01.05; 22 Eur Challenge

7 **Robert Quinn** 10.12.65 (2y, -) 29:14.23 1995

29:20.72, 29:25.55, 29:36.54, 29:43.88;

11r2 Eur Challenge, 12 Prague, 6 AAA, 1 Scot

8 **Rob Denmark** 23.11.68 (4y, 3) 28:03.34 1994

29:17.72; 3 AAA

9 **Mark Hudspith** 19.1.69 (2y, -) 29:02.38 1992

29:22.88; 4 AAA

10 **David Taylor** 9.1.64 (2y, 9) 29:11.79 1997

29:24.15; 5 AAA

11 **David Tume** 29.10.70 (1y, -) 29:41.54 1997

29:39.23; 7 AAA

12 **Adrian Mussett** 14.4.72 (1y, -) 29:54.49 1997

29:40.96; 8 AAA

Brown is top for the third successive year. After 4th in the Europeans, he beat the easy winner there, Antonio Pinto, in Brussels, when he took Eamonn Martin's UK record. Cullen broke 28 minutes on his debut at the event and Donnelly ran well to win the AAA title and place an unnoticed (by BBC TV) 5th at the Commonwealth Games. Making a welcome return is Carl Thackery, last ranked in this event in 1991. For the third successive year the 10th best was the worst since 1965 (allowing for 6 miles conversions in the 1960s). 29:08.66 in 1996, 29:17.65 in 1997 and 29:24.15 in 1998. In 1986 it was 28:11.07.

MEN 3,000M STEEPLECHASE

1 **Christian Stephenson** 22.7.74 (1y, -)

8:54.8 1996

8:32.76, 8:41.76, 8:42.95, 8:44.34, 8:46.44,

8:55.67A; 1 BMCWyth, 1 AAA, 15 Stockholm,

5 WCp, 6 CG

2 **Ben Whitby** 6.1.77 (1y, -) 8:59.09 1996

8:41.79, 8:42.12, 8:44.24, 8:47.69, 8:49.80,

8:51.5; 1 CAU, 1 U23H, 6 ECp, 4 AAA, 7 CG

3 **Craig Wheeler** 14.8.76 (1y, -) 8:55.44 1997

8:42.83, 8:43.36, 8:45.90, 8:49.47, 8:52.29,

8:56.4; 4 AAA v LC, 2 CAU, 2 BMCWyth,

4 U23H, 3 AAA, 4 U23D, 8 CG

4 **Spencer Duval** 5.1.70 (8y, 2) 8:24.64 1995

8:36.37, 8:49.6, 8:58.34, 9:09.76

1 IR, 2 AAA, 3 BMCWatford, dnf CG

5 **Brian Montgomery** 19.7.74 (1y, -) 8:54.1 1996

8:43.71, 8:44.01, 8:46.18, 9:02.46; 1 Seattle,

13 Portland, 7 Dedham, dnf AAA

6 **Lee Hurst** 29.7.72 (3y, 5) 8:48.34 1996

8:49.63, 8:53.90, 8:55.04, 8:55.62, 8:56.56,

8:58.38; 1 AAA v LC, 3 E.Clubs, 1 North,

6 AAA, 3 Cup, BLI: 1,-,2,1

7 **Andy Coleman** 29.9.74 (2y, 12) 8:55.95 1997

8:52.35, 8:52.7, 8:53.27, 9:00.88

1 South, 7 AAA, 4 BMCWatford

8 **Stuart Stokes** 15.12.76 (2y, 11) 8:55.64 1997

8:56.39, 8:56.92, 8:57.15, 8:58.59, 9:00.44,

9:01.16; 1 B.Univ, 3 BMCWyth, 5 U23H,

9 AAA, 6 U23D, 1 Cup

9 **Andy Morgan-Lee** 1.3.69 (2y, 7) 8:50.40 1996

8:53.81, 8:55.0, 8:56.91, 8:57.56, 9:00.3, 9:06.36;

5 BMCWyth, 1 sf Enf, 8 AAA, 4 Cup,

BL2: 1,-,1,-

10 **John Brown** ?? (1y, -) 9:26.1 1997

8:55.6, 8:57.87, 9:04.55

11 AAA, 5 BMCWatford

11 **Martin Yelling** 7.2.72 (2y, 10) 8:54.63 1997

8:57.03, 8:59.9, 9:22.73

3 CAU, 4 BMCWyth, 7 South, dnf h1 AAA

12 **Mike Jubb** 20.6.70 (2y, 9) 8:50.37 1996

8:58.00, 9:03.1; 2 AAA v LC, 4 CAU

nr **Andrew Colvin** AUS 23.8.72 9:21.75 1997

8:48.23, 8:53.97, 8:58.36, 8:59.22, 9:01.59, 9:02.8; 5 AAA,

2 Cup, BLI: 2,1,1,2

Sadly, last year's no. one, Robert Hough, missed the whole season through injury. But, in a unique situation all of the top three ranked for the first time at the event. These three, Stephenson, Whitby and Wheeler, made notable advances, but as they now rank 33, 72 and 74 on the UK all-time list, and many of those ranked ran much slower, it can be seen that the overall picture remains bleak. The 10th best standard declined again to 8:55.74, the worst since 1965; the best was 8:37.59 in 1989, and it was under 8:50 each year 1970-96 (apart from 8:50.2 in 1976).



WOMEN 800M

1 **Diane Modahl** 17.6.66 (14y, 3) 1:58.65 1990

1:58.81, 1:59.77, 2:00.08, 2:00.17, 2:00.52,

2:00.97

8 Hengelo, 2 Milan, 4 Helsinki, 6 Athens,

5 Goodwill, 1 AAA, 5 Stockholm, 6 Monaco,

5s1 Ech, 1 BMCSolihull, 3 CG

2 **Tanya Blake** 16.1.71 (2y, 4) 2:01.9 1997

2:00.10, 2:02.06, 2:02.15, 2:02.72, 2:02.83, 2:03.83

2 Eugene, 6 ECp, 4 Linz, 2 AAA, dnf Malms

3 **Amanda Crowe** 21.10.73 (2y, 6) 2:04.2 1997

2:01.83, 2:02.7, 2:04.31, 2:04.98, 2:05.40, 2:06.64;

1 CAU, 1 Leeds, 6 Lucerne, 3 Belfast, 3 AAA,

5s1 CG

4 **Emma Davies** 9.10.78 (1y, -) 2:06.50

2:02.39, 2:04.88, 2:05.03, 2:06.23, 2:06.52, 2:06.63

1 AAA v LC, 2 Leeds, 2 U23H, 2 Welsh,

3 Budapest, 1 Jona, 6 AAA, 3 U23D, 7s2 CG

5 **Lynn Gibson** 6.7.69 (6y, 7) 2:02.34 1992

2:04.61, 2:04.9, 2:05.08, 2:05.1, 2:05.8, 2:06.10;

3 BMCBattPk, 3 Tallinn, 1 BMCSwindon,

4 BMCCardiff, 2 BMCWatford

6 **Joanne Fenn** 19.10.74 (2y, 8) 2:05.63 1997

2:05.2, 2:05.88, 2:06.10, 2:06.12, 2:06.7, 2:06.77;

1 South, 2 BMCSwindon, 2 Jona, 4 AAA, 3 WG,

3 BMCWatford, 3 Namur, BL2: 2,2,1

7 **Rachel Newcombe** 25.2.67 (1y, -) 2:07.3 1997

2:03.28, 2:03.58, 2:04.75, 2:06.89, 2:07.03, 2:07.6;

4 BMCWyth, 1 Welsh, 1 BMCCardiff, 2 IR,



1998 UK Merit Rankings

- 7 AAA, 7s1 CG, BL2: 1,1,2
- 8 **Bev Blakeman** 4.4.74 (1y, -) c. 2:18 1997
2:05.33, 2:06.48, 2:06.5, 2:06.65, 2:07.1, 2:07.65;
2 N.East, 4 CAU, 2 BMCWyth, 1 North, 3 IR,
5 AAA, 6 BMCWatford, 2 BMCSolihull
- 9 **Angela Davies** 21.10.70 (3y, -) 2:2:03.67 1994
2:04.6, 2:05.30, 2:07.3, 2:07.41, 2:07.6
3 BMCCardiff, 1 BMCWatford, 4 BMCSolihull
- 10 **Vicky Sterne** 12.10.68 (4y, 10) 2:04.63 1996
2:04.81, 2:06.38, 2:07.44, 2:07.9, 2:07.94, 2:08.03;
6 Leeds, 3 BMCSwindon, 2 BMCCardiff, 1 IR,
3h2 AAA, 7 BMCWatford, BL1: 2,-,1
- 11 **Hayley Parry** 17.2.73 (3y, 2) 2:02.18 1997
2:03.46, 2:06.76, 2:09.07; 2:01.52i, 2:02.91i,
2:04.37i
3 Walnut, 1 Berne, 4 IR, 5 BL4 (3)
- 12 **Claire Raven** 15.6.72 (2y, 5) 2:03.15 1997
2:04.98, 2:07.78, 2:08.36, 2:08.78, 2:09.3, 2:12.37;
3 AAA v LC, 1 BMCWyth, 6 Cork,
4 BMCSwindon, 7h3 (fell) AAA, 1B Hechtel,
dnf BMCWatford, 3 BL2 (3)
- Injury meant that Kelly Holmes did not contest an 800m race, and clear No.1 was Modahl, on top for a record seventh time and first since 1993. Blake returned from America to claim 2nd ranking before injury ended her season and Crowe's Northern Ireland record in Kuala Lumpur ensured her the third ranking. 4th to 7th are very close, with the top newcomers to the rankings, the Welsh women Davies and Newcombe, helped by their fast pbs at the Commonwealth Games. Gibson had the best competitive record of this group, 2-0 v Fenn, but contested no 800m championships.

WOMEN 1,500M

- 1 **Kelly Holmes** 19.4.70 (5y, 1) 3:58.07 1997
4:06.10, 4:28.10M; 1 v USA, 2 CG
- 2 **Paula Radcliffe** 17.12.73 (5y, 2)
4:06.84 1995 / 4:24.94M 1996
4:05.81, 4:05.92, 4:31.72M
3 Hengelo, 2 ECp, 2 v USA
- 3 **Amanda Crowe** 21.10.73 (1y, -) 4:28.03 1997
4:10.68, 4:12.11, 4:32.99M, 4:32.71
2 GhG, 9h2 AAA, dnf Hechtel, 3 v USA, 6 CG
- 4 **Helen Pattinson** 2.1.74 (1y, -)
4:16.84 1996 / 4:41.65M 1997
4:12.61, 4:12.87, 4:14.53, 4:14.84, 4:15.0, 4:17.05;
1 BMCWyth, 3 Rhede, 1 BMCSwindon, 3 Budapest,
5 GhG, 2 AAA, 5 Hechtel, 1 BMCSwinton, 1/9,
2 BMCSolihull, 9 CG
- 5 **Lynn Gibson** 6.7.69 (5y, 6)
4:05.75 / 4:31.17M 1994
4:12.73, 4:13.35, 4:14.72, 4:14.84, 4:18.17,
4:22.46; 2 BMCWyth, 6 GhG, 1 AAA,
1 BMCSolihull, 10 CG
- 6 **Angela Davies** 21.10.70 (6y, 5) 4:09.29 1994
4:13.55, 4:14.10, 4:14.36, 4:16.1, 4:16.37,
4:16.84; 1 Rhede, 1 Jona, 4 GhG, 3 AAA, 3 Hechtel
- 7 **Amanda Parkinson** 21.7.71 (2y, 12) 4:18.6 1997
4:14.19, 4:16.60, 4:19.96, 4:20.1, 4:20.5, 4:21.34; 8 GhG,
4 AAA, 4 BMCSwinton, 1/9, 4 BMCSolihull
- 8 **Debbie Gunning** 31.8.65 (7y, -)
4:12.69 1990 / 4:32.32M 1991
4:16.75, 4:19.21, 4:19.49, 4:21.71, 4:25.5,
4:27.51; 1 BL2 (1), 2 South, 2 Jona, 5 AAA
- 9 **Kerry Smithson** 13.9.76 (1y, -) 4:31.3 97
4:17.6, 4:18.2, 4:20.2, 4:20.25, 4:21.10, 4:21.54;
6 BMCWyth, 1 North, 4 BMCSwindon,
2 BMCCardiff, 1 IR, 6 AAA, 1 BMCWatford,
1 U23D, 1 Cup, 2 Stret 1/9, 5 BMCSolihull,

- BL1: 1,1,1
- 10 **Joanne Colleran** 1.9.72 (2y, 11) 4:20.03 1997
4:18.17, 4:19.0, 4:19.4, 4:19.59, 4:21.8, 4:23.97;
7h2 AAA, 3 BMCSwinton, 1/9, 3 BMCSolihull
- 11 **Andrea Whitcombe** 8.6.71 (1y, -) 4:14.56 1990
4:18.24, 4:20.7, 4:27.6, 4:29.03;
1 South, dnf BMCWatford
- 12 **Shirley Griffiths** 23.6.72 (2y, -)
4:15.68 / 4:44.60M 1996
4:20.3, 4:20.62, 4:21.74, 4:23.50, 4:24.17, 4:27.3;
4:44.16Mi, 4:23.56i;
5 AAA v LC, 3 BMCWyth, 1 BL3 (1), 2 BMCSwindon,
3 BMCCardiff, dnf ht AAA, 3 BMCWatford

Holmes returned in time to rank top for the fifth successive year. She beat Radcliffe, who had the two fastest times of the year, in Glasgow and went on to Commonwealth silver. Crowe had a fine first season at the event to rank third and Pattinson progressed very well, setting a 1500m pb three times. Neither of 1997's 3-4, Jo Pavey and Hayley Parry, raced at the distance in 1998. The 10th best declined yet again - to the worst since 1976 - 4:18.24. That was run by Whitcombe, but she had not been near ranking when she ran four seconds faster than that in 1990.

WOMEN 3,000M (NOT RANKED)

- Paula Radcliffe** 17.12.73 8:35.28 1997
8:38.84, 9:08.83+, 9:12.54; 1 BGP
- Joanne Pavey** 20.9.73 9:05.87 1997
8:58.2, 9:12.10; 1 Millfield, 10 Hengelo
- Sarah Young** 2.1.70 9:25.1 1997
9:04.27, 9:08.6mx, 9:49.62M, 9:10.7, 9:20.2mx,
9:35.2+; 2 Millfield, 8 Cork, 7 BGP,
1 BMCSwinton, 18/8
- Kelly Holmes** 19.4.70 9:08.7 95
9:10.23; 1 Bedford
- Andrea Whitcombe** 8.6.71 8:58.59 1991
9:10.7mx, 9:14.9, 9:26.9mx, 9:35.8+;
1 Watford
- Liz Talbot** 5.12.74 9:29.8 1995
9:15.25, 9:31.2, 9:35.6+, 9:43.3; 1 BMCSwindon
- Lucy Wright** 17.11.69 9:17.3 1997
9:16.1mx, 9:16.93, 9:58.92M, 9:28.2, 9:34.30,
9:35.7+; 5 Millfield, 12 Cork, 2 IR, 8 BGP,
2 BMCSwinton, 18/8
- Heather Heasman** 27.9.63 9:22.1mx 91
9:16.5mx, 9:28.1mx, 9:28.2mx, 9:35.4+
- Debbie Gunning** 31.8.65 9:12.12 94
9:16.6, 9:17.39, 9:29.9;
3 Millfield, 2 BMCSwinton, 2 BL2 (2)
- Angela Davies** 21.10.70 9:14.1 1994
9:17.03, 9:25.0; 7 ECp

No longer a championship event. M = 2 Miles.

WOMEN 5,000M

(Previously ranked 1982-90, 1992, 1995-7)

- 1 **Paula Radcliffe** 17.12.73 (4y, 1) 14:45.51 1997
14:51.27, 15:06.87, 15:06.96, 15:22.76+
4 St Denis, 1 ECp, 2 Stockholm
- 2 **Andrea Whitcombe** 8.6.71 (4y, 6) 16:00.0 1996
15:43.03, 15:53.43, 15:56.85; 3 BMCWyth, 1 AAA, 2 CG
- 3 **Sarah Young** 2.1.70 (2y, 7) 16:10.15 1997
15:45.08, 15:53.81, 15:59.79, 16:29.89
4 BMCWyth, 1 North, 2 AAA, 5 CG
- 4 **Tara Krzywicki** 9.3.74 (1y, -) 0
15:48.1mx, 15:53.28, 16:00.1, 16:00.84, 16:12.2,
16:21.26; 1 B.Univ, 6 BMCWyth,
1 BMCCardiff, 3 AAA, 1 BMCWatford,
1 BMCBirmingham

- 5 **Angela Davies** 21.10.70 (1y, -) 0
15:50.59; 1 BMCWyth
- 6 **Liz Talbot** 5.12.74 (2y, -) 16:24.86 1995
15:50.85, 15:52.61, 16:06.88; 2 BMCWyth, 8 AAA,
7 Hechtel
- 7 **Birhane Dagne** ex ETH 7.10.77 (1y, -)
16:17.5mx 1995
15:55.81, 16:22.8; 1 CP, 4 AAA
- 8 **Vikki McPherson** 1.6.71 (3y, 5) 15:56.8mx 1997
15:56.04, 16:07.7, 16:30.8; 1 BMCSwinton, 5 AAA,
3 BMCBirmingham
- 9 **Amy Waterlow** 29.7.78 (1y, -) 0
15:57.45, 16:19.72, 16:27.47; 3 B.Univ, 10 BMCWyth,
6 AAA
- 10 **Lucy Wright** 17.11.69 (2y, 12) 16:25.72 1997
15:59.51, 16:03.30, 16:20.5; 7 BMCWyth, 7 AAA,
2 Birmingham
- 11 **Heather Heasman** 27.9.63 (4y, 10)
15:53.84 1996
15:57.24, 16:08.32, 16:42.23
5 BMCWyth, 3 North, 9 AAA
- 12 **Lynne MacDougall** 18.2.65 (2y, 4)
15:45.03 1997
16:01.41, 16:04.10, 16:21.8
4 Prague, 7 Turku, 1 Glasgow

Radcliffe is top for the fourth time, and was again a class apart from the rest. However, there was an encouraging improvement in standards overall. Whitcombe and Young ran consistently well, excelling at the Commonwealth Games and they are followed by Krzywicki, desperately unfortunate not to be selected for Kuala Lumpur, where she could well have picked up a medal. Eleven women under 16 minutes is a new record, compared to 5 in 1997, 6 in 1996 and 8 in 1995.

WOMEN 10,000M

- 1 **Paula Radcliffe** 17.12.73 (1y, -) 0
30:48.58, 31:36.51; 2 Eur Challenge, 5 Ech
- 2 **Vikki McPherson** 1.6.71 (6y, 1) 32:32.42 1993
32:38.48, 34:05.11; 8 Eur Challenge, 4 CG
- 3 **Angela Joiner** 14.2.69 (1y, -) 0
33:30.27, 34:47.41, 35:22.80; 15 Eur Challenge, 3 AAA,
8 CG
- 4 **Sarah Bentley** 21.5.67 (2y, 4) 34:06.29 1997
33:59.69, 34:40.65; 17 Eur Challenge, 6 CG
- 5 **Tara Krzywicki** 9.3.74 (1y, -) 0
34:37.04; 1 AAA
- 6 **Hayley Nash** 30.5.63 (2y, -) 34:07.24 1992
34:28.8, 34:45.57, 35:20.14
1 Welsh, 2 AAA, 7 CG
- 7 **Sally Goldsmith** 18.1.61 (2y, -) 34:28.13 1996
34:16.89, 36:02.11; 3 Italian, 9 CG
- 8 **Bev Hartigan** 10.6.67 (1y, -) 0
34:21.91; 18 Eur Challenge
- 9 **Tanya Povey** 13.4.79 (1y, -) 0
34:31.41, 35:07.62; 1 SEC, 7 NCAA
- 10 **Sheila Fairweather** 24.11.77 (1y, -) 0
34:39.98; 1 B.Univ
- 11 **Birhane Dagne** 7.10.77 ex ETH (1y, -)
34:38.11; 1 Palafurcell
- 12 **Katie Skorupska** 3.11.78 (1y, -) 0
34:40.00; 2 B.Univ

Although she was disappointed by her performance at the Europeans, Radcliffe had a most distinguished first season at the event, running a British record on her debut. The most difficult problem is whether to rank Joiner 3rd (clear on time) or 6th. There are eight newcomers to the rankings.



I.A.A.F. Code of Ethics for Coaches

by Peter Thompson

Work commenced on the 'IAAF Code of Ethics for Coaches' in February 1996 as part of a larger project, the global IAAF Coaches Education & Certification System. This code of ethics was approved by the IAAF Council in March 1997 and given out to the world in a press conference at the World Indoor Championships in Paris. Subsequently it was translated by the IAAF into French, Portuguese, Spanish, Arabic and Chinese. The code has now been adopted in its entirety by many National Federations including, in the English speaking countries, Athletics Canada, Athletics Australia and Athletics New Zealand.

Although this article is directed primarily at coaches it is printed here because it should be of interest to all athletes, permitting them to realise what they should reasonably expect from a coaching relationship. This includes the responsibilities of the coach to the athlete and the complimentary responsibilities of the athlete to the coach. Relationships built on mutual respect of each individual hold the promise for best outcomes.

As a coach, you have many roles to play and have numerous practical tasks to perform. Each of these roles and every task involves you in making decisions about your actions before you act, even though many times you may not be actively aware of your decision making. One of the most important challenges facing coaches is to make these decisions. Your philosophy of life guides everyday decisions, while your personal coaching philosophy guides all decisions you make as a coach. In addition, as a coach you have an important responsibility to provide your athletes with values of sportsmanship and fair play which will last them throughout their lives.

Ethics as part of a Coaching Philosophy

As you gain experience as a coach and have the opportunity to observe other coaches you begin to notice that the coaching roles they take on may be the same as yourself but the way in which they carry out the roles, the way they conduct themselves, may be quite different. Coaching is about conduct. It is about how you do your coaching. This reflects what you believe to be right or wrong, which is decided by your morals and ethics, a part of your coaching philosophy.

"Why should ethics be important in sport? In every human activity, there must be consideration of its effect on the participants and on society in general. Sport must involve others, some as fellow contestants, others vicariously as spectators and educators. Sport touches every segment of society and is a powerful social force, for good or evil. It cannot therefore, exist outside ethical considerations."
Dubin Enquiry, Canada 1989

Personal ethics simply tells you what is 'right' and what is 'wrong' and this will tend to determine your conduct or behaviour. Your ethical values do not remain necessarily the same or constant throughout your life but may develop or mature. If we think about the conduct or behaviour of children, then we can observe that, generally, they are less ethically mature than

adults. When you work with athletes you not only have to be aware of your own ethical values but also the ethical values of the athletes themselves.

A Code of Ethics for Coaches

There is sufficient evidence for us to accept that the relationship between the athlete and coach has a fundamental influence on the moral development of the athlete. The coach must act in a way that provides a suitable role model under all circumstances. For this reason, many coaches have formulated a personal code of ethics to guide their decisions and actions. An increasing number of Member Federations of the I.A.A.F. have developed, or are in the process of developing, a national code of ethics for their coaches. In identifying, and in response to, this need the I.A.A.F. is asserting an active leadership role in producing the I.A.A.F. Code of Ethics for Coaches, the first such

There is sufficient evidence for us to accept that the relationship between the athlete and coach has a fundamental influence on the moral development of the athlete

code of any International Governing body of an Olympic Sport. This world wide code to provide guidance for all coaches contributing to athletics is reproduced in its entirety on the adjacent pages. You are encouraged to read the contents carefully and to apply the code within your own coaching situations.

Ethics and Doping

Why do athletes use prohibited substances and practices? If you examine the doping issue in Athletics you find that the use of prohibited substances may in most instances be ascribed to one or more of the following reasons:

- A belief by athletes and coaches that all successful athletes are using illegal methods.
- The athlete and coach believe that the athlete

has reached his/her potential and natural limit of performance.

- The athlete believes that the coach does not have the knowledge to further assist in improving their performance.
- The coach has reached the limit of his/her knowledge and believes that doping will be the key to further improvements in performance.
- External pressures on the coach and/or athlete to produce performances without appropriate regard to the potential of the athlete, or knowledge of the lengthy time scales to achieve that potential using natural methods.

The I.A.A.F. is taking the most active steps of any International Federation to eradicate illegal doping practices from the sport. These steps have traditionally been directed most noticeably at the individual athlete and have comprised the three complementary elements of education, testing and punishment, with education the most poorly applied. It is now time to direct more attention specifically to the activities of coaches, as they are intimately involved in the preparation of athletes

Ethical considerations leading to fair play are integral, and not optional, elements of all sports activity

and themselves handle several generations of athletes during a coaching career. One corrupt athlete principally impacts the self, a corrupt coach, however, has the position to corruptly impact all the athletes in his/her squad and all subsequent squads in their coaching career, in addition to influencing other coaches to whom he/she is a mentor. To use an African analogy: "If you educate the mother, you educate the family." Now we can substitute: "If you educate the coach (ethically), you educate the athletes." In essence the Code reflects much that is contained within the Council of Europe's Code of Sports Ethics.

I.A.A.F. Code of Ethics for Coaches

Introduction

The basic principle of the I.A.A.F. Code of Ethics for Coaches is that ethical considerations leading to fair play are integral, and not optional, elements of all sports activity. These ethical considerations apply to all levels of ability and commitment. They include recreational as well as competitive Athletics.

The Code provides a sound ethical framework to combat the pressures in modern day society. Many of these pressures appear to be undermining the traditional foundation of sport - foundations built on fair play and sportsmanship and, in many instances, on the voluntary



I.A.A.F. Code of Ethics for Coaches

movement.

Fair play is defined as much more than playing within the rules. Fair play is a way of thinking, not just a way of behaving. Fair play can be expressed as a philosophy of coaching and incorporates the concepts of friendship, respect for others and always playing in the right spirit. This philosophy also integrates issues concerned with the elimination of cheating, doping, gamesmanship, physical and verbal violence, exploitation, unequal opportunities, excessive commercialisation and corruption.

Sport is a cultural activity which, practised fairly, offers the individual the opportunity of personal development through self knowledge, self determination, self expression and self fulfilment. This individual development leads to personal achievement, skill acquisition and demonstration of ability; social interaction, moral maturation, enjoyment, good health and well-being. Sport promotes an active involvement and responsibility of the individual within society.

It has been said that Athletics has a place above all other sports. Its component skills are fundamental to most other sports and modern training theory originated and developed in Athletics. It is the most international of all sports and is the central focus of the Olympic Games. Coaches in Athletics are in a privileged position in preparing several generations of athletes for their contribution to Athletics. With this privilege comes a certain responsibility. This responsibility is that through the work of the individual coach, and how it is carried out, an image of coaching is projected to athletes, to other coaches and to those not involved in coaching. Whether these coaches in Athletics are in paid employment or working as volunteers they enjoy a high profile as representatives of the sport.

The development of fair play or sportsmanlike behaviours and attitudes is not an automatic consequence of participating in Athletics. These fair play behaviours can be learned from the coach who provides a positive role model and applies consistent, clear reinforcement for what are desirable and undesirable actions. The role of the coach is, therefore, crucial as an ambassador, educator and guardian of the ethical values of fair play within Athletics.

The Code of Ethics

The coach's primary role is to facilitate the process of individual development through achievement of Athletic potential. This role accepts the athletes' long term interests as of greater importance than short term athletic considerations. The ethical considerations of the coach must apply to all levels of ability and

commitment, and include recreational as well as competitive Athletics. To fulfil this role the coach must behave in an ethical manner reflecting the following points:

Respect of Human Rights

Coaches must respect the basic human rights, that is the equal rights, of each athlete with no discrimination on the grounds of gender, race, colour, language, religion, political or other opinion, national or social origin, association with a national minority, birth or other status. This respect must extend to maintaining the dignity and recognising the contribution of every individual within Athletics and society as a whole.

The coach must acknowledge that all coaches have an equal right to desire the success of the athletes they coach

In addition, coaches must respect the basic human right of each athlete to participate in Athletics with freedom from physical or sexual harassment and freedom from inappropriate physical or sexual advances or behaviour.

Respect of Rules

Coaches must acknowledge and respect that Track and Field Athletics is governed by the rules of the International Amateur Athletic Federation, their National Federation or other appropriately recognised governing body. This respect should extend to the spirit as well as to the letter of the rules, in both training and competition, to ensure fairness of competitive opportunity between all athletes. Respect for officials should be active, by accepting the role of the officials in providing judgement to ensure that competitions are conducted fairly and according to the established rules.

Coaches must accept that they have a responsibility to encourage the athletes they coach to have a similar respect for the spirit of the rules. This includes the spirit and manner of behaviour towards opponents, other coaches and officials. Coaches have a responsibility to influence the performance and conduct of the athletes they coach, while at the same time encouraging the independence and self determination of each athlete by their acceptance of responsibility for their own decisions, conduct and performance.

Coaches must assert a positive and active leadership role to prevent any use of prohibited drugs or other disallowed performance enhancing substances or practices. This leadership from coaches should include education of the athletes

of the harmful effects, both ethically and medically, of prohibited substances and practices.

Respect of other Coaches

The coach must acknowledge that all coaches have an equal right to desire the success of the athletes they coach - competing within the rules. Coaches should strive to deal with other coaches in the way they would wish to be dealt with themselves, with courtesy due to a colleague and the respect due to a fellow man or woman. Observations, recommendations and criticism should be directed to the appropriate person or persons using professionally accepted procedures outside the view or hearing of the public domain.

Coaches should never solicit, either overtly or covertly, athletes who are receiving coaching to join their squad. If, however, an athlete initiates discussion with a coach in connection with commencing a coaching relationship, while the athlete is already being coached by another coach, then the present coach must be informed by the coach and/or athlete as soon as is practical. The present coach who is advised of an athlete's desire to be coached by another individual must bear in mind that all coaches should place the athlete's interest first. If the situation is such that the athlete wishes to change coaches it is apparent that this previous relationship has broken down. In such cases, coaches should work together to ensure a smooth transfer of relationship.

Respect of Proficiency

Although there is no substitute for practical coaching experience, coaches should hold recognised coaching qualifications. Coaches should respect that the gaining of coaching qualifications is an ongoing commitment, achieved through the upgrading of their knowledge by attendance of accredited courses and through practical coaching experience.

Coaches must ensure that the practical environments they create and the physical and psychological challenges they set for each athlete are appropriate. This appropriateness must take into consideration the age, maturity and skill level of the athlete and provide for all necessary safety aspects. This is particularly important in the case of younger or less developed athletes.

Respect of the Coaches Image

Coaches must respect the image and role of the coach. There is a responsibility that through the work of the individual coach, and how it is carried out, an image of coaching is projected to athletes, to other coaches and to those not involved in

Continued on page 38



IAAF Code of Ethics for Coaches

The coach's primary role is to facilitate the process of individual development through achievement of Athletic potential. This role accepts the athletes' long term interests as of greater importance than short term athletic considerations. To fulfil this role the coach must behave in an ethical manner respecting the following points:

Coaches must respect the basic human rights, that is the equal rights, of each athlete with no discrimination on the grounds of gender, race, colour, language, religion, political or other opinion, national or social origin, association with a national minority, birth or other status.

Coaches must respect the dignity and recognise the contribution of each individual. This includes respecting the right for freedom from physical or sexual harassment and advances.

Coaches must ensure that the practical environments are safe and appropriate. This appropriateness must take into consideration the age, maturity and skill level of the athlete. This is particularly important in the case of younger or less developed athletes.

Coaches must acknowledge and respect the Rules of Competition. This respect should extend to the spirit as well as to the letter of the rules, in both training and competition, to ensure fairness of competitive opportunity between all athletes.

Coaches must exhibit an active respect for officials, by accepting the role of the officials in providing judgement to ensure that competitions are conducted fairly and according to the established rules.

Coaches have a responsibility to influence the performance and conduct of the athletes they coach, while at the same time encouraging the independence and self determination of each athlete by their acceptance of responsibility for their own decisions, conduct and performance.

Coaches must assert a positive and active leadership role to prevent any use of prohibited drugs or other disallowed performance enhancing substances or practices. This leadership by coaches includes education of the athletes of the harmful effects of prohibited substances and practices.

The coach must acknowledge that all coaches have an equal right to desire the success of the athletes they coach - competing within the rules. Observations, recommendations and criticism should be directed to the appropriate person outside the view or hearing of the public domain.

Coaches should never solicit, either overtly or covertly, athletes who are receiving coaching to join their squad.



Coaches should hold recognised coaching qualifications. Coaches should respect that the gaining of coaching qualifications is an ongoing commitment, achieved through the upgrading of their knowledge by attendance of accredited courses and through practical coaching experience. Coaches also have a responsibility to share the knowledge and practical experience they gain.

Coaches must respect the image of the coach and continuously maintain the highest standards of personal conduct, reflected in both the manner of appearance and behaviour.

Coaches should never smoke while coaching, nor consume alcoholic beverages so soon before coaching that it affects their competence or that the smell of alcohol is on their breath.

Coaches should enter into full cooperation with all individuals and agencies that could play a role in the development of the athletes they coach. This includes working openly with other coaches, using the expertise of sports scientists and sports physicians and displaying an active support of their National Federation and the I.A.A.F.



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1998 World Sub 4 Register

Compiled by Bob Sparks

17 Jan	Wanganui	Hamish Christensen	3:58.68			Kipkosgei	3:57.3 c	
		Chris Bowden	3:59.23			Kiptanui	3:57.8 c	
25 Jan	Karlsruhe (i) [3km]	Haile Gebrselassie	31:59.0 ei			Kibowen	3:58.4 c	
25 Jan	Haverford (i)	Marcus O'Sullivan	3:58.6 mi		16 Jul	Nice	Hicham El Guerrouj	3:44.60
6 Feb	Budapest (i) [3km]	Laban Rotich	3:59.7 ei			Rotich	3:51.02	
		Daniel Komen	3:59.9 ei			Anthony Whiteman	3:51.90	
7 Feb	Gainesville (i)	Mark Carroll	3:57.78 i			Zorko	3:53.62	
		David Krummenacker	3:58.62 i	(808/USA)		Vyacheslav Shabunin	3:53.77	
7 Feb	South Bend (i)	Kevin Sullivan	3:56.08 i			David Lelei	3:54.98	(827/KEN)
		Paul McMullen	3:56.63 i			Adil El Kaouch	3:57.40	(828/MAR)
7 Feb	Ames (i)	Ryan Travis	3:59.69 i	(809/USA)		Boujamaa Stouti	3:58.44	(829/MAR)
7 Feb	Los Angeles (i)	Richie Boulet	3:58.80 i			Kader Chékémami	3:59.22	(830/FRA)
13 Feb	New York (i)	Rotich	3:55.69 i		19 Jul	Gateshead	Andres Diaz	3:56.19
		McMullen	3:57.46 i			Mayock	3:56.88	(831/SPA)
		O'Sullivan	3:58.10 i			Manuel Pancorbo	3:57.96	
		Seneca Lassiter	3:59.60 i	(810/USA)		Caddy	3:58.49	
14 Feb	Boston (i)	Andy Keith	3:58.80 i			Kevin McKay	3:58.52	
		Brian Gallagher	3:59.91 i	(811/USA)		Alberto Garcia	3:58.81	(832/SPA)
15 Feb	Birmingham (i) [2km]	Gebrselassie	3:55.0 ei			Aden	3:58.96	
20 Feb	Roxbury (i)	Ibrahim Aden	3:59.02 i			Barden	3:59.86	
25 Feb	Melbourne	Komen	3:53.63 i		19 Jul	Gateshead [2km]	El Guerrouj	3:53.3 c
		Noah Ngeny	3:56.06		21 Jul	Uniondale	Morceli	3:53.39
		O'Sullivan	3:56.35			Tanui	3:54.05	
		Holt Hardy	3:57.12			Komen	3:54.78	
		Martin Keino	3:58.05			Harris	3:55.39	
		Graham Hood	3:58.77			Zadorozhnyy	3:56.44	
28 Feb	Atlanta (i)	McMullen	3:55.84 i			McMullen	3:56.60	
		Boulet 3:56.85 i				Krama	3:57.27	
		Steve Holman	3:59.27 i			Pyrarh	3:59.37	
		Terrance Herrington	3:59.78 i		25 Jul	Edwardsville	Tanui	3:54.11
19 Apr	Walnut	Boulet	3:58.63			Krummenacker	3:54.23	
		Héctor Torres	3:59.03	(812/MEX)		Holman	3:54.74	
		Gabe Jennings	3:59.32	(813/USA)		Alan Culpepper	3:55.12	
		Martin Johns	3:59.54			Harris	3:55.13	
25 Apr	Des Moines	McMullen	3:59.12			McMullen	3:56.14	
		Herrington	3:59.35			Pyrarh	3:56.18	
16 May	Portland	Noureddine Morceli	3:54.09			Paranya	3:56.21	
		McMullen	3:58.19			Edgar de Oliveira	3:56.31	
		Ahmed Krama	3:58.43		29 Jul	Paris (Ch)	El Guerrouj	3:49.01
		Boulet	3:58.47			Kibowen	3:51.96	
		Jason Pyrah	3:59.34			Tanui	3:52.31	
27 May	Cottbus	Rüdiger Stenzel	3:56.15			Holman	3:52.73	
29 May	Hexham	John Mayock	3:54.8 m			Shabunin	3:53.30	
		Michael Openshaw	3:57.2 m	(814/GBR)		Sammy Rono	3:53.63	(833/KEN)
		Spencer Barden	3:58.5 m	(815/GBR)		Mayock	3:53.72	
31 May	Eugene	Komen	3:50.95			Rotich	3:54.15	
		Ngeny	3:52.38			Zorko	3:54.27	
		Boulet	3:53.25			Sullivan	3:54.31	
		Holman	3:53.63			Nadir Bosch	3:54.33	
		Vénuste Niyongabo	3:55.24			Chékémami	3:55.57	
		Hudson de Souza	3:55.63	(816/BRA)		Saïdi-Sief	3:57.09	
		Keino	3:55.98			Marko Koers	3:58.48	
		Aden	3:56.13		1 Aug	Hechtel [2km]	Tanui	3:52.2 e
		Johns	3:56.32			Kibowen	3:52.5 e	
		Karl Paranya	3:56.77		2 Aug	Sheffield	Rotich	3:51.74
		Pyrarh	3:57.12			Mayock	3:51.99	
5 Jun	Milano [2km]	Komen	3:54.5 e			Whiteman	3:52.09	
		Luke Kipkosgei	3:55.0 e	(817/KEN)		Driss Maazouzi	3:52.62	(834/FRA)
9 Jun	Bratislava	John Kibowen	3:53.43			Frederick Cheruyot	3:52.92	(835/KEN)
		Mayock	3:53.81			Lelei	3:54.08	
		William Tanui	3:54.18			Krummenacker	3:55.37	
		Ali Saïdi-Sief	3:54.40			Julius Achon	3:55.99	
		Elijah Maru	3:54.55			Gary Lough	3:57.58	
		Keino	3:54.91			Pyrarh	3:59.18	
		Andrey Zadorozhnyy	3:55.66	(818/RUS)	5 Aug	Stockholm	Kibowen	3:51.32
		Balázs Tölgyesi	3:57.06			Morceli	3:52.08	
		Peter Philipp	3:59.74	(819/SWI)		Tanui	3:52.20	
9 Jun	Bratislava [2km]	Komen	3:54.2 e			Zorko	3:52.64	
		Kipkosgei	3:56.4 e			Cheruyot	3:52.98	
		Julius Kiptoo	3:59.1 c			Holman	3:53.02	
		Tom Nyariki	3:59.8 c			Salah El Ghazi	3:53.85	(836/MAR)
		Ian Gillespie	3:57.6 m			Harris	3:54.90	
		Neil Caddy	3:58.5 m			Lelei	3:55.89	
4 Jul	Brunswick	Pyrarh	3:56.82			Mwangi	3:57.70	
		Daniel Hill	3:58.57	(820/USA)		Rono	3:58.31	
		Brian Baker	3:58.80	(821/USA)	12 Aug	Bath	Edwin Maranga	3:58.3 m
		Allan Klassen	3:59.22			David Kisang	3:59.5 m	(837/Ken)
		Michael Stember	3:59.31	(822/USA)		Pyrarh	3:58.22	(838/Ken)
		Darin Shearer	3:59.73		15 Aug	Falmouth, Mass.	Culpepper	3:58.47
		Scott Anderson	3:59.80	(823/USA)		Brian Baker	3:58.91	
7 Jul	Zagreb	Morceli	3:50.68		19 Aug	London (TB)	Phillip Tulba	3:59.7 m
		Jonah Birir	3:54.15		28 Aug	Brussels [3km]	Whiteman	3:57.8 c
		Paul Mwangi	3:54.81	(824/KEN)		Gebrselassie	3:58.0 c	
		Branko Zorko	3:55.36		5 Sep	Solihull	Maranga	3:58.11
		Jamey Harris	3:55.51			James McIlroy	3:59.48	(840/Ire)
		Tölgyesi	3:55.56			Darius Burrows	3:59.91	(841/GBR)
		Krummenacker	3:55.73					
		Boulet	3:56.24					
		Paranya	3:56.75					
		Zadorozhnyy	3:57.25					
		Robert Stefko	3:58.20	(825/SVK)				
		Kamel Boulahfane	3:59.30	(826/ALG)				
9 Jul	Oslo [3km]	Gebrselassie	3:57.1 c					

Numbers in parentheses indicate new entries to the Sub-4 Register
 c = calculated from video analysis
 e = estimated from 1600m time
 m = manual time

BMC races in bold



Focus on the Future

by Tony Ward

The future of British middle-distance running lies with the young men and women who were born sometime during the great distance running epoch of Coe, Cram and Ovett. The dawn of that era of record-breaking, balmy nights on tracks across Europe is now over twenty years ago when raw ambition drove the three miling musketeers nearer and nearer to the ultimate (wherever that might be!).

BMC races, almost the raison d'être of the club, have figured in the careers of all three, most notably that of Seb Coe; for him the BMC races were an important, almost vital, part of his development and so it is proving yet again as the profiles of the most promising young BMC runners of 1998 show.

Interestingly, three of the top juniors are all at Seb's alumni, Loughborough. It is important to rekindle that flame of ambition in the promising talent that we have. It is important not to be satisfied with mediocrity, to just wanting to don a British vest and then not to care what one does in it. It is important to nurture the talent that exists and for that talent to receive the very best coaching and the very best management that we have. Mediocrity breeds mediocrity, as developments in other events have shown, but now with more professionalism and more funding the time has come to grasp this nettle and root it out of that part of our sport that carries the proudest tradition.

CHARLOTTE MOORE (14)

Charlotte has another year in the Under 15's. She's got bests of 2:14.5 and 4:37.0. Last year, in the English Schools, she ran fourth in the Junior 1,500 metres. She was particularly pleased because she ended the 1998 season with the best performances of her career, in races at Bourmemouth and Reading.

She is a member of Bourmemouth AC and she's been coached by Keith New and Tom Cochrane for around two years. In 1999 she wants to do well at the English Schools (her main target) and to set new personal bests at both 800m and 1,500m. Long term? "I want to make a successful transition to the senior ranks," Charlotte said, "and then go on to perform really well."

She joined the BMC about two years ago to get quality racing and the club has served her well in this regard (she made a big breakthrough at one of the Millfield races) because lack of competition was holding her back. The BMC, Charlotte said, "has been really good." What would help her in the future would be more races like the Millfield School races and, in particular, for the BMC to stage races for her age group at weekends. "A lot of the races are on weekday evenings," she said, "and if you're at school this makes life difficult."

LISA DOBRISKEY (15)

Lisa is a member of Ashford AC and has

been coached by Stella Bandu for 3 years. She has personal bests (set in 1998) of 2:11.21 and 4:38.1. She won the English Schools Junior 800 metres title last year and went on to capture the AAA Under 15 title at Sheffield. In February this year she won the Schools Indoor International Under 15 800m by almost four seconds in 2:14.54. Her main aim for 1999 is to run a sub-2:10 800 metres and her long term aim is to represent Great Britain. "That's my dream," she said, "to follow in the footsteps of Kelly Holmes."

She was looking for competitive 1,500 metres races and there were none in Kent but then her coach discovered the BMC races at Watford and she travelled there and took part in a mixed age group race. "My big problem," Lisa said, "is lack of concentration but in that race I really had to concentrate hard and it brought me through to an excellent time. I signed up for the BMC on the spot!"

More competition for her age group is something that Lisa requires. "What more can the BMC do for me?" she said. "I think providing more age category races would be very useful"

ANDREW FULFORD (16)

Andrew gravitates to the Under 20 ranks this year. He's a member of Swindon AC and has been coached by Rod Vickers for six years. He has set all his pb's in BMC races, including his

British Milers' Club Junior Records (as at 1st May 1999)

BMC Junior Members' Record

*by a paid-up BMC junior member
in a BMC race*

"BMC Junior Record"

*by any junior
in a BMC race*

BMC Junior Club Record

*by a paid-up BMC junior member
in any race world-wide*

Junior Men

M800	1:47.69 Simon Lees 1998	1:47.69 Simon Lees 1998	1:45.77 Steve Ovett 1974
M1000	2:23.4 Justin Swift-Smith 1993	2:23.4 Justin Swift-Smith 1993	2:20.0 Steve Ovett 1973
M1500	3:42.2 Paul Wynn 1983	3:42.2 Paul Wynn 1983	3:40.90 David Robertson 1992
M Mile	3:59.4 Steven Ovett 1974	3:59.4 Steven Ovett 1974	3:59.4 Steven Ovett 1974
M3000	no mark under 8:05.0	7:53.40 * Mizan Mehare U20 ETH 1998	no mark under 8:05.0
M5000	14:17.2 Samuel Haughian 1998	13:28.6 * Mizan Mehare U20 ETH 1998	no mark under 14:00

Junior Women

W800	2:06.5 Rachel Hughes 1982	2:04.6 * Janet Lawrence 1977	2:02.0 Jo White 1977
W1000	no mark under 2:50.0	no mark under 2:50.0	2:38.58 Jo White 1977
W1500	4:20.0 Bev Hartigan 1986	4:16.4 * Julie Holland 1984	4:13.40 Wendy Sly 1976
W3000	9:25.95 Amber Gascoigne 1998	9:25.95 Amber Gascoigne 1998	9:09.14 Lisa York 1989
W5000	no mark under 16:30.0	16:30.38 * Louise Kelly 1998	no mark under 15:00.0

* denotes non-member



Focus on the Future

best ever of 1:53.9 in 1998. He ran fifth in the English Schools Intermediate 800 metres. He will be targeting the European Youth Olympics and the inaugural World Under 18 Championships in 1999 and hopes to make it as a "professional" athlete in the senior ranks. He joined the BMC to get "fast pace races" and the club has certainly fulfilled his expectations in that regard.

He believes (as does his coach) that British athletes do not aim high enough and seem to lack the necessary speed to sustain a fast pace. "In the BMC races," he said, "you get really fast pacemaking; it's important to go with it, hang on and then pick people off." His own target is high: breaking 1:50 in 1999.

CATHERINE RILEY (16)

Catherine was the fastest Under 17 800 metres runner in Britain last year, with 2:09.9. She won the English Schools Intermediate title at Exeter and before that the 1998 AAA Under 17 indoor title. Her best is 2:10.1 indoors. She's a member of Park High School AC in Burnley and is coached by Mike Kindle. Catherine has had a very successful (and slightly heady!) 1999 indoor season, representing Great Britain Juniors against France and Germany in an indoor meeting in Paris, running third behind two German competitors. She went warm weather training with a BOA European Youth Olympics squad.

About two years ago Catherine followed a number of friends, who had competed regularly at Stretford, into the BMC and has been delighted with the result. "I've set a number of pbs in BMC races" she says. "Running with older athletes gives you the opportunity to run faster times. I don't think there is much more that the club can do for me - except to keep on staging the races!"

She's pacing her career at the present time. In 1999 she'll be concentrating on the European Youth Olympics and possibly the European Junior Championships. "I just want to keep on improving," she said. "I'll take each race as it comes."

ALEXANDRA CARTER (19)

Alex Carter is a member of Vale Royal and is now at Loughborough. She was top ranked Under 20 runner at 800 metres with 2:08.2, convincingly won the English Schools 1,500m title in 4:32.41 and is second ranked at that event with 4:25.3. "I've had a good winter's training at Loughborough," Alex said. It has showed with her winning indoors against France and Germany in Paris and making the

Great Britain Under 20 team for the World Cross-Country Championships in Belfast (not bad for someone who is, essentially, a track runner!). Coached by John Davies, she is the daughter of Andy Carter, former European bronze medallist, who set the first ever BMC 800m record, (whose best time, incidentally, of 1:45.13, a UK record set in 1973, has not been bettered by a British athlete for the last five years).

Like her father she used the BMC races to good effect with her 800 metres pb coming in the Stretford race in August and the 1,500m time at the same venue in June. She had three runs below 4:27. "You get good pacing in the races," Alex, who joined the BMC two years ago, said, "and so you get quality times." She would like to see the BMC arrange races prior to selection dates (she missed out on the World Junior because she ran out of races).

In 1999 her main target is the European Junior Championships. She also intends to mix her races more between 800 and 1,500m. Later she hopes to gravitate to senior international status.

CHRIS MOSS (19)

Chris Moss is at Loughborough University. At home (Chislehurst) he represents Blackheath Harriers. Chris was sixth in last year's World Junior Championships in Annecy, after winning



Photo by: Shearman

Simon Lees (7) and Chris Moss (8) both setting lifetime bests behind British number 1 Andy Hart at last year's BMC Grand Prix final at Solihull.

his heat and semi-final. His time of 1:48.77 was a pb at the time. Earlier in the year he won the Under 20 800 metres title. He's coached by George Gandy and has bests of 1:48.43 and 3:48.3 both of which he set in BMC races, the 800m in last year's Grand Prix final where he was the highest placed junior and the 1,500m at Watford. His main short-term aim is to make the Great Britain Under 23 team for the European Championships. Longer term? "Run quicker," he said, "and if that brings honours and championships with it, well and good."

He's been a member of the BMC for three or four years. He joined because, as a top junior, he was looking for top quality races. "When you're running as a good junior," he said, "it's difficult to get motivated in many races. Getting into the BMC was great because you know you can get good quality competition." He feels that BMC don't need to change but to just carry on providing the high quality competition that it does now.

He thinks that British middle-distance running is suffering at the moment because of a general lack of ambition. "People aren't aiming high enough," he said, "they're setting their targets too low. 1:43 is world class; our people seem to be content with 1:45."

SIMON LEES (19)

Simon Lees is also at Loughborough University where he will resume rivalry with Chris Moss (to whom he ran second to in the AAA Under 20's). "We're good friends," he said, "and bring out the best in each other." Simon was the fastest junior 800 metres runner in Britain last year with 1:47.69, a time he set in the BMC race in Solihull in September. It compensated for his World Junior Championships run in Annecy when he had contracted an ear infection, was full of antibiotics and did not do himself justice in his heat. When at home he is a member of Solihull and Small Heath and is coached by Paul Wallace. He has a 1,500m best of 3:47.8. He enters the Under 23 ranks this year and is aiming at the European Under 23 Championships and the World Student Games. Longer term he has his eye on the Sydney Olympics.

Simon joined the BMC basically to "get fast races". "You know," he said, "that if you run in a BMC race it will be of a good quality, with good pacemaking. That has given me the motivation that I require because often locally I didn't get the competition that I needed. I think that the Grand Prix series has been really excellent. I don't think that the BMC need do more - just keep churning out the fast races!"

Your Letters

Compiled by Matthew Fraser Moat

FROM DAVE COCKSEDE

I have two points regarding the most recent European Championships in Budapest.

Firstly, for the first time since 1946, there were no heats scheduled for the men's 5,000m championship. I find this vaguely disturbing - when the championships were last held in Budapest back in 1966, three heats were held. Does this mean that numbers of participants are down all over Europe, and not just in the UK? Or are there far fewer athletes in Europe able to meet the qualifying standard?

We have all witnessed the steadily declining numbers in track distance events through the years. Back in 1968, we have 68 entries for the Surrey county 3 miles heats, scheduled for a Tuesday evening on a cinder track at Motspur Park. In 1998, just seven athletes reported for the 5,000m final on an all weather track at Kingston.

Secondly, to date, no positive drug test results have been announced from the 1998 European Championships. This can only mean one of three things: a) all participants were „clean“; b) doped athletes have become ultra-efficient in „cycling“ their drugs to avoid detection; or (c) the organisers have decided to jettison any positive samples for expedient political reasons. The latter is not unprecedented. There is evidence that (c) took place in Moscow (1980) and Helsinki (1983). Take your pick.

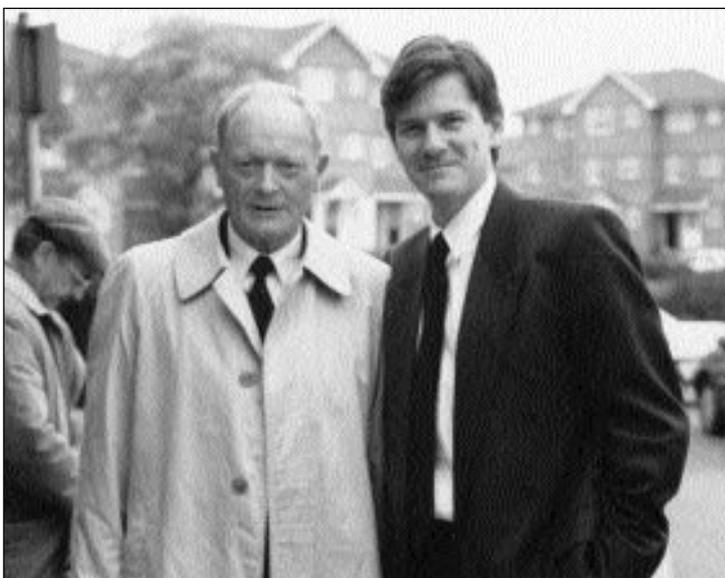


Photo by: Horwill

Tim Hutchings, BMC Vice President, twice silver medallist in the World Cross-Country Championships, and 4th in the 1984 Olympic 5,000m, with BMC Founder, Frank Horwill, after attending the funeral of Ray Williams, BMC Vice President, in Kent in 1997. Ray was the BMC Membership Secretary for 10 years.

FROM TIM HUTCHINGS

I'm intrigued by Norman Poole's "Chairman's Notes" at the front of the latest BMC News.

He states that BMC races are primarily to enable to athletes to run fast times, but also says - and this is what concerns me slightly- that the place to learn the art of racing is in Championships! Does he really mean this? I would have thought it is a bit late to be learning how to race, when you're actually in an important race!

For many years I benefited from the BMC philosophy of running as fast as possible at almost every opportunity. I well remember the thrill of breaking 3:12 and then 3:00 for 1,200m in those BMC races at Crystal Palace in the '70s; I remember running very close to a 4 minute mile in various BMC races back in 1978 before that breakthrough race, again at Crystal Palace. But at the same time, I was getting in enough races elsewhere to learn the art of racing, so that when I came to the important Championship races - even domestic championships - running tactically well, and getting the best result out of my race, was almost second nature. I believe that I became a good tactical runner, from 800m right up to 10,000m, in large part because I was able to race so much in so many different racing situations.

So I suppose what I am saying is, does the BMC need to reassess it's "raison d'être" now that the youngsters (the 16-20 age group) don't have the same number of racing opportunities at a good level to learn from? I'm talking for example, about all those SEAA meets that Andy used to organise and which, combined with the BMC races, meant that our generation were able to learn to run very fast (in the BMC events), and get good teeth-sharpening tactical experience before getting to the Championship events. Does the BMC need to

acknowledge in deeds (and words) that tactical knowledge, not tactical naivete, is what is required in Championship races.

How could this be achieved practically? Perhaps by allocating some races during the year, when the athletes were told that, for that day, the races were just that, real races, not just glorified time trials. I don't mean this to sound critical, but what we do not need is another generation of runners who end up like Mayock and Whiteman, having to spend most of their time in processional Grand Prix races (because the Africans are blazing away at the front), but are relatively tactically naive when it comes to major championships. Witness the way they both got outsmarted in Budapest last summer, for example, and neither of them, with all due respect to the pair, made any attempt at all to win at the Commonwealth Games. Look at the tapes.

Hope this can be regarded as constructive criticism. It all started by my having been surprised at Norman's comment, but actually makes me think that maybe the BMC could be helping athletes to learn to race, as well as achieve personal bests.

FROM JOANNE PAVEY

I am writing to clarify a couple of points following my interview in the last BMC News.

Regrettably some people thought I was criticising my former coach Mike Down. There is absolutely no way I would want to do this - on the contrary I have much to thank him for. I have been coached by Mike for many years and value his friendship.

As I said on the previous article, Mike is a great bloke and puts in a lot of effort with a large group of athletes and with the BMC. He is also very knowledgeable coach and whilst with him I achieved a lot of success.

When I read the article, I felt that my grateful sentiments had been reflected, so I certainly did not anticipate any negative reaction. I now appreciate that some of the wording could have caused misunderstanding.

At present I am trying to overcome a knee injury and I would like to thank all the people that have given me support during this time. I would particularly like to thank PAS whose medical support has been outstanding. I am very grateful.

I can only apologise again to Mike for any embarrassment caused by misinterpretations. I wish Mike all the best for the future and hope he continues to get the recognition that he deserves.



Your Letters



Photo by: McIlroy

BMC Members James McIlroy (left) with Tom Mayo (right) pictured whilst warm weather training in 1999.

FROM PAUL STOCKBURN

Leeds based middle distance runner Michelle Faherty has quit top class athletics due to mounting work pressure. International Faherty, who is a self-employed fitness instructor, has reluctantly decided to hang up her spikes at the age of 30.

She said "I'm really busy now with work and I'm feeling tired all the time. It makes me sad to have to finish, because I've had some great times in the sport since the age of 13. My aim this year was to make the Commonwealth Games team. I realised that when I didn't make it I would have to think seriously about where I was going in athletics".

Faherty, a member of Leeds based Skyrac AC, regards competing over 800m in the world indoor championships in Paris last year as one of the highlights of her career. And two years ago she was third in the Olympic trials, but was deprived of a trip to Atlanta after missing the qualifying time.

During a career in which she narrowly failed to break through to major championship level outdoors, she nevertheless represented Britain or England more than a dozen times, and she won medals from county to national level throughout the age-groups.

As a pupil of Leeds' Notre Dame high school, she gained a silver 800m medal at senior level in the English Schools Championship. In adult competition she captured 800m silver in the national indoor championships after being a gold medallist at junior and intermediate levels.

Winning Northern and Yorkshire titles were almost routine for the tall long-striding Faherty, who retires as a current county champion on the

track and with bests of 2:03 (800m) and 4:13 (1,500m) to her credit.

She is quick to pay tribute to Leeds coach Gordon Agar and to Peter Watson, who has recently guided Faherty and Barnsley's John Mayock, Britain's top male miler.

Coaching support from her stepfather, John Radcliffe, and cash aid from Yorkshire and Humberside Sports

Aid Foundation and Leeds accountancy firm Bartfield and Co. also helped to push her to international level

Her talent on the track earned her an athletics scholarship at the University of North Carolina and she also possesses a degree in drama and Physical Education.

"Through athletics I've seen some fantastic, interesting places, such as Hong Kong, Ukraine, Estonia and Latvia", she said. "I'll always run for enjoyment, but now I won't compete."

"With my job I can now put something back by giving people instruction and advice on fitness."

FROM DAVE COCKSEGE

Congratulations on the last issue of the BMC News. You have certainly done a fine job on the statistics, though I would query the need for quite so much on Kenyan distance runners - much of it conjecture as to whether they are doping (EPO) or not. "Innocent until proven guilty" is surely only natural justice. That is the rule that Track and Field News applies - unless you are discussing Chinese female middle-distance runners: then of course they are all guilty as hell, and damn the lack of evidence!

When Frank and I edited the magazine in the past, we felt it was important to keep it as a forum for discussion among the membership. Obviously this no longer applies, for in the rush of "Forward and United" (with a journal edited by committee) discussion is taken as dissent, and is thus suppressed. To me that is a dangerous trend - a frank exchange of views in print is surely a healthy process, and censorship is not.

Frank and I edited a magazine that was often

anarchic in content, and were sometimes wrong, but we were never afraid to have a view, and invite discussion, even if that amounted to argument. And often, I would venture to think, we were right on the money.

I was also somewhat miffed to note that in the BMC News Index 1972 - 1990 by Brendon Byrne, my name does not appear alongside any of my articles, even though I was Editor from 1979 to 1990! Several articles written by me have been left out entirely (example: profile of Billy Mills), and those that have been included do not carry my byline. Everyone else who has ever written for BMC News gets a byline! What is this - some kind of selective memory process - can someone please enlighten me as to what is going on?

Finally, in the quiz, Frank names Jack Lovelock and Herb Elliott as two men who have set world records in the Olympic 1,500m. As he did not specify gender in his question, I would respectfully submit that Lyudmila Bragina (Soviet Union) also did so in 1972 - in fact she broke the 1,500m world record in her heat, semi-final and final!

FROM MELONIE BURROWS

I am currently researching female endurance runners at Canterbury Christ Church University College specifically looking at bone density and the effects of endurance training loads. Due to females participating in high volumes of endurance running they run the risk of disturbances to their menstrual cycle, decreasing bone mineral density and making the bone susceptible to osteoporosis in later life. The aim of the research is to identify a training level which is advantageous to increasing bone strength to prevent female runners from becoming osteoporotic and suffering the health consequences. Indeed females involved within the study will get full reports on their health status.

I aim to recruit female subjects between the age range of 20-40 yrs from as wide a population as possible. I have spoken to Chris Newman who suggested that I contact you with reference to the possibility of advertising this study in the British Milers' Club newsletter. Your help would be very much appreciated, and you can contact me on the numbers below.

Tel: 01227 767 700, fax: 01227 470 442, email: M.Burrows@cant.uk.ac.uk.



The Evolution of the Women's 800 Metres

by Frank Horwill

The first unofficial world record for the women's 800 metres was established in Sweden in 1914. Elsa Sundberg ran 3:04.9. This time, a year later, was shattered by another Swede, Elsa Dahl, who recorded 2:50.8. In the first ever Women's International Games held in 1921 in Monte Carlo, Lucie Breard of France, caused a major sensation by covering the distance in 2:30.2. Her achievement was short lived - ten days later Mary Lines of Great Britain ran 2:26.6, and also 440 yds in 62.4. Both times made the I.A.A.F. first official record list. In 1925 Edith Trickey not only lowered the record to 2:24.0, but ran 3:08.8 for the unheard of distance of one kilometre.

At last, women were permitted to run the 800 metres for the first time in the Amsterdam Olympic Games of 1928. However, from the sublime to the ridiculous. The organisers held heats, semi-finals and final, on consecutive days. Some of the finalists had taken part in other events beforehand and were clearly tired. The final was an epic battle between Radke-Batschauer of Germany, and Kinue Hitomi of Japan. The German woman won in 2:16.8. Hitomi ran 2:17.6. Half of the field collapsed on the line and this led to a protest to the I.O.C. and the I.A.A.F. for the event to be ousted from future Games. Meanwhile, women's athletics governing bodies were defiant, and they included the two lap event in all major meetings. At one of these Gladys Lunn of England ran 2:18.2 for the half-mile, which converted well to the metric time of the German woman.

As the Second Great War drew near, two 800 metre pioneers came to the fore. Zdenka Koubkova (Czechoslovakia) ran a world record of 2:12.4. However, there were some doubts as to her sexuality. Yevdokiya Vasilyeva (USSR), became the first Russian woman to break 2:20, and later ran 2:15.3. In 1940 the U.S.S.R. had all the first ten places in the World List.

Very little is known about the training methods practised by the world record breakers listed. But, two important findings occurred during this period, which influenced the training of both men and women. The first of these occurred in 1932, when Nobel Prize winning A.V. Hill published his now famous aerobic/anaerobic table. He stated that the 800 metres event was two thirds anaerobic and one third aerobic. The race required a total of 27 litres of oxygen, the athlete could only breathe in a total of 9 litres. This information was largely ignored or misunderstood for many years until Professor Nocker (Germany) stated that it told the athlete precisely how to train. Given six training sessions in a week, four (two thirds) would be anaerobic.

Again, there was a controversy as to what these terms actually meant in practical sessions. The answer was to be found in Hill's original table. He listed the following as predominantly anaerobic:- 200 metres maximum speed – 95 % anaerobic. 400 metres maximum speed – 83 %. 800 metres maximum speed – 67 %. 1500 metres at maximum speed 50 %. The following are predominantly aerobic:- Marathon pace – 99 % aerobic. Half marathon pace – 94 %. 10k pace – 90 %. 5k pace – 80 %. 3k pace – 60 %.

Hill, in 1932, stated that the 800 metres was two thirds anaerobic and one third aerobic

Although the marathon pace might be 7:00/mile, the half marathon speed will be about 6:45/mile, the 10k speed about 6:30/mile, the 5k speed around 6:15/mile, 3k speed about 6:00/mile and the 1500m speed 5:45/mile. The longer distances may be called 'slow aerobic', while the shorter distances can be called 'fast aerobic'.

The second advance occurred after the second Great War when attention was focused on Dr. Woldemar Gerschler's interval training method. Gerschler's athlete, Rudolph Harbig, held the 800 metres world record with 1:46.6 and held it for 16 years. Gerschler stated that steady running was "wasteful and inefficient". He claimed that in 6 weeks of his interval training, a runner would be fitter than one who ran steady for an hour a day for 12 weeks! He selected three distances – 100, 200 and 600 metres. They were to be run 3, 6 and 18 seconds slower respectively than for one's best times for the distances. If an athlete has a best of 28 seconds for the 200 metres, the 200 metres is run in 34 seconds. After each run, the recovery is the time it takes the pulse to return to 120 beats a minute (20 beats in 10 seconds), provided it did not exceed 90 seconds to do so. If it did, the session stops. He claimed that the training effect occurred during the recovery time! How can that be? It's all to do with the stroke volume of the heart, the amount of blood pumped out by one beat per minute. During a run the pulse may rise to 180 bpm and the stroke volume may be 90 mls a beat. But during the recovery period, the pulse rate will rapidly decline but the stroke volume may rise to as much as 110 mls a beat. It is this, that Gerschler asserted, strengthened the heart muscle. Interval training had arrived and is now often referred to as repetition running. One of the first successful British females to use it was Diane Leather. Born in 1933, she was 5 feet

9½ inches tall, weighing 130 lbs, and recorded 2:09.6/800m, 56.3/400m 26.8/220 yards, 12.0/100m. But she was better known for being the first British woman to break 5 minutes for the mile, her best being 4:45. Some of her routines are quite unique, for example, she warmed up 75 minutes before a race, jogging a mile. Then came 4 x 80 yards fast strides. She then rested for about 20 minutes, but sometimes got up to do some jogging and walking.

Her total winter mileage never exceeded 20 miles a week. She rested every Monday and Friday, but raced cross-country on Saturday or did either 8 x 440 yards (68"-75") [440 yards jog], or 12 x 220 yards (30"-35") [220 yards jog]. On Sundays she did a 40 minutes fartlek (Speed play).

In the track season fartlek on Sundays continued but she now trained daily. Her speed sessions included:-

- a) 4 x 440 yards (60"-62") [jog 7'-10"]
- b) 12 x 110 yards (sprint) [330 yards fast jogging]
- c) 8 x 150 yards (sprints)
- d) 1 x 660 yards (time trial in 1:34)
- e) 3 x 3 x 200 (fast) [220 yards jog, 440 yards jog]

In 1958 Diane was 2nd in the European Championships 800 metres. She nearly always ran from the front.

Women were finally permitted to run 800 metres in the 1960 Rome Olympics. Ludmila Shevtsova (U.S.S.R.) won in 2:04.3, breaking the old 1928 record by 12 seconds. She was 5 foot 4½ inches tall and weighed 117 lbs. Her winning Olympic time matched the world record she set a few weeks beforehand. She was officially ranked No. 1 in the world from 1956 to 1963. It appeared that the Russians were becoming the dominant two lappers, for before Shevtsova's gold medal win and world record, Nina Otkalenko, lowered the world record to 2:05.0 in 1955.

But the 1964 Tokyo Olympic 800 metres was to bring some surprises. And, it came from a 5 foot 6½ inch tall English woman weighing 134 lbs, Ann Packer. Earlier in the Games she had won a silver medal in the 400m, her primary target, and in doing so had created a European record of 52.2 seconds. She had no great hopes in the 800 metres, after all, it was only her seventh ever race over the distance. The first lap felt comfortable at 58.5 seconds. As she entered the final straight she became aware that she was passing the field and won in 2:01.1, an Olympic and world record. It is interesting to note her conversion from 400 metres time, i.e. 52.2 + 8.3



The Evolution of the Women's 800 Metres

But the 1964 Tokyo Olympic 800 metres was to bring some surprises.

seconds = $60.5 \times 2 = 2:01.1$. This is a common conversion time for 800 metre runners who possess outstanding 400 metre speed.

Talk was now about breaking the 2 minute barrier. Rumours that Shin Geum Dan (North Korea) had run 1:58.0 in 1964, were not accepted. North Korea did not belong to the I.A.A.F., and her performances came in non I.A.A.F. sanctioned meets. But in 1962 her 51.4/400 metres was accepted as a world record. There is little doubt that she was truly the first woman to run sub 2 minutes for 800 metres. The official honour for this, however, went to Hildegard Falck (West Germany), who ran 1:58.4 in 1971. The following year, she won the Munich Olympic title with 1:58.55. She was 5 foot 8 inches tall and weighed 126 lbs. A year later Svetla Zlateva shaved a second off the record to record 1:57.5. This was to last until 1973 when Valentina Gerasimova (U.S.S.R) took it down to 1:56.0. However, several years were to pass before a British runner ducked under 2 minutes. This was eventually achieved by Christina Boxer in 1979. She slightly improved her time the same year to 1:59.05, a time which still ranks her in the U.K. All Time list. Christina was the beginning of a new breed of two lappers. Devoid of Packer's 400 metres speed, Christina relied on her 1,500 metres endurance to run two laps together in the 800 metres, each 4-5 seconds slower than her best time for 400 metres. This is in contrast to Packer, who ran two laps together 8 seconds slower. Christina was to run 4:00.57 for 1,500 metres in 1984. This time ranks her third on the U.K. All Time list. At this point in time the introduction of the women's 1,500 metres event in the Olympic Games of 1972 saw many women regard the 800 metres as a secondary event, only to be run as a speed aid to the longer distance. It was rare for a female to hold both the 800 and 1,500 metres records, but common for a man to do so. Most of the female world record breakers were 400/800 types. This was to change, but slowly.

In 1976, the physiologists Donald Matthews and Edward Fox put forward a different analysis of the 800 metre event. They described it as being 65 per cent LAO₂, 30 per cent ATP-PC and LA, and 5 per cent O₂. A specimen schedule below shows how their allocations would appear in a week's work, and also the type of work for each energy pathway:-

Day 1	O ₂ – Run for 1 hour steady
Day 2	LAO ₂ – 5 x 600 (1,500m speed) [twice time of rep]
Day 3	LAO ₂ – 2 x 2 x 800 (1,500m speed) [same time as rep]
Day 4	ATP-PC/LA – 4 x 4 x 200 (800m speed) [three times the time of the rep., good rest]. This session can also be done at 400m speed (maximum).
Day 5	LAO ₂ Repeat day 2
Day 6	ATP-PC/LA – 2 x 4 x 400 (800m speed) [double the time of rep., good rest]
Day 7	Rest

Fox and Matthews do not appear to like work that is not totally measurable. For example, for O₂ work they recommend 1,000m and 1,200m reps, with half the time of the repetition as recovery.

They also list other types of training which fall into their energy pathway categories. Repetition running, fartlek and sprint training, in that order of preference. For instance, three sessions of the first, two of the second and one of the third.

Before Fox and Matthews, Astrand stated that as the 800 metres race accumulated more lactic acid than any other middle distance event, this must be replicated in training. He advised running for 75 seconds and 60 seconds duration at maximum speed many times in one session.

From 1976 onwards Communist runners dominated the 800 metres. Tatyana Kazankina ran 1:54.9 in 1976. Nadezhda Olizarenko twice lowered the world record in 1980, 1:54.85 and 1:53.43. In 1983 Jarmila Kratochvilova, reduced

Astrand stated that as the 800 metres race accumulated more lactic acid than any other middle distance event, this must be replicated in training.

it to 1:53.28. England's Kelly Holmes holds the Commonwealth record with 1:56.21 set in 1995, and also the 1,500 metres record with 3:58.07 done in 1997.

With Kelly Holmes largely sidelined with injury for the last two years, the current world spotlight is on Svetlana Masterkova who, at 30 years of age, seems able to win from the front or come from behind with a sprint. Masterkova is coached by Svetlana Styrkina, who was 5th in the 1976 Olympics in 1:56.44. However, Maria Mutola, now aged 26, is a good second faster than Masterkova over two laps. In 1994 she established a new African record of 1:55.19 and in 1998, a world indoor record of 1:56.36. Capable of 51.37 for 400 metres, her conversion

time is $51.37 + 6 \text{ seconds} \times 2$. Ana Quirot at 36 years of age is perhaps past her best, but in 1997 she nearly equalled her personal best of 1:54.44 set in 1989, running 1:54.82. In a 400m relay race in 1991 she was timed at 48.9.

Unfortunately, Ann Packer's time of 2:01.1 set in 1964 has only been broken by 14 British women in the intervening 34 years. Much as we admire the likes of Kelly Holmes, Kirtsy Wade and Diane Modahl, we have little reason to be complacent

Summary

There are some statistics which demand attention:-

- On average, the peak age for a female 800 metre runner is 26 years.
- How a female converts her best 400 metres time in an 800 metre race will reveal her strengths and weaknesses.

Here is an example:-

Best 400m time = 60.0.

$60.0 + 4 \text{ secs} = 64.0 \times 2 = 2:08$.

Good endurance but poor basic speed.

$60.0 + 6 \text{ secs} = 66.0 \times 2 = 2:12$.

Moderate endurance and poor basic speed.

$60.0 + 8 \text{ secs} = 68.0 \times 2 = 2:16$.

Bad endurance and poor basic speed.

However, if we take a female with a best time of 52 secs we get some hair raising possibilities:-

$52.0 + 4 = 56.0 \times 2 = 1:52$.

A World Record.

$52.0 + 6 = 58.0 \times 2 = 1:56$.

A Commonwealth Record.

$52.0 + 8 = 60.0 \times 2 = 2:00$.

A time which would have won the 1964 Olympics

- Quite clearly it is decision time for many two lappers. What is your strength and weakness? A woman with a time of 60 seconds for 400 metres is not going to run for Great Britain. One with 56 seconds might just squeeze in. An athlete with a 400m time of 54 seconds minus has a good chance of getting well under 2 minutes. Your decision is: are you willing to make drastic changes to your training and/or consider changing your racing distance?
- How does your 1,500m time compare to your 800 metre time? If you have an 800m time of 2:12 (66/400), you need to run not more than 6 seconds a lap slower, i.e. 4:30. If you cannot do this, your endurance is poor!
- The writer believes that the formula for 800 metres success is two sessions a week at 400m speed, two at 800m speed and two at 1,500m speed. Half can be done on measured grass.



Women's All-Time Statistics

Compiled by Matthew Fraser Moat

Women's 800m (qualification - five performances inside 1:58)

1	1:55.04	Jarmila Kratochilova	(CZE)	1:53.28	1:54.68	1:55.04	1:55.91	1:56.27
2	1:55.24	Nadezhda Olizarenko	(UKR)	1:53.43	1:54.85	1:55.82	1:56.03	1:56.09
3	1:55.40	Ana Fidelia Quirot	(CUB)	1:54.44	1:54.82	1:55.78	1:55.84	1:56.11
4	1:55.45	Maria Mutola	(MOZ)	1:55.19	1:55.29	1:55.43	1:55.62	1:55.72
5	1:55.61	Olga Minyeva	(RUS)	1:54.81	1:55.1	1:55.41	1:55.5	1:57.22
6	1:55.88	Sigrun Wodars	(DDR)	1:55.26	1:55.70	1:55.87	1:56.10	1:56.47
7	1:56.13	Christine Wachtel	(GER)	1:55.32	1:55.86	1:56.11	1:56.64	1:56.71
8	1:56.19	Tatyana Prorochenko	(UKR)	1:55.46	1:55.80	1:55.9	1:56.81	1:57.0
9	1:56.20	Lyubov Gurina	(RUS)	1:55.56	1:56.11	1:56.26	1:56.53	1:56.56
10	1:56.23	Doina Melinte	(ROM)	1:55.05	1:56.2	1:56.53	1:56.55	1:56.81
11	1:56.45	Tatyana Kazankina	(RUS)	1:54.94	1:56.5	1:56.6	1:57.0	1:57.20
12	1:56.45	Anita Weiss	(DDR)	1:55.74	1:56.2	1:56.53	1:56.81	1:56.98
13	1:56.51	Ella Kovacs	(ROM)	1:55.68	1:56.58	1:56.61	1:56.76	1:56.92
14	1:56.70	Lyudmila Veselkova	(RUS)	1:55.96	1:56.4	1:56.98	1:56.9	1:57.25
15	1:56.73	Nikolina Shtereva	(BUL)	1:55.42	1:56.29	1:57.2	1:57.35	1:57.4
16	1:56.89	Yekaterina Podkopayeva	(RUS)	1:55.96	1:56.65	1:57.07	1:57.2	1:57.57
17	1:56.98	Slobodanka Colovic	(YUG)	1:56.51	1:56.88	1:56.8	1:57.29	1:57.42
18	1:56.99	Lilia Nurutdinova	(RUS)	1:55.99	1:56.83	1:57.25	1:57.39	1:57.50
19	1:57.01	Totka Petrova	(BUL)	1:56.2	1:56.59	1:57.0	1:57.64	1:57.6
20	1:57.03	Yelena Afanaseyeva	(RUS)	1:56.61	1:56.63	1:57.04	1:57.38	1:57.51
21	1:57.05	Svetlana Masterkova	(RUS)	1:56.04	1:56.76	1:57.23	1:57.58	1:57.63
22	1:57.05	Jearl Miles-Clark	(USA)	1:56.43	1:56.78	1:56.93	1:57.15	1:57.98
23	1:57.10	Fita Lovin	(ROM)	1:56.67	1:56.71	1:57.32	1:57.42	1:57.4
24	1:57.14	Irina Podyalovskaya	(RUS)	1:55.69	1:57.24	1:57.31	1:57.6	1:57.84
25	1:57.14	Svetlana Styrkina	(RUS)	1:56.44	1:56.7	1:57.28	1:57.4	1:57.87
26	1:57.14	Kelly Holmes	(GBR)	1:56.21	1:56.95	1:57.14	1:57.56	1:57.84

Women's 1,500m (qualification - five performances inside 4:03)

1	3:55:73	Tatyana Kazankina	(RUS)	3:52.47	3:55.0	3:56.0	3:56.56	3:58.63
2	3:56.03	Qu Yunxia	(CHN)	3:50.46	3:55.38	3:57.08	3:57.83	3:59.38
3	3:57.54	Olga Dvirna	(RUS)	3:54.23	3:57.78	3:57.80	3:58.60	3:59.31
4	3:57.66	Paula Ivan	(ROM)	3:53.96	3:56.22	3:58.80	3:59.17	4:00.14
5	3:57.71	Maricica Puica	(ROM)	3:57.22	3:57.48	3:57.73	3:57.82	3:58.29
6	3:57.81	Zamira Zaytseva	(UZB)	3:56.14	3:56.9	3:58.5	3:58.7	3:58.82
7	3:58.20	Doina Melinte	(ROM)	3:56.7	3:58.1	3:58.26	3:58.69	3:59.25
8	3:58.38	Mary Slaney	(USA)	3:57.12	3:57.24	3:58.92	3:59.19	3:59.43
9	3:58.49	Yekaterina Podkopayeva	(RUS)	3:56.65	3:57.4	3:58.3	3:59.78	4:00.3
10	3:58.55	Tatyana Pozdnyakova	(UKR)	3:56.50	3:57.70	3:58.9	3:59.83	3:59.84
11	3:58.72	Svetlana Masterkova	(RUS)	3:57.11	3:58.42	3:58.95	3:59.30	3:59.83
12	3:58.78	Natalia Marasescu	(ROM)	3:58.2	3:58.2	3:58.71	3:59.0	3:59.77
13	3:59.09	Raviliya Agletdinova	(BLR)	3:58.49	3:58.70	3:59.10	3:59.31	3:59.84
14	3:59.48	Tatyana Dorovskikh	(UKR)	3:57.92	3:58.86	3:59.45	4:00.30	4:01.17
15	3:59.50	Sonia O'Sullivan	(IRL)	3:58.85	3:59.10	3:59.60	3:59.91	4:00.06
16	3:59.75	Tamara Sorokina	(RUS)	3:58.89	3:59.24	3:59.3	4:00.6	4:00.7
17	3:59.81	Gabriella Dorio	(ITA)	3:58.65	3:59.02	3:59.82	4:00.30	4:01.25
18	3:59.88	Nadezhda Ralldugina	(RUS)	3:56.63	3:58.17	4:00.57	4:01.67	4:02.35
19	4:00.03	Carla Sacramento	(POR)	3:57.71	3:59.89	4:00.08	4:00.60	4:01.86
20	4:00.08	Hassiba Boulmerka	(ALG)	3:55.30	4:00.00	4:01.05	4:01.85	4:02.21
21	4:00.11	Natalya Artyomova	(RUS)	3:59.16	3:59.28	4:00.67	4:00.68	4:00.75
22	4:00.24	Gabriela Szabo	(ROM)	3:56.97	3:59.25	4:00.53	4:01.54	4:02.91
23	4:00.27	Lyubov Smolka	(UKR)	3:56.7	4:00.8	4:01.0	4:01.25	4:01.6
24	4:00.49	Kutre Dulecha	(ETH)	3:58.43	4:00.47	4:00.86	4:01.00	4:01.71
25	4:00.54	Ulrike Bruns	(DDR)	3:59.9	4:00.20	4:00.62	4:00.78	4:01.2
26	4:00.61	Jackline Maranga	(KEN)	3:57.41	4:00.66	4:00.81	4:01.88	4:02.27



"Horses for Courses"

by Mike Gratton

I'm going to start this piece with a bit of audience participation by asking you to examine a week's training. I'm going to throw you off the scent by telling you I'm best known as a marathon runner, and I'm going to leave out the distance of the race in the following example.

A further clue is that the athlete in question

Question 1:

What event was the person training for?

Question 2:

What time of year was it done?

Sunday:		20 miles steady running
Monday:	a.m.	10 miles steady to work
	p.m.	8 miles steady
Tuesday:	a.m.	5 miles steady
	p.m.	5 miles steady
	p.m.	3 x 800 (average 2.01.3) [approx 4'] [rest] 4 x 100m.
Wednesday:	a.m.	9 miles steady to work
	p.m.	2 x 8 x 200 (fast) [20"] [rest] 4 x 100.
Thursday:	a.m.	6 miles steady
	p.m.	5 miles steady
	p.m.	5 miles steady
Friday:	a.m.	6 miles steady to work
	p.m.	Race
Saturday:		15 miles quiet fast.
Total mileage		110.

was Brendan Foster, and it was in 1974. If you are under 40 years of age get your parents in from watching football on the telly to lend a hand.

So, the answers to the questions are:

1. **5,000m**
2. **July.**

Pretty hefty mileage for 5,000m, particularly in July!

You may argue that Foster was not really a miler, but I'd argue otherwise. For a start the race in question at the end of the above week's training was a 1,500m in a GB v Czechoslovakia match, which he won ahead of Frank Clement in 3.41.2 and, in any case, he was also an Olympic 1,500m finalist - and that makes him a miler in my book.

The reason for flagging Foster up is to broaden the 'quality' vs 'mileage' debate. There is little doubt that if you want to run faster than 3.30 for 1,500m you have to train faster than that

pace to achieve it. But you can't do all that training at that pace, and I worry about the implication of the words 'Junk Mileage', as I don't believe there is any such thing.

As a young athlete in the 70's I was very much influenced by the legendary training of Dave Bedford and read a book released about him which outlined the same sort of training used by Foster as shown above. This is perhaps no surprise, since they were both at college in Brighton. At the same time I was a 14 year old English Schools 1,500m finalist and a new BMC member. Searching for help I asked Frank Horwill to send me some training info, and he sent me the schedule of Jim Douglas who had just become UK 1,500m record holder.

The upshot was that I set off on a pattern of training that suited me; 1 hour fartleks on grass, 30 x 200 (27") [200 jog], 1½ hr. Sunday runs, etc., by the time I was 15. It had great results. Previously, at the beginning of each season I'd run a PB, win the Kent A.A.A. Juniors & Kent Schools 1,500m, before switching to 'Speed Work' - then start racing slower. This happened pretty well every season until I twigged, kept the mileage up during the summer, and then, low and behold, I ended up winning the English Schools 5,000m (now run as 3,000m) by the length of the straight.

This is a story that I've witnessed so often in other athletes, their best races come at the start of the season, the decline coming as they switch to really fast training and cut out steady runs. Not pretending to have a grasp of running theory, I took much from the books by Lydiard and Cerruty, and have since been fortunate enough to go places like Davros. Turning up at the end of July for the Swiss Alpine Marathon each year, I have customarily met Morcelli, and a host of other North African and Kenyan athletes out for a run literally miles from town, maintaining a base with long runs.

The significant thing about these guys is that they are not running the miles slowly. Back in Davros another year, one of the party with me for the mildly insane 75km Alpine Marathon clocked Ondieki doing his morning run around the lake. The lake has a good, reasonably flat surface and is exactly 4km (2 miles around), but at an altitude of 1,570m. We timed two laps (5 miles) in 25 minutes - and he was wearing a tracksuit.

Any coach that thinks his athletes are doing junk miles when they go for a run should join any average club night bash around the town. Winter runs in Canterbury in the early 80's consisted of myself (2.09 marathon), Ian

Stewart (3.53 mile), James Webster (3.42 1,500m), and occasionally Nick Brawn (2.21 marathon), plus others of some calibre. Most event directors would be in a hurry to phone through the results to AW if our Monday night run had taken place on a Sunday morning in their local race - and I know that the story would be recognised by many who have trained with a strong club.

Good athletes find it tough to run slow, try warming up with some of them. There is a cadence that each individual is most comfortable with, which is not just dictated by fitness, and they feel awkward running below that pace. It means of course, not many senior BMC members will be doing long runs slowly, some may be quicker than 5 mins. miling - hardly junk miles.

Whether the mileage dents your 400m speed is another question. I'm no great example, but as

Searching for help I asked Frank Horwill to send me some training info

a 19-year-old I had PB's at 400/800/1,500 of 50.1/1.53/3.50. My career on the track was cut short by an accident during a building site vacation job (foot crushed by a forklift truck). But some 10 years later, I turned up to a Southern League match at Maidenhead (on cinders) and ran 51/1.55/3.55 just 3 weeks after running 2.14 for 11th in the London Marathon.

I never trained for leg speed once I'd become a marathoner, yet I felt that my sprinting speed, such as it was, was little affected by great mileage.

(continued on page 29)



Mike Gratton -
Endurance and Speed

Photo by: Brawn



Sub 4 - Best Marks by venue

Compiled by Bob Sparks

Adelaide	3:52.58	John Walker	13 Ma r82	Corvallis	3:58.1 m	Hailu Ebba	5 May 73	Johnson City (i)	3:53.79	Sydney Maree	17 Jan 86
Aichach	3:49.93	Sydney Maree	16 Sep 81	Cosford	(i) 3:57.29	Jim Spivey	9 Mar 85	Kalamazoo	3:58.8 m	Tom O'Hara	1 Jun 63
Albany	3:57.74	Steve Holman	24 Jul 93	Cottbus	3:56.15	Rüdiger Stenzel	27 May 98	Kansas City (i)	3:58.8m	Jim Ryun	4 Mar 67
Albuquerque (i)	3:59.4?	Wilson Waigwa	3 Feb 79	Coventry	3:54.5 m	Sebastian Coe	16 Jun 85	Karlovac	3:57.80	Dragan Zdravkovic	4 Jun 81
Albury	3:56.9m	Graham Williamson	16 Oct 82	Cradock	3:59.7 m	Johan Fourie	9 Oct 82	Karlskrona	3:53.8 m	Bodo Tümmler	22 Aug 68
Aldershot	3:56.6m	Tim Hutchings	19 Jul 82	Croydon	3:58.83	John Nuttall	14 Aug 91	Karlsruhe (i)	3:53.74	Jens-Peter Herold	1 Mar 94
Allston(i)	3:56.77	Sydney Maree	28 Jan 90	Cwmbrân	3:55.8 m	Geoff Smith	15 Aug 81	Kemi	3:56.37	Jukka Savonheimo	3 Jul 90
Ames (i)	3:59.06	Eric Henry	9 Feb 91	Dallas	(i) 3:55.55	Eamonn Coghlan	31 Jan 81	Kingston,Jam.	3:51.0 m	Filbert Bayi	7 May 75
Annapolis(i)	3:59.37	Dan Browne	1 Feb 97	Daly City	(i) 3:55.3 m	Steve Scott	21 Feb 81	Kisumu	3:53.1 m	Kip Keino	10 Sep 67
AnnArbor(i)	3:59.1m	Greg Meyer	28 Jan 78	Dedham	3:58.1 m	John Gregorek	9 Jun 91	Kitchener	3:59.29	Kevin Sullivan	19 Jun 93
Arkadelphia	3:57.8m	Tommy Fulton	25 May 73	Derby	3:58.6 m	Tim Hutchings	6 Sep 83	Knoxville	3:57.7 m	Marty Liquori	21 Jun 69
Athina	3:53.28	Noureddine Morceli	7 Sep 90	Des Moines	3:55.26	Steve Scott	27 Apr 79	København	3:51.96	Noureddine Morceli	25 Aug 92
Atlanta				Detroit (i)	3:57.89	Suleiman Nyambui	10 Mar 79	Koblenz	3:48.40	Steve Ovett	26 Aug 81
(Georgia Tech.)	3:57.43	Abdi Bile	21 Jul 84	Dublin	3:52.0 m	John Walker	11 Jul 77	Köln	3:55.83	Tom Byers	22 Aug 82
(Olympic Stad.)	3:50.86	Noureddine Morceli	18 May 96	Dunedin	3:58.6 m	Peter Snell	15 Feb 63	Lapinlahti	3:58.92	Philemon Hanneck	27 Jun 93
(i)	3:55.84	Paul McMullen	28 Feb 98	Durban	3:53.45	Johan Fourie	15 Dec 84	Lausanne	3:49.12	Noureddine Morceli	10 Jul 91
Auckland	3:50.58	John Walker	19 Mar 81	Durham,NC	3:57.3 m	Ken Popejoy	12 May 73	Lawrence	3:54.7 m	Jim Ryun	22 Apr 67
(East Coast Bays - see North Shore)				Duston	3:58.1 m	Alan Simpson	26 Aug 67	Leicester	3:56.6 m	Walter Wilkinson	31 May 71
Austin	3:59.5?	Niall O'Shaughnessy	14 May 77	E.Rutherford (i)	3:49.78	Eamonn Coghlan	27 Feb 83	Leiden	3:57.69	Klaas Lok	22 May 81
Azusa	3:57.66	Edgar de Oliveira	23 Apr 94	East Lansing	3:57.0 m	Ken Popejoy	5 May 73	Leuven	3:54.93	David Moorcroft	28 Jun 81
Bakersfield	3:51.1m	Jim Ryun	23 Jun 67	Edinburgh	3:51.48	Sydney Maree	26 Jun 83	Liévin (i)	3:58.8 e	Vénuste Niyongabo	18 Feb 96
Baldwinsville	3:59.2m	Ross Donoghue	16 May 82	Edmonton	3:57.8 ?	Thomas Wessinghage	16 Jul 78	Lille	3:59.8 m	Michel Jazy	3 Oct 62
Barcelona	3:54.62	José Luis González	15 Jul 87	Edwardsville	(i) 3:58.2m	Wilson Waigwa	21 Feb 81	(see also Villeneuve d'Ascq)			
Bath	3:58.3m	Edwin Maranga	12 Aug 98	El Paso	3:54.11	William Tanui	25 Jul 98	Limerick	3:59.8 m	Eamonn Coghlan	2 Jun 77
Baton Rouge	3:57.1m	Dave Wottle	9 Jun 73	Erfurt	3:59.9 m	Ben Jipcho	10 May 75	Linz	3:57.58	Branko Zorko	25 Aug 93
(i)	3:59.4m	Steve Bolt	28 Feb 76	Eschweiler	3:59.1 m	Siegfried Herrmann	24 Sep 63	London			
Belfast	3:55.17	Peter Elliott	21 Jun 91	Eugene	3:58.6m	Walter Wilkinson	4 Jun 71	(Battersea Park)	3:51.80	Peter Elliott	27 May 90
Bendigo	3:59.7m	Harry Downes	9 Mar 63	Exeter	3:50.95	Daniel Komen	31 May 98	(Crystal Palace)	3:49.49	Steve Cram	12 Sep 86
Berea	3:58.4?	SteveHeidenreich	23 Jul 75	Fairfax (i)	3:54.41	Noureddine Morceli	9 Feb 92	(Chiswick)	3:59.5 m	Mike Wiggs	12 Jun 65
Berkeley	3:51.3 m	Jim Ryun	17 Jul 66	Falmouth,MS	3:58.22	Jason Pyrah	15 Aug 98	(Haringey)	3:54.6 m	Sebastian Coe	4 Jul 84
Berlin	3:45.64	Hicham ElGuerrouj	26 Aug 97	Fargo (i)	3:59.7 m	Mike Slack	26 Jan 74	(Hendon)	3:56.35	Anthony Whiteman	31 Aug 96
(i)	3:58.2m	Jürgen May	20 Feb 66	Fayetteville	3:58.1 m	Niall O'Shaughnessy	1 May 76	(Southwark Park)	3:54.46	Peter Elliott	1 Oct 89
Bern	3:56.34	Mike Boit	16 Aug 85	Formia	(i) 3:52.30	Frank O'Mara	25 Jan 86	(Southgate)	3:57.0 m	Dick Quax	18 Jul 73
Birmingham	3:55.38	Steve Crabb	17 Jul 87	Fort Worth (i)	3:57.9m	Tom Von Ruden	4 Feb 72	(Tooting Bec)	3:59.7 m	Phillip Tulba	19 Aug 98
(i)	3:50.70	Noureddine Morceli	20 Feb 93	Frankfurt	3:55.34	David Moorcroft	5 Sep 78	(White City)	3:53.42	Kip Keino	20 Aug 66
Blackburn	3:59.2 m	Andy Green	25 Aug 64	Fresno	3:59.04	Ernie Freer	4 Apr 92	Los Angeles			
Bloemfontein	3:57.4 m	Johan Fourie	20 Feb 81	Gainesville	3:58.0 m	Dick Buerkle	4 Jun 73	(Coliseum)	3:53.7 m	Jim Ryun	4 Jun 66
Bloomington	3:59.0 m	Dave Wottle	6 Jun 70	(i)	3:57.78	Mark Carroll	7 Feb 98	(i)	3:52.9 ?	Eamonn Coghlan	15 Feb 80
(i)	3:56.17	Jim Spivey	4 Feb 84	Gateshead	3:51.43	Steve Cram	27 Jun 86	(Westwood)	3:52.50	Steve Scott	10 May 81
Bordeaux	3:59.5 #	Sebastian Coe	6 Jun 82	Gent (i)	3:48.45	Hicham El Guerrouj	12 Feb 97	Los Gatos	3:59.2 m	Tom Smith	1 Aug 85
				Glasgow (Ibrox)	3:58.4 m	Derek Ibbotson	15 Jun 57	Loughborough	3:59.41+	Geoff Turnbull	12 Jun 83
Boston	3:56.9 *	Charlie McMullen	20 Jul 74	Göteborg	3:49.4 m	John Walker	12 Aug 75	Louisvill (i)	3:57.2 m	Filbert Bayi	12 Feb 77
(i)	3:55.43	David Strang	22 Jan 94	Grays	3:58.4 m	Tim Hutchings	9 Sep 88	Luxembourg	3:57.74	Peter Wirtz	20 Jul 83
Bowling Green	3:59.0 m	Nick Rose	10 May 75	Grève d'Azette,CI	3:57.8 m	Mike Edwards	20 Sep 87	Lyngby	3:57.6 m	Tom Hansen	8 Jul 74
Bratislava	3:53.43	John Kibowen	9 Jun 98	Grimby	3:59.5 m	Steve Halliday	24 Sep 89	Madrid	3:55.94	José Luis Carreira	4 Jun 87
Brighton	3:58.8 m	Alan Simpson	21 Aug 66	Hamburg	3:58.8 m	Harald Norpoth	19 May 66	Malmö	3:58.0 m	Herb Elliott	29 Aug 58
Brisbane	3:58.9 m	Herb Elliott	13 Mar 59	Hamilton,NZ	3:54.37	David Moorcroft	21 Jan 81	Manchester,CT	3:59.36	Gerry O'Reilly	20 Jun 87
Bristol	3:59.1 m	Tim Hutchings	14 Sep 88	Hamilton,Ont. (i)	3:59.30	Marcus O'Sullivan	15 Jan 93	Manchester,UK	3:52.91	Peter Elliott	9 Sep 90
Bromley	3:55.5 m	Nigel Horsfield	23 Aug 89	Harlow	3:53.4 m	Peter Elliott	20 Aug 89	Manhattan,Ka.	3:59.6 m	Steve Heidenreich	24 May 75
Brunswick	3:56.82	Jason Pyrah	4 Jul 98	Hartlepool	3:58.4 m	Alan Simpson	17 Jun 67	Mansfield	3:59.6 m	Craig Mochrie	28 Aug 89
Bruxelles	3:47.30	Noureddine Morceli	3 Sep 93	Hastings,NZ	3:56.8 m	John Walker	13 Jan 85	Manurewa	3:57.8 m	John Walker	4 Jan 76
Bucuresti	3:58.18	Ovidiu Olteanu	29 May 94	Haverford (i)	3:58.6m	Marcus O'Sullivan	25 Jan 97	Melbourne	3:51.54	Simon Doyle	7 Feb 91
Budapest	3:55.4 #	Steve Cram	4 Aug 85	Hechtel	3:52.2 #	William Tanui	1 Aug 98	Metz	3:59.18	Bruno Levant	13 Sep 87
(i)	3:59.7e	Laban Rotich	6 Feb 98	Helsinki	3:46.76	Saïd Aouita	2 Jul 87	Miami	3:59.5 m	Marty Liquori	29 Jun 69
Burnaby	3:52.34	Mike Hillardt	16 Jul 84	Hexham	3:54.8 m	John Mayock	29 May 98	Middlesbrough	3:59.4 m	Walter Wilkinson	11 Sep 67
Byrkjelo	3:59.55	Robert Andersen	8 Aug 93	Hobart	3:56.7 m	John Walker	7 Mar 83	Milan	3:51.96	Genny DiNapoli	30 May 92
Cambrai	3:58.2 m	Michel Bernard	8 Jul 63	Holmdel	3:59.5 m	Jim Norris	23 Jun 90	Minneapolis	3:55.52	Ray Flynn	10 Aug 85
Cambridge,MS(i)	3:59.02	Erik Nedeau	21 Jan 95	Hong Kong	3:59.44	Anthony Whiteman	15 Oct 95	Modesto	3:54.9 m	Peter Snell	25 May 63
Canberra	3:59.8 m	Shaun Creighton	24 Nov 90	Hornchurch	3:57.6 m	Tim Hutchings	7 Sep 88	Monte Carlo	3:56.75	John Ngugi	12 Aug 90
Cannock	3:54.0 m	Steve Cram	20 Sep 86	Hot Springs	3:56.53	Graham Hood	1 Apr 95	Montreal (i)	3:56.8 ?	John Walker	11 Feb 79
Cape Town	3:56.7 m	Danie Malan	17 Feb 75	Houston (i)	3:59.3 m	Len Hilton	12 Jun 75	Moscow,Id (i)	3:59.8?	Jacinto Navarette	13 Feb 87
Carbondale	3:58.8 m	Lee LaBadie	11 May 71	Hull	3:59.9 m	Pat Scammell	15 Jun 82	Moskva (i)	3:57.76	Vyacheslav Shabunin	14 Feb 96
Cardiff	3:56.03	Peter Elliott	17 Sep 89	Imatra	3:57.3 m	Ari Paunonen	3 Jul 77	Mosselbaai	3:59.9 m	Marius Schlechter	28 Dec 89
Carlisle	3:59.4 m	John Gladwin	4 May 87	Indianapolis (i)	3:55.33	Kevin Sullivan	11 Mar 95	Motspur Park	3:58.0 m	John Kirkbride	23 Jul 69
Champaign	3:58.5 m	Rick Wohlhuter	4 Jul 73	Ingelheim	3:57.5 #	Thomas Wessinghage	31 Aug 82	Murfreesboro (i)	3:59.58	Colin Hume	5 Mar 83
(i)	3:59.3m	Rick Wohlhuter	2 Mar 74	Inglewood (i)	3:54.9m	Ray Flynn	13 Feb 81	Naantali	3:58.7 m	Derek Ibbotson	7 Aug 57
Chapel Hill	3:59.8 m	Tony Waldrop	14 May 74	Irvine	3:53.92	Steve Scott	25 Mar 78	Nairobi	3:59.5 m	Kip Keino	2 Sep 67
(i)	3:58.84	Marcus O'Sullivan	22 Jan 83	Jakarta	3:52.11	Steve Cram	3 Oct 91	Napier	3:56.9 m	Kip Keino	4 Dec 65
Charleston	3:58.3 m	Wilson Waigwa	12 Jun 76	Jarrow	3:57.75	Steve Cram	9 Sep 84	Nashville	3:59.9 m	Bob Whelan	11 Jul 92
Cheltenham	3:59.1 m	Ian Hamer	8 Sep 89	Jerez de la Fr.	3:51.80	David Kibet	17 Sep 91	Nelson	3:59.1 m	Dick Taylor	17 Feb 71
Chicago (i)	3:56.4 m	Tom O'Hara	6 Mar 64					New York City	3:52.74	Jim Spivey	21 Jul 91
Christchurch	3:56.02	John Walker	15 Dec 84					(i)	3:52.99	Noureddine Morceli	22 Feb 91
Cleveland (i)	3:57.23	Eamonn Coghlan	19 Feb 83					Nice	3:44.60	Hicham El Guerrouj	16 Jul 98
College Park (i)	3:54.93	Dick Buerkle	13 Jan 78					Ninove	3:57.5 m	Vincent Rousseau	28 Jul 87
Columbia (i)	3:55.4 m	Niall O'Shaughnessy	28 Jan 77					Norman	3:59.9 m	Johnny Halberstadt	4 May 74
Columbus	3:57.15	Tom Byers	8 May 83					North Shore	3:54.4 m	John Walker	30 Jun 84
Compton	3:55.0 m	Peter Snell	7 Jun 63					Notre Dame - see South Bend			
Corby	3:56.08	David Kibet	21 Jun 92					Nottingham	3:59.8 m	Steve James	9 Jun 84
Cork	3:49.42	Sydney Maree	13 Jul 82					Nuoro	3:58.96	Michal Bartoszak	10 Sep 93



Sub 4 - Best Marks by venue

Nyeri	3:55.0 m	Kip Keino	24 Jun 67	Richfield	(i) 3:56.56	José Abascal	19 Feb 84	Tauranga	3:58.8 m	John Walker	29 Dec 84
Oklahoma City (i)	3:57.0m	Wilson Waigwa	15 Feb 75	Richmond	(i) 3:59.5m	Tony Waldrop	19 Jan 74	Tempe	3:56.4 m	Paul Cummings	16 Mar 74
Osaka	3:51.30	Noureddine Morceli	11 May 96	Rieti	3:44.39	Noureddine Morceli	5 Sep 93	Tillsonburg	3:55.25	Jim Spivey	7 Jul 84
Oslo	3:46.32	Steve Cram	27 Jul 85	Roma	3:50.28	Steve Scott	10 Sep 86	Tokoroa	3:56.9 m	Kip Keino	6 Dec 65
Ottawa	(i) 3:57.9m	Eamonn Coghlan	14 Feb 81	Rosemont	(i) 3:57.25	Eamonn Coghlan	27 Jan 85	Tokyo	3:55.5 ?	Steve Ovett	25 Sep 78
Oulu	3:59.3 m	Antti Loikkanen	5 Jul 79	Rotherham	3:54.65	Peter Elliott	12 Jun 92	Torino	3:59.5 #	Genny DiNapoli	26 May 91
Oxford	3:58.9 m	Simon Muggleston	19 May 90	Roxbury	(i) 3:59.02	Ibrahim Aden	20 Feb 98	Toronto	3:52.8 m	Jim Ryun	29 Jul 72
Paarl	3:56.0 m	Johan Fourie	26 Dec 85	Sacramento	3:58.8 m	Tom Smith	20 Jul 85	Tullyleash	(i) 3:55.63	Eamonn Coghlan	13 Feb 81
Palmerston North	3:54.6 m	John Walker	11 Mar 81	St.Louis	3:56.7 m	Dyrol Burleson	22 Jun 63	Turku	3:57.9 m	John Landy	21 Jun 54
Palo Alto				Saint-Maur	3:55.5 m	Michel Jazy	2 Jun 65	Uniondale	3:53.39	Noureddine Morceli	21 Jul 98
(Angell Field)	3:59.19	Jamey Harris	27 May 97	Salem	3:57.5 m	Dyrol Burleson	2 Apr 66	University Park	3:58.4 m	Larry Mangan	16 May 80
(Stanford Stad.)	3:57.84	Samuel Kibiri	30 Mar 91	Salisbury	3:59.3 m	Ian Gillespie	4 Sep 93	Valencia	(i) 3:57.07	Frank O'Mara	12 Mar 87
Papendal	3:59.3 m	Haico Scham	4 Sep 73	San Diego	3:55.3 m	Jim Ryun	27 Jun 65	Vancouver	3:55.4 m	Jim Grelle	15 Jun 65
Paris				(i) 3:50.6m	Eamonn Coghlan	20 Feb 81	Västerås	3:58.7 m	Josef Odlozil	8 Aug 65	
(Charléty)	3:49.01	Hicham El Guerrouj	29 Jul 98	San Francisco	3:55.63	Matt Giusto	15 May 93	Växjö	3:57.4 m	Mike Durkin	18 Aug 76
(Jean Bouin)	3:57.5 #	Saïd Aouita	16 Jul 87	San Jose	3:55.37	Steve Scott	28 May 83	Verona	3:53.73	Saïd Aouita	11 Jun 87
Perivale	3:59.9 m	Joe Dunbar	18 Sep 91	San Sebastián (i)	3:55.51	Noureddine Morceli	4 Mar 92	Viareggio	3:58.65	Stefano Mei	6 Aug 86
Perth	3:58.35	Mike Hillardt	24 Jan 87	Sankt-Peterburg	3:48.67	Noureddine Morceli	26 Jul 94	Victoria,BC	3:57.9 m	Rod Dixon	7 Jul 73
Philadelphia	3:52.26	Steve Scott	30 May 81	Santander	3:57.5 #	José Abascal	7 Sep 86	Villanova	3:52.64	Sydney Maree	9 Jun 85
(i) 3:55.8m	Marty Liquori	7 Feb 75	Scarborough,Ont.	3:57.6 m	Sosthenes Bitok	8 Aug 82	Villeneuve d'Ascq	3:53.53	Hauke Fuhlbrügge	1 Jul 91	
Piscataway	3:54.60	Don Paige	23 Jun 79	Seattle	3:57.6 m	Marty Liquori	19 Jun 71	Walnut	3:55.9 m	Jim Ryun	10 Aug 68
Pittsburg	3:56.2 m	Eamonn Coghlan	10 May 75	Selargius	3:58.0 #	Vénuste Niyongabo	20 Sep 95	Wanganui	3:53.8 m	Jürgen May	11 Dec 65
Pleasant Hill	3:59.1 m	Dyrol Burleson	9 Apr 66	Seville	3:58.66	Mário Silva	30 May 90	Wellington	3:54.65	John Walker	26 Feb 83
Pointe-à-Pierre	3:58.3 m	Kip Keino	3 Apr 71	Sheffield	3:51.74	Laban Rotich	2 Aug 98	Westwood - see Los Angeles			
Pontiac	(i) 3:59.95	Jim Spivey	12 Mar 83	Sindelfingen	(i) 3:58.40	Rob Druppers	5 Feb 88	Wichita	3:53.3 m	Rick Wohlhuter	31 May 75
Port Elizabeth	3:50.82	Johan Fourie	11 Mar 87	Sittard	3:57.9 ?	Willy Polleunis	9 Sep 78	Wien	3:55.7 ?	Suleiman Nyambui	13 Jun 79
Portland	3:54.09	Noureddine Morceli	16 May 98	Solihull	3:58.11	Edwin Maranga	5 Sep 98	Williamsburg	3:56.4 m	Howell Michael	11 May 74
(i) 3:56.7m	Tom Byers	30 Jan 82	South Bend	(i) 3:55.90	Kevin Sullivan	4 Feb 95	Winnipeg	(i) 3:58.6 ?	Filbert Bayi	9 Feb 80	
Portsmouth	3:53.82	Gary Staines	12 Aug 90	South Shields	3:59.2 m	Brendan Foster	30 Jun 73	Woodland Hills	3:58.8 m	Richard Romo	10 Aug 66
Potchefstroom	3:55.4 m	Matthews Temane	9 Mar 83	Spring,Tx	3:57.6 m	Len Hilton	3 Jun 72	Worcester,Saf.	3:58.4 m	Whaddon Niewoudt	17 Mar 97
Potsdam	3:56.5 m	Siegfried Valentin	28 May 59	Stanford - see Palo Alto				Ypsilanti	(i) 3:58.61	Paul McMullen	14 Feb 97
Prague	3:59.74	Ahmed Warsama	31 Aug 91	State College	3:59.2 m	Sydney Maree	5 Aug 78	Zaragoza	(i) 3:58.45	Peter Elliott	26 Feb 88
Pretoria	3:56.65	Johan Fourie	20 Feb 85	Stellenbosch	3:52.31	Johan Fourie	25 Mar 83	Zagreb	3:50.68	Noureddine Morceli	7 Jul 98
Providence	(i) 3:53.42	Frank O'Mara	1 Feb 87	Stockholm	3:51.32	John Kibowen	5 Aug 98	Zürich	3:45.19	Noureddine Morceli	16 Aug 95
Provo	3:57.23	Doug Padilla	21 May 83	Stockton	3:58.7 m	Don Bowden	1 Jun 57				
Pullman	(i) 3:59.2 m	Henry Rono	20 Mar 77	Stovner	3:52.8 m	Steve Ovett	20 Sep 78				
Quantic	3:59.2 m	Cary Weisiger	4 May 63	Stretford	3:58.8 m	David Moorcroft	30 Aug 75				
Raleigh	3:58.4 m	Tony Waldrop	21 Apr 73	Sutton Coldfield	3:57.82	Neil Horsfield	1 Jul 90				
Reading	3:56.8 m	Ian McCafferty	11 Jun 69	Swansea	3:57.03	Neil Horsfield	13 Jul 86				
Rennes	3:53.6 m	Michel Jazy	9 Jun 65	Swindon	3:59.9 m	Ian Hamer	16 Jul 88				
				Sydney	3:55.56	Mike Hillardt	24 Mar 85				
				Tampa	3:59.98	Jeff Atkinson	29 Apr 89				

? = Meeting with auto-timing, hundredths not known
 * = Adjusted time (1757 yards + 0.5 sec.)
 # = En route to 2km or 3km

"Horses for Courses"

(continued from page 27)

I had the good fortune to train with Steve Ovett while I was in Sussex on a teacher training course. He'd frequently be at Withdean when we did heavy repetition sessions on the track. I remember him joining a session of 3 x 5 x 300 (39"/40") [100m jog, 500m jog], yet when we took the 500m jog, he carried on with the efforts, probably achieving 6 more than us in the session. He'd also run with the lads on a Sunday over the Downs, had great cross country ability, and won a half marathon in under 65 mins while training for 800m.

Though I never witnessed the sessions, Ovett did some training very fast - but the point is that all the bulk training and steady mileage never took the edge from probably the best kicker in the business - someone who could also knock out a sub 47 sec 4 x 400m relay leg.

I started life as an athlete at Folkestone AC, as did Steve Heard, who once lost a 400m race to me (as I kept reminding him). We frequently ran heavy hill sessions on Remembrance Hill up

from Folkestone Docks. But more interestingly, Steve would turn out for the Canterbury 10 mile race and Kent cross country leagues - he ran decent times, around 52 mins for 10 miles, however never got revenge for the 400m defeat!

I draw my final example from distance running in the 60's and 70's. There were 10km runners on very high mileage à la Dave Bedford, then marathoners on (reputed) low mileage like Alberto Salazar. Us 'trainee' athletes would be advised to go one way, then back, with the fashion - we'd all change when the training secrets of the next World Record holder were revealed.

In the end, most of us found a blend, which suited us as an individual. It's important to find that blend for yourself, and I'd guess that for most athletes the sessions they enjoy the most will be the ones that work the best (that's why we like them) - what I'm saying here is that there are many ways to become a fast miler - there are horses for courses. And, critically not every 14-year-old BMC member will end up as a miler - although I'd admit moving to the marathon was extreme!

Harry Wilson 1926 - 1999 a Tribute

*Frank Horwill, a long-time friend who worked with Harry on the book **The Complete Distance Runner**, said:*
 "Harry was a very close friend for more than 20 years. We had differences of opinion on coaching ideas but he could convince athletes that they could do better than they thought. I will remember him telling Tony Simmons: 'You've been good for along time. When are you going to be great?' Simmons responded by winning a European Championship silver medal. Harry was fearless, a great character with enormous knowledge. He was a great friend."

More tributes next issue



Running with Steve...

by Matt Patterson

My relationship with Steve Ovett goes back to 1973/74 when Steve had just won the European Junior 800m title from Willi Wuelbeck and Ivo Van Damme. I was one of the top distance runners in Sussex and had known this young

'star' for the past four or five years as we were both members of the same club, Brighton and Hove A.C. We raced each other at the annual Boxing Day race in 1973 and Steve easily outprinted me over 4 miles when he was just 18 years of age. What impressed me immediately with this young man was the ease with which he ran and the economy of effort when he was running beside you.

From then, till I left to work in Norway in 1984, we ran 'Stride for Stride' practically every day at our home in Brighton, in the south of England and in many other parts of the World. It was a wonderful experience - not only training with an athletic genius but the exuberant and complex character of Steve Ovett.

Steve, although he may deny it, loved to run. I also suspect that he enjoyed the rigorous training we used to do around the streets of Brighton and in a very short period of time emerged a very tough but fair competitor. When I listen to Steve talking now about his career he tends to trivialise the hard training he underwent during his formative years. I know that his father read a copy of 'The Jim Ryun Story' when Steve was 14/15 years old and had him running sessions of 20 x 400m on grass - this was when Steve was running sprint distances!

CONDITIONING WORK – 1979/1980

Winter Months –

Base Work and General Build Up

The winter prior to the Moscow Olympics (1980) we ran an average of 100 miles/week (160km) for over 20 weeks, with some weeks at 110-120 miles/week. Steve wanted this winter to be the best possible he could manage - he wanted "to frighten the life out of people" with his fitness level. Brighton is a very hilly town and this made our training even harder as most

of our runs included some very tough hill climbs. The winters in the south of England can be tough and occasionally we had snowfalls but usually they were cold and damp. As we trained together nearly every day (twice a day) it was easy to adjust the training as we felt fit. Two or three times a month Steve would travel up to London to do a session with Bob Benn (800m runner) and to see Harry Wilson. We ran most of our winter sessions on the road because the grass in many of the parklands would be too wet or muddy to run at a decent pace. At that period in my career, I was running 49 mins for 10 miles and 23/24 mins for 5 miles, so I was able to run 10 miles in training at a comfortable pace of 53/55 minutes.

Our hill sessions were very intensive but Steve revelled in this type of work. The long

STEVE OVETT'S BEST TIMES:-

400m	47.5
800m	1:44.09 (1978)
1,000m	2:15.91 (1979)
1,500m	3:30.77 (1983)
Mile	3:48.40 (1981)
2,000m	4:57.71 (1982)
3,000m	7:41.3 (1977)
2 miles	8:13.51 (1978)
5,000m	13:20.06 (1986)

interval session in the park was rotated each week from the fairly flat course to the hilly course. Some weeks we would run 8 x 1000m but usually it was 6 reps. Our recovery ranged from 30 secs to 60 secs but there was no set rule - if we felt good we shortened the recovery. It was a fast jog recovery. If I felt good I'd shorten the recovery even more, to make sure that Steve was working his body to its extremes. We never worried about training too hard! My only concern was that I might not be training hard enough for him and therefore holding him back. We talked about this on a few occasions but Steve did not want it any other way.

There was another long interval session we also ran in the park, close to the athletic stadium. They were about 4 minutes in duration and very hilly. We always ran this session in spikes as the grass was always lush. Our recovery was between 15 - 30 secs! We ran this session at least once a week for close to 10 years and when I travel back to Brighton and run this course, I find it very tough. The steep hills on this course made you work hard even

when you felt strong.

Variety was very important in our training. As we trained so often each week and running to and from our homes, Steve lived either 5 mins jog or 100m jog from my home throughout our years of training together, we tended to look for different places to train each year but still holding on to the areas which we knew were ideal training venues. It was funny to see Steve racing in some foreign country on the TV in the evening after he was seen training in Brighton that morning and then returning the following day to do that evening session. We trained many times abroad but found it hard to beat Brighton as far as training venues go.

For the first five years we very rarely used a stop watch - track sessions were of course the exception. I loved to push my body to the limit on many of the sessions and Steve would be operating on about 80% of his maximum. We would do these road runs and knew roughly how long in distance they were but never became obsessed about putting a watch on them. Steve never timed the sessions - he knew his body exceptionally well and that was his measurement of how he was going. He could do hard sessions (intensive) and was totally recovered by the next day. The sessions in themselves were a maximum of 20 mins - maybe that was the secret of his successes! When you observed Steve running at maximum speed he looked so relaxed and that was his great asset - to run fast and keep relaxed!

Also, in all the years I have known Steve, he has never recorded his training and I was the only person who knew intimately what he was doing on a day to day basis. I realise now that it was part of Steve's make up - he did not want to dwell too much on training and we spent much of our time running together and talking on issues other than running. The training would be done and little time would be spent on reflecting on what we were doing. Only now do I have the time to look back and realise how long and hard we were training. It produced the results he wanted!



Photo by: Shearman



Photo by: Shearman



...a Retrospective

Day	Time	Session	Effort
A "TYPICAL" WINTER WEEK'S TRAINING NOV-MAR 1979/80			
Sun	a.m.	10 miles – road	57/60 mins
	p.m.	10 miles – road	54/55 mins
Mon	a.m.	5 miles – road	Easy – 35 mins
	p.m.	10 miles – road	Fast/steady – 52/53 mins
Tue	a.m.	10 miles – road	Hard – on road 4 x 300m approx with fast jog rec then across another very steep hill, 4 x 400m approx jog rec.
Wed	a.m.	10 miles – road	58/60 mins
	p.m.	10 miles	Plus technique work at Crystal Palace
Thu	a.m.	5 miles – road	Easy – 35 mins
	p.m.	10 miles – road	Steady – 55/58 mins continuous
Fri	a.m.	5 miles – road	Easy – 35 mins
	p.m.	5 miles – road	Easy – 35 mins
Sat	a.m.	5 miles – road	Easy – 35 mins
	p.m.	6 x 1000m – park	Hard – with 30 secs – 1 min rec (in spikes)
A "TYPICAL" SPRING WEEK'S TRAINING APR-JUN 1980			
Sun	a.m.	10 miles – road	Easy – 60/65 mins
	p.m.	4 miles	Easy + 5 x 3 x 200m (27"/28") [30', 3 ']
Mon	a.m.	5 miles – road	Easy – 35 mins
	p.m.	Track session	5 x 300m (37.4" av.) [2 ']
Tue	a.m.	5 miles	Easy – 35 mins
	p.m.	6 x 700m – in park	Very hilly at start, long downhill to finish (90% effort) [2'] (in spikes) + 10 x 100m strides at end
Wed	a.m.	5 miles – road	Easy – 35 mins
	p.m.	Track session	Technique work – high knees etc, 5 x 150m (16"/17") [walk] +10 x 100m (change of pace 11"/13") [walk] + 4 x 60m (standing start) [3']
Thu	a.m.	Rest	Weights in morning.
	p.m.	Hills – park	6 x 30 secs (in spikes – 90% effort) [jog], 10 mins jog, then 8 x 15 secs [walk]. Aim at good knee lift and technique.
Fri	a.m.	5 miles – road	Easy – 35 mins
	p.m.	5 miles	Plus 4 x 5 x 100m (14"/15") [starting at 30 secs on the first set to 5 secs rec on the last set].
Sat	a.m.	6 x 1000m in park	(in spikes) [30"/60"]
	p.m.	5 miles	Easy - + 6 x 100m strides on grass
A "TYPICAL" SUMMER WEEK'S TRAINING JUN-SEPT 1981			
Sun	a.m.	10 miles – road	Easy – 65 mins
	p.m.	Strides – grass	10 x 100m (13"/14" accelerations, change of pace).
Mon	a.m.	Rest	
	p.m.	Track session	Change of pace 4 x 400m (first 200m 28"/29", last 200m 23"/24") [5'].
Tue	a.m.	Easy run	35 mins
	p.m.	Strides	6 x 100m – Relaxed
Wed		Rest day	
Thu			Travel to London, then to Oslo
Fri	p.m.	Easy run	30 mins + strides
Sat	p.m.	Race 1 mile	Bislett Games – equalled World Record for Mile



A Standard Format for Training

From 1990 to 1997 Peter Thompson was Project Director of the world wide I.A.A.F Coaches Education and Certification System. In writing and delivering the material for this global programme he was in a privileged position to consult with experts from all 208 IAAF Member Federations and to identify and influence common best practice, in all track and field disciplines. An example of this can be seen in the area of endurance coaching.

One of the factors that has hindered the communication between middle and long distance running and race walk coaches, and their subsequent communication with athletes, has been a lack of a standardised way to represent training sessions. Recognising the variety which existed the I.A.A.F introduced in 1997 a standardised representation of endurance training for its coach education courses and published this in *New Studies in Athletics*, the technical coaching journal of the I.A.A.F. The BMC News has now adopted the I.A.A.F standard and reprints it here.



Examples of a standard form:

10 x 400 (72") [2']

this means: 10 repetitions of 400m , with each repetition run at 72 seconds and 2 minutes recovery between the repetitions.

3 x 4 x 300 (51") [1' & 5']

this means: 3 sets of 4 repetitions of 300m, with each repetition run at 51 seconds, 1 minute recovery between the repetitions and 5 minutes between the sets.

For more complex sets it may be written, for example:

SUMMARY

Sets x repetitions x distance (intensity/pace) [recovery between reps, then recovery between sets]

2 x 500 (300/48", 200/max) [8'] [15'] 8 x 200 (35") [1']

this means: 2 repetitions of 500m, with the first 300m being run at a target pace of 48 seconds and the final 200m being run at maximal effort. The recovery between the repetitions is 8 minutes. Then there is recovery of 15 minutes, probably easy running, before 8 repetitions of 200m in 35 seconds with one minute recovery.

2 x {1 x 500 (80") [2'] 1 x 700 (1'52") [30"] 1 x 300 (max)} [12']

this means: that the athlete will run two sets. Each set will consist of: 1 repetition of 500m in 80 seconds, a recovery of 2 minutes, 1 repetition of 700m in 1minute 52 seconds, 30 seconds recovery and then 1 repetition of 300m at maximum effort. There is 12 minutes recovery between the sets.

Finally, both the warm up and cool down distances can be included as follows:

2 ↑ Session Details ↓ 2

For most British coaches this would mean 2 miles warm up and 2 miles cool down but whether these are miles or kilometres will depend on the understood preference of the coach and athlete.

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The Dunn Test

by Lindsay Dunn

PREDICTING LACTATE THRESHOLD HEART RATE

Something which may be of interest to athletes and coaches is a simple practical test I devised for measuring an athlete's lactate threshold pace without the use of physiological testing facilities but using a heart rate monitor. The test simply involves two test runs each of 20 minutes conducted in successive weeks.

I use a flat, extensive grass area with a good running surface, which has a track in the middle. A road surface, however, with a measured 400m included would suffice, provided the area is flat and of an even surface.

The athlete does a normal warm up then commences the 20 minute test run at a pace he/she believes represents a pace that could be maintained throughout a half marathon race. He or she then runs onto the track after 8 minutes of running, at which point the pulse rate should have stabilised and levelled out. The lap time is recorded along with the pulse reading. The athlete then returns to running on the grass area.

A similar measurement is taken on the track after 18 minutes of running. It is emphasised to the athlete that he/she must endeavour to keep the same pace and not to run quicker on the track since it is not a time trial. Scrutiny of the pulse

readings at other parts of the run can ensure that the pace is even throughout.

By analysis of the 400m times and pulse readings I have found that a very accurate interpretation can be made. For example, if the first 400m is 75 seconds and the pulse rate is 170 beats per minute (bpm), then the second 400m is 77 seconds and pulse 175 bpm you can interpret that the first 400m was too fast and you now know that the lactate threshold is below 170 bpm.

On the second test run a week later you set the heart rate monitor alarm to go off if the runner exceeds 167 bpm. Let us say that this produces 400m laps at 8 and 18 minutes of 78 and 79 seconds, then 167 is the correct lactate threshold pulse rate. If it produces 78 seconds on both 400m sections then 168 bpm is probably correct.

I have found it relatively simple to interpret the readings allowing an increase in heart rate of 2-3 bpm for the second 400m, provided the time is the same as the first 400m. Armed with this information the athlete can simply do threshold runs with the alarm set according, without the need for training partners and regardless of terrain, conditions, etc.. This is very useful when the coach is not present and is of great benefit at appropriate times.

Five years ago, the BAF sent a mobile blood

testing team around the country and I was asked if I wished any of my runners to be tested. Half of my athletes were tested using increasing pace runs on the track while ear lobe blood samples were taken. In three cases, my own calculations using the above simple 'field' methods were exact to the same bpm, and for the other two athletes were 1 bpm out!

I find that a lot of runners perceived lactate threshold effort differs greatly from what it actually is. One case I had was particularly interesting. One of the runners I coached was always suffering from colds and injuries, and I was

My own calculations using the above simple 'field' methods were exact to the same bpm

always in dispute with him that his easy runs were too quick. I calculated his lactate threshold at 168 bpm but he insisted it was nearer 175, as 168 felt too easy and some of his supposedly easy runs were 170 bpm or more. The BAF test came up with 168 bpm!

I think that this field test is much easier than others I have read about including the Conconi one. Perhaps it might be of interest to BMC members. I would be happy to have it as the "Dunn Test"!!

Pulse rates related to VO₂ max percentages

by Frank Horwill

The oxygen uptake by the tissues of the body will increase as running speed increases to a maximum value. This value is known as the maximal oxygen uptake, or VO₂ max. The maximal oxygen uptake is defined as: "the highest oxygen uptake an individual can attain during physical work and breathing air at sea level" and is one of the key determinants of running performance. Pulse rates can be a guide to the percentage of VO₂ max being used when expressed as a percentage of your maximal pulse rate (MHR). One way of discovering your maximum pulse reading is to run for 3 minutes at maximum effort. Thus, a good class male athlete might attempt running 1,200m or more in that time. A female runner should attempt 1,100m in 3 minutes.

The VO₂ max is greatly enhanced by training between 80% and 100% of the VO₂ max.

The VO₂ max is greatly enhanced by training between 80% and 100% of the VO₂ max. The

Pulse Rate Related to VO ₂ max percentages		
% of MHR	% of VO ₂ max	Description
65	50	Very slow running
73	60	Slow running
80	70	Steady running
88	80	Half marathon speed
90	90	10k speed
93	95	5k speed
96	100	3k speed
100	110-130	1,500/800 speed

lower the VO₂ max percentage work done, the longer the repetition. For example, work at 90 per cent (90% MHR), should last for 10 minutes repeated many times with very short recovery. The higher the VO₂ max work percentage, the lower the distance of the repetitions, but not too short! For example, 100% VO₂ max (96% MHR), 2 to 3 minutes duration, repeated many times in one session with moderate recovery time. The higher the VO₂ max an athlete has, the higher the lactate

threshold, because the latter is a percentage of the former.

Athletes are warned that heart rates used in training at race pace, are frequently higher in actual competition from the outset. Strict adherence to training pulse rates in races has led to athletes being well below their time schedules for specific parts of the distance. Compete for time and place in races. If the aim for a female is a 4:22.5 1,500m, the first lap must not be slower than 70 seconds. If the aim is for a 2:00 800m, the first lap must not be more than 60 seconds. Getting the first part of a race right is important. This may involve having to take the lead if the pace is too slow, or even being at the back of the field if it is too fast. Keep to your time schedule. A study of any prevailing wind just before a track race is important. It may be necessary to hold back or shelter behind others in a stiff breeze, and to accelerate when the wind is behind you.

Athletes should be aware at all times of the percentage of the VO₂ max they are running at. This involves a combination of knowing the percentage of the maximum heart rate used and the race or training times per 400m.



The British Athletics Endurance Initiative 1998

by Mike Down

The original objectives of the Endurance Initiative, which was again supported by the London Marathon and Foundation for Sport and Art, were fourfold:

- To attract more runners to compete on the track, particularly over 5,000m and 10,000m
- To provide the competitive racing opportunities over 3,000m, 5,000m and 10,000m that all but the very best of our distance runners are denied on the European circuit.
- To promote fast races through the provision of appropriate pacemakers with a view to having a major impact on the annual ranking lists for 3,000m, 5,000m and 10,000m.
- To develop a more positive attitude amongst British distance runners by encouraging them to compete against each other more often.

An encouraging start was made on all four aspects in the first year of the Initiative, which was built on this year, with particular improvement on the women's side, though once again the constraints of the a congested fixture calendar mean that we are not able to start with a blank sheet of paper in planning the competition programme.

THE RACE PROGRAMME

As in 1997 the race programme was organised on a two tier structure, National and Regional, though the Grand Prix element was dispensed with as a result of the feedback from last year's end of season questionnaire.

This indicated that a large majority of the runners would prefer more individual prizes for each race rather than an overall Grand Prix. Because of their own competitive plans, they were not keen to commit themselves to the four or five set dates that would be needed to score in the Grand Prix. Interestingly, the BMC NIKE 800m/1,500m Grand Prix seems to have suffered this way, particularly on the men's side this year.

In all, twenty races were originally scheduled for both men and women: 9 at National level (1 @ 10,000m, 4 @ 5,000m, and 4 @ 3,000m) and a further 11, all over 5,000m, in the Regional series.

All the races planned were held with the exception of the Regional event at Nuneaton, which had to be cancelled due to the new track there not being ready to use on the agreed date. In addition, the men's race at the beginning of the season was an experimental one over 4,000m, which produced an unofficial UK best time and is considered worth repeating. It seems an ideal stepping stone between the 3,000m, that 1,500m runners can usually cope with, and the 5,000m that demands more specialised training.

The one major disappointment has been the failure of the Regional events to stimulate the interest hoped for. This is partly due to the necessity of having to rely on the local organisers to assemble the fields, with much depending on the publicity they were able to give the events, but also I suggest to the general apathy to track racing shown by the large majority of British distance runners, who in most places have a regular supply of local road races.

Many of the current crop of senior runners have come into the sport through road racing, so there's an educational task involved here, since most of our more successful distance runners have had a track background.

Changing the prevalent attitude is one of the major tasks to be confronted if we are to change the face of endurance running in this country.

On a more positive note the National women's races were much better supported this year. I like to think this was a direct result of the previous year's series, which many of the women I subsequently spoke to regretted having not supported.

At the same time it must be recognised that there are relatively very few women distance runners with any interest, let alone aspirations on the track. This again is possibly because so many of the older senior women (over 30's) who are playing a major role at the moment came into the sport through road racing and know no better. There is clearly an important educational task here for coaches.

Encouragingly, the races were better supported by juniors this year, particularly the top U20's, and the Initiative events provided the opportunity for Louise Kelly, Amber Gascoigne and Sam Haughian in Southampton to beat the selection deadline, and Sam did this despite poor weather conditions. Even so, it is still worth persuading more of our juniors, as well as their coaches, to take advantage of the race opportunities offered by the Endurance Initiative.

Incidentally, one of my most memorable moments this year was the look of total disbelief on young David Hibbert's face when I told him he had just knocked half a minute off his 5,000m best at Watford. The fact that this just "happened" is testimony to the growing credibility and success of our race programme, as it's just the sort of breakthrough that several of our top seniors have made in recent years on the European circuit when impelled to run at a faster

pace to be competitive.

My aim has always been to meet the athlete's needs as far as possible. One example of this already referred to was arranging for Sam Haughian to be paced in the Regional race at Southampton, while later in the season the final women's 5,000m race was moved from Solihull in order to give our Commonwealth Games hopes a preparatory race before they left

figure 1

Analysis of Men's Initiative Performances 1998 (1997)

3,000m Sub:	8:00	5 (10)	8:10	21 (16)	8:20	39 (26)
	8:30	61 (40)	8:40	93 (-)		
5,000m Sub:	13:50	5 (8)	14:00	12 (16)	14:10	28 (19)
	14:20	44 (26)	14:30	61 (30)	14:40	79 (40)
	15:00	115 (75)				
10,000m Sub:	30:00	0 (9)	31:00	4 (15)	32:00	10 (22)

for Kuala Lumpur. For this we were indebted to the Midland Counties AA, who allowed us to put on a race in conjunction with their championships in Birmingham.

RACE STATISTICS AND NATIONAL RANKINGS

Like last year the race programme has certainly made a major impact on the National ranking lists:

No less than 19 (76%) of the top 25 times recorded by men over 3,000m were done in Endurance Initiative races - most of the others being done in the Sheffield Grand Prix - and 14 (56%) of the top 25 5,000m times, with the other 11 being done at the A.A.A. Championships.

A similar analysis of the best 25 women's times again confirms the influence of the

Like last year the race programme has certainly made a major impact on the National ranking lists

Initiative. At 3,000m 13 (52%) of the top 25 times were done in Endurance Initiative races, and as many as 17 (68%) in the 5,000m, with the other 8, like the men, all being recorded at the A.A.A. Championships.

Figures 1 & 2 show a further breakdown in the number of performances achieved in various time intervals, with last year's figures appended in brackets for comparison.

MEN

This breakdown shows that a dramatic improvement has been made in the quantity of top class performances, if not quite in the quality one would have liked to see at the sharp end.



The British Athletics Endurance Initiative 1998

This year's programme has substantially widened the base of sub 8:10 and 14:10 performances. The reason why the same has not happened at the top end is principally because half of the top ten ranked distanced runners, Jon Brown, Karl Keska, Ian Gillespie, Keith Cullen, and Neil Caddy, did not compete in any of the Initiative races due to their own international race agendas.

The biggest disappointment has been the inability to find a suitable date for a competitive 10,000m race. The only conclusion is that it is not a practical proposition with the calendar as congested as it is at present, though there also seems to be a fear of running 25 laps on a track among many of our better runners, despite the fact that they think nothing of racing the distance on the road.

There may be a case for putting on an intermediate distance race, say over 8,000m, as we did with the 4,000m event in Millfield, and enlist the support of coaches to encourage those with aspirations over the longer distance to use it as a stepping stone. This may be a radical suggestion, but as a coach I am still firmly of the

believe that an athlete will never learn how to race a distance on the track without experience of what is involved! Yet that is precisely what most of our 10,000m runners do, on the assumption presumably that racing on the road is an adequate substitute. Anyone who saw the 10,000m trial would have to agree, for as many runners dropped out as finished. This is definitely a topic that needs urgent discussion.

figure 2

Analysis of Women's Initiative Performances 1998 (1997)

3,000m Sub:	9:30	19 (3)	9:40	29 (10)	10:00	43 (22)
5,000m Sub:	16:00	6 (3)	16:30	15 (8)	17:00	43 (22)
	18:00	43 (28)				

Another problem I highlighted in last year's report was the relatively small number of our top juniors who took part. Although this year was better in this respect, there were still only four junior marks in the 5,000m and eight in the 3,000m. Of these, significantly, two of the 5,000m marks were the top two U20 performances of the year, while the best six ranked runners in the 3,000m all competed in Endurance Initiative races, with Chris Thompson's 8:16.9 at Swindon the fastest in the country.

The conclusion is surely obvious. So there is a message here for all coaches of promising juniors, because they cannot be expected to

WOMEN

As hoped, with the credibility of the Initiative races proven last year, our leading women distance runners and their coaches presumably realised what they had missed and supported the programme enthusiastically this year (see figure 2).

The results were particularly encouraging, as there were around twice as many marks throughout the performance range at both 3,000m and 5,000m. In contrast to the men virtually all our top women, with the understandable exception of Paula Radcliffe, competed at least once, and most of them several times. This of course is partly due to the fact that they are unable to get into any races on the European circuit.

Significantly five of the top ten ranked juniors over 3,000m achieved their times in the Endurance Initiative races, with Amber Gascoigne notably providing two of the fastest junior times this year.

As for the 5,000m, the same remarks apply to the women as the men, but even more so, as five of the only six juniors ranked did their performances in Endurance Initiative races, including Louise Kelly, who ran faster than her time at Wythenshawe subsequently in the World Championships. There must surely be something wrong with the competitive structure for this age group if there are only six sub 18 minute performances!

RAISING THE GAME

The significant improvement in what I term the engine room of the ranking lists this year is a clear indication of the growing credibility of the Endurance Initiative. Yet while this represents positive progress, the increased participation of our leading women runners for instance produced comparable gains to the men last year, I still feel that not enough of our top runners made full use of the opportunities offered by the Initiative races, especially when compared to the support given by Ireland's leading runners!

The fact that several of them were won by Africans in isolation is an indictment of some of our top runners, who for one reason or another chose not to take part in races that were every bit as good as many on the IAAF permit circuit.

Even so, there is no doubt that all who have

taken part have testified that the Endurance Initiative races have filled a void in the domestic calendar. To ensure further progress strategies must be developed to make the races even more competitive. This could be done by using the races as a passport to international competition for those successful, or by funding other European athletes to take part. This would seem particularly appropriate for any 10,000m races. It would also be a more economic and practical alternative to sending runners overseas all the time.

Even so, there is no doubt that all who have taken part have testified that the Endurance Initiative races have filled a void in the domestic calendar.

LOOKING AHEAD

As last year, a questionnaire is being circulated to many of those who took part in order to see how the athletes themselves would like to see the Initiative progress.

Although the results are not yet available, any sensible suggestions will be taken into account in planning next year's programme.

Personal Recommendations

- That the Regional Grand Prix be scrapped, with perhaps the exception of the races in Scotland and Northern Ireland, and any resources saved used to further improve the National series.
- That the National race series be repeated on similar lines to 1998, i.e. four 3,000m and 5,000m races, plus perhaps another 4,000m event as I think it has much to offer as a stepping stone to 5,000m, especially for juniors.
- That broadly speaking a similar prize structure be adopted as in 1998, with more, if smaller prizes, for each race, i.e. the first six as tried this year.
- That the Grand Prix element be reintroduced in order to maintain the quality of the fields at the front right to the end of the season. This should also be done to come in line with the 800m/1,500m BMC NIKE Grand Prix, under which format it is proposed to organise the Initiative this year, though the overall prizes need not I think be that large.
- That consideration be given to equalising the prize money for men and women, but that more prizes be retained for the men's races due to the extra number involved. e.g. six for men and four for women.

(continued on page 43)



All-Time BMC Men's Rankings

Compiled by Matthew Fraser Moat

These statistics have been compiled from Athletics Weekly 1963 - 1991, and the BMC News from 1992 - 1998. Unfortunately results of the Stretford meetings were often incomplete when published in AW. Where it is known from the NUTS rankings that a fast race took place at Stretford but the result has either not been found in AW or is listed as "Invitation" but makes no mention of the BMC, those performances have been listed in italics with a 'q' as questionable. We would welcome independent confirmation as to whether these were in fact BMC races. Performances set whilst the athlete was a junior are also marked with a 'J'. * denotes athlete was a non-member at the time of the performance.

Men's 600m

1:17.8	Andrew Hart	1	Watford	10 Jun 98
1:18.5	Steven Ovett	1	Crystal Palace	12 May 76
1:18.5	Andrew Knight	1	Highgate	7 Aug 96
1:18.6	Gary Brown II	1	Grangemouth	3 Aug 94
1:18.7	* Pete Lewis	2	Crystal Palace	2 May 76
1:19.0	Clive Gilby	1	Sutcliffe Park	5 Jul 97
1:19.0	Rupert Waters	2	Sutcliffe Park	5 Jul 97

7 performances to 1:19.0 by 7 athletes

Men's 800m

1:45.2	* Patrick Ndururi KEN	1	Battersea Park	15 Jun 97
1:46.6	1	Battersea Park	14 Jun 98	
1:46.2	* Robert Kibet KEN	2	Battersea Park	15 Jun 97
1:46.4	* Paul McMullen USA	1	Stretford	1 Aug 95
1:48.1	1r2	Stretford	18 Jul 95	
1:46.4	* Paul Walker	1	Stretford	22 Jul 97
1:46.67	* Bernard Kisilu KEN	1	Bristol	30 Aug 97
1:46.8	3	Battersea Park	15 Jun 97	
1:46.7	James McIlroy IRE	2	Battersea Park	14 Jun 98
1:47.41	1	Wythenshawe	3 Jun 98	
1:46.8	Andrew Hart	4	Battersea Park	15 Jun 97
1:47.0	3	Battersea Park	14 Jun 98	
1:47.13	1	Solihull	5 Sep 98	
1:47.4	1	Tooting	20 Aug 97	
1:48.0	1	Watford	5 Jun 96	
1:48.2	1	Birmingham	20 Aug 95	
1:48.5	1	Solihull	29 Jul 92	
1:48.5	1	Wythenshawe	14 May 97	
1:48.7	1	Stretford	25 Jun 96	
1:48.8	1	Cheltenham	21 Jul 93	
1:49.0	1	Loughborough	18 May 96	
1:46.83	* Benson Koech KEN	1	Crawley	28 May 94
1:46.87	Kevin McKay	2	Bristol	30 Aug 97
1:47.2	5	Battersea Park	15 Jun 97	
1:48.0	3	Stretford	1 Aug 95	
1:48.2	1	Watford	25 Jun 97	
1:48.5	2	Stretford	16 Jul 96	
1:48.5	8	Battersea Park	14 Jun 98	
1:48.7	2	Wythenshawe	14 May 97	
1:48.86	2	Wythenshawe	3 Jun 98	
1:48.9	2	Wythenshawe	17 May 93	
1:47.2	Grant Cuddy	2	Stretford	22 Jul 97
1:48.2	2	Swindon	7 Aug 97	
1:48.7	8	Battersea Park	15 Jun 97	
1:47.3	* Gary Cook	1	Stretford	3 Jun 80
1:47.5	Anthony Whiteman	4	Battersea Park	14 Jun 98
1:47.7	6	Battersea Park	15 Jun 97	
1:47.52	* Andrew Lill	2	Crawley	28 May 94
1:47.6	* Neil Horsfield	1	Cwmbran	16 Aug 89
1:47.6	* Craig Winrow	2	Stretford	1 Aug 95
1:48.3	1	Wythenshawe	15 May 96	
1:47.69J	Simon Lees	2	Solihull	5 Sep 98
1:48.88J	3	Wythenshawe	3 Jun 98	
1:47.7	Sebastian Coe	1	Stretford	8 Aug 76
1:47.7	Robin Hooton	1	Wythenshawe	30 Jul 96
1:49.0	3	Watford	5 Jun 96	
1:47.8	Lee Cadwallader	1	Stretford	22 Aug 95
1:48.5	2	Wythenshawe	15 May 96	
1:49.0	1	Stretford	27 Jun 95	
1:47.8	John Mayock	5	Battersea Park	14 Jun 98
1:47.81	* Joseph Mutua KEN	1	Cardiff	15 Jul 98
1:47.9	* David Warren	1	Crystal Palace	12 May 80
1:47.9	Rupert Waters	2	Wythenshawe	30 Jul 96
1:48.7	1	Battersea	14 Jul 96	
1:49.0	4	Watford	5 Jun 96	
1:47.9	Justin Swift-Smith	1	Swindon	7 Aug 97
1:48.4	7	Battersea Park	15 Jun 97	
1:48.9	2	Watford	5 Jun 96	
1:47.9	* Martin Keino KEN	6	Battersea Park	14 Jun 98
1:48.0	* Colin Campbell	1r2	Crystal Palace	12 Jun 72
1:48.0	* Francis Kemboi KEN	7	Battersea Park	14 Jun 98
1:48.2	James Mayo	3	Wythenshawe	30 Jul 96
1:48.7	1	Stretford	3 Sep 96	

1:48.3	* Gary Lough	1	Milton Keynes	24 Jul 96
1:48.7	7	Wythenshawe	30 Jul 96	
1:48.3	Tom Lerwill	3	Swindon	7 Aug 97
1:48.3	Bradley Donkin	1	Watford	5 Aug 98
1:48.4	4	Wythenshawe	30 Jul 96	
1:48.39	Matthew Shone	3	Solihull	5 Sep 98
1:48.6	2	Watford	5 Aug 98	
1:48.4	Tony Johnston	1	Stretford	16 Jul 96
1:48.4	Bradley Donkin	4	Wythenshawe	30 Jul 96
1:48.43	Phillip Tulba	1	Cardiff	15 Jul 98
1:48.71	2	Swindon	24 Jun 98	
1:48.43J	Chris Moss	4	Solihull	5 Sep 98
1:48.5	* Jason Lobo	2	Stretford	22 Aug 95
1:48.7	3	Wythenshawe	15 May 96	
1:48.5	Eddie King	5	Wythenshawe	30 Jul 96
1:48.51	3	Cardiff	15 Jul 98	
1:48.9	4	Wythenshawe	15 May 96	
1:48.7	Andrew Carter	1	Blackburn	9 May 70
1:48.7	Desmond English IRE	1	Wythenshawe	17 May 93
1:48.8	1	Watford	28 Aug 96	
1:48.7	Anthony Morrell	3	Stretford	22 Aug 95
1:48.7	Andrew Knight	6	Wythenshawe	30 Jul 96
1:48.9	4	Swindon	7 Aug 97	
1:48.8	James Espir	2	Crystal Palace	12 May 80
1:48.8J	Adam Duke	2	Solihull	29 Jul 92
1:48.9	* Stephen Green	4	Stretford	22 Aug 95
1:48.95	* Michael Guegan	3	Crawley	28 May 94
1:49.0	* F MacSweeney IRE	1	Crystal Palace	22 May 76
1:49.0	Hamish McInnes	1	Stretford	17 May 83
1:49.0	* Martin Steele	1	Leeds	1 Jul 86
1:49.0	Matthew Yates	2	Watford	25 Jun 97
1:49.0	Mark Griffin	1r2	Battersea Park	14 Jun 98
1:49.0	* Lucky Hadebe RSA	3	Watford	5 Aug 98

95 performances to 1:49.0 by 51 athletes

Men's 1,000m

2:19.4	Andrew Hart	1	Stretford	22 Jul 97
2:20.9	* Jason Lobo	1	Stretford	18 Aug 98
2:21.7	Kevin McKay	1	Stretford	30 Apr 96
2:21.8	2	Stretford	18 Aug 98	
2:22.0	Richard Lynch	1	West London	3 Jun 92
2:22.0	Stephen Green	1	Stretford	18 Jul 95
2:22.0	2	Stretford	22 Jul 97	
2:22.2	Walter Wilkinson	1	Cleckheaton	30 Jun 76
2:22.2	* Neil Horsfield	1	Cheltenham	2 Aug 89
2:22.4	Bradley Donkin	3	Stretford	18 Aug 98
2:22.6	* Craig Winrow	2	Stretford	30 Apr 96
2:22.7	* Matthew Hibberd	2	Stretford	18 Jul 95
2:22.7	10			
2:22.7	* Matthew Dixon	4	Stretford	18 Aug 98
2:22.91	Grant Cuddy	1	Loughborough	18 May 97

14 performances to 2:23.0 by 12 athletes

Men's 1,200m

2:57.0	Paul Williams	1	Crystal Palace	13 Dec 78
2:57.6	Timothy Hutchings	2	Crystal Palace	13 Dec 78
2:58.9	1	Aldershot	25 May 77	
2:57.8	James Douglas	1	Crystal Palace	16 Apr 75
2:58.2	Glen Grant	2	Crystal Palace	16 Apr 75

5 performances to 3:00.0 by 4 athletes

Men's 1,500m

3:37.5	Anthony Whiteman	1	Swindon	7 Aug 97
3:39.0	* David Lewis	1	Stretford	9 Aug 83
3:42.7	2	Stretford	20 May 86	
3:42.8	2	Stretford	30 Aug 86	
3:39.0	* Laban Rotich KEN	1	Battersea Park	14 Jun 98
3:39.1	Neil Caddy	1	Swindon	14 Aug 96
3:40.9	5	Battersea Park	14 Jun 98	
3:41.6	4	Wythenshawe	14 May 97	
3:42.1	1	Southampton	3 Sep 95	
3:42.2	1	Wythenshawe	17 May 95	
3:42.3	1	Cardiff	7 Aug 96	
3:42.66	1	Wythenshawe	3 Jun 98	
3:39.1	Robert Hough	1	Wythenshawe	14 May 97
3:41.5	1r2	Wythenshawe	30 Jul 96	
3:39.4	* Samir Benfares FRA	1	Watford	5 Aug 98
3:39.5	Matthew Yates	2	Watford	5 Aug 98
3:39.6	* Paul Bitok KEN	2	Battersea Park	14 Jun 98
3:39.7	Michael Openshaw	3	Battersea Park	14 Jun 98
3:39.8	Ian Gillespie	2	Swindon	7 Aug 97
3:41.1	4	Swindon	14 Aug 96	
3:41.2	3	Wythenshawe	14 May 97	
3:41.65	4	Solihull	21 Aug 94	
3:42.4	2	Stretford	16 Jul 96	
3:42.7	5	Wythenshawe	30 Jul 96	



All-Time BMC Men's Rankings

<i>(10)</i>			
3:40.1	Ian Grime	2	Swindon 14 Aug 96
	3:40.35	1	Solihull 21 Aug 94
3:40.3	Andrew Pearson	2	Wythenshawe 14 May 97
3:40.7	Rob Whalley	3	Swindon 14 Aug 96
3:40.78	* Niall Bruton IRE	1	Cardiff 15 Jul 98
3:40.8	* Elijah Maru KEN	4	Battersea Park 14 Jun 98
3:40.8	* Gary Lough	3	Watford 5 Aug 98
	3:42.7	1	Wythenshawe 18 May 94
3:41.02	Stefan White	2	Solihull 21 Aug 94
3:41.2	Richard Ashe	1	Wythenshawe 30 Jul 96
	3:42.5	1	Watford 10 Jul 96
	3:42.8	4	Swindon 7 Aug 97
	3:42.9	1	Watford 9 Aug 95
3:41.2	Thomas Mayo	4	Watford 5 Aug 98
3:41.28	* David Wilson	1	Belfast 4 Jun 94
<i>(20)</i>			
3:41.3	Robert Scanlon	5	Swindon 14 Aug 96
3:41.5	* Ken Newton	2	Stretford 9 Aug 83
3:41.5	Grant Graham	6	Battersea Park 14 Jun 98
3:41.5	* John Koskei KEN	7	Battersea Park 14 Jun 98
3:41.6+	Nick Rose	1+	Motspur Park 25 Jul 73
3:41.63	Philip Mowbray	3	Solihull 21 Aug 94
3:41.73	* Matthew Hibberd	5	Solihull 21 Aug 94
	3:42.5	1	Loughborough 7 Sep 94
3:41.9	Brad Glenton	5	Watford 5 Aug 98
3:42.0	Andrew Hart	1	Stretford 16 Jul 96
	3:42.55	1	Swindon 24 Jun 98
	3:42.7	3	Wythenshawe 17 May 95
3:42.0	Rod Finch	2	Wythenshawe 30 Jul 96
<i>(30)</i>			
3:42.1	Martin Forder	3	Wythenshawe 30 Jul 96
3:42.1	* Stephen Green	5	Wythenshawe 14 May 97
	3:42.4	2	Wythenshawe 17 May 95
3:42.2	* Timothy Redman	3	Stretford 9 Aug 83
3:42.21	Paul Wynn	4	Stretford 9 Aug 83
	3:42.3	1	Stretford 24 Jun 86
3:42.3	* Geoffrey Turnbull	1	Stretford 20 May 86
3:42.3	Phillip Tulba	8	Battersea Park 14 Jun 98
3:42.4	* Neil Horsfield	1	Swindon 4 Sep 91
	3:42.8	2	Stretford 10 Jun 86
3:42.4	Stuart Margiotta	4	Wythenshawe 30 Jul 96
3:42.51	* Colin Reitz	1	Crystal Palace 8 Aug 79
3:42.5	Adam Duke	6	Swindon 14 Aug 96
<i>(40)</i>			
3:42.5	* Andrew Walker IRE	6	Watford 5 Aug 98
3:42.58	Steve Agar CAN	2	Swindon 24 Jun 98
3:42.6+	* John Cadman	2+	Motspur Park 25 Jul 73
3:42.6	* Adrian Passey	1	Stretford 10 Jun 86
3:42.6	* Andrew Green II	2	Stretford 24 Jun 86
3:42.6	Paul Taylor	3	Stretford 24 Jun 86
3:42.7+	Phillip Banning	3+	Motspur Park 25 Jul 73
3:42.7	Matthew Barker	2	Swindon 4 Sep 91
3:42.7	Matthew de Freitas	1	Swindon 9 Sep 92
3:42.8	* Lloyd Tredell	5	Stretford 9 Aug 83
<i>(50)</i>			
3:42.8	Alan Mottershead	1	Stretford 30 Aug 86
3:42.8	* Steve Cram	2	Wythenshawe 18 May 94
3:42.8	Cormac Finnerty IRE	7	Swindon 14 Aug 96
3:42.8	Matt Skelton	6	Wythenshawe 14 May 97
	3:43.0	6	Wythenshawe 30 Jul 96
3:42.81	Gareth Turnbull IRE	3	Swindon 7 Aug 97
3:42.9	* Neil Rimmer	3	Stretford 30 Aug 86
3:43.0	David Moorcroft	1	Loughborough 5 Jun 75
3:43.0	Gary Brown II	4	Wythenshawe 17 May 95
3:43.0	Stuart Poore	8	Swindon 14 Aug 96

85 performances to 3:43.0 by 59 athletes

Men's Mile

3:56.35	Anthony Whiteman	1	Barnet Cophall 31 Aug 96
3:56.6	Timothy Hutchings	1	Aldershot 19 Jul 82
	3:58.6	1	Derby 6 Sep 83
	3:59.1	1	Bristol 14 Sep 88
3:57.0	* Dick Quax NZ	1	Southgate 18 Jul 73
3:57.4	* Tony Polhill NZ	2	Southgate 18 Jul 73
3:57.6	Ian Gillespie	1	Exeter 16 Jun 98
	3:58.4	1	Exeter 29 Jul 97
	3:59.3	1	Salisbury 4 Sep 93
3:58.0	John Kirkbride	1	Motspur Park 23 Jul 69
3:58.11	* Edwin Maranga KEN	1	Solihull 5 Sep 98
	3:58.3	1	Bath 12 Aug 98
3:58.4	Alan Simpson	1	Hartlepool 17 Jun 67
3:58.4	Nick Rose	1	Motspur Park 25 Jul 73
	4:00.0	1	West London 16 Jul 75
3:58.5	James Douglas	2	Motspur Park 23 Jul 69
<i>(10)</i>			
3:58.5	Neil Caddy	2	Exeter 16 Jun 98
	3:58.59	2	Barnet Cophall 31 Aug 96
	3:59.3	1	Cheltenham 4 Aug 96
	3:59.6	1	Cheltenham 6 Aug 95

3:58.6	John Boulter	1	Motspur Park 24 Jul 68
	3:59.2	3	Motspur Park 23 Jul 69
3:58.8q	<i>David Moorcroft</i>	1	Stretford 30 Aug 75
3:58.9q	* Frank Clement	2	Stretford 30 Aug 75
3:58.9	* Steve Emsom	1	Stretford 31 Jul 79
3:59.1	Ian Hamer	1	Cheltenham 8 Sep 89
	3:59.9	1	Swindon 16 Jul 88
3:59.2	Walter Wilkinson	1	Stretford 28 May 68
	3:59.4	1	Middlesborough 11 Sep 67
	3:59.6	1	Hartlepool 7 Jun 69
3:59.2q	<i>James McGuinness</i>	3	Stretford 30 Aug 75
3:59.3	* Pat Scammell AUS	2	Cheltenham 8 Sep 89
3:59.4	* Roy Young	1	Motspur Park 14 Jul 71
<i>(20)</i>			
3:59.41	Steven Ovett	1	Haringey 17 Jul 74
<i>(European Junior Record)</i>			
	4:00.0J	2	Motspur Park 25 Jul 73
<i>(European Junior Record)</i>			
3:59.4q	<i>Anthony Settle</i>	4	Stretford 30 Aug 75
3:59.4	John Gladwin	1	Carlisle 4 May 87
3:59.48	James McIlroy IRE	2	Solihull 5 Sep 98
3:59.5	John Whetton	2	Motspur Park 24 Jul 68
3:59.5	* David Kisang	2	Bath 12 Aug 98
3:59.6	* David Lewis	1	Stretford 27 Jul 82
3:59.7q	* <i>David McMeekin</i>	5	Stretford 30 Aug 75
3:59.7q	* <i>Ron McDonald</i>	6	Stretford 30 Aug 75
3:59.7	Matthew de Freitas	2	Salisbury 4 Sep 93
	3:59.7	1	Tooting 19 Aug 98
3:59.8	Ray Roseman	4	Motspur Park 23 Jul 69
3:59.8	* Steve James	1	Nottingham 9 Jun 84
3:59.9	* Joe Dunbar	1	Ealing 18 Sep 91
3:59.91	* Darius Burrows	3	Solihull 5 Sep 98
3:59.98	Richard Ashe	3	Barnet Cophall 31 Aug 96
4:00.0	* Neil Horsfield	2	Bristol 14 Sep 88
4:00.0	Rod Finch	1	Exeter 22 Aug 93
4:00.0	* Gary Lough	2	Cheltenham 4 Aug 96

53 performances to 4:00.0 by 39 athletes

Men's 2,000m

5:11.0	Walter Wilkinson	1	Crystal Palace 16 Aug 72
5:11.8	* Ian Wheeler	1	Hayes 15 May 66
5:15.0	* Christopher Ward	2	Hayes 15 May 66
5:15.0	* Charlie Spedding	2	Crystal Palace 16 Aug 72

4 performances to 5:15.0 by 4 athletes

Men's 3,000m

7:51.4	Rob Whalley	1	Swindon 7 Aug 97
	7:52.6	1	Stretford 16 Jul 96
	7:57.1	1	Wythenshawe 14 May 97
7:52.9	Robert Hough	2	Stretford 16 Jul 96
7:53.2	Spencer Barden	2	Swindon 7 Aug 97
	7:58.4	4	Stretford 16 Jul 96
7:53.40J	* Mizan Mehare ETH	1	Cardiff 15 Jul 98
7:54.10	* Barry Smith	1	Cwmbran 17 May 81
7:54.5	* Christian Stephenson	3	Swindon 7 Aug 97
7:55.0	Cormac Finnerty IRE	4	Swindon 7 Aug 97
7:55.4	Ian Grime	3	Stretford 16 Jul 96
	7:57.9	1	Loughborough 21 May 97
7:55.6	* Geoffrey Turnbull	1	Stretford 15 May 84
7:55.9	Matthew O'Dowd	5	Swindon 7 Aug 97
<i>(10)</i>			
7:56.12	* Kris Bowditch	2	Cardiff 15 Jul 98
	7:57.7	2	Wythenshawe 14 May 97
7:56.24	Bobby Farren	1	Solihull 21 Aug 94
7:58.6	* Chris Robison	1	Swindon 10 Jul 86
7:58.7	* Darius Burrows	5	Stretford 16 Jul 96
	7:59.9	7	Swindon 7 Aug 97
7:58.9	* Chris Buckley	2	Swindon 10 Jul 86
7:58.92	Michael Openshaw	1	Wythenshawe 3 Jun 98
7:59.22	James Espir	2	Cwmbran 17 May 81
7:59.3	* Geoff Wightman	3	Swindon 10 Jul 86
7:59.5	* Paul Magner	4	Swindon 10 Jul 86
7:59.5	Philip Mowbray	3	Wythenshawe 14 May 97
	7:59.97	2	Wythenshawe 3 Jun 98
<i>(20)</i>			
7:59.5	* Seamus Power IRE	6	Swindon 7 Aug 97
7:59.56	* David Clarke	3	Cwmbran 17 May 81
7:59.59	* John Wild	3	Cardiff 15 Jul 98
7:59.6	Matthew Clarkson	1	Stretford 14 Jul 98

31 performances to 8:00.0 by 24 athletes

Men's 2 Miles

8:34.5	Ian Gillespie	1	Millfield 5 May 97
8:44.6	Alan Blinston	1	Stretford 19 May 70

2 performances to 8:45.0 by 2 athletes

Men's 4,000m

11:03.2	Rob Whalley	1	Millfield 4 May 98
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1 performance to 11:05.0 by 1 athlete



All-Time Men's Rankings

Men's 5,000m				
13:28.6J	* Mizan Mehare ETH	1	Watford	5 Aug 98
13:33.3	* Hendrick Raamala RSA	1	Battersea Park	14 Jun 98
13:35.3	* Dermot Donnelly (Northern Irish Record)	2	Battersea Park	14 Jun 98
13:47.0		2	Crawley	28 May 94
13:40.5	* Seamus Power IRE	1	Watford	30 Jul 97
13:41.08	Rob Whalley	1	Bristol	30 Aug 97
13:54.2		2	Stretford	22 Jul 97
13:42.00	* Kris Bowditch	2	Bristol	30 Aug 97
13:44.5		2	Loughborough	18 May 97
13:47.7		1	Stretford	22 Jul 97
13:51.8		3	Watford	5 Aug 98
13:42.02	* Ben Maiyo KEN	1	Solihull	5 Sep 98
13:42.2	Andrew Pearson	1	Loughborough	18 May 97
13:44.83	Matthew O'Dowd	3	Bristol	30 Aug 97
13:45.6	Cormac Finnerty IRE (10)	2	Watford	30 Jul 97
13:46.4	* John Sherban	1	Crawley	28 May 94
13:48.5	Julian Moorhouse	2	Watford	5 Aug 98
13:48.9	* James Campbell IRE	3	Crawley	28 May 94
13:57.1		5	Battersea Park	14 Jun 98
13:49.5	Glyn Tromans	3	Loughborough	18 May 97
13:51.5	Spencer Barden	4	Loughborough	18 May 97
13:54.39		2	Loughborough	17 May 98
13:52.4	Matt Clarkson	4	Watford	5 Aug 98
13:52.7	Nicholas Comerford	3	Battersea Park	14 Jun 98
13:52.8	* Ian Hudspeth	5	Loughborough	18 May 97
13:52.94	Rod Finch	1	Loughborough	17 May 98
13:59.6		8	Loughborough	18 May 97
13:54.4	Robert Denmark (20)	4	Battersea Park	14 Jun 98
13:55.7	* Chris Robison	1	Grangemouth	3 Aug 94
13:56.6	Ian Gillespie	1	Millfield	6 May 96
13:56.6	* Matthew Barnes	6	Loughborough	18 May 97
13:57.8	* Dominic Bannister	7	Loughborough	18 May 97
13:58.0	* Carl Udall	1	Loughborough	11 Jun 97
13:59.8	Paul Taylor	3	Stretford	22 Jul 97
34 performances to 14:00.0 by 26 athletes				
Men's 10,000m				
29:32.8	* David Taylor	1	Watford	30 Apr 97
29:32.8	* John Downes	2	Watford	30 Apr 97
29:34.4	* Simon Cotton	3	Watford	30 Apr 97
29:49.2	John Lisiewicz AUS	1	Oxford	17 Sep 94
4 performance to 30:00.0 by 4 athletes				
Men's 4 x 400m Relay				
3:16.0	Borough Road College (UK Junior Club Record)	1	Crystal Palace	12 Oct 77
1 performance to 3:20.0				
Men's 4 x 800m Relay				
7:23.1	BMC National Squad (UK Club Record)	1	Watford	17 Jul 96
7:26.2	BMC Junior Squad (World Junior Record)	1	Oxford	2 Sep 95
7:26.2	Sale Harriers	2	Oxford	2 Sep 95
7:32.0	BMC Wales (Welsh Record)	3	Oxford	2 Sep 95
7:37.1	BMC North	4	Oxford	2 Sep 95
7:37.5	BMC England	1	Oxford	17 Sep 94
7:37.7	BMC Junior Squad	2	Oxford	17 Sep 94
7:39.6	BMC South West	5	Oxford	2 Sep 95
7:41.3	Ron Allison's Squad	2	Watford	17 Jul 96
7:44.7	BMC Wales (Welsh Record)	3	Oxford	17 Sep 94
10 performances to 7:45.0				
Additional Age Group				
7:46.9	BMC Wales Juniors (Welsh Junior Record)	6	Oxford	2 Sep 95
7:51.5	BMC National U17s (UK National U17 Record)	1r2	Watford	17 Jul 96
8:01.2	Winchester Coll. U20	2r2	Watford	17 Jul 96
8:07.1	Vets AC (National Veterans Record)	3r2	Watford	17 Jul 96
8:20.8	BMC Veterans Squad	5r2	Watford	17 Jul 96
Men's 4 x 1,500m Relay				
15:23.6	British Milers' Club (UK All-Comers Record)	1	Crystal Palace	12 Aug 73
?	West Germany	2	Crystal Palace	12 Aug 73
15:32.6	BMC National Squad	1	Stretford	30 Apr 96
15:37.2	BMC National Squad	1	Watford	30 Apr 97
15:37.4	SCAAA	3	Crystal Palace	12 Aug 73
15:52.0	BMC Junior Squad (British and Commonwealth Junior Record)	1r2	Watford	30 Apr 97
15:59.2	Ron Allison's Squad	2	Watford	30 Apr 97
7 performances to 16:00.0				
Additional Age Group				
16:03.2	BMC Junior Squad (British Junior Record)	2	Stretford	30 Apr 96
16:09.7	Solihull & SH U20	2r2	Watford	30 Apr 97
16:32.3	BMC Junior Squad 'B'	4r2	Watford	30 Apr 97
16:34.1	Milton Keynes U20	5r2	Watford	30 Apr 97
16:38.1	BMC U18 Squad	6r2	Watford	30 Apr 97
16:41.1	BMC Veteran Squad (World Veteran Record)	3	Watford	30 Apr 97
17:21.0	BMC Veteran Squad (World Veteran Record)	3	Stretford	30 Apr 96
17:30.4	RAF Veteran Squad (British Vets Club Record)	4	Watford	30 Apr 97
Men's 4 x 1 Mile Relay				
16:21.1	BMC National Squad (UK All-Comers Record)	1	Oxford	10 Jul 93
16:27.8	BMC International	2	Oxford	10 Jul 93
16:28.9	BMC National Squad	1	Oxford	2 Sep 95
16:37.1	BMC National Squad	1	Oxford	17 Sep 94
16:40.0	BMC International	2	Oxford	2 Sep 95
16:44.2	BMC 'A'	1	Billingham	12 Jul 65
16:49.3	BMC South West	3	Oxford	10 Jul 93
16:51.8	BMC 'B'	2	Billingham	12 Jul 65
16:53.7	BMC North	4	Oxford	10 Jul 93
16:56.8	BMC Junior Squad (World Junior Record)	5	Oxford	10 Jul 93
10 performances to 17:00.0				
Additional Age Group				
17:13.9	BMC Junior Squad	1	Watford	11 Jun 97
18:08.5	BMC Veteran Squad (World Veteran Record)	2	Watford	11 Jun 97
18:11.9	BMC Veteran Squad (World Veteran Record)	5	Oxford	2 Sep 95

I.A.A.F. Code of Ethics for Coaches

Continued from page 17

coaching. The coach should also recognise that their role includes an athlete's education for life through Athletics, and not simply an athlete's education of Athletics.

To transmit a positive image, the coach must continuously maintain the highest standards of personal conduct, reflected in both the manner of appearance and behaviour. This conduct must conform to the standards of their National Federation and the I.A.A.F.. In particular, coaches should never smoke while coaching, nor consume alcoholic beverages so soon before coaching that it affects their competence or that the smell of alcohol is on their breath.

Respect for the Esprit de Corps

Coaches should enter into full cooperation with all individuals and agencies that could play a role in the development of the athletes they coach. Coaches should strive to deal with these individuals in the way they would wish to be dealt with themselves, with courtesy due to a colleague and the respect due to a fellow man or woman. Observations, recommendations and criticism should be directed to the appropriate person or persons using professionally accepted procedures outside the view or hearing of the public domain.

Coaches should also share the knowledge and practical experience they gain and be available as a resource, contributing to the promotion and development of Athletics. This includes working openly with other coaches, using the expertise of sports scientists and sports physicians, through to

displaying an active support of their National Federation and the I.A.A.F.

Summary

Fair play behaviours can be learned from the coach who provides a positive role model and applies consistent, clear reinforcement for what are desirable and undesirable actions. The role of the coach is, therefore, crucial and must be respected, as an ambassador, educator and guardian of the ethical values of fair play within Athletics.

On page 26 you will find a poster summary of the I.A.A.F. Code of Ethics for Coaches which emphasises the key points of conduct. Take the time to photocopy this poster and keep it in a visible place to serve as an active reminder of your responsibilities.



All-Time BMC Women's Rankings

Women's 600m			
1:29.4	Linda Staines	1	Battersea Park 19 Apr 97
1:31.1	* Gowry Retchakan	1	Highgate 7 Aug 96
1:31.2	Rachel Jordan	2	Battersea Park 19 Apr 97
	1:31.3	2	Highgate 7 Aug 96
1:31.6	Cathy Dawson	3	Highgate 7 Aug 96
1:31.8+	Michelle Faherty	1+	Wythenshawe 30 Jul 96
6 performances to 1:32.0 by 5 athletes			
Women's 800m			
2:00.7	* Shireen Bailey	1	Ipswich 19 Jun 85
	2:01.7	2	Stretford 24 Jul 83
	2:02.0	1	Aldershot 19 Jul 82
2:01.3	* Ann Purvis	1	Stretford 24 Jul 83
	2:03.2	2	Ipswich 19 Jun 85
2:01.5	* Janet Bell	1	Stretford 23 Jun 85
	2:03.0	1	Carlisle 4 May 87
	2:05.0	3	Blackpool 2 May 88
2:01.93	Diane Modahl	1	Solihull 5 Sep 98
	2:03.4	1	Swindon 7 Aug 97
	2:03.7	1	Wythenshawe 18 May 94
	2:03.9	1	Wythenshawe 17 May 93
2:02.0	* Jane Finch	3	Stretford 24 Jul 83
	2:02.6	1	Loughborough 1 Jun 78
	2:04.4	1	Loughborough 31 May 79
2:02.6	* Jackie Maranga KEN	1	Battersea Park 14 Jun 98
2:03.0	Kirsty Wade	2	Aldershot 19 Jul 82
	2:03.2	1	Aldershot 25 Jul 83
	2:03.0	4	Stretford 24 Jul 83
2:03.0	* Christina Cahill	1mx	Jarrow 23 Jul 97
2:03.1	Dianne Henaghan	1mx	Stretford 1 Aug 95
2:03.3mx	Ann Griffiths	1mx	Blackpool 2 May 88
	2:04.9mx	1mx	Stretford 18 Jul 95
	(10)		
2:03.6	Debra Russell	3	Ipswich 19 Jun 85
2:03.67	Angela Davies	1	Solihull 21 Aug 94
	2:04.6	1	Watford 5 Aug 98
2:03.7	Claire Raven	2	Swindon 7 Aug 97
2:03.8	* Lorraine Baker	4	Ipswich 19 Jun 85
2:03.8	Beverley Hartigan	1	Blackpool 2 May 88
2:03.9	* Janet Marlow	1	Stretford 19 Jun 79
2:03.9	* Paula Newnham	1	West London 3 May 78
2:04.0	Teena Colebrook	5	Stretford 24 Jul 83
2:04.1mx	Sonya Bowyer	1mx	Stretford 6 Aug 96
	2:04.75	1	Crawley 28 May 94
2:04.1mx	* Victoria Lawrence	1mx	Stretford 12 Aug 97
	2:04.1mx	1mx	Stretford 26 Aug 97
	2:04.8mx	2mx	Stretford 1 Aug 95
	2:04.8mx	2mx	Stretford 20 Aug 96
	2:04.9mx	1mx	Stretford 4 Jun 96
	2:05.0mx	1mx	Stretford 22 Jul 97
	(20)		
2:04.2	* Amanda Crowe IRE	3	Swindon 7 Aug 97
2:04.23	* Carmen Wustenhagen GER	1	Crawley 27 May 95
2:04.3	Angela Creamer	2	Stretford 19 Jun 79
2:04.3mx	Lynn Gibson	1mx	Watford 5 Jun 96
	2:04.61	1	Swindon 24 Jun 98
	2:04.8	1	Swindon 5 Aug 92
	2:04.9	2	Watford 5 Aug 98
2:04.3R	Michelle Faherty	1re4	Watford 17 Jul 96
	2:04.4mx	1mx	Stretford 20 Aug 96
2:04.3	* Gladys Wamuyu KEN	2	Battersea Park 14 Jun 98
2:04.4	Thelwyn Bateman	1	Crystal Palace 24 Jul 71
2:04.4	Suzanne Morley	3	Aldershot 19 Jul 82
	2:05.0	7	Stretford 24 Jul 83
2:04.6J	* Janet Lawrence	1	Stretford 26 Jul 77
2:04.6	* M Corcoran AUS	6	Stretford 24 Jul 83
	(30)		
2:04.6mx	Cathy Dawson	1mx	Ealing 13 Jul 94
2:04.7mx	Lynne Robinson	1mx	Solihull 6 Jul 94
2:04.75	Rachel Newcombe	1	Cardiff 15 Jul 98
2:04.8	* Penny Yule	2	West London 3 May 78
2:04.81	Victoria Sterne	2	Cardiff 15 Jul 98
2:04.9mx	Susan Parker	2mx	Stretford 4 Jun 96
2:05.0	* Sinead Delahunty IRE	1	Stretford 26 Aug 97
62 performances to 2:05.0 by 37 athletes			
Women's 1,000m			
2:44.9	Jo White	1	West London 5 Mar 80
2:45.22	Michelle Faherty	1	Loughborough 18 May 97
2:47.3	Margaret Coomber	1	Crystal Palace 10 Jul 74
2:49.6	Margaret Beacham	2	Crystal Palace 10 Jul 74
4 performances by 4 athletes to 2:50.0			
Women's 1,200m			
3:23.4	* Christine Ward	1	West London 3 Aug 77
3:26.2	Sharon Harvey	2	West London 3 Aug 77
2 performances by 2 athletes to 3:30.0			
Women's 1,500m			
4:10.7mx	Sonya Bowyer	1mx	Stretford 16 Jul 96
	4:17.4	3	Wythenshawe 30 Jul 96
Women's Mile			
4:12.6mx	Joanne Pavey	1mx	Barry 27 Aug 97
	4:15.2	1	Loughborough 3 Jun 97
	4:18.7	1	Wythenshawe 14 May 97
4:12.8mx	Angela Davies	1mx	Watford 9 Aug 95
	4:15.1	3	Wythenshawe 18 May 94
	4:17.1	2	Wythenshawe 30 Jul 96
	4:18.5	1	Swindon 7 Aug 97
4:13.6	Lynne Robinson	1	Cheltenham 20 Jul 94
4:13.8	* Carole Bradford	1	Ipswich 19 Jun 85
	4:18.7	4	Stretford 15 May 84
4:14.1	Julie-Ann Laughton	1	Stretford 25 Jun 85
	4:19.3q	1	Stretford 18 Aug 81
4:14.3	Angela Tooby	2	Ipswich 19 Jun 85
4:14.6	Beverley Hartigan	1	Wythenshawe 18 May 94
	4:20.0J	1	Stretford 5 Aug 86
4:14.62	* Alison Wyeth	1	Crawley 28 May 94
4:14.80	Sonia McGeorge	2	Crawley 28 May 94
	(10)		
4:14.84x	Lynn Gibson	1x	Solihull 5 Sep 98
	4:14.9	2	Wythenshawe 18 May 94
	4:15.8	1	Wythenshawe 30 Jul 96
	4:16.4	2	Wythenshawe 5 Sep 98
	4:17.7mx	1mx	Watford 10 Sep 97
	4:18.17	2	Wythenshawe 3 Jun 98
	4:19.5mx	1mx	Watford 30 Jul 97
4:15.0	Helen Pattinson	1	Stretford 1 Sep 98
	4:17.05x	2x	Solihull 5 Sep 98
	4:17.51	1	Swindon 24 Jun 98
	4:17.85	1	Wythenshawe 3 Jun 98
4:15.2q	* Janet Marlow	1	Stretford 14 Jul 79
4:15.3	* Nnenna Lynch USA	1	Wythenshawe 15 May 96
	4:19.3mx	1mx	Ealing 23 Aug 95
4:15.4	Wendy Wright	2	Stretford 25 Jun 85
4:15.7	Nicola Morris	1	West London 7 Sep 88
4:15.8	Michelle Faherty	2	Loughborough 3 Jun 97
	4:16.90	4	Crawley 28 May 94
4:16.3	Susan Tooby	1	Stretford 15 May 84
	4:18.6	3	Ipswich 19 Jun 85
4:16.4J	* Julie Holland	2	Stretford 15 May 84
4:16.50	Debbie Gunning	3	Crawley 28 May 94
	4:17.3	4	Wythenshawe 18 May 94
	4:17.4	4	Wythenshawe 30 Jul 96
	(20)		
4:16.9	* Hayley Parry	3	Wythenshawe 15 May 96
	4:17.9	5	Wythenshawe 30 Jul 96
4:17.0q	Kathryn Carter	1	Stretford 19 Jul 87
	4:17.6	1	Stretford 9 Aug 83
	4:18.0q	1	Stretford 4 Aug 81
4:17.0	Louise McGrillen IRE	3	Stretford 15 May 84
4:17.4q	* Diane Modahl	1	Stretford 19 Apr 86
	4:18.7q	1	Stretford 11 Apr 87
4:17.4mx	Susan Parker	2mx	Stretford 16 Jul 96
4:17.6	Kerry Smithson	2	Stretford 1 Sep 98
	4:18.3	1	Watford 5 Aug 98
4:18.2q	Julie Asgill	1	Stretford 20 Jun 81
4:18.3+	* Mia Gommers HOL	1+	Leicester 14 Jun 69
4:18.5	* Maxine Newman	5	Wythenshawe 18 May 94
4:18.6	Amanda Parkinson	3	Loughborough 3 Jun 97
	4:19.0	4	Wythenshawe 15 May 96
	4:19.7mx	1mx	Stretford 21 Jun 94
	4:19.96x	4x	Solihull 5 Sep 98
4:18.61	Caroline Slimin	1	Solihull 21 Aug 94
	(30)		
4:18.7	Wendy Sly	1	West London 2 Aug 78
4:19.0	Janet Holt	5	Stretford 15 May 84
4:19.0	Joanne Colleran	1	Stretford 18 Aug 98
	4:19.4	3	Stretford 1 Sep 98
	4:19.59x	3x	Solihull 5 Sep 98
4:19.2	* Alison Wright NZL	1	West London 1 Aug 79
4:19.2	Jillian Jones	2	Swindon 7 Aug 97
4:19.3	* Wendy Lodge	4	Ipswich 19 Jun 85
4:19.6	Laura Adam	1	West London 6 Sep 89
4:19.8	* Jeina Mitchell	6	Wythenshawe 30 Jul 96
4:19.9	* Selina Kosgei KEN	2	Watford 5 Aug 98
71 performances to 4:20.0 by 39 athletes			
Women's Mile			
4:30.77	Joanne Pavey	1	Bristol 30 Aug 97
	4:41.20	6	Barnet Copthall 31 Aug 96
4:36.8	* Mia Gommers HOL	1	Leicester 14 Jun 69
	(World Record)		
4:37.4	Rita Ridley	1	Edinburgh 3 Jul 71
	4:39.5	1	Cardiff 11 Sep 71
	4:42.5	1	Crystal Palace 16 Aug 72
4:37.7	Kim Lock	1	Hendon 11 Aug 82
	(Welsh Record)		
4:38.0	* Marcella Robertson	1	Scotland 14 Jul 85
4:38.1	* R Odem	1	Stretford 6 Aug 85
4:38.3	Christine Price	2	Scotland 14 Jul 85
4:38.9	* Andrea Wallace	1	Coventry 5 May 90
4:38.93	Lynn Gibson	1	Barnet Copthall 31 Aug 96
4:39.0	Jacqueline Beasley	2	Stretford 6 Aug 85
	(10)		



All-Time BMC Women's Rankings

4:39.44	Michelle Faherty	2	Barnet Copthall	31 Aug 96	16:12.2	1	Birmingham	23 Aug 98	
	4:44.6R	1re3	Oxford	10 Jul 93	15:50.59	1	Wythenshawe	3 Jun 98	
4:39.90	Sonya Bowyer	3	Barnet Copthall	31 Aug 96	15:51.7	1	Glasgow	18 Jun 97	
4:40.74	* M Aboulahcen BEL	4	Barnet Copthall	31 Aug 96	15:52.4	1	Cheltenham	21 Jul 93	
4:40.93	Liz Francis-Thomas	5	Barnet Copthall	31 Aug 96	15:52.61	2	Wythenshawe	3 Jun 98	
4:41.2	* Alison Jenkins	3	Stretford	6 Aug 85	15:53.43	3	Wythenshawe	3 Jun 98	
4:41.4	Karen Hargrave	1	Swindon	16 Jul 88	15:53.81	4	Wythenshawe	3 Jun 98	
4:41.65	Helen Pattinson	2	Bristol	30 Aug 97	16:28.5	2mx	Loughborough	11 Jun 97	
4:41.8	* Carole Bradford	2	Hendon	11 Aug 82	15:55.83	1	Loughborough	18 May 97	
4:42.1	Melissa Watson	2	Swindon	16 Jul 88	15:56.8	1mx	Loughborough	11 Jun 97	
	4:44.1	1	Bristol	10 Sep 86	16:06.2	1mx	Loughborough	1 Jun 96	
4:42.43	Beatrice Roh GER	7	Barnet Copthall	31 Aug 96	16:07.7	1	Southampton	11 Jul 98	
	(20)				16:09.23	2	Loughborough	18 May 97	
4:42.5	* Jo Dering	1	Bristol	13 Sep 89	15:57.24	5	Wythenshawe	3 Jun 98	
4:42.6	Lynne Harvey	3	Hendon	11 Aug 82	16:20.58	4	Loughborough	18 May 97	
4:43.2	* Andrea Everett	3	Scotland	14 Jul 85	15:58.7	1	Stretford	14 Aug 94	
4:44.5	Susan Tooby	2	Bristol	10 Sep 86	16:03.30	7	Wythenshawe	3 Jun 98	
4:44.79	Sarah Salmon	8	Barnet Copthall	31 Aug 96	16:20.5	2	Birmingham	23 Aug 98	
<i>31 performances to 4:45.0 by 25 athletes</i>					16:05.6	2	Crystal Palace	25 Apr 90	
Women's 2,000m					16:07.34	8	Wythenshawe	3 Jun 98	
6:12.4mx	Dianne Henaghan	1mx	Jarrow	20 Apr 98	16:10.08	9	Wythenshawe	3 Jun 98	
6:22.2	Paula Yeoman	1	Crystal Palace	20 Oct 71	16:12.1	2	Stretford	14 Aug 94	
<i>2 performances to 6:25.0 by 2 athletes</i>					16:13.43	1	Crawley	28 May 94	
Women's 3,000m					16:14.55	3	Loughborough	18 May 97	
8:58.2x	Joanne Pavey	1x	Millfield	4 May 98	16:19.72	10	Wythenshawe	3 Jun 98	
9:16.3x	1x	Millfield	5 May 97	16:25.2	* Lucy Martin	3	Crystal Palace	25 Apr 90	
9:06.2mx	* Sinead Delahunty IRE	1mx	Stretford	1 Aug 95	16:25.22	5	Loughborough	18 May 97	
9:08.6	* Sarah Young	1	Stretford	18 Aug 98	16:25.4	1	Tooting	10 Sep 89	
9:10.7x	2x	Millfield	4 May 98	16:25.7	* Angie Hulley	1	Stretford	29 May 94	
9:25.1mx	2mx	Stretford	1 Jul 97	16:28.0	* Nnenna Lynch USA	1mx	Stretford	16 May 95	
9:08.8mx	Sarah Bentley	1mx	Stretford	17 Jun 97	16:29.57	Penny Thackray	11	Wythenshawe	3 Jun 98
9:10.9mx	1mx	Stretford	27 Jun 95	<i>34 performances to 16:30.0 by 26 athletes</i>					
9:21.0mx	1mx	Stretford	30 Apr 96	Women's 10,000m					
9:22.2	1	Oxford (Hor)	22 Jun 97	33:33.7	* Theresa Duffy IRE	1	Loughborough	3 Jun 97	
9:23.1mx	1mx	Stretford	1 Jul 97	33:49.1	* Jo Thompson	2	Loughborough	3 Jun 97	
9:23.1	1	Swindon	7 Aug 97	35:45.5	3	Coventry	5 May 90		
9:23.4mx	1mx	Stretford	25 Jun 96	34:25.1	* Carol Galea MAL	1mx	Watford	30 Apr 97	
9:25.93x	1	Solihull	21 Aug 94	<i>(Maltese Record)</i>					
9:26.5	4	Stretford	18 Aug 98	34:44.9	Heather Heasman	3	Loughborough	3 Jun 97	
9:11.2mx	* Rhona Makepeace	1mx	Watford	31 Jul 96	35:00.4	* Mary Donoghue IRE	1	Coventry	5 May 90
9:14.7	Sharon Harvey	1	West London	1 Sep 82	35:22.8	Ceri Pritchard	2	Coventry	5 May 90
9:29.0	2	West London	3 Sep 80	36:00.0	* Tracy Swindell	4	Loughborough	3 Jun 97	
9:15.25	Liz Talbot	1	Swindon	24 Jun 98	<i>8 performances to 36:00.0 by 7 athletes</i>				
9:16.1	* Lucy Wright	2	Stretford	18 Aug 98	Women's 4 x 800m Relay				
9:28.2x	5x	Millfield	4 May 98	8:39.6	BMC Junior Squad	1	Watford	17 Jul 96	
9:16.6x	Debbie Gunning	3x	Millfield	4 May 98	<i>(British and European Junior Record)</i>				
9:17.39	2	Swindon	24 Jun 98	8:41.1	BMC National Squad	2	Watford	17 Jul 96	
9:16.9mx	* Andrea Whitcombe	1mx	Watford	9 Aug 95	<i>2 performances to 8:50.0</i>				
9:17.19	Beverley Hartigan	1	Loughborough	11 Jun 95	Women's 3 x 1,500m Relay				
9:18.1mx	* Louise Watson	2mx	Watford	9 Aug 95	13:38.0	Southern BMC	1	Crystal Palace	20 Aug 69
9:25.90	2	Loughborough	11 Jun 95	<i>(World Best)</i>					
9:29.5mx	2mx	Watford	5 Jun 96	13:44.2	Northern BMC	2	Crystal Palace	20 Aug 69	
9:18.5mx	* Nnenna Lynch USA	1mx	Millfield	8 May 95	13:47.0	Scottish BMC	1	Harlow	4 Jul 70
9:19.0mx	* Alison Wyeth	1mx	Watford	5 Jun 96	13:47.6	English BMC	2	Harlow	4 Jul 70
9:19.1	Melissa Watson	1	Swindon	14 Sep 86	<i>4 performances to 14:00.0</i>				
9:19.2x	* Lucy Elliott	2x	Millfield	5 May 97	Women's 4 x 1,500m Relay				
9:19.3mx	Amanda Parkinson	1mx	Stretford	29 Apr 97	17:41.0	BMC National Squad	1	Watford	30 Apr 97
9:19.8mx	* Edwige Pitel FRA	1mx	Watford	10 Jul 96	<i>(British, Commonwealth and All-Comers Record)</i>				
9:21.2	Vicki McPherson	3	Stretford	18 Aug 98	18:12.1	BMC National Squad	1	Stretford	30 Apr 96
9:21.54	* Tara Krzywicki	1	Loughborough	17 May 98	<i>(British and All-Comers Record)</i>				
9:21.9	* Deansie Phillips	1	West London	3 Sep 80	18:38.0	BMC Junior Squad	2	Watford	30 Apr 97
9:22.3	* Alison Barnes	1	Cheltenham	21 Jul 93	<i>(British and European Junior Record)</i>				
9:22.8mx	Caroline Pimblett	2mx	Stretford	29 Apr 97	<i>3 performances to 19:00.0</i>				
9:22.87	Helen Pattinson	2	Loughborough	17 May 98	Additional Age Group				
9:23.38	Shiela Fairweather	3	Loughborough	17 May 98	19:06.7	BMC Junior Squad	2	Stretford	30 Apr 96
9:24.60	Lynn Gibson	4	Loughborough	17 May 98	<i>(British Junior Record)</i>				
9:25.5	* Lesley Morton NZ	1	Yate	18 Jul 90	19:12.9	BMC U17 Squad	3	Watford	30 Apr 97
9:25.95J	Amber Gascoigne	5	Loughborough	17 May 98	<i>(British U17 Record)</i>				
9:26.4J	Jo White	1	West London	7 Dec 77	19:35.1	Bristol AC U20	4	Watford	30 Apr 97
9:26.4	Sarah Ing	2	Swindon	14 Sep 86	<i>(British U20 Club Record)</i>				
9:26.6	Lynne Harvey	1	West London	6 Sep 78	20:13.0	BMC Veterans Squad	5	Watford	30 Apr 97
9:27.2	* Angela Mason	1	West London	7 Jun 78	<i>(World Veterans Record)</i>				
9:29.8	1	West London	6 Mar 79	Women's 4 x 1 Mile Relay					
9:27.8x	Michelle Wannell	4x	Millfield	4 May 98	19:17.3	BMC National Squad	1	Oxford	10 Jul 93
9:29.0	Kerry Smithson	5	Stretford	18 Aug 98	<i>(World Record)</i>				
9:29.1	* Rebecca Spies USA	2	Oxford (Hor)	22 Jun 97	20:07.5	BMC Midlands	2	Oxford	10 Jul 93
9:29.47mx	* Hayley Nash	1mx	Cardiff	15 Jul 98	20:08.3	BMC North	3	Oxford	10 Jul 93
9:29.6	* Penny Yule	2	West London	7 Dec 77	20:16.2	BMC Junior Squad	1	Watford	11 Jun 97
9:29.95	* Jill Hunter	3	Loughborough	11 Jun 95	20:22.9	BMC South West	4	Oxford	10 Jul 93
<i>56 performances to 9:30.0 by 38 athletes</i>					<i>5 performances to 20:30.0</i>				
Women's 5,000m					Additional Age Group				
15:47.9	* Andrea Wallace	1	Crystal Palace	25 Apr 90	21:13.3	BMC Veteran Squad	6	Oxford	10 Jul 93
15:48.1x	* Tara Krzywicki	1	Watford	5 Aug 98	<i>(World Veterans Record)</i>				
16:00.1	1	Battersea Park	14 Jun 98						
16:00.84	6	Wythenshawe	3 Jun 98						



British Milers' Club - 1999 Fixtures

The British Milers' Club is sponsored by NIKE - all races will be paced and are for members only

BMC NIKE GRAND PRIX

Overall Grand Prix Directors - Steve Mosley 01222 306733 and Tim Brennan 01628 415748

9th June	GP1	Wythenshawe	M800, W800 M1500, W1500	Norman Poole	0161 980 8358
23rd June	GP2	Watford	M800, W800 M1500, W1500	Tim Brennan (Men) Pat Fitzgerald (Women)	01628 415748 01895 234211
14th July	GP3	Solihull	M800, W800 M1500, W1500	Maurice Millington	0121 353 8273
4th Aug	GP4	Cardiff	M800, W800 M1500, W1500	Steve Mosley	01222 306733
21st Aug	GPF	Glasgow	M800, W800 M Mile, W Mile M5000, W5000	Keith Redpath (Men) John Montgomery (Women) Mike Johnston	01501 823 816 01560 483 225 0141 634 9966

Please register 8 days before each meeting : Athletes' best 4 out of the 5 meetings count towards the BMC NIKE Grand Prix

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

London Marathon Endurance Initiative

Mike Down 0117 973 3407

Please register 8 days before each meeting

9th June	Wythenshawe GP	M3000, W5000
23rd June	Watford GP	M5000, W5000
14th July	Solihull GP	M3000, W3000
4th Aug	Cardiff GP	M3000, W3000

BMC "Mile of Miles"

Mike Down 0117 973 3407

May	Cambridge	M Mile, W Mile
15th Aug	Carn Brea	M Mile, W Mile
28th Aug	South West	M Mile, W Mile
29th Aug	South West	M Mile, W Mile
30th Aug	South West	M Mile, W Mile
26th Sept	Erith	M Mile, W Mile

BMC Gold Standard Meetings

North of England

Mike Harris 0161 775 0719

These meetings will always include 3k races

They will also include short steeplechases

27th Apr	Stretford	M800, W800
18th May	Stretford	M800, W800
1st June	Stretford	M800, W800
22nd June	Stretford	M1500, W1500
6th July	Stretford	M800, W800
20th July	Stretford	M800, W800
3rd Aug	Stretford	M1500, W1500
17th Aug	Stretford	M800, W800
31st Aug	Stretford	M1500, W1500

Midlands

George Gandy 01509 230176

28th Apr	Loughborough	TBA
13th May	Loughborough	TBA
20th May	Loughborough	TBA
27th May	Loughborough	TBA
2nd June	Loughborough	TBA

South of England

Tim Brennan 01628 415748

Pat Fitzgerald 01895 234211

These meetings will always include 3k races

12th May	Watford	M800, W800
26th May	Watford	M1500, W1500
		M5000, W5000
28th July	Watford	M800, W800
11th Aug	Watford	M800, W800
		M1500, W1500
8th Sept	Watford	M1500, W1500
		M1500, W1500
18th Aug	Brighton	M800, W800

Chris Carter 01273 503446

BMC North East

Phil Hayes 01207 570161

24th May	Jarrow	M800, W800
14th June	Jarrow	M1500, W1500
5th July	Jarrow	M800, W800

BMC Midlands

Steve Edmonds 0121 561 4399

28th Apr	Alexander Stad.	M1500, W1500
19th May	Coventry	M800, W800
16th June	Redditch	M1500, W1500
21st July	Solihull	M800, W800

BMC South

Ray Thompson 01737 554450

2nd June	Tooting	M1500, W1500
16th June	Tooting	M800, W800
7th July	Tooting	M1500, W1500
18th Aug	Tooting	M Mile, W Mile

John Sullivan 0171 790 1961

23rd May	Finsbury Park	M800, W800
16th June	Woodford Green	M800, W800
21st July	Woodford Green	M800, W800
22nd Aug	Finsbury Park	M800, W800

Dave Arnold 01732 355539

11th May	Tonbridge	M1500, W1500
6th July	Tonbridge	M800, W800
26th Sept	Sutton	M800, W800

Tim Brennan 01628 415748

Tim Brennan 01628 415748

BMC South West

Mike Down 0117 973 3407

3rd May	Millfield	M3000, W3000
5th May	Carn Brea	M800, W800
12th June	Carn Brea	M1500, W1500
12th July	Carn Brea	M800, W800
1st Aug	Carn Brea	M1500, W1500

Chris Coleman 01736 740616

5th May	Carn Brea	M800, W800
12th June	Carn Brea	M1500, W1500
12th July	Carn Brea	M800, W800
1st Aug	Carn Brea	M1500, W1500

The dates and venues of the races must be regarded as provisional, so you are advised to register with the race organiser at least eight days beforehand.

BMC Membership is limited to those athletes who have achieved the required qualifying times, and to qualified Coaches and Associate Members.

BMC qualifying times for senior men are M800 1:56.0, M1500 3:56.0, M3000, 8:30.0, M5000, 14:45.0

BMC qualifying times for senior women are W800 2:20.0, W1500 4:45.0, W3000 10:15.0, W5000 18:00.0.

BMC qualifying times for U17 athletes and Veterans are M800 2:10.0, M1500 4:30.0, W800 2:25.0, W1500 5:00.0.

All applications to join the BMC should be sent to the Membership Secretary, Andy Anderson, 49 Paulsgrove Road, North End, Portsmouth, Hampshire PO2 7HP, enclosing an A4 SAE.

Annual subscriptions are £15, and there is a £10 joining fee which includes a free BMC vest (athletes) or T-shirt (coaches / associate members).



The BMC Constitution

The inaugural and successful British Milers' Club AGM and Congress was held in Stafford on Saturday 27th October 1998. One of the important items on the AGM Agenda was a proposal for a new constitution, prepared by Frank Horwill and Peter Thompson under the auspices of the committee, to reflect the current and projected needs of the Club administration. The principal changes include the re-defining of Membership categories, the recognition of Regional Committees and the formation of National Sub-Committees to carry out much of the day to day running of the Club's activities.

1. Name and Objects

The name of the organisation shall be the British Milers' Club, hereinafter referred to as the Club, or BMC. The Club shall abide by the Rules and Regulations of the National Governing Body for Athletics. The objects of the organisation shall be :-

- *to raise the standard of British men's and women's middle distance running to world supremacy.*
- *to increase the knowledge of coaches and others interested in these events.*
- *to increase participation in and gain wider recognition of the middle distance events.*

2. Membership

a Full Membership shall be open to athletes eligible to represent Great Britain and Northern Ireland who achieve the Club's qualifying standards, and to qualified coaches.

b Associate Membership shall be granted to others, including athletes excluded in 2a), deemed to have qualities to promote the objectives of the Club. The National Committee shall use its discretion in granting Associate Members the privileges of Membership.

c The qualifying standards for Membership shall be decided by the National Committee and approved by the members at the Annual General Meeting.

d Life Membership may be awarded for outstanding performances or services to the Club. Members to be elected to Life Membership shall be nominated by the National Committee and approved by the members at the Annual General Meeting.

e All desirous of becoming members shall complete an application form approved by the National Committee. The Membership Secretary shall have the authority to admit to Membership those who submit a satisfactory application form and make payment of the required joining fee and first annual subscription.

3. Subscriptions

a The annual subscription rate and joining fee shall be set at the Annual General Meeting.

b Any alteration to the subscription rate shall be approved by a simple majority of members at a

General Meeting.

c Any member more than 6 (six) months in arrears shall be, at the discretion of the National Committee, deemed to have forfeited membership and its benefits, and may not be reinstated until all arrears have been paid up.

4. National Committee

a The Club's business shall be managed by a National Committee, hereinafter referred to as the Committee.

b The Committee shall be elected at the Annual General Meeting and shall consist of:- Chairman, Vice-Chairman, National Secretary, Treasurer, Membership Secretary, Regional Secretaries and up to 8 (eight) members.

c The Committee shall have the power to co-opt up to 3 (three) additional members or to replace any of its members.

d Committee meetings shall be as and when the Committee thinks necessary but there shall be not less than 3 (three) such meetings in any one year.

e A quorum for the meeting of the Committee shall consist of 5 (five) members.

f If a quorum is not present within 15 (fifteen) minutes of the specified commencement time, the meeting shall be adjourned.

g Any proposal which is called to vote shall have the votes cast and the declared result recorded in the minutes.

h The Chairman shall be entitled to a casting vote in the event of a deadlock.

i The Vice-Chairman shall be entitled to act as Chairman in the Chairman's absence. If neither are present at a meeting, the members shall elect an acting Chairman from those members present.

j Regional secretaries may appoint a deputy from their Regional Committee to act in their absence. Such deputies shall be entitled to vote.

k Minutes of all Committee meetings shall be circulated, then approved and signed by the Chairman at the following Committee meeting and entered into a Minutes Book.

5. National Executive Committee

a The National Committee may delegate to a National Executive Committee, comprising the Chairman, Treasurer, National Secretary and

one other elected officer or Committee member for the day-to-day running of the Club.

b The National Executive Committee shall report fully to the next meeting of the Committee all actions it has taken.

6. National Sub-Committees

a The National Committee may also delegate to National Sub-Committees, hereinafter referred to as the Sub-Committees, for the day-to-day running of the Club in relation to:-

- Organisation of Races
- Publications
- Education and Training
- Finance and Administration
- Publicity, Sponsorship and Fund Raising

b The Chairman and members of each Sub-Committee shall be subject to the prior approval of the Committee.

c Each Sub-Committee shall have at least one individual who is a member of the Committee.

d Sub-Committee meetings shall be as and when the Sub-Committee thinks necessary but there shall be not less than 2 (two) such meetings in any one year.

e A representative of each Sub-Committee shall report fully to the next meeting of the Committee all actions they have taken.

7. Regional Secretaries

These positions shall be elected at the Annual General Meeting.

a Regional Secretaries may form Regional Committees for the day-to-day running of the Club's business within that Region.

b Regional Committee meetings shall be as and when the Regional Committee thinks necessary.

c Regional Secretaries shall report fully to the next meeting of the Committee all actions they have taken.

d All activities within a region shall be co-ordinated through the National Committee and, where possible, not conflict with national activities.

8. President and Vice-Presidents

These positions shall be elected at the AGM from the current membership. Individuals so elected may attend committee meetings and vote only at the Chairman's discretion. They will not be liable to pay the annual subscription.

9. General Meetings

a The Club shall in each year hold a General Meeting as its Annual General Meeting (AGM), in addition to any other General Meetings in the year.



The BMC Constitution

b The AGM shall be held not later than 31st October in any year, in any appropriate place as approved by the Committee.

c All General Meetings other than the AGM shall be called Extraordinary General Meetings.

d Members shall be given at least 28 (twenty eight) days notice of the AGM via the athletic press, and at least 14 (fourteen) days notice of Extraordinary General Meetings.

e All matters for inclusion in the AGM shall be received by the National Secretary at least 21 (twenty one) days before the meeting.

f An Extraordinary General Meeting shall be called by the National Secretary within 21 (twenty one) days of the receipt by him of a requisition signed by at least 50 (fifty) members, stating the business to be brought forward before such a meeting.

g A quorum for a General Meeting shall consist of 10 (ten) members.

10. Proceedings at the Annual General Meeting

The business at the meeting shall be:

a To receive and consider the Annual Report of the Treasurer (to include the Income and Expenditure Account and the Balance Sheet) and the Annual Reports of the National Secretary, the Chairs of the National Sub-Committees and the Regional Secretaries.

b The election of the Officers, the President, Vice-President and Committee members for the ensuing year.

c To transact any other business.

All resolutions put to the vote must be approved by a majority of members entitled to vote. The Chairman shall decide the manner of voting.

11. Proceedings at Extraordinary General Meetings

The business of the meeting shall be conducted as directed by the Chairman.

12. Alterations to the Constitution

The Constitution shall be altered only at a General Meeting by a two-thirds majority of members present and voting; proxy votes shall not be allowed. A quorum for such a General Meeting shall not be less than 20 (twenty) members. Any alteration made shall take effect immediately.

13. Publications

The term 'publication' shall refer to any and all material published in any medium which is available within the public or private domain

and purports to represent the BMC. Such publications shall specifically include the Club Membership Application Form, the Club Magazine, the Club Internet Web site, and Press Releases. All publications must receive prior approval from the Committee, the Chairman or National Secretary.

a The Committee shall publish a club magazine, with the title of BMC News, at least twice a year, comprising a 'Spring' issue and an 'Autumn' issue.

b The Committee shall oversee the operation of the BMC Web site on the Internet. At each Committee meeting a report shall be presented on the activity of this site, with proposed changes and updates.

14. Advertising, Sponsorship and Fund Raising

All advertising, sponsorship and fund raising activities shall be co-ordinated by the Committee.

a No member, or their agents, shall make representation in the name of the BMC without the prior approval of the Committee.

b Any unauthorised activities in this area shall make the member, or members, liable to expulsion from the Club.

c A person so expelled shall have the right of appeal to the Committee and may have an

independent representative present at any hearing.

15. Accounts

a The Treasurer shall keep an account showing details of all sums of money received and sent. This account shall be available at each meeting of the Committee.

b All outgoing cheques shall be signed by the Treasurer, the Chairman, or other Officer as authorised by the Committee.

c All accounts containing Club funds shall be under the direct control of the Treasurer, who shall have the sole right to establish new accounts, as deemed necessary for the financial well being of the organisation.

16. Audit

A statement of audited accounts shall be presented annually.

17. Interpretation of the Rules

The interpretation of the rules shall be the prerogative of the Committee.

18. Dissolution

In the event of the Club's dissolution its net assets shall be realised and donated to a charity nominated by a majority of the members at an Extraordinary General Meeting.

The British Athletics Endurance Initiative 1998 (continued from page 35)

- That a definite policy be adopted on travelling expenses and athletes made accordingly aware.

- That further debate is needed concerning 10,000m races. Although the athletes questioned have indicated a preference for one race early in the season and one late, the support given so far does not warrant the effort involved in putting the races on. The experiment of combining the Initiative with the CAU Championships has only been a partial success. For any event to be well supported, there must be a "quality" pacemaker e.g. a Kenyan and, perhaps, the incentive provided by competitors from other European countries. This should be the model for any 10,000m race we stage.

- That consideration be given to putting on any races outside the BMC NIKE Grand Prix at weekends, and preferably on Saturday evenings when the weather conditions are likely to be better (i.e. wind) due to the problem many working athletes have in travelling midweek. This is essential for any 10,000m race staged.

- That consideration be given again to staging at least one race in conjunction with the UK women's League to bolster both the size and standard of the field. We already have an undertaking from the League officials that they would give it serious consideration for next year. This could even be a direct replacement for the Regional events, e.g. staging races with each of the four Divisions, and is worth considering too for the men.

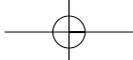
- That sponsorship permitting the Initiative race programme be upgraded to include more European/African guest runners as a more economic and practical alternative to sending our leading runners overseas all the time.

- That as the Initiative is now totally under the auspices of PAS, athletes funded through PAS be urged to compete in the Initiative as a priority rather than always seeking races overseas.

- That there should be some definite competitive reward for success in the Initiative races, such as international opportunities.

- That more juniors be formally encouraged to participate in races through PAS and/or the Junior Commission.





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

