BMC News

Official Journal of the British Milers' Club

Volume 4 Issue 1 - Spring 2005

The British Milers' Club
Founded 1963

Cover photographs - Front

Clockwise from top:
Sheffield, 12 - 13.2.05
HELEN CLITHEROE
Madrid, 6.3.05
JO PAVEY (Gt. Britain) leads the womens 3km final from the eventual winner LIDIA CHOJECKA (Poland, 1221)
Sheffield, 12.2.05
EMILY PIDGEON (394) leads from JO ANKIER (265) in the 3,000m
Madrid, 4 - 6.3.05
JAMES THIE
By Mark Shearman

Cover photographs - Back

Top: Watford, 12.6.04
LEE FARMER (181) on his way to winning the men's 'C' 800 with GARETH BALCH (189) finishing second and ED JACKSON (185) finishing third.
Bottom: Solihull, 22.5.04
NATALIE McHALE (114) wins the womens 'D' 800m from NICOLA MADDICK (111)
By Mark Shearman

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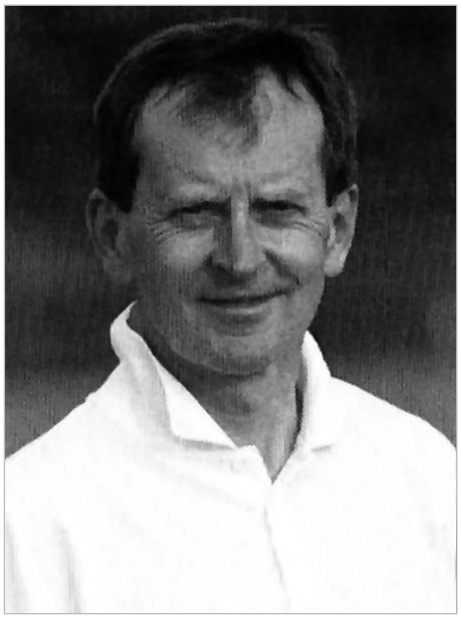
Contents

Sheffield, 12.2.05. JO PAVEY (392) leads from HELEN CLITHEROE in the 3,000m. photo by Mark Shearman.

From the pen of the Chairman

In the past I have highlighted the large volume of work that the BMC Committee get through during the winter period. This has included both the lengthy preparations that have to be made for the BMC Winter/Spring Training days/Weekends and the in-depth debates/bargaining procedures that have to be followed prior to formalising our summer fixtures. The 2004/5 winter scedule of such work has been particularly industrious for our Committee. On top of our usual programme we have now added the one day BMC/UKA National Endurance Symposium. As previously reported the second such Symposium was held at Ormskirk in September 2004 where the major speaker was Nic Bideau, coach to Benita Johnson and Craig Mottram. The success of this initiative has led to what we hope will be a firmly established annual event. In conjunction with UKA we have chosen Sunday October 23rd for the 2005 Symposium and we expect to choose a venue in the Midlands. Please keep your eyes on the BMC web-site for further details as they develop.



Dr. Norman Poole, Chairman

For the first time, on March 6th, we staged the first BMC/UKA National Endurance Coach Development Day at Loughborough University. This initiative is seen by the BMC Committee as a natural extension to the existing UKA Coach Education Scheme. On this day we offered what could be referred to four separate advanced coach education courses for senior athletes competing in 800/1500, 5k/10k, steeplechase and marathon events and a fifth course coaching young athletes in the endurance events. The lecturers detailed from first principles the construction of annual training schedules for these events. Each of the lecturers in the senior events had coached athletes from youngsters or relative novices through to seniors at major Games and they explained in detail what training methods worked for them. We were lucky and grateful to the speakers who included George Gandy (5k/10k), Dave Sunderland (s/c), David Lowes (young athletes) and Frank Horwill (marathon). I covered the 800/1500 lectures. Such is the talent and experience of these coaches that they ALL qualify to present any of the five lectures on offer. For some time we had registered the need for such a coach education day as I have described and this was confirmed when we reached a full capacity of 135 registered attendees more than on week prior to March 6th. Our intention is to make this an annual event and I look forward to being in the audience next time for the simple reason that in our events there is always something important to learn and indeed re-learn. During the following twelve months we also intend to stage ten similar regional coach education days. This is a major commitment for the BMC. We have made this commitment because we believe it offers a vital, and rare, opportunity for coaches to further the knowledge they require to take their athletes to a higher competitive standard in endurance events.

This past winter has also seen a great contribution from the BMC Committee in making preparations for the BMC Academy. A number of training days/ weekends have already sprung from this idea and further aspirations for the BMC Academy are embodied in the extension of the format for the Millfield Young Athletes Meeting to other venues. We will now be staging similar meetings during the two May Bank Holiday weekends at Cardiff,Watford, Stretford and Connahs Quay. During the coming years if any of these venues can approach the great success we have had for many years with Mike Downs organised Millfield Meeting it will be a great achievment.

I look forward to hearing your views on the above and other BMC initiatives. Registering your views with us is essential if we are to continue developing the BMC as a meaningful resouce for both endurance athletes and coach members. As such it is our intention to incorporate the common aims and aspirations of all our members in the BMC Vision 2012 which will we will outline in the coming months.

Norman Poole.

Subscriptions

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

Coaching the elite 800 meter runner

by Lindy Remigino, USA

A detailed discussion of the aims, objectives, training, tactics, physiology and periodisation of the most difficult and unpredictable middle distance event. Remigino coached at the high school level for many years. He won the 100m gold medal at the 1952 Olympic Games.

Historical

In 1938 the experiments, by Woldemar Gerschler and Dr.Hans Reindell of the University of Freiburg in Germany to develop cardiovascular fitness, led to the scientific method of interval training. The training to increase cardiovascular fitness and stroke volume included a fast-paced run with a relief of 90 seconds or a heart rate recovery of 120 bpm between efforts. Gerschler also divided the calendar year into three training periods:

1. Cross country that included long runs of up to 13 miles.
2. Quantity intervals, longer components of running with longer relief periods.
3. Quality intervals, with shorter components such as 12 x 200 metres with shorter periods of recovery.

During the competitive season:

- Mileage was greatly reduced
- Intervals were shortened, and
- Running was pace-intensified

Gerschler is considered by many track experts as the Father of Interval Training and the designer of periodisation.

In 1938 Rudy Harbig began using Gerschler's scientific approach to training. He ran intervals that included 100m and 1200m. In 1939 Harbig ran 5 x 200m in 23 to 24.7 seconds, and on July 15, 1939 he ran a landmark world record for 800m in 1:46.6 that lasted 16 years. He later ran another world record 46.0 for 400m. Roger Moens of Belgium (silver medallist 800m 1956) coached by Gerschler, lowered the 800m record to 1:45.7 in 1955.

Primary Aim

The primary aim of the runner and his coach is to improve the athlete's competitive times and to reach his peak when it really counts. Before any type of macrocycle can be formulated with the proper components, the coach must first determine the runner's strengths and weaknesses and set attainable goals. The overloads should be deployed not only on weaknesses but on strengths as well. All components should be worked on throughout the phases with a steady aerobic base maintained throughout all the cycles.

Major Objectives of the Middle Distance Runner

After years of intense training a runner's V0 2max stabilizes. Continued high mileage then will prove to be futile since the aerobic capacity has been in the preparatory phase. A runner should then focus upon quality rather than quantity. In the words of Peter Coe (Seb Coe's father and mentor):

"For the middle distance runner the final determination is speed. I favour intensity and quality before quantity. You are working on the athlete to run quickly."

"Recovery times in any form of training are absolutely the essence."

Simply stated you must teach the body to run fast.

Strength, endurance, speed and flexibility are the major objectives of the middle distance runner's running program and should be worked on throughout the phases. Perhaps one should also consider the objective of "spirit".

At the conclusion of the training phase, the recovery, or the tapering, leads to a reversibility, then to adaptive overcompensation. Improved competitive performances should follow if the specific stresses were appropriately administered during the phases.

Training

Although most 800m runners use a wide variety of modalities to train, certain practical applications designed to produce the desired biological adaptations for the event during the transition phase must be observed. Training must be specific because the body always responds to the type of stresses placed upon it.

At first, especially during the preparation phase of the macrocycle, retrogression (reversal period) occurs; then improved competitive performances follow.

Another consideration is achieving one's best competitive times when it counts the most, during major competitions. This of course is "peaking". This can be accomplished through periodisation, or a year-long macrocycle. After establishing certain objectives such as strength, endurance, speed, flexibility and rest, the components are placed into the phases of the cycles and worked upon the entire macrocycle.

Terminology for Cycling

1. A macrocycle is a period of one training year with specific training and competitive objectives carefully selected for the discipline with the

purpose of peaking when it counts.
2. A microcycle is a period of 7 to 14 working days in the macrocycle in which objectives are worked on (Strength, endurance etc.).
3. A mesocycle is 2 to 6 microcycles in which a specific objective is worked on.

Macrocycle Phases

1. **General Preparation.** Aerobic base, volume for establishing a base. Includes some easy track work. Weight training. Hill work.
2. **Specific.** Interval training, moderate and progressive.
3. **Competitive.** Specific training, speed training. Fast-paced intervals with carefully assigned recovery periods.
4. **Transition.** Recovery, active or inactive rest. This produces an adaptive compensation and improved fitness.

Training Phases		Indoor/Outdoor		Outdoor
Preparation	General	Sep-Dec	or	Sep/Oct
	Specific	Jan-Feb	or	Nov/Dec
Competition	Early Competition	Mar-May	or	Dec/Jan
	Major Competition	May-Jun	or	Feb/Mar
Transition	Transition	August	or	March

5. **Outdoor Only.** A one-peak macrocycle. Phases are shorter in duration.

April	Start of specific preparation
May	Early competition phase
June/July	Major competitions
August	Transition phase

Training for 800 meters

1. Aerobic and anaerobic work should be well balanced, but aerobic work should continue throughout all the phases. Aerobic work:
   - Aids in recovery
   - Increases and maintains V0 2max
   - Helps in weight control, and of course,
   - Is primarily used for base work
2. Progression should always be moderate to avoid damage to connective tissue and overtraining effects.
3. Overloads may be done through increasing volume, upping frequencies and increasing the duration of components:
   - Workouts
   - Distances run
   - Increasing pace, and
   - Shortening recoveries during repeats
4. Steady high-state running or tempo running with heart rate of 153 to 165 bpm for 2 miles.
5. Hard / easy is an intelligent way to train, because:
   - It keeps the training balanced
   - It allows for recovery and moderate progression, and
   - Avoids injury through overstresses.
6. Intervals
   - Keep intervals long during the preparatory phase
   - Use longer components
   - During the competitive phase, shorten relief periods; components are shorter and run at a more rapid pace.
7. The long run, at least once per week should be devoted to a long run at a slow pace,
   - To aid in recovery (cleaning out the muscles)
   - To increase V0 2max or to maintain V0 2max.
8. Long / slow intervals on occasion such as 20 x 200m or 15 x 400m with longer periods of relief allow for more to be done with less risk of injury, and with less stress.
9. Hard / fast intervals are usually done in the competitive phase of the macrocycle, although recoveries are often longer due to the intensity. (Ex. 5 x 300m with 200m jog recovery).
10. Repeats:
    - Sprint repeats (4 400, plus 4 x 200m @ 85%)
    - Deployed by running 3 x 400, save 1 x 400, run 4x 200m then run last 400m saved at 90 to 100%
11. Broken 800m runs may be run in sets of 2 or more
    - Deployed by running 600m, jog 200, then run 200m.
    - Intensity of 600m depends largely upon the number of repeats to be run and the phase of the macrocycle.

Recovery Component

The recovery component (rest) can be active rest or complete rest. This dimension of the macrocycle is used in tapering (transition phase) between phases. The rest component is probably the most important component because without it no compensation can be

Watford, 12.6.04. TIM BAYLEY (179) wins the men's 'B' 800m. from NEIL DOUGAL (175) with GAVIN MASSINGHAM (178) third.
photograph by Mark Shearman.

reached and nothing is accomplished. Eventually only injury and overtraining will occur. Active rest may be another activity such as swimming, cycling or hiking to maintain levels of fitness. The recovery phase should also produce the desired reversibility and the compensation for improved competitive performances.

Evaluation

This component can get technical since it is an instrument to assess the athlete's progress during each phase of the macrocycle. Tests can range from a simple time trial to a more technical blood test, V0 2 max test or flexibility test. Tests can be given every 12 weeks to measure or evaluate speed, muscular strength, V0 2max, etc.

Modalities of Training

1. Interval training
   - Repeated efforts of running with periods of relief (Ex.: 10 x 400m @ 62 sec. With 60 seconds recovery or heart rate of 134 for recovery) to keep in a lactate state.
2. Repeats
   - Similar to interval training but longer periods of relief (Ex.: 10 x 200m @ 27 seconds with 200m jog recovery) or if focusing on speed (3-4 minutes recovery between speed bouts.)
3. Continuous running at slow pace.
4. Continuous running at fast pace.
   - Steady state of required heart rate
5. Speed play or fartlek
   - Alternating fast and slow running over natural terrain, in woods or park.
6. Sprint training
   - Repeat sprint bouts with longer recoveries (Ex.:3 to 4 minutes 10 x 150m or 200m at 90% effort).

Training Effects

1. Improved stroke volume
2. Improved V0 2max
3. Increase in capillarization
4. Increased myoglobin
5. Rise in haemoglobin
6. Mitochondria utilises oxygen better
7. Carbohydrate metabolism improves

Characteristics and Tactics of 800m Runners

The 800m Olympic gold medal has been won by three different types of runner.

1. The 800m specialist
2. The 800m - 1500m runner, and
3. The 400m - 800m runner

All three have shown different styles, but have been successful in winning Olympic gold medals at 800m and in a few instances doubled and won two different events.

Sometimes referred to as the thoroughbreds of the track, the middle distance runners possess both great speed and speed endurance. Alberto Juantorena in 1976 displayed yet an other dimension - that of strength - as he bolted to the lead at 600m with his nine-foot stride, never to look back. He set a new world record of 1:43.50. Told he would run both 400m and the 800m by his coach Zigmundt Zabeirziowski, Juantorena became disturbed and said, " I was a fast car not used to conserving gas, but my coach understood my ability." He won both events (400 and 800), looking like he was powered by a diesel engine in cruise control.

The 1988 Olympic 800m final was a different story. Barbosa of Brazil, who likes to go out quickly, ran the first lap in a speedy 49.5. Team-mate Joaquim Cruz was a close third, but moved into second after the first lap. Paul Ereng of Kenya, was well back in 7th place. Barbosa and Cruz seemed to be running a team race with Barbosa doing the towing; but Ereng, fighting Britain's Peter Elliott and an injured Said Aouita, nailed Cruz three meters before the finish. He had run his last lap in 53.91.

Tom Courtney, the 1956 Olympic 800m champion, once said,
" Never take the lead unless you really want it, and if you take it, do something with it…
Once in the lead, you only have two options; either you are going to pick up the pace, or you are going to slow it down. Once in control, a fast pace usually insures the fastest runner will win; with a slow pace perhaps the fastest runner may still win but occasionally the race will go to the best kicker."

Tactics, then, play a vital role in winning in the 800 meters. Strangely, Seb Coe the world record holder at the distance, has won the 1500m twice but never the 800m in the Olympic Games. In 1980, running a poor tactical race from the rear but displaying a powerful kick, he finished second to his team-mate Steve Ovett. Ovett ran very aggressively, bolting to the lead, and also running a powerful homestretch drive to the finish. Coe remained bunched in the rear, hoping to use his famous kick; but the gap was much too much to make up.

Tactics and Splits

On race day the tactics to be pursued are usually based upon an assessment of the opponent's strengths and weaknesses. Usually one opponent stands out as the competitor to beat. The assessment then should be matched up with one's own attributes and vulnerabilities.

1. What will it take to win?
2. What time do I have to run to win?
3. Where will my opponents be if I run the planned splits?
4. What can I run the last 200m in if I run the planned splits?
5. What oxygen debt will I incur with a 53.5 split?

Desired 800m	400m Split	600m Split
1:51.5	53.5-54.0	1:23 (28.5)
1:49.5	52.5	1:18.5 (28.0)
1:46.5	51.5	1:18 (28.0)

Physiology of 800m Running

Terminology

1. Vital Capacity
   This is the volume of gas that can be expelled from the lungs following a maximal inspiration. Trained athletes can expel about 5.79 litres. Untrained males of the same age can expel about 4.8 litres.
2. MBC
   Maximum breathing capacity is the volume of air that can be breathed per minute. Trained male distance runners have an MBC of 208 litres per minute. Untrained males have an MBC of about 120 to 170 litres per minute.
3. Oxygen Debt
   This refers to immediate detonation of energy that depletes the stored oxygen in the muscles. Oxygen debt is the excess oxygen used to restore and resynthesize the anaerobic stores and bring everything back to it's original state. The larger the oxygen debt that can be incurred usually the better the performance. A debt of 12 litres of oxygen is not uncommon among superior sprinters. This debt capacity is assigned at birth and training can do little to improve this dimension.
4. Maximum Oxygen Uptake
   This is the capacity of the body to consume oxygen during exhaustive exercise. This capacity is dependant upon pulmonary ventilation, cardiac output, and the oxygen-carrying capacity of the blood. This measure is taken with maximal oxygen intake in litres per minute correlated with body weight. Superior middle distance runners range between 72.3 to 81.4. A higher oxygen uptake is not always a predictor of success in middle distance or distance running.

A Long Sprint

A closer examination of the world record (held by Wilson Kipketer) would suggest that the event is nothing short of a long sprint, averaging out to 50.865 per lap and 25.43 per 200m. It is also now common for world class 800m runners to run the first lap in 49.5 and not slow down perceptively. However, in the later stage of the race, usually at 600m, everyone will begin to slow down, and the runner who is able to hold his form and slows down the least will be the winner.

This dead sprint kick / finish that characterises most 800m races means that runners are in a mostly anaerobic state, as they are relying on glucose for energy to finish the race. But without oxygen to break down the glucose there is a backup in the cycle, causing lactate to be the end product of glycolysis itself. The tremendous build-up of lactate causes the acidity in the muscle and the cramping. Simply stated, the demand for oxygen exceeds the supply, thus the slowing of the pace. Training in this state at times will greatly benefit the 800m runner.

It has already been established that the 800m is approximately 57% aerobic and 43% anaerobic. In terms of racing tactics and strategy, depending upon the runner's personal record for 400m, this metabolic load can shift dramatically. It the runner's personal record is 48 seconds and the first lap is run in 50 seconds, a sizeable oxygen debt has been incurred. The debt is probably about 90% or 60-40% for the first lap. If the anticipated next lap is 53 seconds this would be difficult because of the metabolic load and coping with acute acidosis. Specialised anaerobic endurance training will help the runner meet these physiological demands in the later stages of the races.

Anaerobic Training

Anaerobic training is done at about 80% of the VO_{2max} or 80-95% of the maximum heart rate.

Aerobic Training

Aerobic training is done at 55 to 75% of the VO_{2max} or 70-80% maximum heart rate.

Anaerobic conditioning in lay terms is comfortably hard (lactate ventilatory threshold). Aerobic training is usually referred to as moderate, where increasing the pace would begin to feel uncomfortable.

The 800m requires speed, anaerobic endurance and strength. The shorter the race the greater the anaerobic effort needed. The runner who depends largely on aerobic conditioning (over 75 miles per week) and ignores that fast-twitch high-intensity training will be ill-prepared for racing or an opponent's challenge at the later stages of the race.

Little benefit or measurable cardio-respiratory improvement is derived beyond more than 60 to 75 miles per week for elite runners. For young developing runners mileage should be kept well below this average.

Adaptive Compensation

At the conclusion of a training phase, the recovery or tapering leads to reversibility then to adaptive compensation. Improved competitive performances should follow if specific stresses were appropriately applied during the phases.

What Research says about the Anaerobic Mechanism

All things being equal, the person who is able to delay the use of his energy reserves will be able to do more work.

Long continual running places the greatest stress on aerobic mechanism. However, studies by researchers have indicated that the reserves for anaerobic work have a role in prolonging aerobic activity. When running anaerobically, the stored reserves of the body are utilised. Glycogen then is broken down

into lactic acid. However, in interval training the relief period between the running components will delay the accumulation of lactates, allowing more intervals to be performed.

In running at a continual pace at a longer distance, if the pace is moderate, the supply of oxygen taken in should be able to meet the body's demands to perform the work. But if the pace is such that the demand for oxygen is inadequate to meet the unoxidized fuel, then there will be a backup and an accumulation of lactic acid.

Research indicates that interval training (the concept of running fast shorter distances with brief periods of relief) not only develops the anaerobic mechanism (that is, a tolerance for oxygen debt) but stresses the aerobic mechanism as well.

After a few fast sprints where energy is supplied anaerobically, the metabolic process then turns to the aerobic mechanism to supply energy for further work. Dill reports:

"Training at short distances at rates faster than competitive pace results in an increased capacity for supplying oxygen and at the same time commits higher levels of energy exchange before the lactates begin to accumulate. In maximal work, the athlete is able to supply more oxygen and also contract a greater oxygen debt as a result of this training programme."

Madrid, 4.3.05. HELEN CLITHEROE. photo by Mark Shearman.

For minimal improvement in the cardio-respiratory system a runner must elicit a heart rate of at least 130 bpm or 50% of the VO_{2max}. To improve endurance, therefore, a person during his / her training phases must run at a pace that will produce a maximal heart rate and a VO_{2max} or near to it. Continuous running and interval training should be well balanced in a good running program.

Specificity

Much has been written recently about the specificity of training. Perhaps the intended outcome has been overlooked. Training at race pace or faster instills a fast running style that develops into a more efficient running rhythm and an easier transformation for a higher heart rate during competition. The ability to maintain a higher heart rate than your opponents' will enable the runner to avoid an early oxygen debt and result in victory.

Target Heart Rates for Training Sessions

The target heart rate of 120 bpm has long been the recovery rate before returning to the next fast paced run. However, it would be wise for the 800m runner to use 134 bpm, to keep the runner in a lactate environment, instead of returning to 120 bpm. Steady high state continuous running with a heart rate of just below the anaerobic threshold is still another method of using critical or target heart rate for improving both the anaerobic and aerobic mechanism.

Competition

1. During the preparation phase the first competition should be over distance.
   - 800m runners will run the mile or 1000m
2. Preparation phase second competition:
   - 800m runner will run 500m or 400m
3. Early Competition:
   - Run 1000m or 800m

   Note: Peak form can be held for only a short period of time. Tapering of volume and over-load will help avoid overtraining and fatigue.

Workouts by a Few Notable Middle Distance Runners

Eamonn Coghlan, Villanova, NYAC and Ireland, world record holder for the indoor mile:
"I like to run on rolling hills at a high state for endurance. I often run 400 repeats with a group up to 15 repeats with average recoveries."

Craig Masback, former Princeton mile great:
"I often ran ladders, my recoveries were just enough to keep a mild lactic acid state."

Mal Whitfield, Ohio State, great Olympic champion 1948, 1952:
"I often ran on golf courses for my base work at a quick pace. My preparation often included progressive repitions of 300m with very short recoveries, up to 15x300."

Tom Courtney, 1956 Olympic champion:
"I liked to do 300m repeats, often 5x300 at 90% with full recovery."

Fred Dwyer, former Villanova mile great and Manhattan College Coach (retired):
"I like to give the 800m runners broken 800s: run 600m, jog 200m then kick 200m repeated up to 4 times, at 75 to 80%. The most important thing in middle distance success is character."

Lindy Remigino (author):
"In working with my middle distance runners (Gene Tetreault 1:51.6 880

yds, 1962 national champion; Daryl King 1:51.5 880 yds 1972; Mike Remigino 1:49.95 1987) I often used 4x400m and 4x200m but saved a 400 for the finish, average 200 at 27 seconds and the last 400 after full recovery in 51.8 seconds for Mike."

Conclusions

1. Although the aerobic phase in training is continued throughtout the various phases of the macrocycle, it is the interval training component that actually prepare the 800m runner to compete in an acidic state.
2. Peaking refers to running your best competitive times when they mean the most during your major competitions. It is paramount therefore that the coach and athlete carefully plan a year-long macrocycle that will bring about an adaptive compensation when it counts.
3. Objectives for middle distance runners should include:
   - Speed
   - Strength
   - Flexibility, and
   - The development of a fast running style that is efficient and economical
4. Work loads should be progressive by gradually increasing
   - Intensity
   - Number of repetitions
   - Volume, and
   - Shortening recovery
5. Remember that good training sessions will instill confidence and character to compete at a high level; often it is the spirit that makes the difference.

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Roll of honour

Since its foundation in 1963, the BMC has had numerous officers who helped to make the club the thriving organization it is today. Here, we pay homage to the work they did:

Martin Wales - Membership Secretary

Alf Wilkins - Treasurer

Brian Boulton - Secretary

Alec Thompson (Deceased) - Secretary

Charles Booth (Deceased) - BMC News Editor

Ray Williams (Deceased) - Membership Secretary

Greg Moon - Secretary

Tony Ward - Chairman

Bill Bennett - Equipment Secretary

Harry Wilson (Deceased) - Chairman

Eddie Powell (Deceased) - North West Secretary

Tony Saunders - Midlands Secretary

George Gandy - Midlands Secretary

Cecil Smith - Eastern Counties Secretary

Cyril Jerome (Deceased) - Vice Chairman

Neville Taylor - Vice Chairman

Gordon Surtees - North East Secretary

Dave Cocksedge - BMC News Editor

Peter Orpin - Vice Chairman

Gordon Pirie (Deceased) - Chairman

George Barnes - North West Secretary

Peter Shaw - North West Secretary

William Anderson - Membership Secretary

Mike Rezin - Secretary

Janet Cole - Committee Member

Barbara and Kim Lock - South West Secretaries

Ann Hill - Wales Secretary

Current holders of office with the BMC committee have been omitted. Please notify us of any omissions.

BMC Academy young athletes course

The April Young Athlete course at Ardingly College in Sussex had record attendance with nearly 160 people making the course a sell-out, The course was led by the chairman of the BMC Academy, himself a former English Schools winner and GB international athlete, David Lowes. Some of his best youngsters in the country including English Schools winners and many county champions aged 13-19 took part. Though the course is open to any young distance athlete, prepared to work hard to improve. The coaching staff included coaches to Olympians, John Cooper, Dave Arnold and the BMC's founder Frank Horwill.

The college located in beautiful countryside, made an excellent venue for some very hard training, starting with morning runs at 7.00 am. Athletes them completed 2 track sessions on the first day and one on the 2nd followed by a (thankfully easy) circuit session with lectures and time to relax mixed in between sessions. Sessions were hard but achievable, with athletes being divided into groups based on their p.b.'s, each squad under direction of a member of our experienced coaching team. The next course will be at Ogmore in South Wales in September with a follow-up course in November at a new venue to be announced in the north of England. Look out for details on the BMC website closer to the time and book early to secure a place.

Ollie Wright

Ardingly 2005

Ardingly 2005

Rudolf Harbig

Training sessions as listed in "Unvergessener Rudolf Harbig", by Gerda Harbig, pubished by Verlag der Nation, Berlin, 1955.

1938:

11 December
Training the woods
30 minutes warm-up, 15 minutes running round trees, 800 metres running uphill, Light gymnastic work, 1000 metres running, 1000 metres walking, 2000 metres running, 2000 metres walking, 3000 metres running

16 December
Track training
45 minutes warm-up, 1000 metres in 3:05, 15 minutes walking, 1000 metres in 3:02, 10 minutes walking, 1000 metres in 3:11.

1939:

27 January
Track training
30 minutes warm-up, 1200 metres running, 15 minutes walking, 600 metres running at a sharp pace, 10 minutes walking, 500 metres running.

29 January
Training in the woods
45 minutes warm-up, 2000 metres running, 20 minutes walking, 300 metres running.

22 February
Track training
20 minutes warm-up, 5 x 300 metres in a short period of time

30 March
Track training
30 minutes warm-up, 1000 metres in 2:41.3, 15 minutes walking, 600 metres in 1:32, 10 minutes walking, 600 metres in 1:33.

13 April
Track training
30 minutes warm-up, then with 5 minutes rest between each 200 metres in 23.8, 23.8, 24.3, 10 minutes walking, 600 metres in 1:25.3.

23 April
Track training
30 minutes warm-up, 800 metres in 2:11, 15 minutes walking, 800 metres in 2:02, 10 minutes walking, 600 metres in 1:28.

2 May
Track training
20 minutes warm-up, then with five minutes rest between each 200 metres in 23.2, 23.8, 24.6, 24.7, 24.2.

1 June
Track training
20 minutes warm-up, then from a crouch start position 2 x 30 metres, 2 x 50 metres, 2 x 80 metres, 1 x 150 metres, 1 x 200 metres, 1 x 400 metres.

6 July
Track training
25 minutes warm-up, 300 metres in 38.2, 5 minutes walking, 300 metres in 38.2, 10 minutes walking, 500 metres in 1:11, 15 minutes walking, 200 metres in 24.0.
On 9 July he won the national 800 metres title in a German record 1:49.4.

13 July
Track training
(his last session before setting a World 800 metres record of 1:46.6 in Milan on 15 July)
20 minutes warm-up, 600 metres in 1:27, 10 minutes walking, 300 metres in 36.9, 10 minutes walking, 500 metres in 1:16.7.

8 August
Track training
(four days before setting a World 400 metres record of 46.0 in Frankurt am Main)
20 minutes warm-up, 250 metres in 30.2, 10 minutes walking, 250 metres in 30.6, 10 minutes walking, 250 metres in 30.2, 10 minutes walking, 250 metres in 29.8.

Harbig set a world record of 1:46.6 on July 15th 1939 on the 500 metre track at Milan. Partly due to the war it lasted until August 1955. His training was advanced for the time and a section of his work-outs are shown below. It perhaps needs noting that he also achieved a 46.0 400 in 1939. He was, therefore, never far from speed.

Birmingham, 18.2.05. KELLY HOLMES (Gt. Britain) wins the 1,000m. photograph by Mark Shearman.

Physiological testing

An important factor in the training of junior middle distance athletes

by Cheyne Sherman and Steve Selig, Australia

The authors outline universally accepted physiological testing procedures for middle distance runners, emphasizing the importance of ongoing testing to guide junior athletes. The article is an extract from a long-term study conducted in an attempt to reconcile testing data with actual racing performances.

Successful athletic performance is the result of a combination of many factors. Physiology, biomechanics and psychology are three areas that sport scientists have been researching to improve athletic performance. Although many studies have been established in the physiological area, few have adopted a long-term analytical approach with elite junior track athletes. The purpose of this article is to emphasise the importance of ongoing physiological testing of junior athletes.

Physiological Testing

Middle distance track coaches should recognise that the most consistently effective method of preparing their atheletes for competition is by using a programme based on proven scientific principles (MacDougall, Wenger and Green, 1982). It seems generally accepted by these coaches that performance is related to a potentially identifiable set of basic variables related to the middle distance events (Pollock, et al.).

Sport sciences, such as physiology, biomechanics and psychology may be blended to assist training and performance. Sport sciences should be used by coaches to enable their athletes to reach full potential.

Ongoing physiological testing is one method of employing sport sciences. Testing reveals the athlete's strengths and weaknesses relevant to his / her event. It also provides baseline data for individual training programs and at the same time provides information about the health status of the athlete. Although not yet a tool for predicting future gold medallists (MacDougall, et al.), laboratory testing has provided feedback for evaluating the effectiveness of a given training program.

Testing should be repeated at regular intervals and preferably after the different phases of training. "One-shot" testing is of little practical value to the athlete (MacDougall, et al.). The physiological testing considered in this article is restricted to anthropometric and energy system measurements. Anthropometric measures included height, weight and percent body fat. Energy system measures included maximum aerobic power, anaerobic threshold and post-exercise blood lactate levels.

Anthropometric Measurements

Anthropometry refers to the scientific specialisation of measurements to appraise human size and proportion. These measures put individual athletes into objective focus and provide a clear appraisal of the structural status at any time. Anthropometry also provides the quantifications of differential growth and training influences (Ross, Brown, Marfell-Jones and Stirling).

Some of the literature referring to the height and weight of middle distance athletes is summarised in table 1. Based on these studies heights ranged from 176-185cm and weights ranged from 63-73kg. On the other hand, an athlete may lie outside those ranges. Sebastian Coe, the world record holder for 800m, is 175cm in height and had an average racing weight of 59kg (Miller).

Percent body fat for trained middle and long distance male athletes is usually well below the normal non-athlete range of 12.0-16.0%. A range of 4.0-9.6% body fat has been noted for track athletes and in a study of middle and long distance male athletes, the high

AUTHOR	SUBJECTS	n	MEAN HEIGHT (cm)	MEAN WEIGHT (kg)
Pollock, et al., 1980	USA elite squad	12	-	63.6
Taunton, et al., 1981	Highly trained squad	8	179.7	67.8
Schnabel/ Kindermann, et al., 1983	German national squad	14	184.6	72.4
Miller, 1984	Olympic competitors	-	177.8	65.8
Svedenhag/Sjoedin, 1984	Swedish elite squad	6	184.0	70.4
Ready, 1984	Highly-ranked squad	7	176.7	67.0

Table 1:. Data on the average height and weight of male middle distance runners.

level ranking group (n=12) averaged 5.8% body fat and the lower level "good" athletes (n=8) averaged 6.9% (Pollock, et al.).

Ready's (1984) study of highly-ranked American middle distance male athletes (n=7) reported an average percent body fat at 7.8%. Clearly, research has shown that world class runners have lower percent body fat values then the average adult population or most other athletes (Pollock, et al.).

Maximum Aerobic Power

Maximum aerobic power (VO 2max) is quantified as the maximum amount of oxygen which the body can consume per unit of time (MacDougall, et al.). Alternatively, to standardise for different body sizes, or to relate to weight bearing activities, VO2max is reported as the maximum amount of oxygen consumed per kilogram of body weight per minute.

Factors that affect the body's maximum aerobic power include the transport of oxygen by the lungs and the blood, the latter also depending on the efficiency of the heart pump. Nearly all of these capacities can be improved through properly designed training programs. Training frequency, intensity and duration have also been noted as important factors directly related to improvement in VO2max. Depending upon the quantity and quality of training, improvement in VO2max ranges from 5% to 25%.

According to MacDougall, et al., periodic testing of aerobic capacity is highly relevant for middle distance track athletes. The testing can help to determine the emphasis which should be placed on aerobic training and the type of aerobic training that should be employed by the designer of a running improvement program. Information from longitudinal aerobic capacity testing may assist in determining the rate at which a program is eliciting changes. Other investigations have reported improvements of VO2max of between 15% and 20% (Dick, MacDougal, et al., Saltin). Another important aspect of frequent and regular testing is to uncover factors causing unexpected declines in performance in the developing athlete. These may be explained by the occurrence of growth spurts, nutritional imbalances or medical factors, e.g soft tissue damage, hormonal imbalances (MacDougall, et al.).

Measurement of aerobic capacity is of great value in predicting competitive potential if the sport requires a maximal continuous energy expenditure over 45 seconds. Since middle distance running refers to those events from 800m to 1500m, and times to complete these events are more than 60 seconds, aerobic power is an important factor in the performance level.

If the measurement of VO2max is to be of any value to the athlete, the testing must be controlled and specific to the sport. Consequently, VO2max of runners should be measured on a treadmill (MacDougall, et al.). The reported VO2max range for Canadian international male middle distance runners was 70-86 ml/kg/min (Canadian National Coaching Certification Program, Level III). The range for Swedish middle distance male athletes was 74-77 ml/kg/min (Dick). German national middle distance athletes (n=14) had a mean VO2max of 67.1 + 3.4 ml/kg/min (Schnabel and Kiddermann, 1983). American Division 1 cross-country runners (n=12) had a mean value of 72.1 ml/kg/min (Bulbulain, Wilcox and Darabos).

Anaerobic Threshold

During intense exercise, anaerobic metabolism accelerates, producing lactic acid which must be dispersed rapidly if fatigue is to be delayed. This means that as the exercise intensity increases, lactate accumulates rapidly in the blood (MacDougall) although some is removed by the liver and other less metabolically active tissues, such as inactive muscles (Kowalchuk, et al.). The anaerobic threshold has been defined as the power output just below that at which lactic acid levels begin to accumulate in the blood.

An athlete's anaerobic threshold may help to determine his/her sustainable running for a prolonged exercise. Just as VO2max can be improved through training, the anaerobic threshold can also be elevated (Ekblom et al., Davis, et al.) possibly even more than VO2max levels. It has also been found with distance runners that their velocity at anaerocbic threshold is closely related to some endurance performance tests (Farrell, Wilmore, Colyle, Billing and Costill, Sjodin and Jacobs).

The problems for the detection of the anaerobic threshold have been identified and reviewed (Bueno, 1990). For the purpose of this analysis, the anaerobic threshold was detected from alterations in gas exchange parameters (graph inflection of ventilation / carbon dioxide production and ventilation / oxygen uptake). The importance of measuring anaerobic threshold for middle distance athletes is of less relevance and importance than for longer distance athletes (MacDougall, et al.). This is mainly due to the middle distance athletes competing at intensities which exceed their anaerobic threshold at which point tolerance of blood lactate levels becomes the determining factor for their performance.

Blood Lactate Levels

During moderate to intense excerise, the blood lactate level rises above the resting level. When the blood lactate levels are at a steady state, such as in long distance running, lactate appearance and removal rates from the blood are equal (Brooks and Fahey). In

contrast middle distance track athletes exhibit rising lactate levels during performance, due to the greater intensity and shorter duration of their events.

Middle distance athletes need to metabolise glucose much more rapidly (and hence a large contribution by the anaerobic system) than long distance athletes, thereby producing large amounts of lactate which accumulate during the latter part of the race and therefore must be "tolerated". Superior athletes are able to remove lactate more readily from the blood and the muscles.

In a study of German national-level middle distance athletes (n=14) with mean 800m times of 1 min. 49.1 sec. +1.9 sec., the maximum blood lactate levels after exercise to exhaustion averaged 17.47 mmol/l (Schnabel and Kindermann, 1983). In an other study, eight highly-trained middle distance male subjects averaged 15.0 + 0.4 mmol/l after a maximal treadmill exercise (Taunton, et al.).

Svedenhag and Sjoedin measured the best middle distance male runners (n=6) in Sweden and discovered a difference in blood lactate levels in the field compared to the laboratory. Field measurements of blood lactate levels, taken three minutes after major competitions, averaged 18.4 + 1.5 mmol/l, while laboratory measurements, taken 30 seconds after treadmill running to exhaustion (VO2max), only averaged 12.3 mmol/l. It is interesting to note in a later study by Svedenhag and Sjoedin that a significant difference in blood lactate levels occurred when measurements were taken at different stages of the training year.

I was a long distance runner!

Alastair Aiken interviewed Andre Bucher for the BMC.

Andre Bucher joined his running club Lake Luzern, in Switzerland, when he was ten years old and first ran in a local race.

It was at the age of fifteen that he started to take athletics seriously. He qualified for the World Junior Cross Country Championships in Budapest in 1994. "I remember that as I came in the 90's out of 186 and was disappointed. I ran very badly. I realised that to be good at long distance I needed to be a good 1500m runner. I changed my training under my coach Andy Vojtly. whom I have been with for nineteen years now. I ran 3:48 for 1500 and qualified for the World Juniors."

Bucher came second in those Championships at Lisbon in July 1994 doing a time of 3:40.6 but, a very significant event happened the year before, when he ran 1:56.40 for his first ever 800m.

'It was a training race with the club and I had done no work for the middle distance at the time, as I hoped to be a long distance runner.'

He went on to obtain a degree at 21, as a primary school teacher, then went to Australia where he lived for a while, came back to study history at Berne University.

'The problem was with our university system, was that it is not made for being a serious athlete as you have to attend the lectures. I tried to do both. I wanted to have a social life as well as being an athlete not to do 24hours of running and studying. I did want to give 100% effort to my running so, I decided to do athletics full time. I had my degree and could do a job or study later on, when I ended my athletics career in my 30's. The Olympics were coming up so I wanted to do them'

In 1996 in Barcelona Bucher was fourth in the Semi-final of the 800m in 1:46.41 and ran 3:38.44 for 1500 that year. He improved his 800m time to 1:45.3 in 1997. In 1998 he ran 1:44.96 and 1:42.92 in 1999. In 2000 in Sydney at the Olympics he was fifth in the final won by Nils Schumann of Germany in 1:45.08. Bucher's time was 1:45.40.

It was after that Andre Bucher had his 'Purple Patch'. It was 2001 and he describes that, 'I was in great shape I could basically do whatever I wanted to tactically in my races and would nearly always win the race.'

In the World Championships in Edmonton Canada the first three in the final were:-

1 Andre Bucher in 1:43.70, 2nd was William Bungei (Kenya) 1:44.55 and 3rd Pavel Czaplewski (Poland) 1:44.63.

'It was a lucky race for me actually in 2001. Bungei was in the field. He had only one chance and that was by going out fast and running a fast race. I prefer that. I took up the lead with 300 to go and finished by winning in 1:43.70 which was quite good for a final of a World Championship and Bungei got the silver medal so, we both got lucky at the end and won medals, which was nice and that really completed the season for me'

Bucher had a stress fracture in the early part of 2002 but managed to come back to gain a silver medal in the European and ran a season's best in Brussels of 1:43.93 and he won the Grand Prix over 800 at Crystal Palace in 1:45.56.

How long will he continue with his racing then. 'Till 2008 which will be another stage but I will be 32 then. I think that will be about the time I will think about retiring as a competitor but hope to still keep running for many years.'

What did he consider were the qualities of his coach then!

' He does not tell the athlete what he has to do. He is more a mentor and a guide to me than really standing there and saying you have to run faster. I think I am a pretty independent athlete. At this stage I can do my own training programme. He still overlooks it and we can discuss it."

How do we rate in the World & Europe?

The stats shown below indicate the rankings (on best recorded performance in 2004) of the leading British 800 and 1500 performers. The figures alongside reflect where that performance placed on the known World and European lists eg Tom Lancashire's 3:42.8 was 270th in the World and 86th in Europe.

We had nine men down to eighty-eight at 800 and thirteen to eighty-six at 1500 in Europe, does that suggest, at that level we are stronger at 1500? The argument is open.....In the World list we have but three in the top 800 list but five at 1500 . The women have four at 800 in the top 100 and five at 1500. The stats are thought to be complete but given the odd omission will still give a firm indication of our standing.

Mens 800

World Ranking	European Ranking	Time	Name
49	20	1:45.70	Rick Soos
71	26	1:46.27	Michael East
99	37	1:46.64	James McIlroy
111	40	1:46.78	Neil Speaight
128	47	1:46.95	James Nasrat
138	51	1:47.05	Joel Kidger
202	75	1:47.84	Matt Shone
203	76	1:47.86	Sam Ellis
228	88	1:48.07	Jimmy Watkins
269	110	1:48.41	Neil Dougal
282	114	1:48.52	Chris Mulvaney
294	121	1:48.59	Tom Lancashire
305	125	1:48.64	Michael Rimmer
321	132	1:48.75	Damien Moss
382	157	1:49.08	Tim Bayley
385	159	1:49.09	Chris Moss
387	161	1:49.09	Anthony Whiteman
398	169	1:49.16	Rob Watkinson
388	162	1:49.1h	Andrew Brown
418	179	1:49.28	Michael Coltherd
424	183	1:49.33	Raymond Adams
419	180	1:49.3h	Andy Baddeley
443	191	1:49.42	Gareth Balch
507	217	1:49.74	Chris Gowell
514	219	1:49.78	Gavin Messingham
532	227	1:49.87	Ian Munro
549	233	1:49.92	Rob Hooton
556	235	1:49.97	Stephen Davies
559	237	1:49.99	Chris Reynolds
545	229	1:49.9h	Michael Skinner
587	247	1:50.10	Ed Jackson
643	264	1:50.28	Steve Fennell

Womens 800

World Ranking	European Ranking	Time	Name
2	2	1:56.38	Kelly Holmes
47	26	2:00.57	Jo Fenn
48	27	2:00.71	Susan Scott
74	45	2:01.26	Rebecca Lyne
103	65	2:02.19	Hayley Tullett
132	82	2:02.90	Lisa Dobriskey
153	90	2:03.32	Karen Harewood
154	91	2:03.34	Charlotte Moore
173	106	2:03.59 mx	Helen Clitheroe
185	115	2:03.71 mx	Charlene Snelgrove
182	113	2:03.71	Marilyn Okoro
186	116	2:03.73	Laura Finucane
187	117	2:03.76	Joanna Ross
201	127	2:03.9h mx	Charlotte Best
266	160	2:04.91	Danielle Thornal
273	162	2:04.99	Catherine Riley
287	168	2:05.32	Hayley Ovens
293	170	2:05.38	Rachael Thompson
315	179	2:05.67	Michaela Hutchinson
349	192	2:06.18	Nikki Hamblin
396	222	2:06.74	Lesley Clarkson
407	228	2:06.84	Faye Fullerton
464	255	2:07.28	Helena Tobin
472	260	2:07.38	Hannah Whitmore
479	264	2:07.43	Lucy Vaughan
496	274	2:07.55	Jane McKay
506	280	2:07.63	Tina Brown
534	292	2:07.89	Hayley Beard

669	279	1:50.35	Darren St.Clair
681	286	1:50.38	Grant Baker
648	267	1:50.3h	Tom Mayo
695	292	1:50.44	Jamie Watkins
707	299	1:50.47	Stuart Bailey
709	300	1:50.48	Tim Alexander
711	301	1:50.48	James Brewer
684	288	1:50.4h	Angus MacLean
685	289	1:50.4h	Oliver Teasel
721	306	1:50.50	Myles Barrett
742	312	1:50.59	Andrew Fulford
761	323	1:50.65	Lee Merrien
773	330	1:50.70	Adam Bowden
788	335	1:50.72	Colin McCourt
774	331	1:50.7h	Sam Coombes
804	339	1:50.80	Andrew Sherman
818	344	1:50.85	James Minter
839	353	1:50.90	Mark Mitchell
849	357	1:50.95	Ben Green
863	360	1:50.99	Terry Feasey
864	361	1:50.99	Chris Bolt

Mens 1500

World Ranking	European Ranking	Time	Name
15	4	3:32.37	Michael East
52	16	3:36.55	John Mayock
61	19	3:37.06	James Thie
73	22	3:37.60	Anthony Whiteman
121	35	3:39.11	Andy Baddeley
129	38	3:39.50	Nick McCormick
167	54	3:40.43	Chris Mulvaney
178	60	3:40.86	Angus MacLean
186	63	3:41.04	Chris Thompson
233	73	3:42.01	Tom Mayo
240	77	3:42.11	James McIlroy
255	82	3:42.35	Michael Skinner
270	86	3:42.48	Tom Lancashire
311	101	3:43.27	Chris Davies
318	105	3:43.38	Gareth Price
321	106	3:43.4h+	Mohammed Farah
343	114	3:43.69	Andrew Graffin
354	119	3:43.91	Colin McCourt
365	125	3:440.1	Gary Davenport
364	124	3:44.0h	Scott Overall

Womens 1500

World Ranking	European Ranking	Time	Name
1	1	3:57.08	Kelly Holmes
17	15	4:03.47	Hayley Tullett
36	28	4:04.82	Helen Clitheroe
70	45	4:08.14	Lisa Dobriskey
88	53	4:09.54	Jo Fenn
100	60	4:10.34	Hayley Ovens
106	62	4:10.56	Susan Scott
137	71	4:12.50	Jo Pavey
151	80	4:13.4h mx	Charlotte Moore
161	85	4:14.00	Natalie Lewis
182	100	4:15.02	Faye Fullerton
189	105	4:15.24	Dani Barnes
192	107	4:15.48	Catherine Berry
215	123	4:16.42	Tina Brown
228	127	4:16.85	Freya Murray
265	146	4:17.98	Sarah Salmon
275	150	4:18.09	Natlie Harvey
279	153	4:18.15	Debbie Jones
293	157	4:18.45 mx	Nikki Hamblin
349	175	4:20.07 mx	Jo Ankier
362	183	4:20.41	Jane Potter
386	196	4:20.96	Katrina Wooton
387	197	4:20.97	Susie Anderson-Bush
395	201	4:21.21	Hayley Yelling
427	211	4:21.76	Vicky Gill
483	235	4:22.68 mx	Claire Entwistle
511	252	4:23.31	Morag MacLarty
524	257	4:23.55	Non Stanford
555	266	4:24.2h mx	Joanna Ross
557	267	4:24.2h	Sophie Morris
558	268	4:24.2h	Danielle Christmas
572	273	4:24.45	Sarah Maude
581	275	4:24.55	Barbara Parker
599	282	4:24.76 mx	Karen Hill
604	284	4:24.86	Laura Kenney
610	286	4:24.9h	Emily Pidgeon

396	143	3:44.33	Steve Sharp
399	145	3:44.36	Adam Bowden
403	148	3:44.39	Neil Gamester
409	152	3:44.44	Chris Warburton
411	153	3:44.46	Ed Jackson
412	154	3:44.46	Tom Carter
435	162	3:44.71	Lee Merrien
455	172	3:44.98	Richard Ward
457	173	3:44.98	Tom Ranger
464	177	3:45.01	Kris Berry
465	178	3:45.01	Michael Smart
477	186	3:45.23	Phil Tedd
487	190	3:45.29	Kevin Sheppard
495	192	3:45.32	Richard Ashe
532	205	3:45.71	Chris Bolt
543	211	3:45.81	Andrew Sherman
561	222	3:45.93	Matt Shone
567	225	3:46.00	Mark Draper
620	250	3:46.58	Tom Snow
655	265	3:46.84	Paul Miles
656	266	3:46.85	Joel Kidger
670	273	3:47.0h+	Andrew Hennessy

Birmingham, 18.2.05. JAMES THIE. photo by Mark Shearman.

BMC Academy

Following a recent restructuring of the BMC, we have now started the BMC "Academy" our Young Athlete arm. This will be led by its Chairman David Lowes and will focus on the needs of the next generation of distance runners, the future of our sport. New money from our sponsors NIKE and SPORTSMATCH will allow us to greatly expand the activities we offer to under 20s. We already have in place training weekends for Young Athletes, at Ogmore in South Wales and Ardingly in Sussex, but we will now be able to add a third course to our programme, which provisionally will be in Derbyshire in November. We also hope to announce regional training days around the country to spread the BMC message. Athlete's will still of course have to run a qualifying time, before applying for membership. The standards for this have been re-drawn and you may now qualify as an under 17 male on the basis of a 400 metre time or as an under 17 female on a 300 metre time. This is to help developing 400/800 types into the club. Needless to say though, they will be encouraged towards middle-distance events, we are certainly not branching out to be a sprints club ! Cross country or more endurance based athletes, can qualify via a 3000 metre time if their existing times at the shorter distances are weak. The existing membership of the BMC who are currently aged under 20, will now automatically be deemed to be members of the Academy. On reaching senior age, an Academy member will then have to run a senior's qualifying time to join the main part of the BMC. Obviously though, the two arms of the BMC will work extremely closely together, often sharing the same personnel and resources.

We also be greatly expanding our race program for Young Athlete's (see fixture list) and hope to introduce some new and distinctive BMC Academy kit in the foreseeable future. Coaches (who may of course join the BMC itself) will be warmly welcomed at Academy activities. We believe it is essential to work with the coaches of our membership and that we have their support. You can contact the Academy by emailing me, (the secretary) at Wwrightollie@aol.com. We would like to thank both NIKE and SPORTSMATCH for their generous support.

Ollie Wright

Racing skills and movement patterns in middle distance running

by Chris Falcke, Australia

Racing skills and running action are often overlooked in middle distance running training. The following text looks into four racing stages and the major technical factors that influence performance.

There are four basic points that need to be considered in the coaching of middle distance runners. Keep in mind the following:

- It is always likely that an athlete with superior ability or fitness will be able to defeat a lesser athlete. But in the races that really count there are often equally talented or better athletes. Such races are not necessarily won by the supposedly best athlete.
- The athlete who is capable of covering the race distance in the fastest time does not always win. This state of affairs occurs because middle distance runners are not protected from each other by running lanes. Interference and tactical actions can and do have a significant effect on the result of a race, especially when the athletes are of similar standard.
- There can be a big difference between running a race and racing, even though many athletes and coaches seem unaware of the distinction.
- Many athletes know what to do in a race. That is, they understand what is tactically required. But unless they are able to actually do it when required… "goodbye – that's all she wrote."

Race Stages

High-level middle distance races are made up of four distinct stages, which can be identified:

STAGE ONE:
Accelerating from the start
The efficient athlete will accelerate from a coordinated position with strong emphasis on leg drive and corresponding arm action. The leg drive emphasis will be maintained until the required pace is achieved. With this in mind, pace judgement is a skill which must be developed. Weakness in this area may result in poor race positioning or wasting too much energy in the early stages.

STAGE TWO:
Cruising along at race pace
The efficient runner will be able to maintain a fast race pace without working at maximum effort. There will no longer be an emphasis on leg drive and lower leg extension will develop to some extent.

At this stage, too many athletes run conservatively instead of efficiently. Therefore, when exposed to a faster race pace that they are used to, such athletes have to expend too much energy, too early, to keep "in touch", or yield an unacceptable lead to their opponents.

STAGE THREE:
Working hard to maintain race pace
When race pace becomes difficult to maintain the efficient athlete will again emphasise leg drive to a progressively greater extent, to combat developing fatigue, or to accelerate to meet the demands of the race.

At this stage, an athlete with poorly developed leg drive capability will either attempt to increase stride length by "reaching", or will increase leg speed prematurely. In both cases the athlete will suffer at the business end of the race.

STAGE FOUR: Finishing off the race
At the end of a tough race fatigue will cause leg drive to diminish with a resulting loss of stride length. The efficient athlete will try to maintain pace by increasing leg speed with a supportive contribution by the arms. Similarly, in a less fatiguing race, the efficient athlete will use the increased leg speed to facilitate a more effective finishing kick.

The athlete without this leg speed capability will often be outkicked at the end of a race. In many cases such an athlete will try to overcome fatigue by "reaching" for more stride length, as leg drive fails under fatigue. This is the worst possible reaction, as the loss of posture and hip carriage will cause the athlete to deteriorate faster.

Like any movement skill, the four race stages can only be developed and maintained by regular and frequent practice. Once the athlete understands how to make best use of these movement skills, it should be possible to practice them during any running training session.

It is not enough for an athlete to be able to perform each of these stages, as it is essential that the athlete is also able to shift efficiently from stage to stage. With this in mind, special attention must be given to the development of the transition skills to the extent that an athlete can "change gears automatically or manually". Further, the athlete must be able to perform stages three and four under fatigue, another aspect that needs to be developed.

Efficient Running Action

The four stages in middle distance running discussed above stressed the actions of an efficient athlete. What is an efficient middle distance running action?

As we know speed is a direct result of stride length and leg speed (cadence). The most important factor that affects stride length is how effectively an athlete can apply leg drive. Anything that limits the leg drive will therefore also limit the potential speed.

There are several factors which may affect leg drive, including:

Knee Lift: Being a coordinated animal, completion of the knee lift of the free leg coincides with completion of the leg extension of the driving leg. So if the knee lift falls, leg drive may also be reduced and, up to a point, if knee lift is improved leg drive may increase.

Lower-Leg Extension of the free leg causes transfer of momentum from the upper leg to the lower leg. At this moment knee lift will cease. So, if the lower leg is extended prematurely (as it is when athlete is "reaching") the leg drive may be reduced.

Profound Forward Lean will tilt the pelvis forwards, thereby reducing the potential range of the knee lift. In many such cases the effect on leg drive may be substantial.

Foot Planting and Hip Carriage: To efficiently direct the leg drive towards the rear, the foot placement must allow the hips to pass over the point of contact with the ground without too much delay. An effective leg drive will tend to be directed from and through the hips, resulting in a relatively high hip carriage.

When the foot placement is too far forward of the hips, hip carriage tends to relatively low. When this occurs the hips have to be "lifted" forward of the point of contact before leg drive can be applied.

Foot Placement: Ideally, the ball of the foot will make first contact with the ground in a backwards / downwards action when an athlete is running efficiently. The extent of this ball of the foot contact and the delay until the heel contact will depend largely on the speed of the run.

The commonly seen heel-first foot placement is generally considered to be a safer way to run, as it is less stressful. However, it is more conservative and considerably less efficient. The athlete who runs in this manner usually has a premature lower leg extension, a relatively poor knee lift and a low hip carriage. Such action is okay for "fun runners", but not so good for the aspiring competitive athlete.

Manchester, 26.6.04. TINA BROWN (298) leads from SINEAD DELAHUNTY-EVANS (Ireland, 296), HAYLEY OVENS (299) and NATALIE LEWIS (10) in the women's 'A' 1500m. photo by Mark Shearman.

Pointing the Foot: Occasionally an athlete will attempt to achieve a ball-of-foot contact by pointing the foot. This action is not appropriate, because doing so usually causes premature lower leg extension. The resultant loss of leg drive and correspondingly lower hip carriage make the foot placement comparatively irrelevant.

Poorly Directed Leg Drive: When an athlete directs the leg drive towards the running surface, instead of towards the rear, a somewhat bouncy running action, which is wasteful of energy, will occur. This often takes place when athletes try to get their knees up when they are carrying their hips low or when athletes are overemphasising their knee lift, well beyond the optimum range.

This can also occur when athletes go to a synthetic surface after doing all their training on grass surfaces. The extra bounce from the track and the slight change in timing can cause a slight loss of efficiency. Yet, if the synthetic surface can be trained or raced on occasionally, this problem can often be overcome.

Excessive Reliance on Leg Speed is often recognised in an athlete with a "choppy" running action. Knee lift may be quite adequate, but this does not necessarily indicate an adequate leg drive. The faster the leg speed will often produce sufficient pace to cover up for a poorly developed leg drive, but only up to a point. Such an athlete often likes to "sit" behind the leader and kick home brilliantly, using a fine burst of leg speed. But when the pace is fast all the way, such athletes have to use their leg speed to keep in contact and often fail badly at the end of the race.

Leg Drive and Leg Speed

For any athlete there is obviously an optimum balance between leg drive and leg speed, but this optimum balance may vary according to the running pace, the level of fatigue and other conditions which may be experienced during a race. The limiting factor in increasing leg speed is usually the rate of the upper leg lift. If a faster knee lift is produced, with no loss of leg drive, then an athlete will run faster. This is a very trainable factor and must be developed if an athlete is to be able to efficiently change pace during a race and to contend with fatigue later in the race.

However, there are some problems associated with the increasing of leg speed, including the following:

- In attempting to increase leg speed under fatigue, an athlete may sacrifice some range in the knee lift. Such a loss will cause a further loss of leg drive and will be counterproductive.
- When increasing leg speed, an athlete may fail to control the direction of leg drive. As a result the athlete may appear to be "going nowhere fast" and probably is.
- The legs cannot go any faster than the arms. So an inadequate arm action very often prevents an athlete from effectively increasing leg speed, especially when fatigued.

Arm Action

An effective arm action contributes greatly to an athlete's rhythm and balance and is most important in helping to maintain running form when under fatigue. Many arm actions are adequate for most of the race but are unable to contribute when it really counts.

When most of the arm movement is confined to the lower limb, the potentially more effective upper arm hardly contributes at all. Yet, when it is essential to maintain knee lift and leg drive, the range and effectiveness of the upper arm drive are essential factors.

When the angle between the upper and lower limbs is too large, the speed at which the arms can move is considerably reduced. So, when athletes with "open arms" wish to increase their leg speed, they are limited by the speed of their arms. Furthermore, such athletes will be unable to use their arms to help in the maintenance of leg speed.

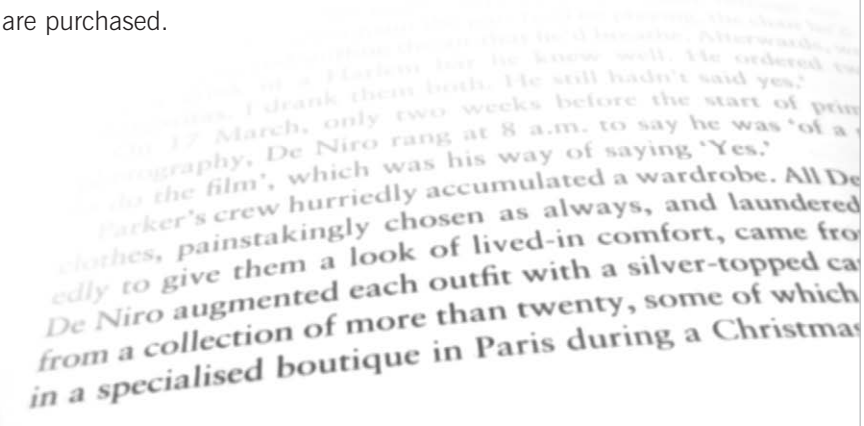
When arms are not used efficiently, an athlete may develop a shoulder sway to counteract the rotational forces being produced by the legs. Such shoulder sway may or may not be detrimental to rhythm and balance, but will definitely be counterproductive when a strong finish is required.

Abdominal and lower back strength is often overlooked in it's importance to an efficient running action, yet it is the link between the arms and legs. If an athlete is unable to maintain posture and the all-important hip carriage, efficiency will be severely diminished. This weakness is more common in the abdominal region and can be recognised what the fatiguing athlete begins to lift and tense up in the shoulder area. The arm action is severely restricted by the tension and the arms are unable to contribute when they are most needed.

Book review

Mike Sheridan has written/compiled two books covering British athletics history from 1946 to 1950. For those of us long in years they serve to remind us of those pre and early Bannister years.(all other events are covered). There is much to savour, the very modest, by to-days standards needed to head the women's lists, plus pen-portraits of the "stars" of the period.. In addition there are ranking lists per year plus the best performances of leading runners. To those who have a middle-distance interest of the period these two publications are a gold-mine.

Obtainable fro Mike Sheridan at 27, Yew Tree Park, Congresbury, Somerset, BS49 5ER at £15 for the 1946-49 book and £11 for the 1950 book or £24 if both are purchased.



Never be far from speed

Wilf Paish recalls working with famed Hungarian middle-distance coach Igloi in the 70's whilst in Greece. He witnessed the athletes under his tutelage doing a large number of high quality sprints between 100-150 metres. All were timed and all documented in his diary. Wilf says that Igloi placed great emphasis on running QUICKLY during track work which Wilf says he took this on board and it assisted him to produce Olympic medallists in middle-distance events.

Speed

Kelly Holmes has PB's 24.8 for 200 and 53.8 for 800
Hayley Tullett has PB's of 55.6 for 400 and 57.01 for 10m on the road.
Jo Pavey's best 800, 2:09.68, was set in 1990.
Helen Clitheroe best 800 is 2:03.20 and 10k, road, is 33.23.
Heshko's last 400, despite having to plough through traffic, in Monaco last year was well inside 51 !!!

Madrid, 4-6.3.05. ED JACKSON. photo by Mark Shearman.

St. Etienne, 19.3.05. EMILY PIDGEON. photo by Mark Shearman.

Savage shins

It's estimated that every year athletes suffering from "shin-soreness" spend £¾ million pounds on treatment by dubious practitioners, often with negative results. Sometimes, the same result as a "cure" could have been achieved by resting and applying ice for 5-minutes followed by immersion in water hot as bearable for 2-minutes repeated twice once a day.

The problem with describing all pain in the shins as shin soreness is that quite often there is a hair-line fracture or fractures of the tibia. This will be quickly discovered of a physiotherapist applies ultrasonics to the area. If a fracture is present the pain from this treatment is intolerable.

Then, there is a condition called raised intracompartment pressure. The lower leg has a number of muscle compartments, each enveloped by a thick inelastic fascia. As a result of overuse / inflammation, these muscle compartments become swollen and painful. It's possible for an unfortunate runner to have a stress fracture, inflammation of the tibialis posticus muscle and compartment pressure, all at the same time.

Shin trouble that does not respond to treatment quickly needs athletes to see their G.P for an x-ray and if nothing appears, request a scan. If a fracture is diagnosed, no running can be done for 4 to 8 weeks, however, one can swim a mile one day and the following day to running in the deep end of a pool for 60 second spells with 30 seconds rest. If cycling is not painful, 16 miles can be done outdoors or indoors. Other non weight-bearing exercises can include bent-knee abdominals, press-ups, chinning the bar and seated work with dumb-bells.

The late Dr. George Sheehan, himself a national U.S.A Masters mile champion, noticed the relative immunity of basketball players to shin-trouble. Basketball exercises every muscle in the leg, in particular, the muscles for running backwards. Runners spend all their time running forwards, this can lead to muscle imbalance injuries in some. Some running backwards, with care, should form part of the runner's warm up. Runners are concerned with pushing down with their feet with gravity, this too, leads to a muscle imbalance. Placing the feet under a very low edge and lifting them up against resistance for 10-seconds at a time will strengthen the shin muscles. The same effect can occur by placing the hand over the foot in a seated position and lifting it up against the hand's resistance (pushing down).

There is ample evidence that the majority of shin sufferers have excessively pronated feet, this condition is also linked to tight calf muscles. The wall exercise used by world-class skiers, should form part of the post-exercise stretching: face wall, feet together, arms-length away; keeping the feet firmly on the ground, gradually edge away from the wall until a full stretch is felt, at this point the hands will be flat against the wall.

Shin fractures occur more frequently in amenorrheic women than normally menstruating females due to a lower bone density. The same can also be said of females on the Pill. The incidence of osteoporosis in such females must inevitably make them prime candidates for shin injuries. Recent work suggests that in addition to a high intake of calcium and boron containing foods, vitamin C intake should be up to 1,000mg daily. Good sources of calcium in order of contact are: Hard Cheese – 250mg per oz., whitebait – 240mg; sardine – 110mg; canned salmon – 85mg; condensed milk – 80mg; watercress – 65mg; fresh milk – 35mg; herring – 30mg; cabbage – 20mg; turnip – 15mg. Boron is found in nuts, legumes, broccoli, apples, pears, peaches and grapes. The best source of vitamin C is a glass of pure orange juice with every meal.

Is there a best treatment for diagnosed shin-soreness (tear of a few fibres of tibialis fibres near it's origin)? If pain is moderate and occurs only after training, experts recommend ice massage of the painful area, stretching and strengthening of the lower part of the leg, and a 25% reduction in volume until the problem is reduced.

If pain is present during training but does not affect performance, the runner should consider taking two to four – week nonsteroidal anti-inflammatory medication regime and reduce training volume by half, along with contrast baths (described earlier), stretching and strengthening.

As a future precaution, buy two different makes of shoes and use them alternately. The second pair prevents the feet and shins from taking the same stresses on every run. It's also logical to discard shoes that show signs of wear on the inside of the sole. Changes in training volume and or quality work should not exceed 10% of the total training each week.

When it comes to testing for the presence of compartment pressure, this requires a skilled and well qualified therapist. There will be pain, tightness which will increase with exercise and decrease with rest. Muscle weakness may be present. This calls for a visit to a doctor of physical medicine in a hospital where he/she will place a catheter into the muscle compartment to measure pressure before, during and after exercise. This is no easy task and may involve inserting the catheter into four different places (Junction of the

lower and middle third of the tibia. The lower calf. Mid-belly of the peroneal muscles.). The treatment will involve surgery in which the lining of the tight compartment is spilt, allowing the muscle to expand. Fortunately, this condition is found in only one of every 200 shin sufferers.

What else do we know about the treatment of non stress fracture and non compartment muscle pressure shin trouble? Intensive treatment three times a day with ultrasonics or short-wave diathermy is well worth the time and expense. Members of the Chartered Society of Physiotherapists can, if licensed by the Society, give cortisone injection into the most painful area. There seems to be great reluctance to do this by some members of the profession. My experience is that ONE such injection can work wonders (I speak of personal experience after trying all sorts of other treatments.). Drs J.P Dolan and Lloyd J. Holladay, noted sports doctors in the USA, discovered that shin-soreness frequently occurred in runners with one leg marginally shorter than the other which was corrected by using a heel insert (Scholls heel supports are handy and also sorbothane inserts.). They were also big believers in the use of an elastic sock to cover a bandage on which an analgesic balm or oil had been applied.

A recent trend in treatment is aptly called HEEL IT and involved specific use of heel exercises. The heel step-down involves taking a normal walking stride and landing on the heel and lowering the sole no more than an inch. Return to the starting position and repeat alternately on each leg 15 times. When comfortable with this, start using much longer steps.

Heel hops involve standing on the right foot with the right knee flexed and the left knee flexed to about 90 degrees so that the foot is completely off the ground. Hop forward on the right foot and land on the heel and HOLD the position for a couple of seconds. Repeat 14 times on each foot. At first, the hops will be short but aim for greater distance and speed.

Watford, 12.6.04. CHARLOTTE MOORE on her way to winning the women's 'A' 1500m.
photograph by Mark Shearman.

Heel running requires landing on the heels at slow speed for a distance of 10 metres. Graduate to 20 metres x 3. All these exercises are aimed at anti-gravity movements of the foot (dorsiflexion). Finally we have heel-walking as high up as possible with the feet straight ahead for 20m. This is repeated with the toes pointing outwards and again pointing inwards.

Alternative medical practitioners have joined in the battle of shin therapy. Dr. Subotnick, famed author of THE RUNNING FOOT DOCTOR, suggests that immediately pain is felt take the homeopathic drug Arnica Montana potency 30X, four times each hour for the first two days and then switching to homeopathic Ruta graveolens potency 30X four times a day. These drugs are completely harmless due to the diluting process they undergo, a peculiarity of their effectiveness. David Filipello, a licensed acupuncturist and director of the Acupuncture for Health Clinic in San Francisco, states that in Traditional Chinese Medicine, the pain of shin splints is believed to be partly caused by the body's life-energy, known as chi, flowing up rather than down the leg. To correct that flow, gently but firmly push your thumbs down both sides of your calf along the shin bone, starting at the knee and ending at the ankle. Repeat five times. This is repeated three times a day.

The nutritional supplement MSM (methylsulfonylmethane) is a form of sulphur that can help reduce muscle soreness and inflammation, says Stanley W.Jacob M.D, professor of surgery at Oregon Health Sciences University in Portland. He cites the case of a college track-and-field athelete who developed shin splints in both legs that caused throbbing pain after workouts. She began taking 1 gramme of MSM a day, and her pain vanished after 2 weeks. MSM is only available at present from health food shops. Personally, it has replaced Co-Codamol, which if taken in excess can be dangerous. A final word from Subotnick: "if you have shinsplints, see a sports medicine specialist for x-rays and lab tests to rule out medical causes for the problems; a podiatrist and naturopathic doctor. Pain in the front of the shin that develops gradually can be caused by a stress fracture, circulatory disease, back problems, or , in rare cases a bone tumour. You should also see a podiatrist about orthotics, shoe inserts that correct problems with your gait that may be causing the shinsplints." THE END

Frank Horwill

National fixtures 2005

See www.britishmilersclub.com for Entries, Timetables, Seedings, Results, Information

BMC NIKE GRAND PRIX and UK ENDURANCE INITIATIVE				
Overall Directors Steve Mosley 029 2030 6733, Tim Brennan 01628 415748				
Entry Fee for BMC Members £2, Non Members £12 (U20 £5).				
21st May	Manchester,	M800, M1500	Norman Poole	0161 980 8358
	Sports City	W800, W1500	John Davies	0161 611 9065
		UKEI M3000, W5000. M & W 3000S/C.	Mike Deegan	01457 765416
11th June	Watford	M800	Rupert Waters	07790 767433
		M1500	Phil O'Dell	01234 852038
		W800, W1500	Andrew Osment	07879 678917
		UKEI M & W 3000S/C	Pat Fitzgerald	01895 811822
		M10000, W10000	AAA Champs & Trials	Enter via AAA
25th June	Solihull	M800	Toby Gosnall	0121 445 6411
		M1500	Ollie Wright	0121 580 2184
		W800, W1500	Steve Mosley	029 2030 6733
		UKEI M5000, W5000, M3000S/C	Pat Fitzgerald	01895 811822
16th July	Cardiff	M800, M1500	Steve Mosley	029 2030 6733
		W800, W1500	Steve Mosley	029 2030 6733
		UKEI M & W 3000, M3000S/C	Pat Fitzgerald	01895 811822
6th August	Crystal Palace	M800	Andrew Osment	07879 678917
	Nike GP Final	M1500, Nike Mile	Phil O'Dell	01234 852038
		W800, W1500	Rupert Waters	07790 767433
		UKEI M & W 5000, M & W 2000S/C	Pat Fitzgerald	01895 811822

Entry Standards

Entry to Grand Prix will be guaranteed for paid up members entering 7 days or more in advance of the meeting provided they have achieved the BMC Senior qualifying times.
M800 1:56.0, W800 2:18.0, M1500 3:56.0, W1500 4:45.0.
UKEI Standards
M3000 8:30, W3000 10:00, M5000 14:50, W5000 17:30 M3000S/c 9:20, W3000S/c tba. M2000S/c tba, W2000S/c tba.

Pacemakers

The BMC is looking for pacemakers for it's 2005 race series for men and women's 800m and 1500m events.
Pacemakers are required at all standards up to international pace level but as a minimum should be able to reach 3/4 distance at BMC qualifying standard pace.
The BMC is able to pay small fees for pacemakers.
Those interested should contact Tim Brennan on 01628 415748 or via the BMC website.

Overseas Athletes

The BMC welcomes overseas guests in it's Grand Prix races particularly those of an international standard.
Contact Tim Brennan on 01628 415748 or enter via the website.

Prizes

See website for full information on prizes. Amongst the many prizes Nike will award a bonus of £1000 to the first British runner to break 4 mins in the Nike Mile at the BMC Final.

BMC Nike Grand Prix Final

M and W 800m - Winners of A races in the first 4 Grand Prix are guaranteed an A race.
M and W 1500m - Winners and runners up guaranteed an A race.
Top M & W Under 20 in each Grand Prix to be invited to Final.

BMC ACADEMY YOUNG ATHLETES GRAND PRIX				
Entry Fee for BMC Members £2, Non Members £5.				
2nd May	Millfield	M &W800, M & W1500, M & W3000	Steve Mosley	029 2030 6733
2nd May	Trafford	M &W800, M & W1500, M & W3000	Neil Canham	0161 225 5156
28th May	Deeside	M &W800, M & W1500, M & W3000	Steve Mosley	029 2030 6733
30th May	Cardiff	M &W800, M & W1500, M & W3000	Steve Mosley	029 2030 6733
30th May	Watford	M 800, M 1500, M 3000	Phil O'Dell	01234 852038
		W800, W1500, M3000	Pat Fitzgerald	01895 811822

First two fastest of U15, U17, U20 PB Classic races at 800m and 1500m to be invited to the final.

Regional fixtures 2005

All entries can be made on our website www.britishmilersclub.com

GOLD STANDARD RACES Members and overseas guests only

WATFORD M & W 800m M & W 1500m

4th May Sen. Only **15th June**
27th July **24th Aug**

From 7.45pm

nimum Entry Standards
ns 800m 1.55 Mens 1500m 3.55
Womens 800m 2.18 Womens 1500m 4.40

Race Contact
Mens 800m Rupert Waters 07790 767433
Other BMC races Phil O'Dell 01234 852038

Entries close Friday before race.

TRAFFORD M & W 800M M 1500

10th May **24th May** **7th June** **21st June**
5th July **19th July** **2nd Aug** **16th Aug**
30th Aug

From 8pm

Race Contact
Mike Harris 0161 437 9828

OTHER REGIONAL RACES

DATE		Venue	Events	Contact	Telephone
April					
	15	Mansfield	1500 M & W All Ages	John Cooper	01623 551452/479750
	16	Bedford	800 M & W All ages	Phil O Dell	01234 852038
			3000W & 5000M	Phil O Dell	01234 852038
	17	Wakefield	800/1500 M & W All ages	Jack Howey	01484 604762
	24	Corby	600 M & W All ages	Cy Knibb	01858 469296
	26	Exeter	800/5000 M & W All ages	Chris Pitman	01392 661807
				John Knowles	01872 263541
May					
	2	Birmingham Univ	1500m. M & W Sen only	Ollie Wright	0121 580 2184
	11	Scotstoun	800 M & W	Chris Robison	0131 3398785
	11	Jarrow	600 M & W All ages	David Lowes	0191 384 6592
	18	Eltham	800/1500 M & W All ages	David Reader	07968 498706
	30	Birmingham Univ	800 M & W Sen. Only	Ollie Wright	0121 580 2184
	31	Exeter	1500/3000 M & W Sen only	Chris Pitman	01392 661807
				John Knowles	01872 263541
June					
	1	Jarrow	1500 M & W All ages	David Lowes	0191 384 6592
	12	Hexham	1500m M & W All ages	David Lowes	0191 384 6592
	15	Loughborough	800/1500/3000 M & W All ages	Nick Dakin	01509 228468
	15	Bath	800/1500/3000 Young Athletes	Martin Rush	01225 323559
	22	Birmingham Univ	1500 M & W All ages	Ollie Wright	0121 580 2184
	22	Corby	800 M & W All Ages	Cy Knibb	01858 469296
	22	Eltham	800/1500 M & W All ages	David Reader	07968 498706
	27	Jarrow	800m M & W All ages	David Lowes	0191 384 6592
	28	Exeter	800/5000 M & W All ages	Chris Pitman	01392 661807
				John Knowles	01872 263541
	29	Sports City Manchester	800 M & W Sen. Only	Peter Shaw	0161 491 2899
July					
	13	Birmingham Univ	800m M & W All ages	Ollie Wright	0121 580 2184
	20	Eltham	800/1500 M & W All ages	David Reader	07968 498706
	26	Exeter	1500/3000 M & W All ages	Chris Pitman	01392 661807
				John Knowles	01872 263541
	27	Bath	800/1500/5000 M & W All ages	Martin Rush	01225 323559
August					
	1	Jarrow	1 Mile M & W All ages	David Lowes	0191 384 6592
	10	Sports City Manchester	1500 M & W Sen only	Peter Shaw	0161 491 2899
	10	Eltham	800/ Eltham Miles/3000 M & W All ages	David Reader	07968 498706
	17	Brighton	800/5000 M & W All ages	Chris Carter	01273 503446
	19	Mansfield	800 M & W All ages	John Cooper	01623 551452/479750
	20	Jarrow	800 M & W All ages	David Lowes	0191 384 6592
	29	Colchester	Mile M & W	Phil O Dell	01234 852038
	30	Exeter	800/5000 M & W All ages	Chris Pitman	01392 661807
				John Knowles	01872 263541
September					
	15	Canterbury	800/1500 M & W All ages	Peter Mullervy	01795 533340

Standards and drop outs

Improvements, and the reverse, can be observed from the lists shown over a decade, 1994-2004. The u/17 800 lists shows much to be encouraged about, at the sharp end. Both 1500 lists reflect betterment at the sharp end but they tend to flatten out lower down.

The down-side is that of the top ten u/20 800 men in 1994 only TWO figure in the top 100 (!) in 2000 when they might all (?) be expected to be at their peak. Of the top ten at u/17 only ONE shows in the top 100 in 2003!!! As the man said, paraphrasing, "UKA we have a problem" or have we?

U/20 – 800

	1994	2004
1	1:48.93	1:48.59
2	1:49.27	1:48.64
3	1:49.84	1:49.74
4	1:50.11	1:49.99
5	1:50.5	1:50.28
6	1:51.5	1:50.35
7	1:51.59	1:50.50
8	1:51.71	1:50.85
9	1:51.8	1:50.85
10	1:51.9	1:51.27

U/20–1500

	1994	2004
1	3:45.11	3:42.48
2	3:46.6	3:44.01
3	3:48.0	3:45.01
4	3:48.9	3:46.58
5	3:49.9	3:47.3
6	3:50.5	3:48.48
7	3:51.2	3:51.08
8	3:52.0	3:51.67
9	3:52.0	3:52.06
10	3:52.3	3:52.38

U/17 – 800

	1994	2004
1	1:54.57	1:50.38
2	1:54.9	1:50.48
3	1:54.99	1:50.90
4	1:55.12	1:52.11
5	1:55.17	1:53.88
6	1:55.38	1:54.8
7	1:55.6	1:55.7
8	1:55.7	1:55.82
9	1:56.0	1:56.0
10	1:56.5	1:56.08

U/17-1500

	1994	2004
1	3:56.21	3:52.02
2	3:59.11	3:53.98
3	3:59.68	3:54.48
4	4:00.20	3:57.1
5	4:01.3	3:58.71
6	4:01.53	3:59.2
7	4:01.8	3:59.4
8	4:01.94	3:59.71
9	4:01.98	4:00.1
10	4:02.4	4:01.79

Solihull, 22.5.04. LORNA VYSE (290) leads from KATE BUCHAN (287) and LUCY McLOUGHLIN (324) in the women's 'C' 1500m. photograph by Mark Shearman.

Advances in miling in the early 1940's

by Bob Phillips

Sweden's records, but could an American have been the first under four minutes?

Morning sessions at major international Games are dedicated to first-round heats on the track, qualifying competitions in the field events, and occasionally the start of one of the walks or marathons. It's an opportunity for the die-hard enthusiasts to take an early look at the champions-to-be and maybe remark on a national record for one of the more obscure Pacific islands. Sometimes – as at the Sydney Olympics in the year 2000 – the stands are packed. It has even been known for a World record to be broken.

On one such morning, at the World Championships in Gothenburg in 1995, I was keeping a solitary and contented vigil from a largely-deserted press-box ("Give us a ring if anything happens", the BBC radio producer had said as I left the hotel that morning) when a longtime Swedish media colleague, Åke Strommer, appeared at my elbow and murmured conspiratorially, "Come with me. There is someone I want you to meet". Already, in the previous couple of days, I had delightedly exchanged words with such legends as Adhemar Ferreira da Silva, Iolanda Balas and Irena Szewinska, and I wondered now who this next encounter would involve.

We descended a flight of steps into the bowels of the stadium building and turned into an ante-room. Standing there was a tall spare figure with swept-back thinning hair, aged some 75 years or so. Though his halcyon running days had ended half-a-century before, and I had never seen him in action, I knew immediately who he was. He, I assumed, spoke no English. I certainly spoke no Swedish. I said something banal about being so honoured to meet him and that he was the man who had shown Bannister and Landy the way to the four-minute mile. These remarks were duly translated and there was a nod of acknowledgment and hands were shaken again. The brief meeting was over, and I edged out of the crowded office as if I was leaving the presence of royalty. In athletics terms, that was exactly what I was doing.

A couple of years before I had thrilled to the news that Gothenburg, which had been the venue for so many enthralling races at 1500 metres and the mile during the 1940s, had been chosen as the venue for these World Championships. It was a fine meeting full of great endeavour – Michael Johnson, Noureddine Morceli, Haile Gebrselassie, Jonathan Edwards, Jan Zelezny, Ana Quirot, Kim Batten, Inessa Kravets – but those few minutes in the company of Gunder Hägg remain the most abiding memory of all. It was sad but not unexpected news to hear in November of 2004 that Hägg had died at the age of 85.

During the years from 1941 to 1945 Hägg and his great rival, Arne Andersson, had between them advanced the World record for 1500 metres by 4.8sec and the World record for the mile by 5.1sec. Previous comparable progress had taken 12 years and 22 years respectively. Hägg was the dominant partner with 16 World records at distances from 1500 to 5000 metres, including three for the mile, and no less than nine of them set in a hectic spell of less than three months during 1942. Andersson also broke the mile record on three occasions, and every photograph or film sequence of the numerous races between the two of them at tree-lined tracks bathed serenely in the Scandinavian evening sunlight showed them inseparable, usually Hägg majestically leading and Andersson bounding along at his heels.

There was a mystique about those heroic contests in neutral Sweden when most of the rest of the World was at war which prevails to this day. Every account of this historic era of middle-distance running emphasises the advantage which the Swedes had over everybody else. They trained and raced to each heart's content, while their one-time rivals and would-be challengers bore arms, but this is not quite the entire story. It may well be that Hägg and Andersson would have been in the ascendancy, anyway.

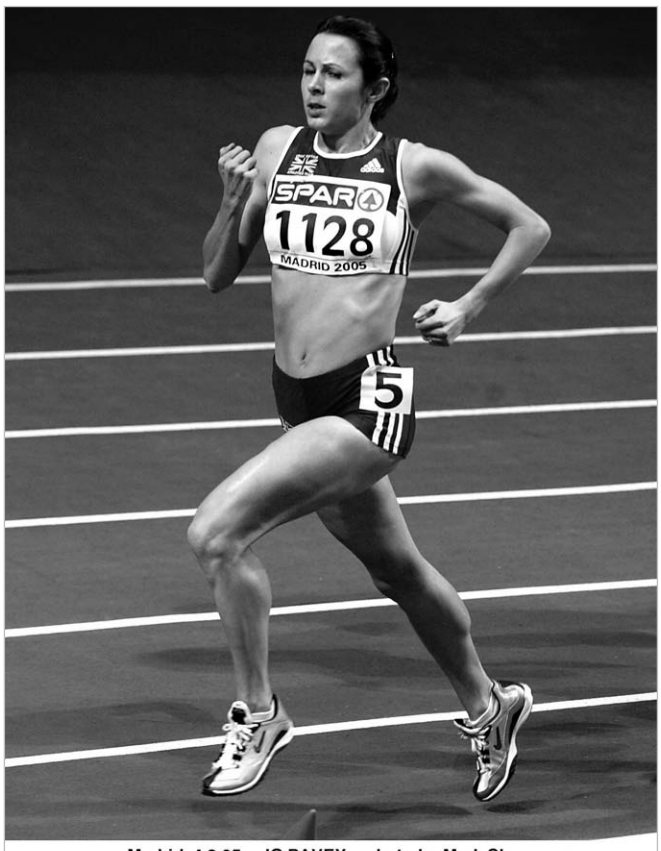
In 1939 the 20th fastest 1500 metres runner in the World had recorded 3:54.0 and the 20th fastest miler 4:14.6. Even by 1942, with World War II in its third year, the respective rankings had still slipped no further than 3:55.0 and 4:16.2. Naturally, in the latter year Swedish runners were in the great majority, with 10 of them in the top 20 at 1500 metres and six in the top 20 at the mile. Yet there were also athletes from Denmark, Finland, France, Germany, Hungary, Italy and the USA among the 50 fastest at 1500 metres and there were twice as many American milers among the top 20 as there were Swedes.

Athletics competition in Denmark and France had largely returned to normal after 1940 once the German occupation was established. Hungary and Italy were allies of Germany. The USA was not to enter the war until the Japanese attack on Pearl Harbour at the end of 1941. There could, conceivably, have been an American, a Frenchman, a Hungarian or an Italian, following in the footsteps of

Cunningham, Ladoumègue, Szabó or Beccali from the 1930s, who would have had the opportunity for a couple of years or more to aspire to the same level as the leading Swedes.

Finland, the home of so many great runners, had been invaded by the Soviet Union in November of 1939 and valiantly resisted during the Winter War against overwhelming odds before being defeated the following February, having lost 25,000 killed in action and then having been forced to cede 10 per cent of land and industrial production to the conquerors. Sweden's neutrality was an uneasy one for many of its citizens. There was a strong pro-Finnish sentiment; money and arms were sent; many Swedish volunteers fought against the Red Army; and the editor of one of Sweden's leading daily newspapers voiced a widespread belief when he wrote of the decision to remain neutral that "we had betrayed our duty to our brother country".

In 1939 Sweden already provided the two fastest 1500 metres runners in the World. Leading the rankings was 21-year-old Arne Andersson, with a time of 3:48.8 which was only one second slower than the World record set at the Berlin Olympics by New Zealand's Jack Lovelock, and next at 3:49.2 was Åke Jansson, aged 23. The third-ranked Swede at 3:53.4 was 27-year-old Henry Jonsson, who was the most renowned and experienced of the trio, having won the Olympic bronze medal at 5000 metres in 1936 and set a World record for 2000 metres in 1937. Andersson had progressed markedly at 1500 metres from 4:04.2 in 1937 to 3:58.6 in 1938 and then broken through with 3:53.8 and 3:48.8 in successive races in 1939. The last of these performances brought him instant national fame as an unexpected winner in the fifth of a series of matches between Sweden and its arch-rivals of the track, Finland. Born on 27 October 1917, he was 14 months older than Hägg and at 5ft 10in (1.78m) tall and weighing 11st (70kg) was slightly the shorter and stockier of the two and much the less graceful runner, with a vigorous and undisciplined arm action and an immensely long stride. In actual fact, no such comparisons were being made in 1939 because Hägg was merely a promising 20-year-old 5000 metres runner and steeplechaser who had fallen seriously ill and, for all anyone knew, might never race on the track again.



Madrid, 4.3.05. JO PAVEY. photo by Mark Shearman.

The emergence of Andersson and Jansson at the middle-distances was a new departure in Sweden. Previous successes in athletics had come largely in the long-distance events and the throws, and the best that any Swedish 1500 metres runner had done at the Olympics was a 5th place by Eric Ny in 1932. It had been a Swede, John Zander, who was the first to intrude on the Anglo-Saxon domination of the event, and together with his compatriots, Anatole Bolin and Sven Lundgren, he had set 12 World records at distances from 1000 to 3000 metres, but that had all taken place a long time ago during the First World War years of 1916 to 1918.

The recognised World record for the mile still stood to Britain's Sydney Wooderson at 4:06.4 from 1937, but the fastest time for the distance was 4:04.4 and had actually been put up indoors in 1938 on a track in the USA measuring 264 yards in circumference by Glenn Cunningham, who had been the 1936 Olympic 1500 metres silver-medallist behind the Oxford-educated Lovelock. Cunningham had also held the mile record at 4:06.7 before Wooderson, but by 1939 there were numerous young Americans offering a challenge, and in some cases beating him, such as twins Blaine (times of 3:51.5 and an estimated 4:10.9) and Wayne Rideout (also 4:10.9 indoors), as well as Chuck Fenske (3:52.0 and 4:11.0), Louis Zamperini (3:52.6 and 4:11.2), Archie San Romani (4:11.7) and Walter Mehl (also 4:11.7), though Zamperini and San Romani seemed not to be quite fulfilling their youthful promise.

Track and field competition was to continue in the US at a high level of intensity even into 1944, and there were World records set there in those early 1940s in no less than 15 different events from 100 to 880 yards and in the hurdles and field events. Each year there was a full series of indoor meetings in Boston, Chicago and New York. There were, of course, casualties and many blossoming careers were ended or severely curbed by the demands of military service. There was a marvellous AAU 1500 metres under floodlights in California in June of 1940 in which Walter Mehl came within one-

tenth of Lovelock's record in winning in 3:47.9 and Cunningham ran his fastest ever time, only a further one-tenth behind. Mehl, who was from Wisconsin University (as was Chuck Fenske), had previously been better known as a two-miler, having beaten the great Finn, Taisto Mäki, at the distance indoors in Kansas City in March, but after racing indoors again in 1941 he went into the armed forces and scarcely ran again, while Cunningham, who had set his sights on winning the 1940 Olympic title, called his long and honoured career to a close. Zamperini joined the air force and survived six weeks in an inflateable raft in 1943 after his bomber crashed into the Pacific Ocean, killing seven of the 10 crew, and then two years in a Japanese prisoner-of-war camp where his weight dropped from 11st 11lb (75kg) to 5st 9lb (36kg).

Cunningham's achievements had been of the highest order: Olympic silver in 1936; AAU champion outdoors at 800 and 1500 metres in 1933 and again at 1500 metres for four successive years from 1935; AAU champion indoors at 1500 metres on four occasions from 1934 to 1939; a World record outdoor mile in 1934 and the fastest ever indoor mile in 1938; other World records at 800 metres, 880 yards and 4 x 1 mile outdoors and at 600 yards, 1000 yards and 1500 metres indoors. He became Director of Health, Physical Education and Athletics at Cornell College, in Iowa, and then went into the Navy from 1944 to 1946 before setting up a ranch where over the years he and his wife, Ruth, counselled thousands of young people from troubled homes. He was the father of 12 children and died in 1988 at the age of 79.

His hopes of finally winning Olympic gold on what would have been his second appearance were thwarted, but for a time it had seemed as if even the onset of war would not prevent the Games taking place. Originally scheduled for Tokyo, they had been moved to Helsinki following Japanese aggression against China in the 1930s and were still on schedule despite the deprivations of Finland's 1939-40 war with the Soviet Union. It was only when Denmark and Norway were over-run by the Germans, with Finland thus left isolated, that the Games were finally abandoned.

During the 1940 American indoor season Fenske, Cunningham, Zamperini and Gene Venzke had all run between 4:07.4 and 4:08.2 for the mile. An illustrious visitor to the US was Paavo Nurmi, who was accompanying the multiple World record-holder, Taisto Mäki, for a series of races in support of the Finnish Relief Fund, and while in New Orleans Nurmi was asked by an enterprising reporter for the "New York Times" what he thought about potential progress in the mile event. Much more voluble than in his competitive days, Nurmi replied at length in his precisely-phrased English:

"It is foolish to consider the four-minute mile beyond the limit of human possibilities. The remarkable feats of Jack Lovelock, Glenn Cunningham, Sydney Wooderson and now Chuck Fenske have proved that the figure will be driven down consistently. Competition has done it – competition and the great gift you Americans have for concentration. I think we Finns have some of it, too. I never specialised in the mile, but I honestly believe that if I had concentrated on the mile, as have Cunningham, Fenske, Wooderson and these others, I could have driven the time down to 4:06 or 4:07 15 years ago. If that had happened, perhaps the four-minute mile would have been here by now. It will be run at even speed – four 60-second quarters. That is less exertion, and that is the way it will be done".

Sheffield, 12-13.2.05. MO FARAH leads from ANDY BADDELEY (17). photo by Mark Shearman.

Fenske beat Blaine Rideout, 4:08.3 to 4:08.7, outdoors during the summer of 1940 but never did fulfil Nurmi's expectations of him. In fact, he had done well to survive the demands made upon him by his coach, Tom Jones, as during his final year at the University of Wisconsin he had run and won the 880, the mile and the two miles in every dual and triangular meet which his team had contested. This ludicrously debilitating task was typical of what was expected of American college runners recruited on athletic scholarships throughout most of the 20th Century and it accounted for the early burn-out of so much young talent. In Fenske's case, his running finished when he volunteered for war service in 1941.

In 3rd place in the AAU 1500 and in the World rankings at the distance at 3:48.7 was Paul Moore, who was coached at Stanford University by the legendary Dink Templeton and had

previously run 1:49.0 for 800 metres and a World best 2:58.7 for the ¾ mile, but his name had disappeared from the rankings by the following year and he had presumably also gone into military service and abandoned his running. In Sweden Henry Jonsson set a time of 3:48.7 for the 1500 to beat Arne Andersson's national record, and right behind him in 3:48.8 was Gunder Hägg, fortunately recovered from double pneumonia and improving his previous best by three seconds.

Jonsson and Hägg shared the same coach, Fridolf Westman, and Jonsson had decided to adopt the name of his native village, Kälärne, which was a matter of practical sense as much as sentiment because there were a lot of Jonssons in Sweden, to say nothing of his fellow 1500 metres man, Åke Jansson, who also helped matters by taking up the name "Spångert". Undeterred by the medical verdict after his illness that he would never be able to resume active sport, Hägg had begun training in the winter of 1939-40 at the remote tourist and sports centre at Vålådalen which had been set up by a renowned athletics and ski-ing coach, Gösta Olander, in the early 1930s and to which Henry Kälärne was also a regular visitor.

Vålådalen was an idyllic training environment, situated some 900 kilometres north of Stockholm in a thickly-wooded valley at 450 metres (1500ft) altitude. Well-marked paths led to the neighbouring Ottsjallet peak and to the Nulltjam lake some three kilometres away which was fringed by a sandy beach. Other routes had been laid out for training and there were stretches of mossland which provided soft footing. Olander continued to preside at his centre and maintain his daily programme of hiking and ski-ing until well into his 70s.

Hägg ran and skied through the forests every day, building up from 5km to 30km, and whilst on military service supplemented all this effort with regular marching and hiking. This was the foundation of the "speedplay" form of training, of which Olander was an enthusiastic advocate, and which was to play such a part in Swedish middle-distance and distance running successes in the next few years. There was no deep, dark Nordic mystery about these preparations; they were simply designed to make the maximum use of the natural terrain of the forest trails and lakesides which were abundantly available and where runners were encouraged to run continuously for an hour or more at a pace which varied from short, sharp sprints to long, hard strides.

The philosophy of "speedplay" was later described in detail by the Swedish Olympic coach, Gösta Holmér, who took the credit as the originator of it in the mid-1930s. Holmér had been a fine all-round athlete (3rd in the 1912 Olympic decathlon and 4th in 1920) and remained active for most of his life, dying in 1983 at the age of 91. "It is not the races run that make the runner but rather his training methods", Holmér wrote. "Here in Sweden we saw ourselves conquered by the Finns. We gained a certain standard until I decided to try to create something new, something that suited our mind and the nature of our country.

"I rejected the American opinion that the runners should have fixed distances to run during their daily training schedule. I realised, of course, the great importance of that, but I wanted to give the boys the feeling of self-creating. I wanted to get them to understand themselves and then fix the training according to their individuality. Speed and endurance are the marks a runner should follow in his training, and I made up a system that I called *fartlek* (meaning in English 'play of speed' or 'speed play')".

Holmér advised his runners to train in the forest if they could or otherwise on grassland, even spreading the path with sawdust if it was feasible. He suggested that a session should last one-to-two hours and would consist of the following in sequence: easy running for five-to-10 minutes to warm up; steady hard speed for one-to-two kilometres; rapid walking for five minutes; easy running interspersed with sprints of 50-to-60 metres until feeling tired; easy running with three or four swift steps now and then, as if speeding up in a race to resist a challenge; full speed uphill for 150-to-200 metres; full speed for a minute. All this to be repeated for the duration of the session, though the athlete "must not feel tired but rather stimulated after the training".

This form of training contrasted sharply with the traditional American method of running almost exclusively on a track. The immediate advantage of the latter was that most American middle-distance runners were at high-school or college aged between 16 and 22 and they could be carefully supervised in group training by their professional coaches, thereby creating a strong team spirit. Inevitably, the emphasis was on pace work, but this was relevant to the programme of track events contested in the US for the first half of the 20th Century. Until 1959 the longest track distance run in inter-collegiate competition was only two miles, other than in Olympic year !

Hägg, temperamentally well suited to speedplay training, was 5ft 11in (1.80m) tall, weighing 10st 10lb (68kg), and at 21 years of age looked every inch a great middle-distance runner of the future. In Stockholm on 14 August 1940, a week after setting his 1500 personal best, Kälärne broke the World record for 3000 metres by a huge margin of almost five seconds with 8:09.0 and Hägg chased him all the way with the second fastest ever time of 8:11.8. In September Hägg won the

5000 metres at the triangular international match with Finland and Germany in Helsinki and his transformation to the very forefront of World-class was complete. With the Battle of Britain for air supremacy now raging, Sydney Wooderson was still able to race regularly and set a Scottish all-comers' mile record of 4:11.0. Suffering from poor eyesight, his army service was restricted to home duties and he was to compete in isolation throughout the war years in charity and fund-raising meetings with generous handicaps given to his opponents to provide a semblance of competition.

Watford, 12.6.04. JESSICA HICKS wins the women's 'F' 800m. photo by Mark Shearman.

The US remained at peace for the time being, and Les MacMitchell and Walter Mehl both ran 4:07.4 indoors for the mile early in 1941 to equal the official record held jointly by Cunningham and Fenske. MacMitchell, solidly built at 5ft 10?in (1.79m) tall and 11st (70kg) in weight, had been a youthful prodigy, with 4:23.6 for the mile at 16 in 1937 while at George Washington High School in New York, and he was also to be AAU 1500 metres champion and NCAA mile champion during 1941. He was to go on competing with some success through to 1947 despite the requirements of navy service, but without ever quite reaching the same level again.

Walter Mehl (later the Reverend Mehl) was one of those whose running careers were most affected by war service. At the age of 86, and living with his wife at a care centre which his church had founded in Sun City, Arizona, he remembered from more than 60 years before: "We talked about the four-minute mile, but the war came too soon for us to pursue that further. I truly believed I could run the four-minute mile, but going into the Navy and four years' service put an end to that hope of attaining my dream. We had some very good milers at that time, and I had a few races just after entering the service, but my last real race was against Cunningham in 1940, whom I was able to defeat at 1500 metres, setting an American record.

"As I have looked back on those days, I felt that my coach, Tom Jones, was the best of a number of fine men. I think I did as well as I did because he had me train hard, doing more running than most of my competitors. I should have done even more ! I believe that the trend since then has been to do more distance running, and I think that those who have done so are the better milers. Unfortunately, I felt that the best in most of us was never realised because of the war. I wish I could have had more time!"

The summer of 1941 was a Swedish idyll. Hägg raced on 15 occasions at 1500 metres or a mile and Andersson, who had been in moderate form in 1940, on 26 ! Hägg lived up to the predictions made for him by breaking Lovelock's World record for 1500 metres at the national championships in Stockholm on 10 August, beating Andersson with a time of 3:47.5 (actually ratified as 3:47.6) to 3:48.6. It was a performance of brimming confidence by the youthful Hägg, who led all the way through laps of 58.8, 63.2 and 61.5. His last 300 metres of 44.1 was much slower than Lovelock's 42.4 at the Berlin Olympics, but then these were two very different contests. In the two other individual races in which Hägg and Andersson faced each other that summer Hägg won again but rather more narrowly – 3:50.2 to 3:50.4 in the Sweden-v-Hungary 1500 metres in July and 4:09.2 to 4:09.4 in a mile race at Gävle at the end of August. Andersson actually produced a slightly faster mile of 4:08.6 in September to head the World rankings for the year and showed every evidence of being the best equipped miler yet with a range of performances which extended from a 400 metres relay leg in 49.1 to the year's second-fastest 5000 metres of 14:18.2.

Even so, there already appeared to be an even more prodigious talent who would soon be at the heels of his elders and betters. John Isberg, born on 25 April 1922 and so still only 19 during

the 1941 season, improved in four successive 1500 metres races from 3:55.8 to 3:52.2 and also ran 4:12.6 for the mile. There was no concept of World junior records in those days, and there would not be official ratification of them until 1987, but Isberg's times were recognised in retrospect as such. The previous junior best at 1500 had been 4:00.0 jointly by Louis Zamperini in 1934 and the precocious Isberg himself in 1940 and at one mile it had been 4:14.3 by Les MacMitchell in 1939. Isberg's records lasted six years but little was to be heard of him again.

The fastest American miler outdoors for the year was Phil Leibowitz, of Idaho University, who ran 4:09.3 but also soon slipped into obscurity, and the main activity in the event in the USA over the remaining years of the war would be indoors where the meetings in New York were more accessible to servicemen stationed on the East coast. In 1942, for instance, Les MacMitchell was again the fastest indoors at 4:07.8, whilst the leading American miler outdoors was Bobby Ginn, winning the NCAA title in 4:11.1 on his home track at Lincoln, Nebraska, though Gil Dodds, a theology student from Boston, was worth rather more in taking the AAU 1500 title in New York in 3:50.2.

By then the Swedes were in their full glory and their World-record-breaking spree during July, August and September of 1942, very largely of Hägg's making, is well worth listing in full:

1 July
Gothenburg, 1 mile:
Hägg 4:06.1 (ratified as 4:06.2).
Andersson 2nd 4:06.4.
3 July
Stockholm, 2 miles:
Hägg 8:47.8. Anderssson 2nd 8:51.4.
10 July
Stockholm, 1 mile:
Andersson 4:06.2.
17 July
Stockholm, 1500 metres:
Hägg 3:45.8. Andersson 2nd 3:49.2.
21 July
Malmö, 2000 metres:
Hägg 5:16.3 (ratified as 5:16.4).
Anderssson 2nd 5:16.8.
23 August
Östersund, 2000 metres:
Hägg 5:11.8.
28 August
Stockholm, 3000 metres:
Hägg 8:01.2.
4 September
Stockholm, 1 mile:
Hägg 4:04.6.
11 September
Stockholm, 3 miles:
Hägg 13:35.4.
20 September
Gothenburg, 3 miles/5000 metres:
Hägg 13:32.4/13:58.2.

Hägg won all of his 32 races and beat Andersson again in their only other clash – 3:50.6 to 3:53.2 in the Hungary-v-Sweden match 1500 in Budapest at the end of September. Hägg's solitary setback was when his Gävle fire-brigade club, Gefle IF, lost to the Brandkårens IK team from Stockholm at 4 x 1500 metres in a World-record time of 15:42.0, and even then Gefle still finished five seconds under the previous best and Hägg ran a 3:49.2 anchor leg after starting 70 metres down. Brandkårens IK – with the same quartet of Åke Jansson, Hugo Karlén, Henry Kälärne and Bror Hellström – set another record of 17:02.8 for the 4 x 1 mile later in that same month of August..

In the course of 82 days, Hägg had become one of the greatest track athletes in history, challenged only, perhaps, by Paavo Nurmi, Jesse Owens and Rudolf Harbig. He was now World record-holder at every distance from 1500 to 5000 metres, and maybe it was the fact that the steeplechase was not yet a fully recognised event which dissuaded him from setting new standards in that event, too. After all, the record was the 9:03.8 set by Volmari Iso-Hollo, of Finland, in winning the 1936 Olympic title, and Hägg had run 9:23.0 in 1938 when his best 3000 metres on the flat was only 8:36.8, and he was now well over half-a-minute faster than that.

In normal circumstances his achievements would have been splashed across the sporting headlines of newspapers in Britain, where the mile, two miles and three miles had been regarded as the prime events in athletics for a century past. These were not, however, normal circumstances.

The British Eighth Army and Rommel's Afrika Korps had joined battle West of El Alamein on 1 July, and General Auchinleck's rallying call to the British troops was given front-page treatment: "We are fighting the Battle of Egypt – a battle in which the enemy must be destroyed. You have shown that you can stick it, and I know that you will stick it right out until he can stand it no longer". The German High Command claimed the capture of Sevastopol. Japanese forces were massing in Manchuria. "The Times" carried a full column of the latest casualties from the RAF and from the Australian, Canadian and New Zealand air forces.

Such sports coverage as there was in newspapers drastically reduced in size because of the paper shortage dealt with the RAF-v-Civil Defence Service cricket match at Lords, Charterhouse-v-Harrow athletics, and horse-racing at Salisbury and Pontefract. The "Daily Mail" relayed news stories from Sweden but no mention of Hägg's mile record that weekend. The "Daily Express" published nothing, even in a column of brief sporting items. The voluminous "New York Times" carried two paragraphs tucked away.

Hägg's improvement on Sydney Wooderson's five-year-old mile time was a carefully-planned affair. It was Hägg's

first race of the season after a long hard winter and spring of ski-ing and "speedplay" running. The delay to the start of his season was not by choice but because he had been reprimanded the previous September by the Swedish Athletics Federation for accepting excessive expenses payments and suspended for 10 months. It was no more than a warning shot across the bows as it allowed him to resume competition in time for high summer, and by then he was eager for the fray.

The Swedes had long since adopted a much more pragmatic attitude than most countries to the idea of recompense for amateur athletes and had largely gone their own way when their proposal for extending the scope of expenses payments in the early 1930s had been summarily dismissed by the reactionary Anglo-Saxon bloc. Yet even a World record-holder was not beyond the law, and this was an issue which could not be ignored.

The carefully-organised World-record race began at 8 p.m. on the Slottsskogsvallen track in Gothenburg. Olle Pettersson led through the first lap in 58.8 and Gösta Jacobsson went ahead to pass 800 metres in 2:01.0, with Hägg biding his time in 60.0 and 2:02.0. Pettersson took up the running again in the third lap before Hägg regained the lead past the bell in 3:05.8 and held off Andersson by no more than a metre or so the entire way from the 1500-metre mark to the finish. All three watches showed 4:06.1, but the time was rounded up to 4:06.2 for official purposes.

Accordingly, Hägg became only the third man after Paavo Nurmi and Jules Ladoumègue to hold the 1500 metres and mile records simultaneously. Nurmi and Ladoumègue were also the only other two to have set their mile records in non-English speaking countries. The margin between Hägg and Andersson was the narrowest in a World-record mile since Lang and Richards had dead-heated 77 years previously.

Andersson, a schoolteacher by profession, organised his own mile attempt in Stockholm 10 days later – Hägg choosing to run 800 metres at that meeting – and for most of the way it looked as though the record would go again, and by a large margin. Andersson's intermediate times were 58.5, 2:01.0 and 3:03.5 to put him more than two seconds up on Hägg's schedule going into the last lap, but he struggled from then on, running the remainder in 62.7 and the stretch from 1500 metres to the tape a second slower than he had in Gothenburg. Because of the rules then in force regarding timing to the nearest fifth-of-a-second, Andersson was still awarded a share of the record at 4:06.2.

Fire-brigade service clearly gave Hägg plenty of latitude for racing, but to be fair to him his was no sinecure and he trained in his lunchtime. On 17 July Hägg ran a glorious 1500 metres in another evening race in Stockholm, taking 1.8sec from his own record of the previous year. Despite a first lap of 57.2 by Arne Ahlsén, Hägg was already challenging for the lead and he went ahead shortly afterwards to pass 800 metres in 1:58.2 and 1200 metres in 2:58.9, finishing a long way ahead of Andersson in 3:45.8. The track was partly flooded and so the race had been run in the third lane, which may have accounted for some misjudgement and the over-eager first lap, and thus a final 300 metres in 46.9 which was slower than in any other record-breaking 1500 metres since 1926.

Having already beaten the two miles record, Hägg then ran an astonishing 3000 metres at Stockholm's Olympic Stadium on 28 August, reducing the record held by his fellow-Swede, Henry Kälärne, from 8:09.0 to 8:01.2, which represented the largest single improvement in the event for 30 years. Hägg had taken three weeks off from racing and had marked his return in spectacular fashion with his second World record of the season at 2000 metres. On 4 September there was an international meeting in Stockholm to which a German team had been invited and the mile race began at 8 p.m. with Hägg, Åke Spangert, Knut Claesson, Henry Eriksson (a clubmate of Hägg's) and a German, Rolf Seidenschnur, who had run 3:51.4 for 1500 metres, as the five starters. Eriksson's first lap was an excessive 56.0 and though Hägg hung back he still went through in 57.2. The pace slowed to 2:00.2 at halfway and 3:04.2 at the bell before Hägg accelerated through the last lap in 60.4 and crossed the line in 4:04.6.

This was a magnificent new World record which represented a quantum leap toward four minutes, and when Sydney Wooderson eventually received the news it would no doubt have given him food for thought. Eight days later he ran 4:22.8 in a Red Cross meeting at Dorking on a five-laps-to-the-mile grass track, and his best for the year had been 4:16.4 in similar circumstances in July. The 20th fastest miler in the World for the year was at 4:16.2, compared with 4:14.6 in 1939, and 12 of those on the list were American and six were Swedish.

If anything, Hägg's three miles record on 11 September and his 5000 metres record nine days later were his supreme achievements of the year. The former was seven seconds faster than the previous record by the Finn, Taisto Mäki, from 1939, and the latter was 10.6sec – representing some 60 metres in running terms – faster than Mäki's record set on the same previous occasion. These were also only the second and third races of consequence which Hägg had ever undertaken at three miles or 5000 metres. Yet even such a perfect season as Hägg's had been in 1942 failed to satisfy everybody. When he ran 8:09.4 for

3000 metres on his local track in Gävle on 29 July, missing the World record by a mere four-tenths, the capricious crowd apparently did not even raise a cheer.

In just three years there had been six new entries into the World All-Time Top Ten list at 1500 metres. At one mile the transformation had been even more dramatic because although there were actually only four new entries among the outdoor performances there were six others set indoors. This was the start of a wartime era in which the great Swedish middle-distance men would between them bring the mile record down to 4:01.3 in 1945. By then four minutes would not seem at all far off.

World All-Time Top Ten at 1500 metres – End of 1942

3:45.8	Gunder Hägg (Sweden)	(1)	Stockholm	17.07.1942
3:47.8	Jack Lovelock (NZ)	(1)	Berlin	06.08.1936
3:47.9	Walter Mehl (USA)	(1)	Fresno, California	29.06.1940
3:48.0	Glenn Cunningham (USA)	(2)	Fresno, California	29.06.1940
3:48.6	Miklós Szabó (Hungary)	(1)	Budapest	03.10.1937
3:48.6	Arne Andersson (Sweden)	(2)	Stockholm	10.08.1941
3:48.7	Sydney Wooderson (GB)	(1)	London	15.09.1938
3:48.7	Paul Moore (USA)	(3)	Fresno, California	29.06.1940
3:48.7	Henry Kälärne (Sweden)	(1)	Gothenburg	07.08.1940
3:48.8	Bill Bonthron (USA)	(1)	Milwaukee	30.06.1934

Note: Kälärne formerly Jonsson.

World All-Time Best at One mile – End of 1942

4:04.6	Gunder Hägg (Sweden)	(1)	Stockholm	04.09.1942
4:06.2	Arne Andersson (Sweden)	(1)	Stockholm	10.07.1942
4:06.4	Sydney Wooderson (GB)	(1)	London	28.08.1937
4:06.7	Glenn Cunningham (USA)	(1)	Princeton, New Jersey	16.06.1934
4:07.2	Archie San Romani (USA)	(1)	Princeton, New Jersey	19.06.1937
4:07.2	Don Lash (USA)	(2)	Princeton, New Jersey	19.06.1937
4:07.6	Jack Lovelock (NZ)	(1)	Princeton, New Jersey	15.07.1933
4:08.3	Louis Zamperini (USA)	(1)	Minneapolis	18.06.1938
4:08.3	Charles “Chuck” Fenske (USA)	(1)	Memphis, Tennessee	11.05.1940
4:08.7	Bill Bonthron (USA)	(2)	Princeton, New Jersey	15.07.1933
4:08.7	Blaine Rideout (USA)	(2)	Memphis, Tennessee	11.05.1940

Performances made indoors:

4:04.4	Glenn Cunningham (USA)	(1)	Hanover, New Hampshire	03.03.1938
4:07.4	Charles Fenske (USA)	(1)	New York	03.02.1940
4:07.4	Les MacMitchell (USA)	(1)	New York	15.02.1941
4:07.4	Walter Mehl (USA)	(2)	New York	15.02.1941
4:07.9	Louis Zamperini (USA)	(2)	New York	17.02.1940
4:08.2	Gene Venzke (USA)	(3)	New York	03.02.1940
4:08.4e	Gil Dodds (USA)	(2)	New York	14.03.1942

Note: e – estimated time.

Bob Phillips was for 17 years a member of the BBC Radio athletics commentary team and has written four books on the history of the sport in recent years, including “3:59.4: The Quest For The Four-Minute Mile”, from which this article has been adapted.

IAAF rankings October 2003 - September 2004

The IAAF produce annual, dates above, that seek to rank athletes based upon a combination of their results (times) and their placings. Both outcomes give rise to a "score" and these are added together to produce a "performance score". An athlete needs to achieve his/her best performance in the highest quality competition they can enter. The details are somewhat complicated and the whole scenario does not meet with the approval of everybody. However it is a means of evaluating athletes. Shown below are positions of British athletes for 800 and 1500 over this period, shown against the previous years position.

Mens 800

Ricky Soos	36	Up from 42
Neil Speaight	90	Down from 69
Joel Kidger	95	Up from 182
James McIlroy	96	Down from 26

Womens 800

Kelly Holmes	5(!)	Down from 3
Jo Fenn	12	Up from 20
Susan Scott	25	Up from 46
Rebecca Lyne	57	Up from 69
Charlotte Moore	86	Down from 65

Mens 1500

Mike East	12	Up from 28
James Thie	53	Up from 66
Tony Whiteman	56	Down from 25
Chris Mulvaney	73	Down from 62
Andy Baddeley	73	Unranked previous year

Womens 1500

Kelly Holmes	1	Unranked previous year
Hayley Tulett	8	Down from 4
Helen Clitheroe	19	Unranked previous year
Lisa Dobriskey	39	Up from 82
Hayley Ovens	74	Down from 57
Natalie Lewis	80	Up from 90
Danni Barnes	97	Unranked previous year.

Solihull, 22.5.04. ALEX FELCE (52) wins the men's 'E' 800m. from MARK MITCHELL (46) with MATT WARLEY (49) finishing third. photo by Mark Shearman.

Rudolf Harbig

Another article on the training of the phenomenal Harbig, both have have been supplied by Bob Phillips to whom I owe thanks. As written the sessions are not, overall, mind-blowing but they were played out over 65 years ago and the session before his Milan run, even, to-day looks very tasty!

By modern standards Harbig's training would be considered very light. After the end of the track season he would have a complete lay-off for 4 to 6 weeks. Then in November he would start a form of training which was fundamentally fartlek, though the term was not coined until after his death. This was carried out in the woods outside Dresden, mainly on Sunday mornings, until just before Christmas when he would have another 14-day lay-off during which he broke his rule about no drinking and indulged freely in eating.

After the New Year's feasting Harbig began to prepare himself for the track season with fartlek on Sunday mornings, indoor gymnastics on Thursday evenings (including a long series of strengthening exercises) and on Fridays, if conditions allowed, he ran on the track. He worked on two fundamental principles – (1) Cutting down the distances of track time-trials as the season approached, and (2) In each session running decreasing distances at shorter and shorter intervals.

A typical pre-season work-out in February and March was –
40 minutes warm-up, 3 x 150 metres "floating", 10 minutes loosening up, 2000 metres in 6:00, 20 minutes rest, 1000 metres in 2:55, 15 minutes rest, 1000 metres in 2:55, 15 minutes rest, 1000 metres in 2:55.

Later in April he would stop training in the woods and the gymnasium and his track training became three days a week, occasional four days, but never more.

A typical early-season work-out was – Warm-up and exercises as before, 800 metres in 2:00, 15 minutes rest, 600 metres in 1:26, 10 minutes rest, 3 x 400 metres in 54-55 sec with seven minutes rest between each.

Later still, when the season was in full swing, he would run 300 metres in 37.0, 10 minutes rest, then 300s in 36.5, 10 minutes rest, 36.0, five minutes rest, 35.5. Sometimes he would finish a session with four flying 100 metres in 10.4.

The Wednesday before his 1:46.6 his session was as follows –
600 metres in 1:22, 20 minutes rest, 500 metres in 1:07, 15 minutes rest, 400 metres in 50.0, 10 minutes rest, 300 metres in 37, five minutes rest, 200 metres in 23, two minutes rest, 100 metres in 10.9. After this session he cycled home!

There appears to be some discrepancy in matching extracts from the two sources but they are re-produced as published

BMC points to note

- BMC Academy established with new entry standards
- More dedicated U/20 competition with best performers invited to race at Crystal Palace
- Additional funding for training camps
- BMC being re-structured
- New four year deal with NIKE
- Sportsmatch deal obtained for 2005
- Funding from UKA for coaching education
- Increased membership
- High BMC profile in Athletics Weekly
- Strong links with UKA, AAA etc.

BUSA. C.C. CHAMPS. LEEDS, 5.2.05. LISA DOBRISKEY leads from BRYONY FROST (933) and SARA STEVENSON (834) in the women's long race. photo by Mark Shearman.

Kelly Holmes' training in 1995

In 1995, 9th September, Kelly established a U.K. record for 800 metres (1:56.21). In 1997, she broke the 1,000 metres UK record with 2:32.55 and in the same year, also broke the UK record for 1500 metres with 3:58.07.

Her track training at that time consisted of the following:

Session	Recovery	Type
8 x 200m	200m jog	Speed
6 x 150m	150m walk	Speed
5 x 300m	300m walk	Speed
6 x 400m	2 minutes	Endurance
2 x 2,500m	90 seconds	Endurance
2 x 8 steep hills	Jog back	Endurance
2 x 15 short hills	Fast	Endurance

During the summer she does two weight training sessions a week except if there is a race during or at the end of the week.

Kelly said in 1995, "I don't do a lot of mileage. My runs are measured by time and intensity, for example:

30 minutes fast
45 minutes steady
60 minutes easy

If I calculated my mileage per week, people would be amazed at how little I do. Don't forget, quality is not the same as quantity."

Journeyman James Thie

James, currently one of our leading 1500 men, was born in Sussex, moving to Somerset shortly afterwards. At school he played all, and every, game up to the age of 16. At this point running played no bigger part than soccer or rugby. Modest success at cross-country led to his joining Clevedon A.C. His initial guidance was from coach Tom Watson. Track sessions involved an 80 mile round trip to Yate making this a five hour operation!

Immediate results pointed to a 3K as his event as he slowly made an impression on his best times but a particularly poor 3k in a BMC race at Oxford led him to try a 1500 which went well. He has only raced 3k a few times since. On the back of his, modest, success he applied to Loughborough where he was rejected. Looking back he feels this rejection did him a favour. He was accepted at Cardiff where he was a big fish in a very small pond rather than a tiddler in a sea of talent.

With Tom Watson in the background and a large personal input into his preparation he trained twice per day. He found it possible to spend a great deal of time with Christian Stephenson to whom he acknowledges a debt of gratitude. Offers from American colleges arrived, were considered and rejected. His self-coaching philosophy, he felt would not have been appreciated in those environments.

Any success he has he attributes to consistent of approach. He has only taken nine weeks out of training in ten years. He has averaged, including weeks out 50 miles per week over that period. Trips to the States have caught the eyes of British track fans. On one such he met up with the British walker Ian Brooks, now settled there. An introduction to the New York Athletic Club led to joining them. His many races there, he told me, just about cover bed and breakfast and then off again to find an other race.

A low spot in his career was the realisation that he had sports based asthma in 2002, linked to hay fever. An inhaler was prescribed. Seemingly this has not halted his progress. Road miles have been a feature of his recent seasons and he has enjoyed a measure of success. He contemplated the steeplechase in 2000/2001 and took guidance from Mark Rowland but did not go on from there.

His favourite runners are perhaps two of the classiest "journeymen" of all. John Walker and Steve Scott, both having well over 100 sub4 clockings to their name. The former he describes as being THE athletes athlete. As to the future he intends competing "forever", as long as he is competitive and fit. Certainly into his thirties.

1984 - 1994 - 2004

The figures show 10th, 50th and 100th performers at "our" events in the a/n years. It is evident that there has been some slippage at 800 (men) at the "sharp" end but at 50/100 the figures seem stable. For the 1500 the situation has deteriorated overall. Note that the 100th best performer in 1984 would rank inside the top 50 last year!

Women's standards are remarkably stable, meritorious given the prevailing slip across the sport. Again there can be little doubt that without the efforts of the BMC the picture would be much bleaker.

		1984	1994	2004
800 (m)	10	1:46.16	1:48.38	1:48.30
	50	1:50.6	1:50.9	1:50.80
	100	1:51.9	1:52.42	1:52.5
1500 (m)	10	3:38.44	3:40.17	3:41.04
	50	3:45.18	3:46.23	3:48.50
	100	3:48.15	3:49.86	3:52.06
800 (w)	10	2:02.75	2:03.75	2:03.71
	50	2:09.6	2:08.5	2:09.0
	100	2:12.3	2:13.0	2:12.0
1500 (w)	10	4:11.51	4:13.50	4:14.00
	50	4:26.25	4:25.9	4:27.0
	100	4:33.1	4:35.0	4:32.69

Manchester, 26.6.04. COLIN WELSH (175) leads the men's 'C' 800m. photo by Mark Shearman.

BMC All Time Lists as at 1st April 2005

compiled by Matthew Fraser Moat

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"J" denotes that athlete was a Junior at the time of performance
"V" denotes that athlete was a Veteran at the time of performance
"*" denotes that athlete was not a BMC member at the time of performance

Men's 600m

1:17.4	Andrew Hart	1	Watford	26 May 99
1:18.49J	Richard Davenport	1	Watford	28 Aug 02
1:18.5	Steven Ovett	1	Crystal Palace	12 May 76
1:18.5	Andrew Knight	1	Highgate	7 Aug 96

Men's 800m

1:45.2	* Patrick Ndururi KEN	1	Battersea Park	15 Jun 97
1:46.2	* Robert Kibet KEN	2	Battersea Park	15 Jun 97
1:46.29	* Michael Rotich KEN	1	Watford	14 Aug 02
1:46.4	* Paul McMullen USA	1	Stretford	1 Aug 95
1:46.4	* Paul Walker	1	Stretford	22 Jul 97
1:46.6J	* Ismael Ahmed SUD	1	Bangor	1 Aug 03
1:46.64	* Luka Kipkoech KEN	1	Cardiff	5 Jul 00
1:46.67	* Bernard Kisilu KEN	1	Bristol	30 Aug 97
1:46.68	Ricky Soos	1	Watford	5 Jul 03
1:46.7	James McIlroy (10)	2	Battersea Park	14 Jun 98
1:46.75	* Paul Korir KEN	2	Watford	14 Aug 02
1:46.8	Andrew Hart	4	Battersea Park	15 Jun 97
1:46.82	* Gary Reed CAN	2	Watford	5 Jul 03
1:46.83	* Benson Koech KEN	1	Crawley	28 May 94
1:46.87	Kevin McKay	2	Bristol	30 Aug 97
1:46.96	* Jess Strutzel USA	1	Solihull	14 Jul 99
1:46.99	* Charles Makau KEN	1	Solihull	19 Aug 00
1:47.1	Neil Speaight	2	Bangor	1 Aug 03
1:47.2	Grant Cuddy	2	Stretford	22 Jul 97
1:47.3	* Gary Cook (20)	1	Stretford	3 Jun 80
1:47.37	Joel Kidger	1	Cardiff	17 Jul 04
1:47.49	* Luke Kiptoo KEN	1	Watford	23 Jun 99
1:47.5	Anthony Whiteman	4	Battersea Park	14 Jun 98
1:47.5	Andrew Graffin	1	Watford	29 Aug 01
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
1:47.65	Alasdair Donaldson	2	Solihull	19 Aug 00
1:47.69J	Simon Lees	2	Solihull	5 Sep 98
1:47.7	Sebastian Coe (30)	1	Stretford	8 Aug 76
1:47.7	Robin Hooton	1	Wythenshawe	30 Jul 96
1:47.7	* Bryan Berryhill USA	1	Stretford	6 Jul 99

Men's 1,000m

2:19.4	Andrew Hart	1	Stretford	22 Jul 97

Men's 1,500m

3:37.33	Andrew Graffin	1	Bangor	21 Jul 02

3:37.5	Anthony Whiteman	1	Swindon	7	Aug	97
3:39.0	* David Lewis	1	Stretford	9	Aug	83
3:39.0	* Laban Rotich KEN	1	Battersea Park	14	Jun	98
3:39.1	Neil Caddy	1	Swindon	14	Aug	96
3:39.1	Robert Hough	1	Wythenshawe	14	May	97
3:39.27	Thomas Mayo	1	Watford	9	Jun	01
3:39.4	* Samir Benfares FRA	1	Watford	5	Aug	98
3:39.47	Michael East	2	Watford	9	Jun	01
3:39.5	Matthew Yates	2	Watford	5	Aug	98
	(10)					
3:39.6	* Paul Bitok KEN	2	Battersea Park	14	Jun	98
3:39.7	Michael Openshaw	3	Battersea Park	14	Jun	98
3:39.7+	* Craig Mottram AUS	1+	Oxford	6	May	04
3:39.8	Ian Gillespie	2	Swindon	7	Aug	97
3:39.85	* Gabe Jennings USA	1	Solihull	14	Jul	99
3:39.88	Angus MacLean	4	Watford	9	Jun	01
3:39.94	* Lachlan Chisholm AUS	1	Watford	12	Jun	04
3:40.1	Ian Grime	2	Swindon	14	Aug	96
3:40.11	Andrew Baddeley	2	Watford	12	Jun	04
3:40.16	Nick McCormick	3	Watford	12	Jun	04
	(20)					
3:40.2	* James Nolan IRE	1	Watford	11	Aug	99
3:40.22	* Edwin Maranga KEN	2	Bangor	21	Jul	02
3:40.3	Andrew Pearson	2	Wythenshawe	14	May	97
3:40.42	Matt Dixon	1	Wythenshawe	14	Jun	00
3:40.69	* Brian Berryhill USA	2	Solihull	14	Jul	99
3:40.7	Rob Whalley	3	Swindon	14	Aug	96
3:40.78	* Niall Bruton IRE	1	Cardiff	15	Jul	98
3:40.78	* Keith Kelly IRE	1	Solihull	6	Aug	03
3:40.8	* Elijah Maru KEN	4	Battersea Park	14	Jun	98
3:40.8	* Gary Lough	3	Watford	5	Aug	98
	(30)					

Men's Mile

3:55.24	* David Kisang KEN	1	Battersea Park	4	Jun	00
3:55.31	* Abraham Chebii KEN	2	Battersea Park	4	Jun	00
3:56.35	Anthony Whiteman	1	Barnet Copthall	31	Aug	96
3:56.6	Timothy Hutchings	1	Aldershot	19	Jul	82
3:56.64	* Craig Mottram AUS	1	Oxford	6	May	04
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
3:58.0	John Kirkbride	1	Motspur Park	23	Jul	69
3:58.11	* Edwin Maranga KEN	1	Solihull	5	Sep	98
	(10)					

Men's 2,000m

5:00.66	* David Kisang KEN	1	Battersea Park	25	Jun	00
5:01.28	Andrew Graffin	2	Battersea Park	25	Jun	00
5:02.90	Allen Graffin	3	Battersea Park	25	Jun	00

Men's 3,000m

7:51.32	* Craig Mottram AUS	1	Wythenshawe	14	Jun	00
7:51.4	Rob Whalley	1	Swindon	7	Aug	97
7:51.47	* James Getanda KEN	1	Cardiff	5	Jul	00
7:52.14	* Julius Kimutai KEN	2	Wythenshawe	14	Jun	00
7:52.19	* Boaz Kisang KEN	2	Cardiff	5	Jul	00
7:52.27	Kris Bowditch	3	Wythenshawe	14	Jun	00
7:52.87	* Kimutai Kosgei KEN	3	Cardiff	5	Jul	00
7:52.9	Robert Hough	2	Stretford	16	Jul	96

7:53.11	Julian Moorhouse	4	Wythenshawe	14 Jun 00
7:53.2	Spencer Barden	2	Swindon	7 Aug 97
	(10)			

Men's 2 Miles

8:34.5	Ian Gillespie	1	Millfield	5 May 97

Men's 4,000m

11:03.2	Rob Whalley	1	Millfield	4 May 98

1 performance to 11:05.0 by 1 athlete

Men's 5,000m

13:23.94	* Craig Mottram AUS	1	Solihull	23 Jun 01
13:27.09	* Mohamed Yagoub SUD	2	Solihull	23 Jun 01
13:28.22	Kris Bowditch	2	Battersea Park	25 Jun 00
13:28.6J	* Mizane Mehari ETH	1	Watford	5 Aug 98
13:29.19	* George Okworo KEN	3	Battersea Park	25 Jun 00
13:30.22	* Boaz Kisang KEN	4	Battersea Park	25 Jun 00
13:30.56	Matthew O'Dowd	3	Solihull	23 Jun 01
13:31.32	* Seamus Power IRE	5	Battersea Park	25 Jun 00
13:33.3	* Hendrick Ramaala RSA	1	Battersea Park	14 Jun 98
13:34.93	Christopher Thompson	1	Eton	14 Jun 03
	(10)			
13:35.3	* Dermot Donnelly	2	Battersea Park	14 Jun 98
13:36.06	John Mayock	1	Manchester	26 Jun 04
13:36.30	* Robert Denmark	4	Solihull	23 Jun 01
13:37.17	Glen Stewart	5	Solihull	23 Jun 01
	13:51.96	5	Solihull	22 May 04
13:37.97	Michael Openshaw	6	Battersea Park	25 Jun 00
13:38.12	* Dieudonne Disi RWA	1	Solihull	22 May 04
13:38.52	Samuel Haughian	1	Wythenshawe	3 Jun 02
13:38.95	* Chris Davies	2	Manchester	26 Jun 04
13:39.02	* John Nuttall	5	Stretford	11 Jul 00
13:39.08	* Francis Kipkoech-Bowen KEN	2	Solihull	22 May 04
	(20)			

Manchester, 26.6.04. NICK McCORMICK (13) leads from BRYAN CONWAY (Ireland, 14) and GARY MURRAY (Ireland, 12) in the men's 3km. photograph by Mark Shearman.

Men's 10,000m

27:32.81J	* Fabian Joseph TAN	1	Watford	5 Jul 03
27:45.20	* Francis Kipkoech-Bowen KEN	2	Watford	5 Jul 03
27:51.99	* Kameil Maase HOL	1	Watford	12 Jun 04
27:56.37	* Karl Keska	3	Watford	5 Jul 03
28:00.50	Andres Jones	2	Watford	22 Jul 00
28:03.31	* Robert Denmark	3	Watford	22 Jul 00
28:04.48	* Mark Steinle	4	Watford	22 Jul 00
28:05.27D	Cathal Lombard IRE	4	Watford	5 Jul 03
28:08.46	* Michael Aish NZ	5	Watford	22 Jul 00
28:10.35	* Mike Donnelly USA	5	Watford	5 Jul 03
	(10)			

Men's 2,000m SteepleChase

5:35.73	Pat Davoren	1	Eton	3 Jul 02
5:37.32	* Iain Murdoch	1	Watford	9 Jun 01
5:38.4	Stuart Stokes	1	Stretford	17 Aug 99
5:38.58	* Eugene O'Neill IRE	2	Eton	3 Jul 02
5:41.12	* Andrew Franklin	2	Watford	9 Jun 01

Men's 3,000m SteepleChase

8:25.37	Christian Stephenson	1	Solihull	19 Aug 00
8:26.07	Justin Chaston	2	Solihull	19 Aug 00
8:33.06	* Stephen Thurston AUS	2	Wythenshawe	14 Jun 00
8:33.25	Ben Whitby	1	Wythenshawe	23 May 01
8:33.61	Stuart Stokes	3	Wythenshawe	14 Jun 00
8:34.67	Craig Wheeler	2	Wythenshawe	9 Jun 99
8:35.6	* Eliud Kirui KEN	1	Solihull	23 Jun 01
8:36.54	* James Kandie KEN	3	Solihull	19 Aug 00
8:37.35	* Donald Naylor	1	Watford	12 Jun 04
8:37.63	Charlie Low	4	Solihull	19 Aug 00
	(10)			

Men's 4 x 800m Relay

7:23.1	BMC National Squad	1	Watford	17 Jul 96
	(UK Club Record)			
7:26.2	BMC Junior Squad	1	Oxford	2 Sep 95
	(World Junior Record)			
7:26.2	Sale Harriers	2	Oxford	2 Sep 95
7:32.0	BMC Wales	3	Oxford	2 Sep 95
	(Welsh Record)			

Men's 4 x 1,500m Relay

15:23.6	British Milers' Club	1	Crystal Palace	12 Aug 73
	(UK All-Comers Record)			
15:32.4	Darmstadt GER	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	1r2	Watford	30 Apr 97
	(British and Commonwealth Junior Record)			

Men's 4 x 1 Mile Relay

16:21.1	BMC National Squad	1	Oxford	10 Jul 93
	(UK All-Comers Record)			
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

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"J" denotes that athlete was a Junior at the time of performance
"V" denotes that athlete was a Veteran at the time of performance
"*" denotes that athlete was not a BMC member at the time of performance
"mx" denotes that performace was set in a mixed race
"x" denotes that performace was set with a male pacemaker

Women's 600m

1:29.4	Linda Staines	1	Battersea Park	19 Apr 97

Women's 800m

2:00.7	* Shireen Bailey	1	Ipswich	19 Jun 85
2:00.77	Susan Scott	1	Watford	12 Jun 04
2:01.26	Rebecca Lyne	2	Watford	12 Jun 04
2:01.3	* Ann Purvis	1	Stretford	24 Jul 83
2:01.5	* Janet Bell	1	Stretford	23 Jun 85
2:01.51	* Agnes Samaria NAM	1	Bangor	21 Jul 02
2:01.93	Diane Modahl	1	Solihull	5 Sep 98
2:01.98	* Oksana Zbrozhek RUS	2	Bangor	21 Jul 02
2:02.0	* Jane Finch	3	Stretford	24 Jul 83
2:02.6	* Jackline Maranga KEN	1	Battersea Park	14 Jun 98
	(10)			
2:02.81	* Adrienne McIvor IRE	3	Bangor	21 Jul 02
2:03.0	Kirsty Wade	2	Aldershot	19 Jul 82
2:03.0	* Christina Boxer	4	Stretford	24 Jul 83
2:03.1mx	Dianne Henaghan	1mx	Jarrow	23 Jul 97
2:03.2mx	* Tanya Blake	1mx	Brighton	18 Aug 99
2:03.3mx	Ann Griffiths	1mx	Stretford	1 Aug 95
2:03.42	* Aoife Byrne IRE	3	Watford	12 Jun 04
2:03.48mx	Kelly Caffel	1mx	Watford	30 Aug 00
2:03.59mx	Helen Clitheroe	2mx	Stretford	17 Aug 04
2:03.6	Debra Russell	3	Ipswich	19 Jun 85
	(20)			
2:03.61	* Charmaine Howell JAM	4	Bangor	21 Jul 02
2:03.67	Angela Newport	1	Solihull	21 Aug 94
2:03.7	Claire Raven	2	Swindon	7 Aug 97
2:03.70	Lucy Vaughan	1	Watford	14 Aug 02
2:03.71mx	* Charlene Snellgrove	3mx	Stretford	17 Aug 04
2:03.78mx	Alexandra Carter	1mx	Stretford	5 Sep 00
2:03.79	* Karen Harewood	1	Manchester	26 Jun 04
2:03.8	* Lorraine Baker	4	Ipswich	19 Jun 85
2:03.8	Beverley Hartigan	1	Blackpool	2 May 88
2:03.86J	Lisa Dobriskey	2	Watford	14 Aug 02
	(30)			

Women's 1,000m

2:44.31J	* Sharron Davenport	1	Gateshead	16 Jul 88
2:44.9	Jo White	1	West London	5 Mar 80
2:45.22	Michelle Faherty	1	Loughborough	18 May 97
2:45.81J	Lisa York	2	Gateshead	16 Jul 88

Women's 1,500m

4:05.1mx	Helen Clitheroe	1mx	Stretford	31 Sep 04

4:05.94mx	Sonia O'Sullivan IRE	1mx	Solihull	22	Jun	02
4:08.77	* Sarah Jamieson AUS	1	Eton	3	Jul	02
4:10.56	Susan Scott	2	Solihull	22	May	04
4:10.65	Maria Lynch IRE	2	Eton	3	Jul	02
4:10.7mx	Sonya Bowyer	1mx	Stretford	16	Jul	96
4:10.84	Ann Griffiths	1	Scotstoun	21	Aug	99
4:11.24V	Rachel Newcombe	3	Eton	3	Jul	02
4:11.56	* Elva Dryer USA	1	Cardiff	4	Aug	99
4:11.67J	* Georgie Clarke AUS (10)	2	Watford	22	Jul	00
4:11.71	Elaine Fitzgerald IRE	1	Watford	23	Jun	99
4:11.79	Angela Newport	2	Scotstoun	21	Aug	99
4:11.80	Kerry Gillibrand	4	Eton	3	Jul	02
4:11.9	* Naomi Mugo KEN	1	Watford	8	Sep	99
4:11.99	Kelly Caffel	1	Watford	25	Jul	01
4:12.3	* Faith Macharia KEN	2	Watford	8	Sep	99
4:12.38	* Naimh Beirne IRE	3	Scotstoun	21	Aug	99
4:12.55	* Susan Muthoni KEN	1	Solihull	23	Jun	01
4:12.6mx	Joanne Pavey	1mx	Barry	27	Aug	97
4:12.91	* Leah Pells CAN (20)	1	Solihull	6	Aug	03
4:13.5mx	* Sinead Delahunty-Evans IRE	1mx	Stretford	17	Aug	04
4:13.6	Lynne Robinson	1	Cheltenham	20	Jul	94
4:13.68	Sarah Bull	3	Solihull	23	Jun	01
4:13.8	* Carole Bradford	1	Ipswich	19	Jun	85
4:13.94J	Charlotte Moore	1	Watford	14	Aug	02
4:14.0	Sandra Arthurton	1	Derby	5	May	84
4:14.1	Julie-Ann Laughton	1	Stretford	25	Jun	85
4:14.1	* Hayley Tullett	3	Watford	8	Sep	99
4:14.3	Angela Tooby	2	Ipswich	19	Jun	85
4:14.57	* Roisin McGettigan IRE (30)	2	Solihull	6	Aug	03

Women's Mile

4:27.79	Sonia O'Sullivan IRE	1	Oxford	6	May	04
4:30.77	Joanne Pavey	1	Bristol	30	Aug	97
4:31.76	* Georgie Clarke AUS	2	Oxford	6	May	04
4:36.8	* Mia Gommers HOL (World Record)	1	Leicester	14	Jun	69
4:37.4	Rita Ridley	1	Edinburgh	3	Jul	71

Women's 2,000m

6:12.4mx	Dianne Henaghan	1mx	Jarrow	20	Apr	98

Women's 3,000m

8:53.58mx	* Natalie Harvey AUS	1mx	Cardiff	5	Jul	00
8:53.7mx	Joanne Pavey	1mx	Solihull	19	Jul	00
8:55.73	* Yelena Burykina RUS	1	Wythenshawe	31	May	03
8:57.75mx	* Sarah Wilkinson	1mx	Stretford	27	Jun	00
8:58.98mx	* Hayley Yelling	1mx	Cardiff	4	Jul	01
9:02.35mx	Maria McCambridge IRE	3mx	Cardiff	5	Jul	00
9:02.67mx	Amanda Parkinson	1mx	Stretford	22	Aug	00
9:06.2mx	* Sinead Delahunty IRE	1mx	Stretford	1	Aug	95
9:05.86mx	Angela Newport	1mx	Stretford	25	Jul	00
9:07.36x	* Sally Barsosio KEN (10)	1x	Cardiff	4	Aug	99

Women's 5,000m

15:30.79	* Natalie Harvey AUS	1	Stretford	11	Jul	00
15:31.57	* Maria McCambridge IRE	1	Solihull	22	May	04
15:32.23	Sonia O'Sullivan IRE	1	Battersea Park	25	Jun	00

15:32.56	* Georgie Clarke AUS	2	Solihull	22 May 04
15:32.62	* Andrea Whitcombe	2	Battersea Park	25 Jun 00
15:33.37	* Rosemary Ryan IRE	2	Stretford	11 Jul 00
15:40.85	* Sarah Wilkinson	4	Stretford	11 Jul 00
15:42.64	* Valerie Vaughan IRE	3	Battersea Park	25 Jun 00
15:42.93	* Hayley Yelling	4	Battersea Park	25 Jun 00
15:43.99	Angela Newport	1	Wythenshawe	9 Jun 99
	(10)			
15:44.07	* Yelena Burykina RUS	1	Wythenshawe	3 Jun 02
15:46.17	* Rahan Nongu KEN	1	Eton	14 Jun 03
15:47.9	* Andrea Wallace	1	Crystal Palace	25 Apr 90
15:48.1x	* Tara Krzywicki	1	Watford	5 Aug 98
15:49.68V	* Debbie Robinson	1	Solihull	6 Aug 03
15:51.7	* Lynne MacDougall	1	Glasgow	18 Jun 97
15:52.4	* Lesley Morton NZ	1	Cheltenham	21 Jul 93
15:52.61	* Liz Yelling	2	Wythenshawe	3 Jun 98
15:53.11	* Louise Damen	2	Solihull	6 Aug 03
15:53.96	Gillian Palmer	2	Wythenshawe	3 Jun 02
	(20)			

Women's 10,000m

31:36.90	* Kathy Butler	1	Watford	12 Jun 04
31:40.31	* Aniko Kalovics HUN	1	Watford	5 Jul 03
31:41.1	* Elana Meyer RSA	1	Watford	22 Jul 00
31:45.14	* Hayley Yelling	2	Watford	12 Jun 04
31:56.23	* Rahab Ndungu KEN	2	Watford	5 Jul 03
32:01.17V	* Sylvia Mosqueda USA	3	Watford	12 Jun 04
32:14.01	* Natalie Harvey GBR	4	Watford	12 Jun 04
32:30.4	* Birhan Dagne	2	Watford	22 Jul 00
32:31.9	* Rosemary Ryan IRE	3	Watford	22 Jul 00
32:34.7	* Sarah Wilkinson	4	Watford	22 Jul 00
	(10)			

Women's 2,000m SteepleChase

6:36.02	* Jayne Knowles	1	Stretford	8 Aug 00
6:43.41	* Clare Martin	1	Eton	14 Jun 03

Women's 3,000m SteepleChase

9:55.01	* Tara Krzywicki	1	Scotstoun	11 Aug 01
10:31.38	* Jayne Knowles	1	Manchester	26 Jun 04

Women's 4 x 800m Relay

8:39.6	BMC Junior Squad	1	Watford	17 Jul 96
	(British and European Junior Record)			

Women's 4 x 1,500m Relay

17:09.75	Australia	1	Battersea Park	25 Jun 00
	(World Best)			
17:19.09	BMC Ireland	2	Battersea Park	25 Jun 00
	(Irish Record)			
17:41.0	BMC National Squad	1	Watford	30 Apr 97
	(British, Commonwealth and All-Comers Record)			
18:12.1	BMC National Squad	1	Stretford	30 Apr 96
	(British and All-Comers Record)			
18:38.0	BMC Junior Squad	2	Watford	30 Apr 97
	(British and European Junior Record)			

Women's 4 x 1 Mile Relay

19:17.3	BMC National Squad	1	Oxford	10 Jul 93
	(British, Commonwealth and All-Comers Record)			

James Thie training

29th September 2003

	AM	PM
M	REST	
T	REST	
W	REST	
T	REST	jog/hurdle drills/circuits 2 x 10 exercises x 30s
F	REST	
S	coaching all day	
S	REST	

6th October 2003

	AM	PM
M	REST	
T	REST	
W	REST	3miles easy
T	coaching all day	jog/hurdle drills/circuits 2 x 10 exercises x 30s
F	REST	
S	4 miles easy	
S	4 miles easy	

14 miles

13th October 2003

	AM	PM
M	4 miles easy	jog/circuits 2 x 10 exercises x 30s
T	4 miles easy	4miles steady @6min/pace
W	Coaching	6miles easy + circuits 2 x 10 exercises x 30s + 1 x 20s
T	4 miles easy	6miles easy/steady @ 6-6:20m/p
F	REST	7miles easy/steady @ 6-6-20m/p - strong run
S	6 miles easy	4miles easy
S	6 x 700m dune/Mawr-tough	REST

50 miles

20th October 2003

	AM	PM
M	8 miles easy/steady	weights +circuits x 2x 10 x 30s
T	4 miles easy- sore legs	2x2+miles (3rec) 10:18/10/18 cold/windy- ok
W	6 miles steady @ 6m/p	jog/hurdle drills/circuits 2 x 10 exercises x 30s + 1 x 20s
T	REST	6miles Steady @ 5:45-6m/p- strong at end
F	REST	4miles easy- bad guts
S	2 miles easy	National 6 stage relay 18:31 6km+ (team 12th) 55s slower than 03!
S	10 miles easy- still feel sh**tyty from yesterday	

57 miles

27th October 2003

	AM	PM
M	4 miles easy	2 x 3km (3rec) 9:14/9:03 - tough + circuits x 2sets
T	7 miles steady @6m/p	jog/hurdle drills/ weights & sprints & massage
W	4 miles easy	6 x 45secs hill bounds + 6 x 100m hills + circuits 2 x 40s
T	4 miles easy	4mile tempo @ 5:10ish – wet and windy with mossy
F	7 miles easy/steady - controlled	REST
S	6x3mins (3-4min rec) - good	4miles easy
S	9 miles easy- good recovery	

66 miles

3rd November 2003

	AM	PM
M	4 miles easy	3 x 2km (3rec) 6:03/6:03/5:57 - windy - good 3rd rep
T	4 miles easy	6miles steady @ 6m/p + hurdles + weights
W	4 miles easy - tired	6 x 1km (2.5rec) @ 2:52.4 - sh**tyty 2nd rep!
T	4 miles easy - tired	10 x 100m hills sprints + circuits 3 x 30secs
F	REST - feel tired	REST
S	2 jog / MD-Victoria park 4miler 3rd 20:08 - sh*t 48s slower than 03! 4steady	
S	9 miles - calf pull - F**K!	physio + massage (calf cramp only!)

64 miles

*Really pissed as running really bad and now have injury - indoors seems a very long way off!

10th November 2003

	AM	PM
M	1hour cycle	Aqua jog
T	Cycle/ Aqua jog	4miles easy treadmill - ok.....+massage
W	4 miles easy + ciro	6miles steady 6:10p/m +circuits 3x30s
T	4 miles easy- feeling ok	2 x 3km 9:07/9:01- solid but tired
F	4 miles easy blood test	10 x 400m (1rec) @ 63.3 last 60.4 - better session
S	7 miles easy/steady	REST
S	2 miles easy	BMC X-C 4Km 5th 12:07 - bad start - good finish

52 miles

*Got blood test as feeling tired most of time- showed nothing so must keep training harder!

Solihull, 22.5.04. DANIELLE WALKER (268) wins the women's 'B' 1500m. from DANIELLE CHRISTMAS (257). photo by Mark Shearman.

17th November 2003

	AM	PM
M	11 miles easy/steady	weights + sprints
T	4 miles easy - tired	3 x 2km (3rec) 6:03/6:04/5:57- still not great + Massage
W	9 miles easy/steady	jog/hurdle drills/circuits 3 x 20secs
T	Threshold test #see test1#	4miles easy
F	4 miles easy - really relaxed	6 x 1km (2.5rec) @ 2:50.0 - progression - finally!
S	REST	REST
S	Dunes mixed session short/long	4miles easy + massage

71 miles

24th November 2003

	AM	PM
M	11 miles easy/steady	weights 4 x 8sets
T	4 miles easy	6 x 3mins (2rec) grass in group- good start then tired
W	7 mls easy/steady-strong ciro	drills+ 10x100m hills+ circuits 3x30secs
T	4 miles easy	2 x 3km (3 rec) 9:05/8:52 - tired - then good finish
F	7 miles easy/steady ciro	6miles steady @ 5:45-6m/p + massage
S	11 x 400m hills (1:40rec) @ 74.1 - hard / 4miles easy	
S	12 + miles easy/steady - sore hamstring	weights 4 x 8

91 miles

1st December 2003

	AM	PM
M	6 miles easy/steady-relaxed	10x 400m (1rec) @ 62.2 last 58.9 - solid/relaxed
T	Fly - Cardiff - Amsterdam - Bahrain - arrive 2am!	
W	3 + miles easy/steady-fast!	6 + miles easy/steady
T	REST	3miles easy
F	Bahrain relays leg1 3km 8:10 - ok run / PM 6 miles easy - Stuart Stokes - good run	
S	10 miles easy/steady-good	weights + 3 miles easy
S	FLY - Bahrain - Amsterdam - Cardiff / PM 2 miles easy	

54 miles

8th December 2003

	AM	PM
M	VO2 Max Test 77.7 max/hr 190	9 + miles easy - turned ankle after 6 miles - sore but ok!

*Sleeping in altitude tent for 5 days of week at 15% 6000 feet - for 5 weeks bloods (after rest 16.2+47%- weight 72kg)

T	6 miles easy-sore ankle + ciro	3 x 2km (3rec) @ 6:05/5:56/5:52 - better! + massage
W	8 miles easy/steady	12 x 100m hills + circuits 3 x 30s - 5mile cycle w-up/w-d
T	6 miles easy	15 x 400m hills (1:38rec) @ 76.6 - tough as sh*t - 4 mile w-p/w-d
F	7 miles easy/steady	6miles easy/steady
S	6 x 3min (1.5rec) grass-wet/windy	/ 4miles easy
S	18 miles - longest run ever - loved it!	

103 miles rec!

15th December 2003

	AM	PM
M	7 miles easy/steady-strong	6miles easy/steady + weights
T	6 miles easy	2 x 3km (3rec) 9:04/8:40 - tired rep 1- great finish
W	9 miles easy/steady	12 x 100m hills + circuits 3 x 20s - solid hills 2 mile fast w/d
T	6 miles easy-pain in knee	10 x 400m (1rec) @ 61.7/last 58.9 - tired legs
F	7 miles easy/steady-pain	6 miles steady- leg better
S	Dunes session 2 x dipper 8 x 75s-good/meal and beers with the boys	
S	18 miles - turned ankle after 9 miles - ran through it.	

95 miles

22nd December 2003

	AM	PM
M	7 miles easy/steady-stiff ankle	7 miles steady-bad guts + ciro
T	6 x 800m (2rec) @ 2:09.3 last 2:06.7	/ PM 5 miles easy-sore leg
W	7 miles easy/steady-leg bad	10 x 100m 60 - 90m pick-ups (1.5rec) @12.9- really sore
T	6 miles easy-leg better	5 miles easy- ok to race tomorrow
F	Boxing Day 4miler 2nd 19:07pb-ok	/ PM 6 miles easy/steady
S	5 x 400m hills (4rec) @67s-flying	/ PM 5 miles easy/steady
S	18 miles –relaxed-strong	

94 miles

29th Dec 2003

	AM	PM
M	6 miles easy/steady	7 miles easy
T	20 x 200m (30s rec) @28.9	/ PM 6 miles easy +massage
W	5 miles easy	Mountain ash 5km 1st 15:17 very easy- very cold!
T	5 miles easy	10 x 100m pick-ups (90s/rec) @ 12.8 - cold but good sess
F	4 miles easy	4 miles easy - Fly - Newcastle
S	2 miles easy	Great North X-C 4km 15th 11:59 - last at start!
S	15 + miles - really strong	

80miles

5th January 2004

	AM	PM
M	5 miles easy- tired	6 x 800m (2rec) @ 2:07.7 / last 2:04.3 relaxed
T	6 miles easy	11 x 90m pick-ups (90s rec) @11.7-good + massage
W	5 miles easy	10 x 400m 5/5 (1+3rec) @ 60.0/59.4 last 56.8 - tired legs
T	10 miles easy - tired 5 - 7 miles	
F	threshold #test2#- flying	4 miles easy-tired to start-good at end

*Out of altitude tent - Bloods 17.2/47% - feel great - weight 69kgs

S	6 x 300m (3rec) @ 40.8-slow start	/ PM 4 miles easy - legs good
S	100-210m sprints (11) (90s +10s each rep) 4 miles easy	

73miles

12th January 2004

	AM	PM
M	Fly - JFK	1 mile jog + drills
T	5 miles easy - relaxed	3 x 300m, 3 x 200m, 3 x 100m (2+4rec) @ 40.6 / 25.8 / 12.3
W	3 miles easy + drills+ strides 5x20s	/ PM Fly JFK - Bermuda
T	REST	3 miles easy + drills
F	REST	MD - 2 miles easy Bermuda mile 1st 4:18.8- 35m/p winds! Very strong 2/2 - in Bermuda!
S	10km with kids 41:44 jogging	/ PM 4 miles easy
S	5 x 800m (90s rec) @ 2:08.6/last 2:06.7	/ PM 5 easy + free beer as mile winner!

50miles

19th January 2004

	AM	PM
M	5 x 400m (4rec) @ 55.7 / last 54.3 - early session / Fly JFK	/ PM 5 miles easy
T	6 miles easy - good	4 miles + drills
W	3 x 300m, 3 x 200m, 3 x 100m (2+4rec) @ 40.6/25.7/12.3	/ PM 4 miles
T	REST	3 miles + drills + 5 x 20s strides - ready
F	3 miles easy + drills	
S	2 miles easy	New Balance mile armory 3rd 4:02.89 54 last 400m - sh*t tactics
S	15 miles easy - with john Riley - good run	/ PM Fly - London

55 miles

St. Etienne, 20.3.05. MO FARAH. photo by Mark Shearman.

26th Jan 2004

	AM	PM
M	travel	2 miles easy
T	5 miles easy	3 x 1 mile (2rec) 4:41/4:46/4:35 - good + massage
W	5 miles easy	10 x 90m pick-ups (90s/rec) @11.6 - good sess
T	4 miles easy - tired	15 x 200m (30s/rec) @ 28.4 last 26.8 - relaxed
F	7 miles easy/steady - wet	5 miles easy
S	5 x 800m (90s/rec) @ 2:08.3/last 2:05.2 - solid / PM 5 miles easy	
S	5 x 400m (3.5rec) @ 55.6-controlled / PM 5 miles easy	

67 miles

2nd February 2004

	AM	PM
M	7 miles easy/steady Ciro	5 miles easy + massage
T	4 miles easy	3 x 300m, 3 x 200m, 3 x 100m (2+4rec) @ 41.0 / 25.6 / 12.2 - easy sess
W	Fly - JFK	2 miles easy
T	Sleep MD 3 miles easy + drills / PM 2 warm-up 5x100m	
F	Sleep MD 2miles easy	Wannamaker Mile Millrose - 2nd 4:04.2 - ok - Fly - London
S	Fly - London - Manchester / Drive Manchester - Sheffield	AAA's world trials 1500m 2nd 3:46.7! 2 in 16hs
S	9 miles easy + cooked breakfast! / PM Massage - Made Sunday Times with crazy races!!!	

52 miles

9th February 2004

	AM	PM
M	5 miles easy	3 x 1 mile (90s/rec) 4:39/4:46/4:35 - good relaxed sess
T	4 miles easy	6 x 300m (2.5rec) @ 40.7 - relaxed
W	9 x 90m (90s/rec)pick-ups @11.7 / PM 4 miles easy + massage	
T	Fly - JFK	2 miles jog + drills
F	Sleep MD 2 miles easy	Armory Meet 800m 3rd 1:50.23 - sh**ty start-felt strong
S	2 miles easy	Armory Meet Mile 1st 3:59.65 - controlled - tired but won easy / beer!
S	11 miles easy	Fly - London

57miles

16th February 2004

	AM	PM
M	Travel	2 miles jog + massage
*back into Altitude tent 15.0/42.5%		
T	4 miles easy	3 x 300m, 3 x 200m, 3 x 100m (2+4rec) @ 40.5/25.7/12.2
W	4 miles easy Ciro	4 miles easy + drills + strides 5 x 100m
T	MD 3 miles easy + drills	
F	2 miles easy	Birmingham international 1500m 10th 3:38.69pb - 5th UK all-time/solid
S	9 miles easy with Tom Mayo	Rest - visit Mum having chemo - so unfair how life can be.
S	3 x 1 mile (90s/rec) 4:43/4:44/4:36 - tired / PM 5 miles easy - visit Mum	

49miles

23rd February 2004

	AM	PM
M	5 miles easy/steady - visit Mum / PM 9 x 90m pick-ups (90s/rec) @ 11.5 good pace in legs	
T	4 miles easy	15 x 200m (30s/rec) @ 28.7 pick-ups on 3 / 6 / 9 / 12 / 15 29s / 27s
W	opening at my old school - fun! 9 miles easy - really good	
T	4 miles easy * car searching - tired! / PM 4 x 800m (1rec) @ 2:08.4 / last 2:04.6 - good	
F	5 miles easy	Rest - sleep
S	4 miles easy - watch British uni's / PM 4 x 400m (3rec) splits 29/27 @ 56.0 (29.01/27.02!) good pace	
S	MD 10 miles easy / steady	

62 miles

1st March 2004

	AM	PM
M	4 miles easy	5 x 300m (2.5rec) pick-ups 1/3/5 kick 100/300 +2/4 - 200m @ 40.9-tough
T	4 miles easy ciro	4 miles easy
*Out of Altitude tent 15.5/45% / weight 68.2kgs		
W	3 x 300m, 3 x 200m, 3 x 100m (2+4rec) @ 40.6/25.8/12.2 - ready Fly - Budapest	
T	4 miles easy + drills + strides / PM 4 miles easy	
F	MD 3 miles easy + drills	
S	2 miles easy	World indoor Champs 1500m Heats 2ND 3:40.68Q - very easy
S	2 miles easy	World indoor finals 1500m 4th 3:53.35 (52.0 last 400m) 0.4 Off medal

47miles

* At worlds I was in shape to run pbs over distances 400m to 5km - and had all the gears I could have got out of myself. In world the heats were easy beating Paul Korier who won the final then I ran only 0.7 slower for my last 400m than my flat 400m pb!!

8th March 2004

	AM	PM
M	Rest / hangover / travel!	Rest - tired! - visit Mum
*Mum was so happy with my runs - really helped her with her recovery from chemo - I hope.....		
T	Rest / sleep	
W	Rest / better!	
T	Rest	
F	jog for TV crew!	
S	3 miles easy	1.5w/up +6x100m strides- really good
S	2 miles easy	Hypark International 2000m 1st 5:09.60 Welsh record - solid

14 miles

15th March 2004

	AM	PM
M	4 miles easy	mini circuits x2 x30s
T	4 miles easy - sore as sh*t	4 miles easy - relaxed
W	bought car (first nice one!) + interview / PM 6 miles easy / steady - sore	

T 4 miles easy - fell over hard! 6 miles easy / steady - good
F 7 miles easy - different loop - sh*t! / PM Circuits x 2 x 30s
S 3 miles easy - windy - Drove up to Mums / PM 6 miles steady - very windy
S 3 miles easy - flying! - drive home / PM 7 miles - 5 hard / hilly loop 27:21- very windy - tired

58 miles

22nd March 2004

	AM	PM
M	9 miles easy	massage
T	4 miles easy	2 x 2 + miles (3rec) 10:12/10:10 - locking in knee at end - sh*t!
W	5 miles easy - knee still bad?	Circuits x 2 x 30s - knee ok?
T	Rest	6 miles easy - guts bad and knee still a problem???
F	Rest	Rest - hope knee is ok
S	5 miles easy - knee still there????	/ PM 4 mile threshold 20:33 - knee ok on thres - then locking on w/d?
S	saw physio - no problem?	10 miles easy / steady knee ok in last 30 mins

59 miles

29th March 2004

	AM	PM
M	4 miles easy - knee still a problem??	/ PM 2 x 3km (3rec) 9:26/9:24 - very bad session - mentally very low
T	Rest/school visit	7 miles easy / steady - knee seemed 100%?

W 3 miles easy - problem back - must get sorted / PM Testing threshold - aborted after jog - really pissed off
T Rest / school visit / saw doctor - might be a tear or nothing! 4 miles easy - stiff
F 4 miles easy / I think Doc twisted foot and caused another prob? 3 x 1km - saw in Achilles area!
S Rest - can't walk on it - knee was ok yesterday - think Doc hurt something when checking knee!
S Rest - only light circuits (same as sat) - really low - already feel Olympics are gone

33 miles

5th April 2004

	AM	PM
M	Olympic doctor - thinks its Achilles strain - ok to jog when feel ok	Aqua jog - feeling like sh*t
T	Aqua jogging - hard!	Circuits x 2 x 30s
W	2 miles jog - pain - walk home - shouldn't have tried it - stupid!	40 mins x-skiing - ok no pain
T	40 mins x-skiing + 5 min cycle test - 88% - elite! ok no pain	40 mins x-skiing - (20 hard) + Circuits
F	1 hour ski machine / 70.1kgs weight ok!	/ PM 2 miles jog on grass - sore Fly Newcastle - wedding
S	3 miles easy - sore still	Rest / wedding - beers - feel better already!!
S	4 miles - good till 20 mins	Rest / fly home / weight 70.3 - not bad after wedding!!!!

11miles

12th April 2004

	AM	PM
M	3 miles easy - sore from start	Aqua jogging + ski machine - feeling down
T	3 miles easy treadmill + ski machine	/ Another Doc - doesn't think its Achilles / circuits + ski machine

*saw today a doctor, physio, chiropractor, massage guy and another great physio / massage guy!!!!!! - Tiring!
W 2 miles easy / ski machine / aqua jog / PM 2 miles easy + weights - leg ok??
T 3 miles easy - treadmill - no pain?? / PM 3 miles easy + 6 x 3 mins on ski machine / 1.5 easy jog
F 4 miles easy - treadmill - sore at end / Circuits / PM 5 miles easy - treadmill- no pain
S 3 miles w-up / ski machine 20thres / 3easy w/d- sore / PM 5 miles easy - treadmill - tight but ok??
S Rest - watch London marathon on bed! MD 9 miles easy-treadmill - ok! Very happy to be ok???

40 miles

*back in altitude tent

19th April 2004

	AM	PM
M	5 miles easy - tired legs	2 x 3km treadmill (3rec) 9:15/8:59 - legs really tired - but ok

*Back in Altitude tent 15.7 / 43.5% - weight 70.4kgs

T	9 miles easy - good for morning	weights - good session + massage
W	5 miles easy	4 mile threshold (short 19:20) - felt good
T	4 miles easy - tired	6 x 1km (2.5rec) @ 2:52.4 - legs tired but held session
F	5 miles easy / ciro + massage	5 miles easy
S	2 miles easy	National 12s relay leg 4 / -5km 14:44 - team 5th - legs really bad - *really sad day as found that Sam Haughain died in a car crash in South Africa - great runner RIP.
S	12 miles easy/steady - legs better	/ PM Circuits x 2 x 30s (took risk with this weeks mileage)

84 miles

26th April 2004

	AM	PM
M	5 miles easy - legs tired	3 x 2km (3rec) 6:02/5:58/5:52 - solid session- pleased
T	6 miles easy/steady	6 miles steady - pain in back last mile?? + massage
W	5 miles easy	5 x 600m (2rec) @1:34.0 - bad sess with John Mayock - 1:29s!
T	10 miles easy/steady-soild	weights (must remember that sess was 1st 1500m for 8 weeks!)
F	Testing #test3#-solid/not great	5 miles easy + massage
S	5 miles easy	6 x 1km (2rec) @2:50.1- windy so good session - strong finish

S 14 miles easy

90 miles

3rd May 2004

	AM	PM
M	5 miles easy - tired at start	11 x 400m hills (j1.4rec) @ 74.4 / last 63.9- good sess + 4wu/wd
T	7 miles easy	10 x 100m hills (70s rec) @ 15.4 + circuits 2x 30s 1 x 20s
W	5 miles easy - strong	10 x 400m (1rec) @ 61.5 / last 57.9 - relaxed
T	7 miles easy / steady - good pace / weights	/ PM 6 miles steady - flying but bad guts!!
F	Fly - Scotland	4 miles easy + drills + strides
S	2 miles easy	Balmoral road mile 3rd 4:10 - beat Mayock - who I was 5s behind on 600m reps last week! Shows that its still there even without a great build-up!!

S 17 miles easy - meet Keith Cullen - said he couldn't let the miler do more!!! Fly - home

82 miles

10th May 2004

	AM	PM
M	7 miles easy (6 fast in 32:11) - good	/ PM 8 miles easy/steady - sore leg at end inside ankle?
T	5 miles easy - relaxed	2 x 3km (3rec) 8:54/8:38rec - very good flying at end
W	8 miles easy - sore inside ankle	/ PM 12 x 100m hills (70s rec) @ 15.3 + circuits - ankle still sore?
T	5 miles easy - sore to start then ok	/ PM 10 x 400m (1rec) @ 61.5 - windy- leg ok when on track
F	6 miles easy/steady - tired - weights	/ PM 6 miles steady - good
S	15 x 400m Hills (1.4jrec) @ 75.7 / last 64.2 (4w/up+wd) tough sess - legs sore at start then ok	

* leg worrying me - very painful at end - not when running fast - Saturday night watch 'the Vines' rock'n'roll!
S 14 miles easy - hurt really bad from start - every step - thinks its bad - had to cut down run

95 miles

17th May 2004

	AM	PM
M	5 miles easy - sore - travel to	funeral - sad / PM 6 miles steady - leg ok to start then sore
T	4 miles easy -leg sore at end	6 x 800m (2rec) @ 2:10.7 / last2:07.8 - windy - leg ok on reps
W	6 miles easy - told it's tendon not bone	/ PM 10 x 100m pick-ups (2rec) @12.6
T	20 x 200m (30s rec) @ 29.2 / last 26.8 - ok	/ PM 4 miles easy - Doctor says just inflamed
* Out of Altitude tent 15.3/45%- weight 69.6kgs		
F	Fly - Seattle	2 miles easy
S	4 miles easy - leg better	Rock'n'Roll 5km - leg tester! 1st 14:49 - jogging leg 100%
S	Nordstrom 8km 3rd 24:10pb - flying till last 300m!	/ PM 3 miles easy - pleased leg is ok

70 miles

24th May 2004

	AM	PM
M	13 miles easy on trials - good	arrive in cascades locks
T	5 miles easy - caught speeding!	6 x 800m (2rec) @ 2:08.5 / last 2:05.6 - pleased
W	7 miles easy	10 x 100m pick-ups (90s rec) @ 12.5 - solid
T	5 miles easy	6 x 400m (5rec) @ 55.8 windy + raining
F	Rest	4 miles + drills + jog
S	MD / 2 miles easy	'Mile Of the God' 1st 3:51 - front ran, strong and pleased for Tony's sub 4!
S	6 miles easy	6 x 300m 3/3 (3/6rec) @ 40.9 / 40.8 - tough - not flying

72miles

31st may 2004

	AM	PM
M	5 miles easy	10 x 400m 5/5 (1+3rec) @ 59.3 / 59.4 last 57.3 - tough session
T	Drive Eugene	MD 10miles on Pre's trails - visit Pre's Rock - left message for Sam
W	4miles easy - good	3 x 300m, 3 x 200m 3 x 100m (2+4rec) @ 40.7/25.7/12.0 - ok
T	4 miles easy	4miles +strides
F	Rest	MD 3miles easy + drills
S	2 miles easy	Portland classic 1500m 11th 3:41.34 - first lap 55 - too fast and paid!
S	14 miles with Tong Young - good run / sandwich and beer!	Fly - London

65miles

7th June 2004

	AM	PM
M	Travel	2 miles easy
T	5 miles easy - felt good	3 x 1 mile (2rec) 4:34/4:36/4:30 - relaxed + Massage
W	5 miles easy	10 x 100m (90s rec) pick-ups @ 12.3 - pleased with speed
T	4 miles easy-tired	15 x 200m (30s rec) @ 28.4 last 26.1- soild in windy conditions
F	6 miles easy/steady	5 miles easy/steady
S	5 x 800m (90s rec) @ 2:08.9 - tired	/ PM 4 miles easy
S	5 x 400m (4rec) @ 54.9 last 53.5 - strong	/ PM 4 miles easy

69miles

14th June 2004

	AM	PM
M	MD 12 miles easy - tired at end	
T	6 x 300m (3rec) @ 40.2 - slow N1 - TV Crew filming	/ PM 5 miles easy + massage
W	5 miles easy - legs good	Leckwith Relays 3240m multi-terrain 1st 9:40- tired
T	5 miles easy ciro	100 - 120m 11 - sprints (90s+10s each rep rec) good speed
F	3 miles easy	School visit - Drive North Wales
S	1.5jog	MD welsh champs heats 800m 1st 1:58.6 - tired/PM Final 3rd 1:52.4 - felt like crap
S	1500m heats 1st 3:58.18 - 55 last lap - better - no final as training job done	Drive Home

64 miles

21st June 2004

	AM	PM
M	MD 12 miles easy - legs good	
T	4 miles easy	6 x 300m (2.5rec) @ 40.3 - cold, wet and windy so ok + massage
W	4 miles easy - controlled	Drive - Bournemouth / PM 4 miles easy - very windy

Sheffield, 13.2.05. NEIL SPEAIGHT (207) wins the 800m. from JAMES NOLAN (Ireland, 476) with CHRIS MOSS (161) third. photo by Mark Shearman.

T 3 x 300m, 3 x 200m, 3 x 100m (2+4rec) @ 40.6/25.6/11.9 - good MD school visit / drive home
F 4 miles easy 4 miles + drills + strides Fly - Newcastle
S sore planter factices MD 3 miles easy + drills
S 2 miles easy Gateshead International 1500m 3:39.24pb - ok run

52miles

28th June 2004

	AM	PM
M	Fly - Bristol	MD 10 miles easy/steady - turned ankle again!
* Back in Altitude tent 16.0/46.6%- weight 69.2kgs		
T	4 miles easy - ankle sore	6 x 300m (2rec) @ 40.1 - flying at start 39.2 first rep easy!
W	4 miles easy - tired	4 miles + drills - conrolled
T	3 x 300m, 3 x 200m, 3 x 100m (2+4rec) @ 40.1/25.3/11.9 - great	/ 4 miles easy
F	Travel - London Fly - Athens - Then Heraklion- long day!!	
S	3 miles easy + drills + strides	3 miles easy + drills - feel great - nice and warm and great pool!
S	MD 2 miles easy + drills	GP11 Meet 1500m 13th 3:37.06pb - rolling field - ok run

52miles

5th July 2004

	AM	PM
M	Fly after being up at 5am- no sleep as Greece won soccer cup! Massage	
T	4 miles easy	3 x 1 mile (90s rec) 4:22/4:35/4:25 - strong and controlled
W	5 miles easy - School visit	5 x 300m (2rec) pick-ups @ 40.5 - sh*t weather - tough
T	School visit	8 x 100m (90s rec) pick-ups @ 12.4 - wet and windy!
F	ciro 3 miles easy	Drive to Manchester / PM 3 miles easy + drills
S	MD 2 miles easy + drills	National Champs heats 1500m 2nd 3:46.5 / 54 last lap
S	MD 2 miles easy + drills	AAA's Final 1500m 5th 3:51.1 (1:50.9 last 800m) crap!

48miles

12th July 2004

	AM	PM
M	MD 9 miles easy - strong	
T	4 miles easy - solid	Massage
W	3 miles easy	3 x 300m, 3 x 200m, 3 x 100m (2+4rec) @ 39.9/25.3/12.0
T	ciro 4 miles easy	4 miles + drills + strides - feel great - best ever
*out of Altitude tent 17.3/49% - best ever weight 68.9kgs		
F	Fly - Madrid	3 miles easy + drills - nice and warm - feel great
S	MD 2 miles easy	Madrid Super league 1500m 9th 3:38.48 - too slow in middle
S	Fly - London, travel Home - feel tired and disappointed to miss Olympics by 0.8secs - gutted!	

40miles

19th July 2004

	AM	PM
M	4 miles easy	4 x 400m (3rec) 29's/26's @ 29.3/26.6 - windy - tired
T	4 miles easy - relaxed	4 x 800m (1rec) @ 2:08.5 - wet windy and tired at end!
W	MD 6 miles easy	Massage
T	3 miles easy + drills	3 x 300m, 3 x 200m, 3 x 100m (2+4rec) @ 40.0/25.3/12.0 - flying
F	4 miles easy Ciro	4 miles + drills + strides
S	MD 3 miles easy + drills	Train to Birmingham
S	2 miles easy	Birmingham international 1500m 7th 3:46.22- asthma attack
*Scary race as I couldn't breathe - worrying as just had nothing		

51miles

26th July 2004

	AM	PM
M	MD 6 miles easy - feel really bad	
T	3 miles easy	3 x 300m, 3 x 200m, 3 x 100m (2+4rec) @ 39.9/25.3/11.9 - better
W	Ciro MD 4 miles easy	
*Kicked out of Palace mile - nice of them to see if I was ok!		
T	3 miles easy	3 miles easy
* Ray said to turn up to hotel - all would be sorted!		
F	MD 2 miles easy	Crystal Palace Mile 12th 3:57.86pb - ok after being kicked out!
S	Rest	Brothers Stag night - loads of beers + bed at 3:30am!!!
S	MD 3 miles + 6 x 200m/jog 200rec @ 27.3/ 3 miles back home - feel hung-over!	

40miles

*didn't know till Sunday that I was racing in Belgium Tuesday!!

2nd August 2004

	AM	PM
M	3 miles easy	3 miles + drills + strides
T	Bus - London / Fly- Brussels / Train to Liege / 5pm - mile jog / 9pm - 1500m 7th 3:39.44- felt great!	
W	Fly - London / Bus / Fly - Boston / $10 Bus to New York! Sleep - so deep!	
T	4 miles easy	3 miles + drills + strides
F	Train - Philly / MD 1mile jog	Nike Zoom Mile 1st 4:05.7 - windy - very strong + beer +pizza!
S	Fly - Boston / Bus - Cape Cod / MD 1 mile jog / PM Falmouth Mile 1st 4:00.59 - won by 0.03! Sweet!	
S	Falmouth road race 7.1 miles Threshold 38th 36:05 (5:04p/m) felt really strong!	

43 miles

9th August 2004

	AM	PM
M	Rest	Fly - London
T	Drive Home - tired!	3 miles easy - not bad!
W	4 miles easy - tired	3 x 1mile (90s rec) 4:38/4:37/4:33 - solid session
T	4 miles easy - tired	3 miles / 8 x 100m (90s) pick-ups @12.5/ 3w/d - tired
F	4 miles easy - better	15 x 200m (30s rec) @ 28.7 - controlled
S	4 miles easy	4 miles easy + drills
S	3 miles easy	600m time trial 1:21.5 + 6 x200m (2rec) @ 27.1 - feel tired

55miles

16th August 2004

	AM	PM
M	Rest	3 miles / 6 x 200m (jog200rec) @ 27.4 / 3 miles back - tired
T	3 miles easy	3 miles easy + drills + strides
W	Travel - Watford MD 1mile jog	Watfortd BMC 800m 6th 1:51.24-sucked from start to end!
T	MD 6 miles easy - ok	
F	3 miles easy - better	3 miles easy + drills + strides
S	2 miles easy	Severn open 800m 1st 1:52.5 / 400m 2nd 51.9- tired overall
S	MD 10 miles easy/steady	

48miles

23rd August 2004

	AM	PM
M	3 x 800m (1rec) @ 2:10.7 - dead feel crap	/ PM Rest
T	5 miles easy - tired at end	Rest
W	3 miles easy - feel better	5 x 300m (2rec) @ 40.4 - relaxed - much better session
T	3 miles easy + drills	4 miles easy + drills Massage
F	3 miles easy	3 x 300m, 3 x 200m, 3 x 100m (2+4rec) @ 40.2/25.5/12.0 - good

S 4 miles easy 4 miles + drills + strides- sore leg
S Rest - drive to mums 3 miles easy + drills
45miles

30th August 2004

	AM	PM
M	2 miles easy	Colchester Mile 3rd 4:05.4 - felt bad - legs went at end?
T	Rest	Rest
W	Rest	16 x 200m 8/8 (1/3ec) @ 27.3/27.3 - holding back
T	Travel - Bus 8hrs to Belguim	3 miles easy
F	3 miles easy	3 miles easy + drills+ strides
S	2 miles easy	Antwerp meet 2000m 2nd 5:12.90 - on own after Kenyan went!
S	travel Back home	very tired

31miles

6th September 2004

	AM	PM
M	3 miles easy	2 x 600m, 2 x 400m, 2 x 200m (90s/3rec) @ 1:29.4/56.5/26.6 - great
T	MD 6 miles easy	
W	3 miles easy	3 x 300m, 3 x 200m, 3 x 100m (2+4rec) @ 40,2/26.0/12.3 - in flats - tired
T	3 miles easy - stepped on pin - went through foot! / PM 3 miles easy + drills - foot sore	
F	Foot very sore - can't put weight on it	
S	MD 1.5 mile jog - foot sore	Bristol road Mile 1st 4:19.99 - big kick - foot killing!
S	Foot very bad - so sore - but at least I won my home mile - thought I might have to miss it!	

36miles

13th September 2004

	AM	PM
M	Rest	3 mile jog/ 3 x 200m 3 x 100m (3/5/2rec) @ 26.5/12.2/3 easy - ok
T	MD 4 miles + drills + strides - strong	
W	3 miles easy - good	Celtic Manor meet 800m 1st 1:54.4 / 3km 1st 8:53.0 - tired workout
T	MD 6 miles easy/steady - really good	
F	4 miles easy - a dog followed me home! 15 x 200m (30s rec) @ 29.0 in flats - really good	
S	10 miles easy - solid pace	Older brother's wedding - great best mans speech and load of drink!
S	Clevedon relays 5km 15:27(long) - good way to run off hang-over! Felt tired in afternoon!	

58miles

20th September 2004

	AM	PM
M	4 miles easy	5 x 300m (2rec) @ 41.2 in flats - feeling very tired from long season
T	Rest massage	Rest
W	3 miles easy	3 x 300m, 3 x 200m, 3 x 100m (2+4rec) @ 40.8/26.5/12.6 - in flats - feel done
T	4 miles easy - last time on home loop / PM rest	
F	3 miles easy + drills + strides / PM Fly - Newcastle	
S	1.5 miles easy	Great North Mile 12th 4:11.5 - was done along time before this!
S	Rest Fly Home	End of season!!!!

33miles

27th September 2004

	AM	PM
M	Rest	
T	Rest	
W	Rest	
T	Rest	
F	mini circuits + swim	
S	Rest	Commonwealth team meeting - more beer!
S	Rest	felt really bad!

0 miles

4th October 2004

	AM	PM
M	Rest	light weights
T	mini circuits + swim	massage
W	School visit	Rest
T	School visit	Rest
F	Drive Home	Rest
S	Rest	3 miles easy - feel like crap
S	Circuits x 2 x 30s	3 miles easy - ok

10 miles

11th October 2004

	AM	PM
M	4 miles easy - solid	Rest
T	Weights + Circuits / Massage	4 miles easy
W	5 miles easy	Fly - JFK
T	6 miles easy / steady	4 miles easy - at 'Coogans' proposed to Alex to Marry me!
F	7 miles easy - tired + 'yes' hung-over!	
S	6 miles steady	3 miles treadmill + weights
S	9 miles easy	Circuits

47miles

18th October 2004

	AM	PM
M	9 miles (5 mile fartlek)	Fly - Denver
T	4 miles easy - at altitude so abit tired / PM 4 miles easy - Picked-up by Mike and Nicole Aish	
W	4 miles easy	6 miles easy - really good
T	11 miles easy - feel great	
F	2 miles / 1 mile / 1km / 800m (4rec) 10:29 / 4:59 / 3:06 / 2:28	5.5 miles easy
S	4.5 miles easy	9 miles easy - got lost!

*watched WSC kick ass!
S 5 miles easy + Circuits + 2 jog Drive up to Gunnison, CO 7703 feet!
78miles

25th October 2004

	AM	PM
M	4 miles easy	5km threshold 16:56 - 5:26p/m- HR 172- solid weights
T	11 miles easy / steady	
W	4 miles easy - tired	2 x 3km (3rec) 9:35/9:48 - recovery too short - tired
T	7 miles easy / steady - tired no run PM	
F	6 x 1 mile (5rec) @ 5:07 - helping Mike - felt tired, came through it / PM 4 miles easy	
S	13 miles easy / steady - feel really good / PM Circuits	
S	4 miles easy	5km Threshold 16:38 / 5:51p/m - hr161- flying + relaxed

92 miles

1st November 2004

	AM	PM
M	MD weights	9 miles easy / steady 52:16
T	12 x 400m (65rec) @ 66.9 - helping Mike - easy 2 then quicker 2 / PM 4 miles easy	
W	Circuits	10 miles steady / easy 58:32 - guts went at half-way
T	4 miles	3 x 2km (3rec) 6:15/6:14/6:12 - good session - guts gone again!!
F	Rest	Rest
S		
S		

Coaches renewal - important information

Feedback from some coaches attending our recent Coaching Education Days around the country indicated problems with being able to met the criteria understood from communications received from UKA.

As a consequence we publish a question & answer article covering most of the concerns coaches may have.

We would not wish any active BMC coaches to lapse as a result of perceiving they have not met the criteria, and would urge them to contact UKA, their regional RETA or Pat Fitzgerald of BMC (01895 811822) to discuss.

Coach Licence Renewal

With a busy period of coach licence renewal underway, UK Athletics would like to say thank you to those 4000 coaches that have already completed this process.

However, it is clear that some coaches need extra assistance in completing the process and so we are extending the renewal deadline to 31st August 2005 to enable all those who wish to do so, time to ask any further questions preventing their renewal so far.

The continued development and success of club, regional, national and international athletics is very much dependant on the coaching workforce.

The tireless and tremendous efforts that coaches and volunteers put in week on week and year on year is invaluable - coaches are extremely selfless individuals and it is certainly true that athletics would not function without them.

However, there are some frequently asked questions from your renewal queries that we would like to answer for you:

Q. Why do I need to renew? Isn't it just another piece of paperwork?

A. Renewal is taking place so that we can achieve several objectives. Firstly we need to acknowledge coaches' learning and the efforts you are making to further increase your skills – after all we believe that continuous learning will ensure a better environment for athletes. And the feedback we have received from coaches who have already renewed tells us that you feel continuous learning is important too
We would also like to ensure we have an accurate database of active coaches as this will help us develop an understanding of where they are working so we can plan around them, support them and fund them more accurately. Most importantly we need to make sure we have up to date information as to who needs to be insured in their coaching activities.

Q. What does 'learning' or 'credits' have to do with renewal?

A. Learning credits are used simply as a guide for coaches to work out what part of their coaching activities can be classed as learning. It is important that those who want to assess their progress can count up the credits they have earned during their time. In the renewal process we ask you to extract the learning aspects from your coaching activities – credits are a way of helping you identify these components.

Q. So how do I get learning credits?

A. UK Athletics have provided some examples of more formal renewal activities. But in reality the list is endless. Credits can be earned in a variety of methods, many of which you will encounter in your day to day coaching activities. E.g. coaching, meeting other coaches, sharing information, questioning, researching, listening, supporting, organising, delivering and presenting. Even reading magazines or books on coaching or similar areas count towards your credits. All the renewal process asks you to do is complete a reflective note for the required amount of learning you undertake – to show how you are "applying" what you are learning.

Q. So are you saying no credits, no renewal?

A. No, not at all. Credits do not drive renewal, but as a sport requiring many different skills we have to demonstrate that our coaches agree with the principle of continuous learning and development – and that we have a way of recording it. This isn't something that affects only athletics. Many other sports go through the same process with their coaching fraternity.
Even if you do not think you have enough credits, but you still want to continue to coach you can still renew, using either the reflective note in the renewal pack, or on the renewal form. However, we need to hear from you and know what you have been doing so that we can update our records, so please do complete the forms and get in touch.

Q. I'm a higher level coach – learning about my athletes and their events all the time. Can't UKA come up with a better way of acknowledging my learning activities?

A. UK Athletics are set to review the system following this renewal process.

However, following consultation with a range of level 4 coaches within the sport, we have decide to automatically renew all level 4 coaches this time around. In the future, regionalisation will help us to offer more personalised support. We would like to say thank you to the level 4 coaches who had already completed and returned their renewal forms prior to this announcement.

Q. What will happen if I decide not to renew?

A. Important! You will not be a licensed UKA coach. We will unfortunately be unable to provide you with insurance cover beyond 31st August 2005. We cannot guarantee that clubs and local authorities will allow you access to facilities and equipment. UKA and partner organisations may be unable to appoint you to coaching positions with representative teams.

Q. Ok then, I will renew. But I've lost my paperwork, how do I get a new copy?

A. Please contact your Regional Education and Training Administrator (RETA) who will be able to arrange for a replacement pack to be sent to you. Their details can be found **where can they be found?**

Q. All done... what happens next?

A. UKA will issue your updated licence as quickly as possible from the date of receipt of your paperwork. Returning your forms will enable UKA to:

Update your details on the database
Send you a new licence indicating that you:
have a qualification;
have met minimum standards;
carry insurance;
can continue to gain access to facilities and equipment.

Q. Speaking of insurance, what level of excess am I responsible for as a UKA coach?

A. As the insurance agreement is between UKA and Beddis Hobbs, UKA covers insurance excess, except in rare cases where a coach has demonstrated excessive levels of negligence.

Q. How long before I have to renew again?

A. The renewal period has been extended, so you will be asked to renew your licence again within 3 years.

Q. I still have some questions that haven't been answered. Who should I speak to?

A. Please contact your RETA or a member of the individual services team at UK Athletics on 0870 998 6800. Alternatively you may wish to visit the UK Athletics website at www.ukathletics.net

The recently received Sportsmatch cheque for £10,000 being displayed at Ardingly

The First Theorem of Air as Applied to Running Longer:

A. Healthy feet are running feet.

B. The Nike Air Max Moto III is designed to be lightweight and to provide stability and superior cushioning, the lynchpins of long distance running. Uniquely designed with a bigger visible Air unit in the heel and a softer encapsulated Air sole under the forefoot, not only does the Air Max Moto III cushion the runner's foot-strike by dispersing the pressure of impact, it also slows the pronating tendencies of the foot, making your stride more efficient. And that's not the only property of Air. Let's not forget how lightweight it is. It's worth bearing in mind that just 100gr of weight reduction can lead to 1% greater energy efficiency. In other words, over a long distance, you could shatter your personal best.

C. In conclusion: life is short, run longer.

For more science, go to nikerunning.com

for runners by runners

RUN


181
189
BMC
185
BMC
1
5


114
BMC