

THE MIDLAND MASTER ATHLETE



NEWSLETTER 276 – MARCH 2023



Chris McCann wins the Colin Simpson Handicap

It's been a busy year already, lots to tell you.

Over 425 members have re-joined so far. The MMAC Track & Field Championships will again be at Nuneaton on Sunday 11th June, more details later in the newsletter. Our AGM is scheduled for 5pm on Sunday 16th April, it will again be on Zoom details later.

Sad news about the death of former president Geoff Oliver, an interesting story from Donato about a world record after overcoming illness and injury. A report on the Colin Simpson Handicap. A great article from Matt Long looking at Geoff Wightmans coaching. Good Luck to our 34 members going to Torun for the World Indoor Championships taking place 26th March to 1st April.

Well done to all our athletes who took part in the British Masters Indoors Track and Field championships in Sheffield. Recently held was the indoor inter areas where the Ladies retained their trophy and the men were a strong second. We missed out on the overall win and will be looking to make home advantage count in the summer event. Full report next time.

Newsletter Editor

Sadly, for personal reasons, Andrea Sexton has decided to step down as Editor. We thank her for her contribution to MMAC. Matt Long has agreed to take on the role from the next newsletter. Matt has a lot of experience of editing the BMC Newsletter and writing many coaching articles.

Geoff Oliver

Sad news before Christmas when I got news the Geoff had died after a short illness.

Geoff had been a member of Hinckley, 100KM Association and Midland Masters. He had been a member of MMAC since November 1980. He would have been 90 later this year.

I met Geoff when he came to run in the MMAC 10-mile race held inside the Burton 10 in 2019. He ran 1.44.21 on a hot day, he was sorry about the length of time he was running as he was worried it would delay the medals presentation. With that run he still leads the all-time M85 rankings by 10 minutes.

Power of 10 has some of his earlier results, he won the Gateshead Marathon at the World Masters Championships on 8th August 1999 as a M65 in 3.01.44. In 2004, now a V70, he won the 10K at the BMAF championships with 42.55.46 and in London ran 182.104K in the 24 hour race. In 2009 as a V75 he ran 178.898KM in the 24-hour race. 2014 now a V80 he ran 160.745k

He was our president in 2004/2005 and the last time I saw him he was at the President's Dinner to celebrate our 50th Anniversary. He was still very keen on running and hoping to get many more miles run.

Irene Nicholls who was Chairman for most of Geoff's membership years adds

Geoff was a great character, he competed in the most demanding conditions all over the World including the Marathon de Sables and relished the long distance 24-hour challenges. He was easily identified by his unique headgear of a desert cap with neck protection and was most supportive of our events as a competitor and behind the scenes. He encouraged athletes of all ages and abilities with coaching and by example.

Greatly missed - he was a one off.

What a year for Donato

From Charity Runner to England Marathon Masters and beyond.

2022, what an incredible year. At age 61, I have achieved lifetime PBs at parkrun, 10k, Half Marathon and a new Guinness World Record at London Marathon, but things didn't start well at all with lingering respiratory issues in January. But let's go back a few months to October 2021, when things started to go wrong.

I had qualified for England Masters at Marathon distance and the Yorkshire Marathon was the race I was aiming for, which sadly did not go to plan at all. Looking back, I was probably fatigued before the race and not fully recovered from the London Marathon two weeks earlier. By about mile 14, I was reduced to walking and jogging the rest of the way to the finish line. Not the best debut at Masters racing. By the Wednesday after the Yorkshire Marathon I was feeling very ill with a high temperature. I had Covid and spent the rest of October recovering indoors.

Despite getting back to running in November and trying a few races at the end of November and early December, I found I was still struggling with my breathing. Despite my respiratory issues, I started my training towards the Manchester Marathon 2022 in January with my highest monthly mileage, or what I call kilometerage being European, with most runs being super easy, or jiggy jog pace.

By February I had shaken off most of my illnesses and was doing more focused marathon training which by March I ran every day for that month. I was not intending or had a goal of running every day, I just followed that plan and I felt good. Running every day is not for everyone, me included, as I do like my rest days and pizza!

6th March was my first race of 2022 and it was the Cambridge Half Marathon. I wanted to run sub 1:25 for the first time ever, but had no idea if I could run the speed required to achieve that.

I always run all my races with my GoPro and give running commentary as I go along and chat with other runners throughout the race, as I share my running journey on my Youtube channel, which has had various names over the years, and you can find me on YouTube by searching for Running Guru, not to say I am a Guru of Running, far from it, but more of an old man (Guru) running!

The race strategy worked like a dream at Cambridge and I came in with a new lifetime best of 1:23:46, taking off almost 2 minutes from 3 years previous PB, and second in my age group. There are some fast guys in their 60s!



Things were coming together nicely and looking good for the Manchester Marathon in April, which was my opportunity to qualify for England Masters at marathon distance for a second time. As fate would have it, 10 days out from the Manchester Marathon I pulled a muscle in my glute and was unable to push any top end speed and was just a case of managing my speed without further injuring myself with the remaining training and tapering.

Come race day in Manchester, the first time I had ran this marathon, it was a glorious bright day and I ran as best I could, fatiguing to the end and holding what speed I could coming in with a time of 3:06:36, which was only 31 seconds off my lifetime PB set at Chicago in 2018. I was so happy with my time, despite the injury, with the icing on the cake having qualified for a second time at the England Masters marathon team.

The rest of April I mainly rested with easy runs and jiggy jogs to help my glute recover, as I was now coming into a series of three half marathons and a 10k which I had entered after completing the Manchester Marathon. The three half marathons were, Tewkesbury, Leamington Spa and Birmingham & Black Country all of which I came 1st in my Age group. The 10k was a tough one at Bognor Regis, despite being super flat, it was a glorious hot day with clear blue skies. Great for sunbathing on the beach, but not for racing a 10k. I managed a Sub 40, but only just in a time of 39:58.

The focus was now on London Marathon, to see if i could beat my lifetime best of 3:06:05 and was due to start my 12 week plan early July, but not only with a new PB, but also the potential of a new World Record in an outfit I had decided on many months before this and was approved by Guinness World record adjudicators.

But I got one of those phone calls, which you are happy to get, but at the same time, it would mean having to change plans for later in the year. The call I received was from the NHS telling me I have a place for my Gallbladder removal surgery. I was happy that this would finally happen, as I was diagnosed with a gallstone back in December 2019. But with the pandemic arriving, the surgery was postponed. Surgery seemed to be ok, despite massive bruising and having a lot of pain, I thought I could grin and bear it. But by Monday I ended up in A&E and needed a catheter fitted. Not nice.

This was when I started to think that the London Marathon in 10 weeks' time was not going to happen. Disappointment yes, but not the end of the world, as my long-term health is always more important than any running event. With the catheter fitted, there was no running at all and walking was extremely painful, without the need for me to give you any graphic detail Instagram style! By the 5th of August having had the catheter removed, I was now able to start a combination of run/walk, which was mainly walking to start with and quickly progressed to easy runs.

I now had till 2nd October, 7 weeks, to see what shape i could get myself in and if I would be fit enough to start the race, let alone finish it! Despite having a London Marathon Good for age place, at the beginning of the year I had decided that I would run London for Dementia UK in honour of my late aunt who passed away in 2021 having lived with Dementia in the latter years of her life. With this in mind and having already raised a lot of cash, I did not want to let the charity down. Literally, the race was on to get fit for the London Marathon!

A week before the London Marathon I ran a fast parkrun of 18:31, which was quick for me, but earlier in September I had the Worcester City Half Marathon and seriously struggled during that race and knew my distance endurance was lacking what I had back in March. So, the decision was made and I would start London Marathon for Dementia UK and would aim to break the Guinness World Record dressed as a... Hospital patient! How bizarre, that almost 12 weeks to the day before the London Marathon, I was in hospital dressed in the very same hospital gown waiting for surgery?!? Destiny?

I got myself to Blackheath, which was an adventure in itself with the train strikes the day before, and had the final check and photos of my outfit at the Guinness World record tent for the London Marathon Green Wave start. I got to meet some amazing people while in the Green Wave area, both others in fancy dress outfits and also other runners who had been following my Youtube training series and building up to the London Marathon. I was just happy to get to the start, what happens during the race is all a bonus. The current World record for fastest male hospital patient was 3 hours 20 minutes and was set the previous year by a guy about half my age, so I knew I had a challenge even without having to recover from surgery.

The race as you can imagine, was crowded and noisy with massive support all round the course and by halfway point I was inside the world record pace by a couple of minutes, but as any good marathon runner knows halfway is mile 20, not 13.1 miles. As well as me fatiguing, the sun was out from early in the race and the gown was often getting caught between my legs causing me to almost fall over many times. I did fall down near the docklands area but was able to get up and recover to continue. With the combined heat and wearing the hospital gown meant I was taking on fluids at every water aid station.

By mile 23 I knew I had to speed up to get inside the world record. By the end of Horse Guards Parade and approaching the gantry saying 340 yards to go, I looked at my watch and I had less than 2 minutes to finish inside the world record time. That was the moment when I literally sprinted for my life! I crossed the line, glanced at my watch which said 3:19:xx and I felt an overwhelming joy overcome me and when the Guinness World record adjudicator came to me at the finish line to confirm my new world record I just burst into screams of joy!

Following the brief interview at the finish line and heading back to pick up my bags, I suddenly didn't feel so good and had to go to the medical tent. I became very faint and dizzy and needed about a half hour recovery of Lucozade and lots of sugar. Once I overcame that and got changed, it was great to meet up with friends who were supporting and running the marathon for our post-race pizza. For me it's all about TRAIN, RACE, PIZZA! Oh, how I enjoyed the next two weeks of recovery, with little running and getting ready for my next challenge.

Having qualified at England Masters at marathon distance, could I qualify at 10k distance? I had entered the Telford 10k as Leeds Abbey Dash 10k was far too soon after the London Marathon and I knew I needed to be in super fit 10k condition as the guys in their 60's had qualified in 35 minutes at Leeds Abbey Dash. My current PB was 38:54 from 2 years ago, so

my work was cut out. I now had 7 weeks training to get to Telford in the best shape I could be for that amount of training.

Come race week, things took a turn for the worse, weather wise. Britain became Baltic cold with -11c on some days, and race day forecast of -4c, so would the race go ahead? I have to say the organisers at Telford AC had done an amazing job to get the course ready, having gritted the whole route the day before and the morning of race it was +1c. On the morning of the race, despite having to drive through a snowstorm, all evidence is on my YouTube videos, somehow Telford had avoided snowfall, up to this point.

For me, the weather was so cold, I didn't do my usual warm up, but i got myself to the start of Wave 2 race and off we went. All was going well with one lap complete, but the snowfall had started and i was beginning to feel cold. Despite the snowfall and me not feeling my best, I managed to finish in a new lifetime best of 37:48. I felt amazing!

Sadly, England Masters qualifying didn't happen. I came 6th gun time and 5th chip time for my AG. So that was the end of 2022 and an amazing year, well at least for racing, but I still had two bites at the England Masters 10k qualifying cherry.

North Lakes 10k on 2nd January 2023, or Regent Park 10k on 8th January 2023. I wanted to do the Regent Park 10k, as I could catch the train to London the day before and run a multi lap course rather than a hilly Lake District course, as much as i like the Lake District! The decision was made for me by the rail strikes. No trains to London, so a drive up to The Lakes it was, combining with visiting some friends up north. It meant a further 3 weeks of discipline of no overindulging through Christmas and New Year, recovering from yet another virus post Telford 10k and 2nd January quickly arrived.

The 1st of January was a VERY wet and windy Lake District, but by 7am on 2nd January it was a different story! -1c and I was having to scrape ice off my van to get to the start. By the time I got my bib from race HQ, got changed to do my warmup run, it was still below zero. Which combined with almost falling onto my backside early in my warm up run, I headed back to my van to change to my "safe shoes" and raced with them. The race started and I gingerly started off knowing that there were icy patches on the roads and I didn't want to end up on my backside!

It was a very "undulating" course and I ran as fast as I could on the day. But oh boy, what a feeling at the end of the race and one of the officials showing me my finish time and more importantly where I finished in my AG. I was 1st! I had qualified for the English Masters 10k. Goal achieved, albeit 3 weeks later than planned. What now for 2023?

I just want to enjoy every run that I do, every race that I take part in, as running at my age is not to be taken for granted. We all have setbacks in life, but it is how we respond to the setbacks that is more important than the setback itself. I look forward to continuing to share my running journey with you all on YouTube and here with Midlands Masters. Onwards and upwards!

You can follow me on Social Media with handle @poetwithpace on: Strava, Youtube (Running Guru), Twitter, Facebook, Instagram

MIDLAND VETS LEAGUE

The Midlands Vet League will be starting soon. MMAC take part in the South Division and currently have these matches scheduled.

May 10th Worcester

June 14th Stratford

July 5th Redditch

Aug 9th To be confirmed

These are evening matches running from 7-9.15 with a variety of field and track events. You can get an idea of the varying programme of events and also see past results on the league website (www.mvtfl.co.uk).

As well as track and field participants we are always happy to welcome potential assistants and officials.

Our new team manager is Jon Tibke who took over from Tony Porter during the last season.

All members of MMAC who are not

1st claim with a club who takes part in the league

1st claim with another club not in the midlands who take part in a vets league

Can compete for MMAC.

If you want more details, or to be made aware of the events that there are in the matches or to take part contact Jon at jontibke@aol.co.uk or via Facebook Messenger.

MMAC Track and Field Championships

The MMAC Track and Field Championships will return again to Nuneaton on Sunday 11th June. We are just applying for the license, photo finish and EDM are booked.

Entries will again be on entry4sports, they should open later in March. In order to manage the day we will need again to limit entries in field events, we will be enabling waiting lists, so it will be best to not leave entry till too late. Medals will be awarded to the first 3 MMAC members in each age group. I will email all members when entries have opened.

COLIN SIMPSON MEMORIAL HANDICAP

On a cold but sunny morning the February the **Colin Simpson Handicap** took place in a race organised by Centurions. For many years, Adrian Lloyd would always take the lead in

liaising with Centurions and he really enjoyed the format. Harking back to his days of Hares and Hounds social runs in the far east.

Irene Nicholls was on hand to carry out the handicapping and with support from Martin Wilkinson and assistance from Margaret Simpson and her daughter, Lorraine Simpson. Together with a total Grand Prix field of 60, runners ran round the surprisingly mud free trail paths to complete one small and two large laps over 5 miles. Prizes were awarded to the first three MMAC members and the first seven overall based on handicap positions. The Colin Simpson Memorial Trophy was awarded to Christopher McCann who was the 1st placed MMAC member in the Handicap.

A few words were said remembering Adrian, this was an event he loved and he was greatly missed



Christopher McCann receives his trophy

MMAC COLIN SIMPSON MEMORIAL 5 MILE HANDICAP RACE

held at Kingshurst, Birmingham on Sunday 5th February 2023

MM		H/Cap	Race Posn	Actual Time	H/Cap Time	H/C Posn	
	Alan	Marshall M55	33.11	25	48.52	15.41	1
	Martin	Jones M55	27.00	22	44.10	17.10	2
	Tony	Mackness M65	23.30	16	40.23	17.33	3
	Anthony	O'Brien M60	20.10	12	39.37	19.27	4
	Siobhan	Cotter W55	21.15	14	40.10	19.35	5
	Ian	Cooper M45	20.35	13	40.03	20.08	6
	Paul	Cornock M55	35.00	27	55.13	20.13	7
	Angela	Hands W55	37.00	28	57.20	20.20	8
	Julie	Cozens W55	24.19	23	44.18	20.39	9
1st M	Christopher	McCann M55	12.53	6	34.33	21.20	10
	Spencer	Davies M45	16.26	10	37.47	21.21	11
	Cath	Fenn W50	19.05	17	40.28	21.23	12
	Joanne	Scott W45	12.00	5	33.34	21.34	13
	Martin	Poole M40	8.48	3	30.49	22.01	14
2nd M	David	Pettifer M70	19.00	18	41.07	22.07	15
	Eric	Robathan M60	20.09	19	42.25	22.16	16
	Ian	Mansell M40	5.00	1	27.25	22.25	17
	Victoria	O'Brien W40	21.03	20	43.00	22.37	18
3rd M	Faye	Stanyard W40	9.00	4	31.53	22.53	19
	Paul	Coughlan M50	7.00	2	30.13	23.13	20
	Jeanette	Robathan W60	16.53	11	39.26	23.13	21
	Peter	Kirkhope M55	13.45	9	36.27	23.22	22
4th M	Lesley	Pymm W55	40.27	29	63.22	23.35	23
	Andy	Matthews M55	16.08	15	40.18	24.10	24
5th M	Theresa	Woolley W50	11.56	8	35.52	24.36	25
	Paul	Cooper M50	18.53	21	43.51	25.38	26
	Pauline	Dable W70	24.15	26	50.27	26.12	27
6th M	Ron	Cattle M70	9.57	7	35.46	26.29	28
	John	Curtin M70	21.48	24	47.43	26.35	29

World Masters Mountain Running Championships

The World Mountain running took place on 3rd September 2022, with some MMAC runners including:

M70 -Martin Cortvriend 7th 57.18

M75 - Guy Whitmarsh 5th. 1.04.33, Martin Ford. 7th. 1.05.13

The GB M75 team won gold (1st, 2nd and 5th). The race started in Clonmel, Tipperary, Ireland and finished in the Comeragh mountains. The short course was 8.4km, and ascent 509m. The long course was for men up to age 50.

'OH BOY'!

MATT LONG HAS A FRONT ROW SEAT IN WATCHING GEOFF WIGHTMAN MOVE THROUGH THE COACHING GEARS:

World Athletics Championships. 19th July 2022.

A stunned Oregon crowd are on their feet applauding the first British man to win the world 1500m title for 39 years. Suddenly the camera pans away from a jubilant Jake Wightman and projects an image of an animated grey haired stadium commentator onto the giant screen within the famous Hayward Fields. The familiar face is that of Geoff Wightman and he's perched on a gantry. Understandably struggling to contain his emotion the 61 year old with customary microphone in hand he tells the 20,000 odd crowd, "That's my son. I coach him. And he's the world champion!".

Coaching journey

We begin by unpicking a sample session from the Geoff Wightman Training Group which he kindly articulated in a recent British Milers' Club online webinar. It's the type of session that has enabled Jake Wightman to become Britain's second ever World 1500m champion after Steve Cram in 1983 and the first British male to land a global 1500m title, since Seb Coe's Los Angeles triumph one year later Cram in 1984.

Long term athlete development

We will work back to Jake's junior career to explore the type of sessions which moved him from promising junior to international athlete by revisiting the notion of the so called 'tired surge' mode of interval training. Having done this we will further regress down the pyramid of long term athlete development to look at the type of sessions Jake would have done when he was a post pubescent teenager with a developing lactate system and able to begin to diversify the type of speed endurance work which he undertook under the watchful eye of his father and mother, Susan. It's a journey which will take us back to the work of both Frank Horwill who founded the BMC in 1963 and his close ally Peter Coe, whose son Sebastian is still the only man in history to retain an Olympic 1500m title.

Earning the right to progress

In coach education discourses, one often comes across the term of, "earning the right to progress". It is bound up with notions of being physically competent and robust enough to undertake appropriate activities or sessions. Speed endurance work has to be undertaken to be a decent endurance athlete and there is no escaping it as a middle distance athlete operating over 800m and 1500m. Speed endurance work challenges all three energy systems because they are interdependent but particularly challenges the lactate energy system. Wightman senior acknowledges that, "Arthur Lydiard was right," in that one needs a significant aerobic and strength endurance base before having the robustness to undertake speed endurance work. In terms of periodisation, speed endurance work tends to be undertaken intensely for a period of 6-8 weeks in the Spring of Summer, both before and during the track season.

So let's take a look at just one example from the coaching group led by Geoff.

Example Session from Geoff Wightman Training Group

2 x 1200m (30s) 200m (400m jog)

2 x 1000m (30s) 300m (400m jog)

2 x 800m (30s) 400m (400m jog)

Principles

The type of session listed above should not be undertaken without the guidance of a coach. Rather than obsessing about the detail of the session we will learn most by stepping back and looking at some of the principles which would appear to underlie it. There would appear to be seven golden rules.

- Speed endurance designed to challenge the lactate energy system as a stimulus.
- Grouping of work into sets to allow for more volume of work to be undertaken.
- The notion of a split interval with two distinct components.
- An aerobically dominant first phase of the interval with a lactate dominant second phase.
- The inclusion of a short but passive recovery (walk) in between the two components of each split interval to allow for quality to be enhanced in the second phase.
- The retention of an active mode of recovery after each interval (a) to build aerobic volume and (b) teach the body to use lactate as a productive energy source to fuel the body whilst clearing acid from the system.
- Running each component of the interval according to split, on a track to goal race paces.

Having looked at his the training which underpins his senior career, we now work back to Jake's junior career to explore the type of sessions which moved him from promising junior to international athlete.

Junior international athlete

In his 2005 book *High Performance Middle Distance Running*, the late English national coach for middle distance running, Dave Sunderland, coined the notion of the 'tired surge'. This notion is to express the idea that a single interval can be split and contain some kind of differential element. In the case of the 'tired surge' this ordinarily involves a 'float' element which is effected by the said athlete at slightly faster than jogging pace. For the observing coach, the 'float' element of an interval may not necessarily need to be timed according to stopwatch split but may well be judged by the naked eye in terms of whether the said athlete is moving biomechanically as a 'steady runner' rather than as a 'jogger'.

In bridging from promising teenage athlete and European Junior 1500m champion back in 2013 to international senior, Jake Wightman effected intervals with a float element. Typically the first part of the interval would be longer and more aerobically dominant than the latter 'post float' element. Here's an example:

5 x 600m fast; 200m float; 400m fast (400m jog).

One of the ways of progressing the above session is to (a) retain the 200m float element; (b) to retain the 400 jog element at the end of each interval but (c) to diversify the length of the first component of the intervals. Take the following example.

900m fast; 200m float; 200m fast; (400m jog)
700m fast; 200m float; 200m fast; (400m jog)
4 x 500m fast; 200m float; 200m fast (400m jog)

A way of progressing the session above would be to introduce what Wightman senior refers to as a 'double float' element. For example:

5 x 600m fast; 100m float; 300m fast; 100m float; 100m fast (400m jog)

Once again the above can be diversified and progressed by operating over different lengths of interval thus allowing the athlete to run at a range of differential paces.

3 x 600m fast; 100m float; 200m fast; 100m float (400m jog)
3x 500m fast; 200 float; 100m fast; 100m float (400m jog).

We now move on to unpick some of the coach education principles which underpin the above sessions.

Principles

The idea of a 'float' element within intervals has received endorsement from the ground breaking research of the Oregon based coach Peter J. Thompson who has done much to enhance our understanding of the notion of the 'lactate shuttle' (see thenewintervaltraining.com). This was originally conceptualised by Dr G.A. Brooks in 1986 to describe the dynamic action of lactate as a metabolite moving about within muscles and the circulatory system in order to provide the body with metabolic energy. In simple terms the float recovery facilitates the use of lactate as a productive source of energy, hence the value of the 'tired surge' as a mode of interval training.

Whilst a float element can be retained in speed endurance work in the summer, in order for the intervals to be turned into repetitions and run faster with greater demands on the lactate energy system, athletes like Wightman may choose to substitute an active jog recovery over 400m which may take up to 2 minutes, with a more passive 2-3 minute walk. This of course makes the session less aerobically dominant compared to a session in the winter months but may of course be suitable in the pre-competition and competition phases of a periodisation cycle.

So having explored his junior career let's regress back two decades to look back at Jake Wightman the boy.

The Youth Athlete

Back in 2019, Geoff Wightman told me that, "My wife Susan (nee Tooby- a former international athlete) coached Jake and his twin brother Sam up until they were almost 16 because she was a PE teacher at their school, Fettes College in Edinburgh. They did sport quite a lot each week but Jake started to make some progress at running, even though he hadn't really grown at that age. It was felt that he needed a bit more input and more regular training, so I took it on in 2010. For

the next seven years he was my only athlete. We got a lot of help with him joining in with other people's groups, especially Eric Fisher, Sandy Cameron and John Lees at Edinburgh AC and George Gandy at Loughborough. I learned a lot from them and also the other coaches that I encountered in my work at Scottish Athletics and UK Athletics, including sprints, jumps and throws coaches".

What is significant about the above is that Wightman junior will have been exposed to a range of sports at a young age, all of which will have helped what coaches tend to refer to as 'ABCs'- namely Agility, Balance and Co-Ordination. Secondly, the fact that Wightman senior alludes to learning from sprints, jumps and throws coaches means that rather than specialising as an endurance athlete at a very young age, his son will have made the most of the 'windows of opportunity' for speed and strength development through things like speed drills, plyometrics and body weight exercises.

Multi-paced training

Wightman senior readily admits to being heavily influenced by the work of the late founder of the British Milers' Club, Frank Horwill. In his classic text *Obsession for Running* (1991), the charismatic coach formulated his notion of multi-tier training through the 5 paced system which was most famously utilised by double Olympic 1500m champion, Sebastian Coe. Guided by his father Peter, Sebastian would effect sessions over a microcycle of training which were at 1500m race pace but sometimes over distance in terms of being completed at 3,000m and 5,000m pace and also under-distance, namely at 800m and down to 400m pace.

Speaking to a British Milers' Club coaching audience in the last few months, Geoff Wightman asserted that, "Every race is won by the athlete who changes pace the best". So Wightman adapted the philosophy engendered by Horwill and Coe senior, by figuring that multi-paced training could be effected within a single session and ultimately within a single interval rather than something which needed to be formulaically spread over a set number of days within a microcycle.

Wightman senior offered the example of standard 5 x 1200m (off 400m jog recovery) which was run at even pace. Rather than to immediately try and effect a 'split interval' with a float element, his first suggested intervention which could be used for a developing event group endurance athlete could be what Dave Sunderland in *High Performance Middle Distance Running* (2005) would have termed a 'pace increaser'. So the 5 x 1200m could be run with each of the three laps getting incrementally quicker, say from 78s on lap 1, to 76s on lap 2 to 74s on lap 3.

When the young athlete has achieved progressive overload and habituated the above, Wightman senior suggested he or she could then retain the principle of the 'pace increaser' on each lap but could aim to get the cumulative time for each of the 5 intervals progressively quicker. So for example the first set could be run at 84s for lap 1, 82s for lap 2 and 80s for lap 3 this producing a cumulative clocking of 4m06s. At the other end of the spectrum if the 5th interval were run at 74s for lap 1, 72s for lap 2 and 70s for lap 3, this would result in a cumulative clocking of 3m36s.

We are most certainly not suggesting that young athletes should effect 5 x1200m. The session and the splits fabricated above are merely for illustrative purposes. It's the underlying principles of the session which we are trying to inculcate and they are as follows.

Principles

Even paced running is most associated with running a PR and does have a place in interval training. This being said even paced running by definition cannot inculcate a change of pace with the said athlete. The young endurance athlete needs to learn to be able to change paces within a session so they habituate their bodies to run at a range of aerobically dominant paces and are thus not 'locked' into one pace. The notion of the 'pace increaser' is a good way of beginning to get the young athlete to move through the proverbial gears and when this has been inculcated over a mesocycle of training, further progressive overload can appropriately be introduced by retaining this principle and by adding the second variable of increasing pace of the intervals as a cumulative. It would be highly risky for the coach to attempt to immediately jump from even paced intervals to changing two variables- hence the 'pace increaser' serves as a bridge to making the second inter-related intervention- what we can term the 'cumulative pace increaser'.

Conclusions

This leaves us with some questions for self reflection by way of conclusion:

1. Why is it important to engender a multi-pace ethos in my training?
2. How can I run at a range of paces not only in a microcycle of training but also within a single session?
3. When do I know I have earned the right to progress to more challenging modes of multi-pace training?

Matt Long is a Great Britain Team Manager and England Team Coach who has team staffed for junior, senior and masters teams internationally. He served as an England Team Coach for the Birmingham 2022 Commonwealth Games Marathon Camp, Marathon Trial Race and also at the Development Camp prior to the Games where Team England were based.

Events Diary 2023

11 Mar 2023	British Masters Indoor Pentathlon and 3000m Championships Lee Valley
18 Mar 2023	British Masters Cross Country Championships WALLSEND
26 Mar - 01 Apr 2023	World Masters Indoor Track & Field Championships Torun, Poland
16 Apr 2023	British Masters 10k Road Championships 2023 Grangemouth
11 Jun 2023	Midland Masters Track and Field Championship Nuneaton
25 Jun 2023	British Masters 30km Multi-Terrain Championships Gravesend
07-09 Jul 2023	European Masters Off-Road Championships Adelboden, Switzerland
20 Aug 2023	British Masters 10 Mile Road Championships Prudhoe

01-03 Sep 2023 British Masters Track & Field Championships Derby

21 Sep - 01 Oct 2023 European Masters Athletics Championships Stadia Pescara, Italy

08 Oct 2023 British Masters Marathon Championships Chester

14 Oct 2023 England Masters Cross Country Team Selection Race Derby

28 Oct 2023 British Masters Cross Country Relays Long Eaton

11 Nov 2023 British & Irish Masters Cross Country International Glasgow

03 Dec 2023 British Masters 5k Road Championships London

BRITISH MASTERS MARATHON CHAMPIONSHIP

Gordy Smith went to the Isle of Man in August 2022 to compete in British masters marathon championship he came 3rd in the race in 2.53.35 and won the 50 cat under the midland masters. Gordy also was 41st in the Chester Marathon in 2.43.50 where he was 3rd M50.



Gordy Smith (Centre)

THE CAT QUIZ ANSWERS

Supporting

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CANCER SUPPORT

The quiz was published in the last MMAC newsletter. In total the quiz has raised £ 22,663 this year, making £251,197 the total sum raised by Joyce's Quiz over the last 26 years. Thank you for all your entries, donations and support.

The answers below include **some** of the more popular, alternative answers marked as correct. There were other alternative answers, not mentioned below, which were also given marks.

1.	To renounce responsibility	Abdicate
2.	An index or list in a systematic order	Catalogue / <i>Categorise</i>
3.	To leave a space for others to use	Vacate
4.	To move to another place	Relocate
5.	Deprived of oxygen	Suffocate
6.	Removing moisture	Desiccate / <i>Dehumidification</i>
7.	An area that feeds into a school	Catchment
8.	To referee a dispute	Adjudicate
9.	Adapting plants or animals for human use	Domesticate / <i>Modification</i>
10.	To chew	Masticate
11.	A common disorder of the eye	Cataract
12.	Bringing strong feelings to mind	Evocative
13.	A group of people with a common interest	Syndicate
14.	Someone who publicly supports a cause	Advocate
15.	To take property with authority	Confiscate
16.	Making an agreement officially valid	Ratification
17.	A wader with an orange beak	Oystercatcher
18.	Defences	Fortifications
19.	Can be Manx or Burmese	Cats
20.	To share something out	Allocate
21.	An official document	Certificate
22.	To teach, train or inform someone	Educate
23.	Used by children for firing stones	Catapult
24.	To belittle or express disapproval	Deprecate / <i>Catcall</i>
25.	Make things more difficult	Complicate
26.	An underground cemetery	Catacomb
27.	Increase in volume	Amplification
28.	To deviate from the truth	Prevaricate / <i>Equivocate</i>
29.	To suggest someone is guilty	Implicate

30.	Exaggeration of characteristics in a cartoon	Caricature
31.	"The..... in the Rye"	Catcher
32.	Plucking a string instrument	Pizzicato
33.	To produce an exact copy	Duplicate/ <i>Replicate</i>
34.	To provide food for a party	Cater
35.	A hint, sign or symptom	Indication
36.	A former, usually European, gold coin	Ducat
37.	To grease and minimise friction	Lubricate
38.	A draining pipe fitted by medical staff	Catheter
39.	A piece of keyboard music before a fugue	Tocatta
40. wheel	Catherine
41.	A computer programme for a specific task	Application
42.	To prove something is genuine	Authenticate
43.	A red lynx	Bobcat
44.	Occurs in the healing of bones	Calcification
45.	An undercover agent who incites	Provocateur
46.	Not robust and sometimes fragile	Delicate
47.	To give pills	Medicate
48.	A person or thing that causes great change	Catalyst
49.	A noisy public dispute	Altercation / Catfight
50.	Ten events in athletics	Decathlon
51.	A buildup of mucus	Catarrh
52.	To share or exchange information	Communicate
53.	A handheld garden pruning tool	Secateurs
54.	A calling to a profession	Vocation
55.	A group of similar things	Category / Classification
56.	Intending to cause a strong reaction	Provocative
57.	To obscure the meaning of something	Obfuscate
58.	To make up a story	Fabricate
59.	A place to purchase high class foods	Delicatessen
60.	A two hulled yacht	Catamaran
61.	A person who mimics another	Copycat
62.	A disaster	Catastrophe / Cataclysm
63.	A recreational trip	Vacation
64.	Includes a wide variety of things	Catchall / Catholic
65.	To express ideas in a dogmatic way	Pontificate / Categorically
66.	A common ferret	Polecat
67.	A well-known saying	Catchphrase
68.	To offer something in return	Reciprocate
69.	We learned these tables in school	Multiplication
70.	A very hungry one in a children's book	Caterpillar

71.	To disturb a normal position of something	Dislocate
72.	A release of emotion, providing relief	Catharsis
73.	Fixing boundaries and limits	Demarcation
74.	Cleared of blame	Vindicated
75.	The official seat of a bishop	Cathedral /Cathedra
76.	An absent-minded person	Scatterbrain
77.	A short sleep	Catnap
78.	The capital of Oman	Muscat
79.	Learned by Catholic children	Catechism
80.	Expression of thanks at front of book	Dedication
81.	Often spurious reasons for actions	Justification
82.	A negative charged electrode	Cathode
83.	A recognised level of success	Qualification / Certification
84.	To destroy completely	Eradicate
85.	To escape without injuries	Unscathed
86.	To seize and hold	Catch / Confiscate
87.	Full of elaborate details	Intricate / Complicated
88.	The flowering spike of a willow	Catkin
89.	A shrill howling sound	Caterwaul / Catcall
90.	A formal exclusion from a religion	Excommunicate
91.	The process of bringing together	Unification /Classification
92.	Roman	Catholic
93.	The result of excessive drinking	Intoxication
94.	A herd of cows	Cattle
95.	To remove oneself from a tricky situation	Extricate
96.	Making writing available for everyone	Publication
97.	Music played as short separate notes	Staccato
98.	To increase three-fold	Triplicate
99.	One way ashes are disposed of	Scatter
100.	A place where filming is done	Location

We are encouraged by all your entries and correspondence you send us and are pleased that you have enjoyed taking part. Work is now underway on an idea for our next quiz due out later in the year and we hope you will take part again.

You can still donate online at <https://www.justgiving.com/fundraising/joycesquiz26>