

# The Perfect Distance Ovett And Coe The Record Breaking Rivalry

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been born when the holy trinity of Ovett, Coe and Cram were strutting their stuff around the European circuit three decades ago but the wizard with a pen that is Pat Butcher (author of the magical 'The Perfect Distance') steps forward to the start line to remind us all just what these three did for British miling in a wonderful piece on the

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Clyde Hart on the 400: Train S-L-Q-W-E-R to Race Faster by Andy Friedlander For years sprint coaches have believed that the way to run fast in competition is to run fast in practice Most coach Steve Ovett, The Perfect Distance is pub

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### **APRIL - JULY 2019**

born when Steve Ovett was racing, but my coach gave me The Perfect Distance to read when I was about 19 or 20 and I just loved it Favourite athletics moment? Derek Redmond - 1992 Olympics Biggest achievement? I was once retweeted by Lionel Ritchie NATALIE GOULD Job role? Coaching & Coach Development Coordinator

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apply for that perfect job in the industry We also hear from I used to be a middle distance interesting to watch British athletics in the Coe and Ovett era and despite their popularity the national athletic federation was not necessarily better off I realised that when Triathlon New

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in a running sense, the Coe & Ovett rivalry was the topic of conversation for all track fan aficionados As the two great middle-distance runners traded headlines and records and dominated track titles in that period, it seemed to me that Coe's obvious and outward drive and determination was a perfect contrast to the understated almost secluded

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The mile race has been a well-established sporting spectacle with Brits such as Seb Coe, Steve Ovett and of course Roger Bannister all being associated with the distance. Now surpassed by the metric mile, 1500m, the popularity of the event has yet to waver with over 600 events run in America in

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country can be the perfect antidote to that - a return to the grass roots, literally, and the joy of running for running's preparation among middle and long-distance athletes (as it was for himself, Ovett, Cram and the like), Britain's best runners would be forever hamstrung. Many ...