

THE NORTHBROOK RUNNER



Number 3. January 1985.

Successful

GROWING Northbrook Athletic Club have enjoyed a successful year to underline their development.

Ken Buckenham was named "Club Personality of the Year" when the annual presentation evening was held at their Telepost Club headquarters in Northbrook Road. Other award winners were:

Cross-country: 1. Pete Osborn, 2. Bob Hewitt, 3. Mick Hall; Ladies: 1. Gwen Barnwell, 2. Bev Goodman; Youths: 1. David Buckenham, 2. Richard Goodman, 3. David Hewitt; Yacht Handicap: 1. John Stearn, 2. Ken Buckenham, 3. John McKenna; Ladies: 1. Nicky McKenna, 2. Bev Goodman, 3. Janet Black; Youths: 1. Craig Brook, 2. Richard Goodman, 3. David Hewitt; Road race championships: 1. Pete Osborn, 2. Ken Puffet, 3. John McKenna; Club Veterans: 1. Bob Hewitt.

COVENTRY EDUCATION COMMITTEE

Telephone Coventry 418788



Headmaster:
ROBERT JONES

WAINBODY WOOD SCHOOL,
STONELEIGH ROAD,
GIBBET HILL,
COVENTRY,
CV4 7AB.

14th December. 1984

Mr. Tony Murphy,
Hon. Sec.
Northbrook Athletic Club.

Dear Mr. Murphy,

May I once more express the very sincere thanks of all at Wainbody Wood Special School for the kindness and effort shown by all the members of your club through the sponsored relay run which resulted in last night's presentation of a cheque for £184. It was a very enjoyable occasion and I would also like to thank you for the hospitality which was shown to me.

Seasonal Greetings to all the members on behalf of all at the school.

Yours sincerely,

Robert Jones
Headmaster.

DAPPER Robert Jones has a tough job as headmaster of Coventry's occasional Blackboards Jungle, Wainbody Wood School. The man doesn't lack a lovely line in humour.

Style

Picking up a cheque from Northbrook Athletic Club, Robert cheekily pointed out he was the wrong guy to be on the receiving end.

"I should have got our star athlete to come along. He's a very fast runner, in fact he started running a fortnight ago and we haven't seen him since."

Like your style, Robert.



COMMENT.....

We've had some good nights this last month and some good publicity, it was good to see Roger Draper giving away the prizes this year. I noticed that Massey F. have several other awards that involve many more club members in their prize giving evening. Apart from 'Clubman of the Year' they award to the 'most improved athlete/runner,' 'Committee Member of the Year' and 'Runner of the Year'. I think we can take a leaf out of their book and involve a few more of the club next year with the following additional awards:

The Most Improved Runner of The Year

The Most Improved Novice Runner of the Year

A club award for an 'Outstanding Performance'

Let's have your comments and feelings on the subject, this gives us all a chance to win recognition for individual effort.

...HAPPY NEW YEAR.....HAPPY NEW YEAR.....HAPPY NEW YEAR....HAPPY NEW ...

.....CLUB NEWS.....CLUB NEWS.....CLUB NEWS.....CLUB NEWS.....CLUB.....

Massey 10k. Road Race. 29th Dec. 1984.

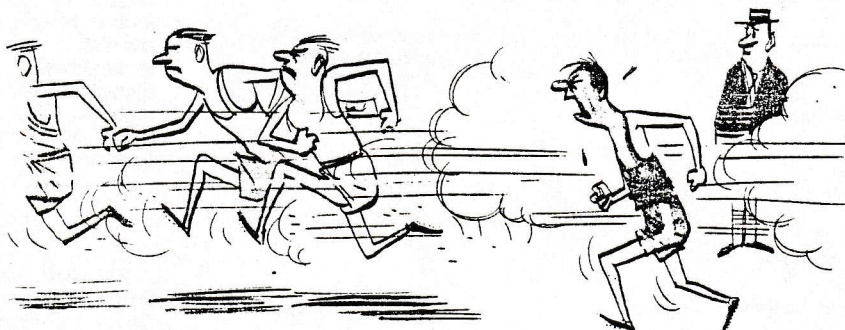
1st. T. Meecham M.F.R.C. 2nd. M. Glassborow M.F.R.C. 3rd. A. Ward M.F.R

NORTHBROOK RESULTS... 7th. Pete Osborne. 12th. Ian MacFarlane. 19th. John

McKenna. 20th. Ken Buckenham 21st Ian James. 31st. John Varden.

40th. Nigel Sutton. 41st Tony Murphy.

Well done Ian James for winning Ken's Spot prize !!!!!!!



OK! OK! You can have the bloody spot prize!

.....LONDON MARATHON DRAW.....

1st. Neil Buckenham

2nd. Francis Brennan

3rd. Brian Manley

..Reserves.....

1st. Gwen Barnwell

2nd. Barry

3rd. Ingle

IF YOU CANNOT RUN or FEEL THAT YOU WILL NOT BE READY IN TIME THEN SAY
SO NOW AND GIVE THE RESERVES CHANCE TO GET READY.

Mary Decker Dolls.

The AAA has given a warning
that the Mary Decker Dolls
produced for christmas have
developed a major fault.....
when you wind them up, they
keep falling over...!!!!!!!

LONDON ROAD RUNNERS CLUB

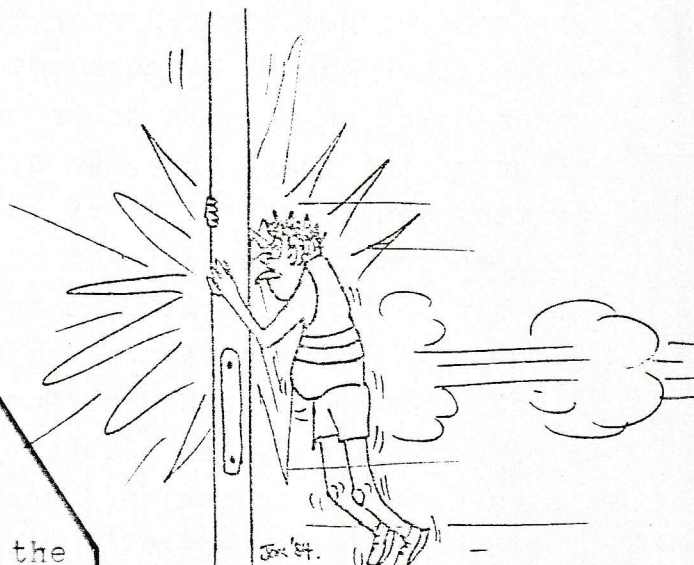
Do you ever visit London and wish you could run around Hyde Park but have nowhere to leave your kit or have a shower afterwards? Well, now you can.

The London Road Runners Club have moved to the Alexandra Lodge, Alexandra Gate, the one nearest to the Albert Hall at the top of Exhibition Road, and they have invited our members to use their facilities.

They have just had showers installed and for a nominal charge of 30p you can run from there and have a shower afterwards.

The club has mapped out Hyde Park so there are runs of any distance from two miles to 20.

CAPTION COMPETITION



DIRTY STORY...

Have you heard the one about the Northbrook runner who was running at Cofton Park in the Post Office Midland League and fell in a pile of Dog Sh*t... He didn't know about it until he cleared the changing rooms. No prizes for guessing who it was.. T*N* MURP*Y.

CLUB NEWS....CLUB NEWS....CLUB NEWS....CLUB NEWS....CLUB NEWS....

Included with this newsletter (I hope) is a club members address and telephone list, useful if you wish to contact anyone for training purposes...or for any other reason.... If you have been left off, blame Michelle and then give her your details to be included in the next list.

Also included with this newsletter is the agenda for the AGM which is on the 29th. January, that's a TUESDAY by the way.

The club Treasurer wishes to give notice of a change in the method of payment of SUBSCRIPTIONS...

Each member is now responsible for the £5 payable for membership of the Telepost Club, this is renewable annually. Membership of NORTHBROOK A.C. will be paid to the Treasurer in two installments. £2.50 on the 1st. February and £2.50 on the 1st. July.

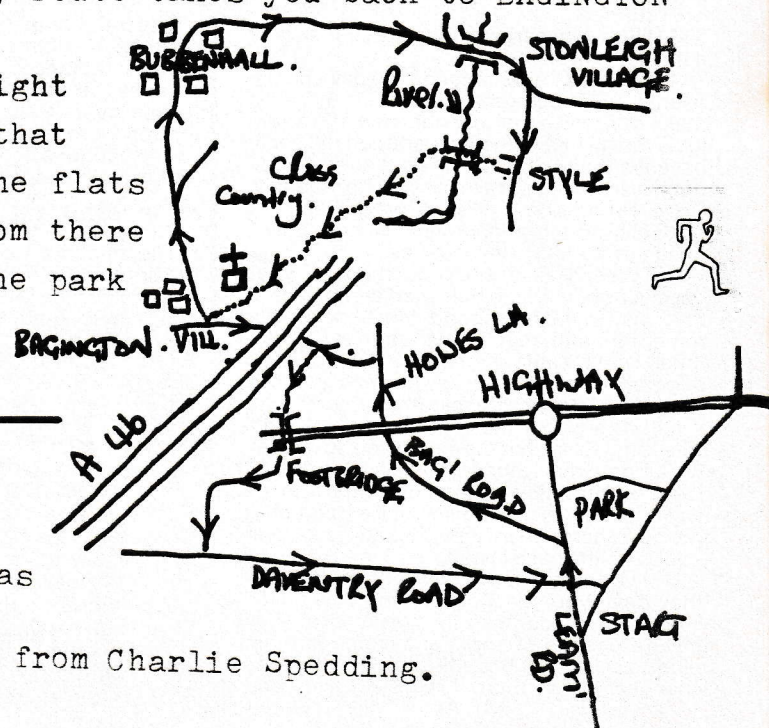
This will have two immediate benefits. Firstly it will save the Treasurer a lot of time and secondly he can keep track of who has not paid up and who does not intend to pay up!!!!!!

No doubt Ken will give further details at the AGM as to how we pay the TELEPOST subscription etc.

GREAT TRAINING RUNS.....NUMBER 2.

START at the Memorial Park carpark opposite the Kenilworth Court flats. Up the Leamington Rd., left down Bagington rd., over the Highway and to Howes La. Follow the Marathon route in reverse up to Bagington village and on to the fork in the road by the airport. Bear left to run through BUBBENHALL and eventually down the hill to STONLEIGH village. Once in the village keep on the Coventry road until a style is seen on the right which takes you to a bridge crossing the river. From here on a cross country route takes you back to BAGINGTON and Howes lane. As you cross under the A46 take the footpath on the right which takes you to the footbridge that crosses the Highway. Run up past the flats on the left and into LEAF LANE. From there to BLACK PRINCE ROAD and back to the park via DAVENTRY ROAD.

Distance. Approx 11 miles.



THE MARATHON SEASON IS NEARLY HERE AGAIN...GROAN.....groan.....

Over the page are some training ideas stolen from various mags, and some thoughts on JONES's world best time from Charlie Spedding.

MARATHON RUNNING

BREAKING 3 HOURS — 20 TIPS

Here are twenty tips for breaking three hours in the marathon for the first time:—

(1) Your weekly mileage should total twice the marathon distance, i.e. 52 miles. If you can handle three times the total distance (78 miles) so much the better. This is just under eight miles a day or eleven miles.

(2) Once a month run for a total of three hours. Forget distance. Just run for three

hours. One way of doing this is to run round a park and then move on to another park until you have circuted all the parks in your town and then double back. This is how I used to get my long run done; it keeps you near home in case you get into trouble and there is always a water fountain available to refresh you, besides, there is plenty of greenery to please the eye. Women are advised to carry a whistle around their neck on a string. Recent reports by the Police show that perverts are taking an interest in women running alone in isolated places. A blast on the whistle works wonders — assailants imagine help coming from every quarter.

(3) Once a fortnight run a fast half-marathon in training, about half a minute per mile faster than for your 3 hour marathon, this would be about 6:20 a mile.

(4) Once a week run a quarter of the distance of the marathon (6½ miles) on the track at a minute per mile faster than 3 hour pace, i.e. 5:50 per mile. This can be done as repetition miles with a minute's jog rest.

(5) Follow tough training days (3 hour run, half marathon run, quarter marathon fast run) with an easy day of just 30 minutes' running.

(6) Prepare for the race by racing at ten miles, half-marathon, 15 miles and a 20 mile race.

(7) Remember a three hour marathon is measured in minutes, not seconds. One great marathoner in the Boston marathon, stopped four times to take drinks and sponge his face — he still did 2:09:55.

(8) Provided you do not weigh under 55kg, drink two cups of black **unsweetened** coffee before the race. This will cause fatty acids to be burnt off first for energy and will save your glycogen until later.

(9) Three days before the race reduce your training by half but increase your carbohydrates by half.

(10) In the race select your pack. Keep away from the 2:40 boys and girls. You'll go too fast if you join them; keep with the noted three hour runners.

(11) Run with a friend or friends, particularly if he or she is experienced.

(12) Assess the weather on the day and the course well beforehand. The former can make or break a marathoner. Two of my athletes racing in the Boston marathon did badly because they got cold during the race. If it's hot, wear white and take the sponge regularly. Drive round the course a week before if possible, note the landmarks at six, twelve, eighteen and twenty-two miles.

(13) Wear a watch and check it to see if your pace is right with the mile markers; a pace of 6:45 per mile is a good initial pace, but remember a three hour marathon is 6:52 per mile. Don't panic if you fall behind, keep pegging away, it's surprising how you can feel better later on in a marathon.

(14) Know your feelings. This may seem a trite thing to say but the expert knows himself well. Some marathoners fall into a trance and lose concentration, others concentrate on the wrong thing in the novice stakes and start racing others when they should keep their minds on the pace in hand.

(15) Organise friends on the route. See that they have your plastic squeeze bottles filled with your favourite drink. Make sure they have a change of socks and shoes for you, plus Vaseline and tape. If the weather looks changeable give them a long sleeve vest and

gloves if the race is in the early winter. Friends can be a constant source of encouragement.

(16) Take it easy on the hills. There is plenty of time in future marathons to work hard on hills.

(17) Drink and drink. Remember you may finish the marathon half a stone lighter than when you started — that loss is sweat, keep taking everything offered.

(18) Forget "The Wall", everyone feels it, this is what it's all about. remember that when the going gets tough the tough get going. Lower your arms a little if you are having a hard time, slow up if necessary, but don't panic, keep going. You've done the training — you can make it. One way to deal with "The Wall" is to know yourself at 18 miles. If you are definitely struggling, SLOW UP to a minute per mile over your schedule, so that 6:52 becomes 7:52. It is better to do this than force on to 22 miles and then disintegrate to 9:30 a mile.

(19) Think of the finish — the cheering crowds, think of them as a magnet drawing you closer and closer.

(20) Think TRIUMPH as you approach the line, why not sprint past that girl or boy just in front of you — after all, it is a race.

When is a fun run a race: When prizes are awarded.

THE EAST GERMAN MARATHON SYSTEM

The East Germans have a ruthless, analytical approach to all athletic events. They decide the type of athlete required. Then they examine the event and finally they mould the athlete to the needs of the event. They do not always succeed in getting it right. They cannot yet match our milers but in most other events they are supreme.

First of all they looked at the first eight in the 1972 Olympic marathon. The oldest was 40, the youngest 23, the average was 32. The tallest was 183cm, the shortest 165cm, the average 173cm. The heaviest was 64kg, the lightest 53kg, the average 59kg.

Then they decided the needs of the event. The marathon is 98% aerobic and 2% anaer-

obic. What many people fail to realise is the aerobic running is not just steady running but can also be very fast running at 10 and 5k pace.

Finally they remembered the marathoner's basic fear — the distance. They solved this by giving frequent runs of 60km (over thirty miles!) The proportion was fixed at one-third track work, one-third ultra-long distance and one-third shorter but fast distance.

TRACK SESSIONS

The minimum track distance repetitions were 1,000 metres. The maximum — 10,000 metres. Distances up to 3,000 metres were fixed at the athlete's potential 5k pace. Distances over 3,000 metres and up to 7,500 metres were fixed at his potential 10k pace. The repetitions at 10k distance were done at half-marathon speed.

CONTINUOUS RUNS

The minimum distance was 10k and the maximum 30k. The former would be sub 28 minutes for the international and proportionately slower up to the maximum distance. All these runs had one thing in common — **THEY WERE ALL FASTER THAN THE ATHLETE'S BEST AVERAGE MILE TIME IN THE MARATHON.**

..... Now, you would agree that Jones is a good runner. But a world record? He came to Chicago physically and mentally primed. His opponents were the best in the world. The course was fast, the weather was cool. He let the pack take him to 19 miles at the perfect pace and he then found himself in the right place at the right time to move into the history books with an eyeballs-out, lung-busting, gut-wrenching six-mile surge to the finish.

But there is nothing sensational about that for Steve Jones . . . that is the way he always runs.

PERSONAL NOTE

After 16 years in this sport, I was beginning to think I was about to fulfil one of my major ambitions: to be ranked at the end of the year as the undisputed, number one British athlete at my particular distance. Having run three marathons in 1984, I have two wins and an Olympic bronze, am undefeated by a Briton, am AAA champion and have two times under 2:10. But, of course, I was fooling myself. After 16 years in British athletics I should have known it would not be enough. I will try to do better next year.

Charlie Spedding, after
Steve Jones's record
run in the Chicago
Marathon.

THE ULTRA-LONG RUNS

The shortest of these was 50km and the longest 60km. These too had one thing in common. The former was half a minute per mile slower than the athlete's best time for the marathon distance and the latter up to a minute per mile slower. These long runs were viewed as psychological runs dispelling the fear of distance.

THE PREPARATORY PERIOD

This lasted from November to the end of April and took this form:—

Monday — 1½ hours cross-country running with 4 x 150 acceleration sprints. followed by gym work.

Tuesday — 1¼ hours in parks and along roads. Steady pace.

Wednesday — 2 hours of steady running interspersed with spells of exercise to break the monotony.

Thursday — 2 hours of steady running with sets of 3 x 100m fast strides totalling five kilometres, i.e. 3 x 100 x 15. Followed by gym work.

Friday — 1½ hours of fast running. More gym work.

Saturday — 1¼ hours steady running with acceleration runs of 150 metres.

Sunday — 3 hour run at slow pace. Then gym work.

THE COMPETITIVE PERIOD

Monday — 2 hour run.

Tuesday — 2 hour run which included 10 x 1k very fast runs.

Wednesday — 2 hour runs which would include 3 x 5k very fast.

Thursday — 1½ hour run steady. 2 hour run with fast 100s followed by 6 x 3k at fast pace, concluding with fast 150s.

Friday — 1½ hour run with fast 150s interspersed and a very fast 10k.

Saturday — 45 minutes easy run with fast 150m strides.

Sunday — 10k or half marathon race.

Athletics Weekly
November '84.