

THE NORTHBROOK

runner

editor. Jerry Murland



Number 7. May 1985.

LONDON MARATHON SPECIAL

I watched the whole thing on telly and ended up shattered.....

STEVE JONES, Ingrid Kristiansen of Norway, Sarah Rowell and Chris Brasher, backed by his organisational team of thousands, combined to put marathon running in Britain back at the top yesterday. The fifth London race, sponsored by Mars, produced a clutch of best performances and a sea of smiling, satisfied faces among the 15,000 runners following the contest between Jones, who may still be the world's fastest marathon runner, and Charlie Spedding, the Olympic bronze medalist.

Jones finished with a course-record time of 2hr 8min 16sec, slicing 68 seconds from the mark set by Hugh Jones in 1982. Mrs Kristiansen produced the world record she promised, crossing the line in 2hr 21min 06sec, 97 seconds faster than Joan Benoit's time at Boston two years ago, and Miss Rowell clipped 48 seconds off the previous British women's best.

Jones's world best mark, 2hr 8min 05sec, had been trampled into the streets of Rotterdam by the Olympic champion, Carlos Lopes, of Portugal, who finished in 2hr 7min 11sec, but until the course is measured by a member of the Association of International Marathon Organisers the time cannot be accepted. The association's method of measuring 26 miles 385 yards differs from that of local authority surveyors, and in the past there have been discrepancies which indicate that the marathon experts are more precise.

The battle between Jones and Spedding unfolded in just the manner which had been anticipated. Even with a pacemaker, the first half of the run from Greenwich, the faster part of the course was slow. The hare, Chris Woodhouse, twice opened up a gap, but none of the leading bunch—Jones, Spedding, Christoph Herle, of West Germany, Alistair Hutton of Scotland, Henrik Jorgensen of Denmark and Pat Pedersen of the US—wanted to follow.

The halfway mark was

reached in 64min 40sec, not a quick time from men with a world-best mark in mind. But Jones had apparently abandoned that plan after the news from Rotterdam. "I was just out there to win," he said afterwards, and with the first half of the work done he was left with all the speed he might need to see off Spedding, Herle, or any of the other leaders.

Jones had produced a couple of little dashes near the 18-mile mark, and clearly looked to have a lot more in hand than the rest. But then, running the race of his life, then tried a break, but the only effect was to hurt himself and to break Herle and Jorgensen.

By 20 miles it was down to the two British contenders,

and the 21st mile, with Jones leading. Spedding, through in 4min 43sec, was the true breaking-point.

Initially, though, it looked as if this effort was going to prove Jones's undoing, as the pair went over the cobbles at the Tower of London. It was Jones who suddenly, but briefly, went off the back, but after the pair had descended into the darkness beneath Blackfriars Bridge at 23 miles and out again, Jones was leading and looking like a winner.

That curious change of fortune was explained afterwards. As Jones approached the Tower he suddenly had the undeniable sensations which turn one's thoughts to signposts marked "Gents."

"What do I do, Charlie?"

he said, turning to Spedding, and with unbelievable subtlety, Spedding replied: "Stop."

"I didn't think he would, but out of the corner of my eye I realised he had gone," said Spedding. I thought, 'He's torn a hamstring'."

What apparently happened was that Jones sidled to the edge of the course, relieved his discomfort, and then rejoined the contest, if not actually refreshed, at least with the adrenalin flowing again.

While Jones collected \$25,000 and a place in Britain's team for the European Championships in Stuttgart next year, Mrs Kristiansen earned a \$50,000 bonus for her world record — money that must come out of the

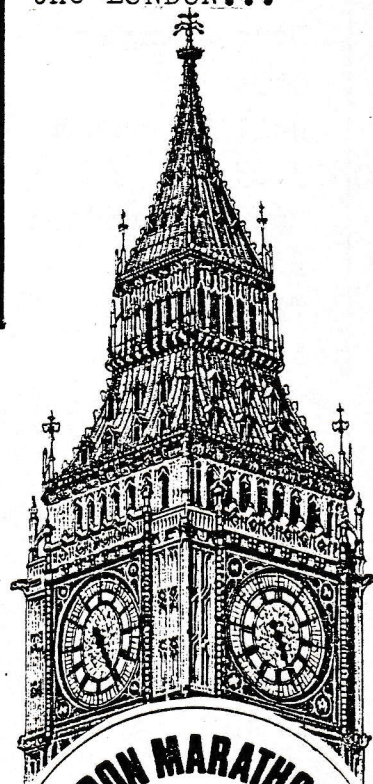
marathon income, because Libby's quoted premium for insurance was too high, they rated the Norwegian woman's record chances as only 2-1 against.

Sally Ann Hales, 6ft 10in and 23 years old, looked like causing an upset in the race among the British girls, when she led, well inside a British best schedule, with less than two miles to go. But at 24 miles Miss Rowell, also a member of Dartford Harriers caught and passed her.

Nevertheless, Miss Hales, finishing in 2hr 28min 38sec, clipped 12 minutes from her previous best, and like Miss Rowell, must now be considered for the World Universiade in Hiroshima this summer.

THIS ISSUE....

Steve Jones and Sarah Rowell, the best and the rest from all the latest running mags. More on groups for club running..... Club results in the LONDON...



Did anyone see Judge John in London..... We can't find him....



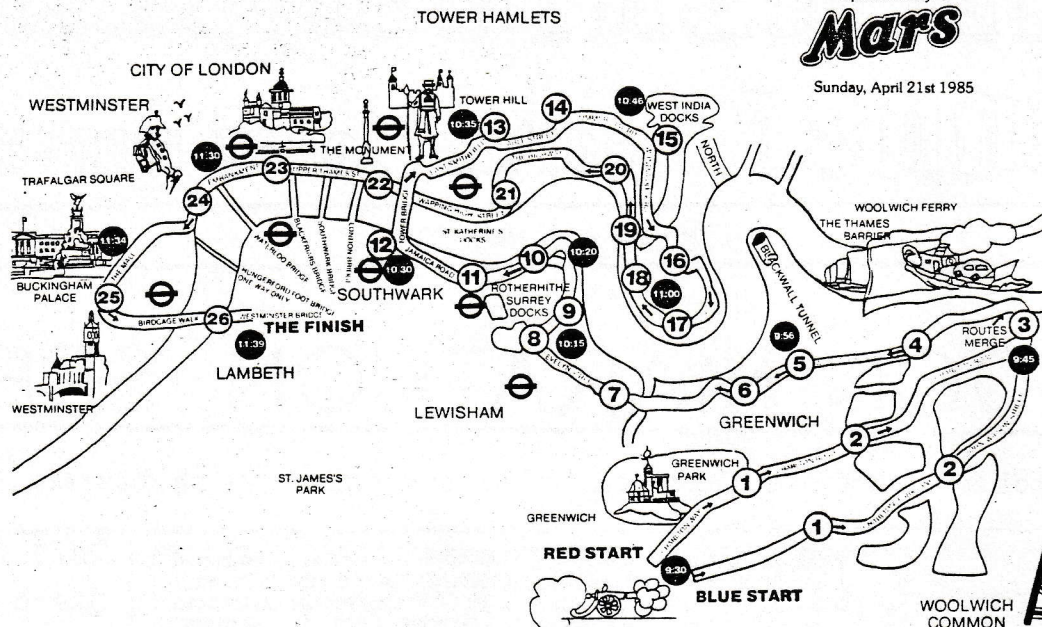


THE LONDON MARATHON

Sponsored by

Mars

Sunday, April 21st 1985



NORTHBROOK RESULTS

Joe Kelly
2:50:
Ken Puffett
2:56:13
Ian James
2:58:10
Dave Swingler
3:32:
Neil Buckenham
3:25:04
Dennis Saunders
3:38:
Tony Murphy
4:18:22
Frank Brennan
4:30:
Brian Manley
4:40:
Janet
4:40:24
Bob Garner
4:50:

SARAH ROWELL

Few athletes have risen to Olympic standard quite as quickly as Sarah. Primarily a hockey player at the time, she entered her first road race as an 18-year-old in October 1981; seven months later she made her marathon debut (23rd in London in 2:54:29) and one year after that she placed ninth in the next edition of the London in 2:39:11. Later in 1983 she won the inaugural World Student Games marathon title and in the 1984 London her third place in 2:31:28 assured her of Olympic selection. In Los Angeles, as one of the youngest marathon competitors, she placed a solid 14th in 2:34:08. Potentially a future UK record holder, her immediate target is to break 2:30.

Born: 19.11.1962. Best marks: 3000 — 9:44.5 (1983), Mar — 2:31:28 (1984). Progression: 1982 — 2:54:29, 1983 — 2:39:11, 1984 — 2:31:28.



Sarah Rowell: best of 2:31:28 in 1984



Steve Jones: best of 2:08:05 in 1984

STEVE JONES

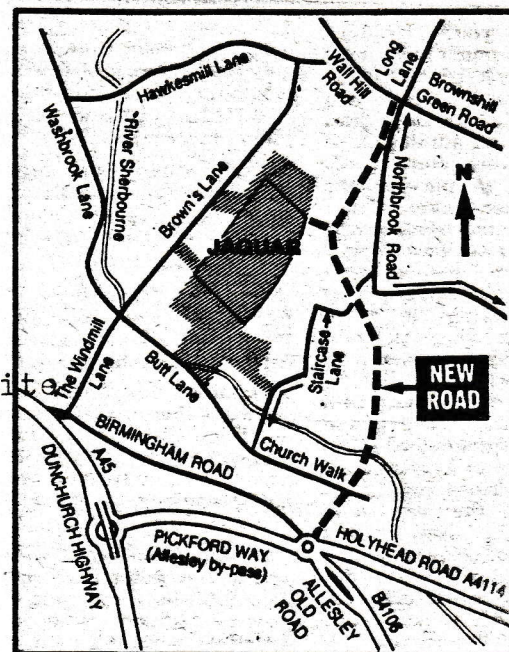
If he hadn't taken part in last October's Chicago Marathon, Steve would still be regarded as a good, solid but uninspired runner whose career highlight was placing third in the 1984 World Cross Country Championship. On the track he had returned some impressive times (13:18.6 5000, 27:39.14 10,000), but had always fallen short on the major occasions at 10,000 — seventh in the 1982 European, 11th in the 1982 Commonwealth (for Wales), 12th in the 1983 World Championships and eighth in the 1984 Olympics. A 1:02:40 half marathon in 1982 was a pointer towards the future and it was in Chicago in 1983 that he tried his first marathon. Well up with the leaders at the time (the race was won in 2:09:45), he aggravated a foot injury when stepping into a pot hole and was obliged to drop out at 16 miles. His second attempt resulted in the fastest marathon of all time ... 2:08:05. He covered the first half in 1:04:21, the second in 1:03:44 — burning off the likes of Olympic champion Carlos Lopes and world champion Rob de Castella. "Strolling" through the first 20 miles in 1:38:23 (4:55 mile pace) he zipped through the last six-plus in an average of 4:45 each to become the first European to hold the world best since Basil Heatley in 1964.

Born: 4.8.1955. Best marks: 1500 — 3:42.3 (1982), mile — 4:00.6 (1980), 5000 — 13:18.6 (1982), 10,000 — 27:39.14 (1983), Mar — 2:08:05 (1984), 3000SC — 8:32.00 (1980).

A big well done to all those runners who took part in the LONDON MARATHON. A BIG hand to those who 'broke 3 hours' and a special mention for Dave Swingler who after a long period of injury, pulled off another 3:30 marathon.

WILL THE NEW ROAD ALTER THE CLUB HANDICAP ?

How will the proposed route of the Jag' relief road effect the club Handicap route ? It would seem that Staircase Lane is to be crossed at some point, either a crossroads or a roundabout will have to be used which could be directly behind the existing Club-house. Another question is will the present site of the clubhouse be allowed to stay ? It is obvious that the road is going to be constructed, and without wishing to enter into the already bitter debate, it could provide us with a very useful addition to any road races we may wish to promote as a club.



CLUB SHORTS.....CLUB SHORTS.....CLUB SHORTS.....CLUB SHORTS.....
Congratulations to John McKenna for his 2nd. spot in the Midland P.O. Cross-Country League 1984/5. John won the second quest prize after six races with a total of 472 points, 89 points adrift of the leader, D.Lyons.

Bob Garner's run in the LONDON produced the grand sum of over £62 in sponsorship supplied by his mates at work. Wainbody Wood Special School has received the cash and a delighted headmaster and Kids will be writing to Bob and the lads in I9 Shop at Radford very soon. Wainbody School is one of the small 'unknown' schools that has many very deprived kids with severe emotional and behavioural problems. Until the club sponsored the school last year, no-one had donated a penny to these kids who are just as deserving as any other kids in special schools.

When Jerry bought a new shed for his garden he accidentally put the felt on upside down when he did the roof. Looking to his mates in the club to advise him, the only advice he got was from Ken Buck' who said, "turn the shed upside down" (!!!) Thanks Ken, but now the bloody floor leaks!

Congratulations to Bev', the El Supremo of the Good Shepherd Fun Run, she now adds another Pot to her collection.

There is no truth in the rumour that Judge John has been poached by a well known club in Basingstoke, the truth is that they let him go after he tidied up their notice board.....

On Sunday Tony Murphy asked me if it was Friday, then he ammended that to Saturday....when you read this Tony it will be Wednesday..but there again it might just be Friday, and if you win the B*****y card again tonight it'll payday.

NOW YOU HAVE ALL HAD A GOOD READ, HOW ABOUT SOME RACE REPORTS FROM A FEW PEOPLE? OR EVEN THE ODD ARTICLE ABOUT TRAINING TIPS etc.

....RACE RESULTS....RACE RESULTS.....RACE RESULTS.....RACE RESULTS.....

FLEET HALF MARATHON 1985.

Overall winner: Bernie Ford 63:50. Ist. Vet: M.Duff 69:41

Ladies winner : Anne Ford 72:33

NORTHBROOK PLACINGS.....NORTHBROOK PLACINGS.....NORTHBROOK PLACINGS.

214	K.Puffett	79:25	I293	M.Windsor-Smith	98:16
246	J.Crabbe	80:03	I306	G.Nichols	98:34
576	J.McKenna	87:01	I452	J.Lee	100:34
593	K.Buckenham	87:28	I490	B.Garner	100:57
749	A.Fanning	89:59	I492	G.Clarke	100:59
886	C.Nicholson	92:11	I513	B.Waterfield	101:26
914	M.Hall	92:38	I784	T.Murphy	105:17
			I967	B.Worrall	108:40
			I987	N.Sutton	109:07
			2100	B.Whittington	111:23
			2112	J.Thacker	111:31
			2147	B.Goodman	112:08

TEAM RESULT...TEAM RESULT.....

85th. 1036 points
(186 teams entered)

The Best and the Rest from the Running Mags.

The last two issues of Athletics Weekly, April 20th. and 27th. have been the best for weeks. In depth coverage of the London Marathon both before and after, with one of the best reports of the race I have read. Mel Watman's reporting in AW is usually good but this was outstanding. There is also a separate report of the Women's race which highlights the tense battle that was being run by British women runners. This week's AW also boasts two other articles of note, an excellent report on the Rank Xerox AAA 10km. title (run on April 13th in Battersea Park) and a lengthy discussion by Ian MacLeod on the growing concern over drug abuse in sport.

By comparison RUNNING, the May issue, is a poor second. The only redeeming feature is the London Marathon preview and a useful section on where to watch the marathon, where to eat when you are in London and an in depth look at Steve Jones called 'Keeping up with the Jones's'. The number of race adverts in RUNNING has increased dramatically of late now the road race season has finally arrived, but if you want to find the main features quickly...forget it, over half this month's mag' is ads!!

I have reproduced one article from RUNNING with this newsletter, it might make a few of us think a little more about our training.

Is the Committee going to do anything about trying to get some order and organisation into club runs to cater for new and inexperienced runners?
Is one of the committee going to take responsibility for this? Are we going to see any action

FAREWELL TO PBs

John Goodbody takes issue with the penchant for running personal bests in training and for timing every single run

Training is training. Racing is racing. And it is important for all runners/joggers not to confuse the two. We train to race. We should not race in training. Geoffrey Cannon's *Fun Runner* piece in *RUNNING* No 46 prompts me to question his emphasis on personal bests because other runners might blindly copy his example. Having personal bests in training is fine provided they do not distract us or discourage us from the important business of peaking for a particular race. That is the target for many runners, particularly marathon runners.

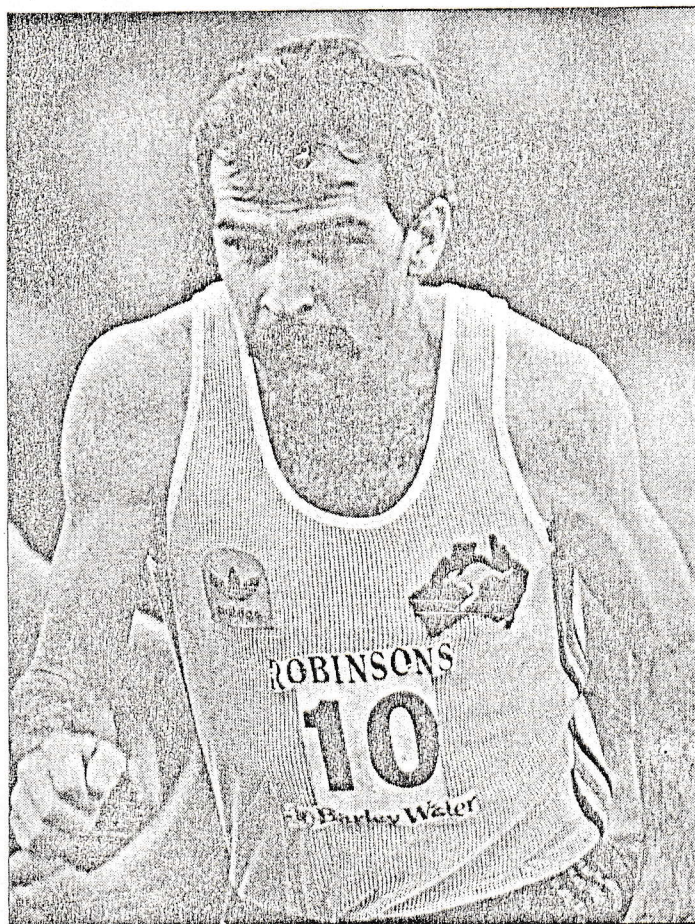
The first thing to be said about PBs in training is that they do not necessarily tell us everything about our state of fitness — our fitness to race. Personal bests in training must be set in context of the mileage — and the intensity of that mileage — of the week or even the month in which they have been achieved. Let me give some concrete examples of this. If someone tells me: "Yesterday I ran 10 miles in 70 minutes," I would want to know the other relevant data which Geoffrey Cannon appears to ignore. I would be more impressed by this time if I learnt that it had been achieved the day after the speaker completed a 30-mile run (during a week in which he was running 120 miles) than if it were achieved during a 25-mile week after two days' rest. The exaggeration is deliberate. Personal bests in training are meaningless unless all these other factors are taken into account.

Distraction

But I think training PBs are often a distraction anyway. Many joggers complain that although they are running more miles, their personal bests during an ordinary week's training are not getting any faster. Indeed, some people complain that, although they have upped their weekly mileage gradually from say 30 to 55 miles in preparation for a marathon, their performances over familiar courses are getting worse. I tell them not to despair. They must realise they are training to do their best on a particular day — not to continue to try setting personal bests in training.

Let me give you an example of this. Although I have averaged 30-40 miles a week over the last few years there was one period when I decided to increase gradually up to 100mpw to prepare for a marathon. But my training times were nowhere near my PBs. Indeed, three weeks before the race I had a two-hour run on Hampstead Heath with journalist colleague John Hopkins. Although I was going really hard we finished together. From that, would you assume that we would have finished close together in races? Not a bit of it. I had beat John by 20 minutes in a recent half-marathon and went on to put 50 minutes between us in the London.

Why the difference? Simply that he was closer to his maximum performance that day on Hampstead Heath since he was only



World marathon champion Rob de Castella often runs as slow as six-minute mile pace in training

training 40 miles a week, than I was during my 100-mile week. I say again: training is training, racing is racing. When I began to taper my mileage for a race I got the benefit of all that mileage. I was not interested in setting personal bests in training. I was only interested in personal bests in racing.

Let me continue the example. The following winter John began increasing his mileage to 50 miles a week whereas I had dropped back to 30mpw. Although I had also added 1½ stone through weightlifting, I was still able to keep up with John on our occasional training spins. Now it was my turn to be closer to my maximum in training. It was John whose legs were always a little tired because he was increasing his mileage to levels to which his body was not accustomed. But it was his turn to benefit when the race came.

We should also realise that even top-class runners, who are used to years and years of running, do not run many of their training sessions

close to racing pace. The BAAB publication *Middle and Long Distance Running* makes this point — as did Rob de Castella, the world marathon champion, at his seminar in London last May. He said most of his long training runs, although less than marathon distance, were at 6:00 to 6:15-mile pace — well over a minute slower than his pace in an actual race. So cheer up when you feel you are going too slowly on those long runs. You are in good company — the best in the world, in fact.

Geoffrey's article raised two other important points. One is the rôle of a stopwatch in training. I agree with the philosophy of Percy Cerutti, the coach to the 1960 Olympic 1500m champion Herb Elliott. He liked to use a stopwatch sparingly, to add interest to a session, not as a slave driver. You should not assess the value of a session purely on the time. Instead you should view that run in the context of the other sessions that week, even that month.

Second, Cannon raised the whole

question of speed training — an issue that was explored at the other end of the marathon spectrum in the same issue in the interview with Alberto Salazar. Salazar's view that "too many people do too many slow miles in training" has validity for world-class runners. But I believe it has decreasing validity the further down a marathon field we go. Leading marathon runners invariably have many years of training behind them and since they are expected to average each mile for a marathon within a minute of their best mile time, it is clear how important speed training is. However a four-hour marathon runner is averaging a shade over nine minutes a mile. Most four-hour marathon runners are probably capable of beating seven minutes for a mile. They need sustained pace less than the star. Their first concern is to finish the race well. And remember a four-hour marathon runner is having to continue running for almost twice as long as Salazar.

It is the volume of training which will more quickly lower their times, I believe. A marathon for most competitors is primarily about remaining on their feet for three or four hours. And the way to cope with the fatigue we experience in a marathon is to accustom the body to undergo this kind of fatigue both through steady long runs and through the amount of training.

When we have a high weekly mileage, our legs have to withstand the degree of tiredness, which we are to experience in the race, day after day, week after week. They are permanently slightly tired until we begin to taper our training and have that curious sensation of seemingly having new springs in our legs. We are ready to race.

Of course, speed has a place in the schedule of even a four-hour marathon runner. But I suggest it cannot be best achieved through attempting the training PBs so beloved of Geoffrey Cannon. If the necessary volume of training is being undertaken for a marathon, then an individual will simply be incapable of achieving personal bests in training. Speed — in reality sustained pace — can be better achieved either through a once a week *fartlek* session or through interval training. The length of those fast intervals should often be sustained enough (one mile or more) to be appropriate for a race of 26 miles. Speed is certainly an important ingredient in any three to four-hour marathon runner's schedule. But it is the icing on the cake — not part of the basic mixture.

To sum up, I recommend for the jogger a concentration on gradually increasing mileage with steady runs, mixed once a week with a fast, hard interval session. And forget those personal bests in training.

John Goodbody is a freelance journalist and a former British judo international. His last piece for *RUNNING* was on Brazil's Joachim Cruz