

THE NORTHBROOK RUNNER.

Number 9. July/August 1985.

APOLOGIES for the delay in this issue folks Industrial troubles at the printroom and my holiday have combined to produce a late copy. When the school term resumes Number 10 will be in print by early September.

CROSS - COUNTRY DATES 85/86.

The dates have been fixed for the BRUM LEAGUE, venues have still to be finalised. So far the four fixtures are on:

Nov 2nd. Nov 23rd. Jan 25th & Feb 15th.

MIDLAND COUNTY CHAMPS. at Woolaton Park Feb 8th.

The NATIONAL. Newcastle on March 1st.

COVENTRY SCHOOLS X-COUNTRY.

The following provisional dates have been set.

Sept 25th (Wednesday) Finham Park.

Nov 23rd. (Saturday) Wiseman.

Jan 11th. (") Callow.

March 10th (Wednesday) Woodlands.

ALL events are mixed - boys and girls races.

March 8th. Cov Schools Championships. Memorial Park.

English Schools. MILK CUP 85/86.

Regional Round. Wednesday 2nd Oct. Callow. (Cov)

Semi Finals. Princethorpe. Nov 2nd.

Final: 7th December. Stafford.

West Midlands Inter-Area.

Nov. 9th 1st inter-area.

Nov. 30th 2nd inter-area.

Dec. 14th. Inter-Counties.

Jan 25th 3rd inter-area.

THE NORTHBROOK 10K. SEPT. 8th.

Entries are drifting in slowly although it is early days yet, we will probably take entries on the day. So far we have 14 entries and no ladies. I'll put an ad in Athletics Weekly for August but I'm confident we'll get at least 100+ runners for our first event.

Volunteers are needed for marshalls and anyone with access to 2-way radios might like to get in touch with me. There will be a racu Committee meeting in the near future for all concerned.

Race Report. RUGBY A.C. 6 mile P. Race.

What a great night we all had! A convoy of cars left the car park led by the Windsor-Smith-bus, not before we were treated to a display by T. Murphy and "...I never swear in company"... Sorry Mrs Dunne we'll put his bag on next time.

A fast course from Rugby A.C. Clubhouse and downhill for the first 1+ miles. However, what goes down must come up and it did in the form of CARTHORSE HILL. Personally I was bloody kn ered at 5 miles but managed a spirited charge over the last mile. Good times were had by all. Massey's were out in force but there were enough NORTHBROOK nests to show the flag Isn't that right John!!

PS: There is another evening race over in Kettering on Tuesday 18th August. 10K. 50p entry fee. Entries close on August 6th. Anyone interested? 7.30 start.

Nottingham 1/2 Marathon. October 20th £2.50. medal to all finishers..

Birchfield 10M. 13th October. 12.00 start. £2.00.

National Plastics 10K. 31st August. 3.00. Godiva. £1.50.

There has been a suggestion that future copies of THE NORTHBROOK Runner should be sold to club members and the proceeds to be put into the kids Christmas party fund. 5p per copy does not seem too much; if anyone has any objections then see Jerry A.S.A.P.

Speeding To Success ... a three part Series by Cliff Temple in 'Running' on how to improve your 10K time. 10K looks like becoming the road race of the future and more and more are being run. The series in running seems to be useful and makes interesting reading, although I feel the comparative table of 10K and marathon times is a little unrealistic.

Try this for yourself, the idea is to compare the two times and decide which is the better event for you. It is not a predictive table where you can see what sort of time you can run.

<u>10K.</u>	<u>Marathon.</u>	Therefore if you run a 3.45 marathon and a 41.00 10K., your better event is the 10K. If you run a 47.00 10K. and a 2.15. marathon, your better event is the marathon. I think the difference between 10K. and the Marathon is a little far apart. 10K. and $\frac{1}{2}$ marathon might be more realistic eg:		
27.07.0.	2.07.11.	10 K.	$\frac{1}{2}$ marathon	Well done John Cox for being the Club's first official Coach I saw the badge on his tracksuit last week.
27.13.81	2.07.46	39.00.	1.24.50.	
28.38.0	2.15.00.	40.20.	1.28.00	
31.33.1.	2.30.00	41.30.	1.29.40.	
34.29.0.	2.45.00.	etc etc	etc. etc.	
35.00.0.	2.47.43.			
37.24.2.	3.00.0.			
40.19.4	3.15.0			
43.14.0.	3.30.0.			
45.00.0.	3.39.11			
46.09.0.	3.45.00.			
49.04.0.	4.00.00.			

Apart from all that though, Temple gives 3 training schedules, Elite, experienced and beginner and it seems to be quite useful, concentrating on fartlek and speedwork, although the experienced runner's schedule lacks hill training

WANTED RACE REPORTS FROM CLUB RUNNERS. Cov $\frac{1}{2}$ etc.

Have you heard the one about the club runner who complained that some people swear without knowing it come on Tony that's a ----- lot of ----- rubbish.

What about the helper at the $\frac{1}{2}$ marathon drink station who was overheard to say ".... if anyone else pours their drink over me, I'm going home".....

Fastest $\frac{1}{2}$ marathon time recorded on May 26th. Colin Moore 62.22. Gerry Helme 2nd. 62.51. World best time. Gateshead AAA $\frac{1}{2}$ Marathon.

1986 LONDON MARATHON. 23,000 runners this time (!) April 20th. 1986. Club secretaries should apply allocation of guaranteed places on official note paper with the number of paid-up members + SAE. To. London Marathon. P.O. Box 262. Richmond. Surrey. TW.10. 5JB. Mark the envelope. CLUB in top left hand corner. This must be done by October 31st.