

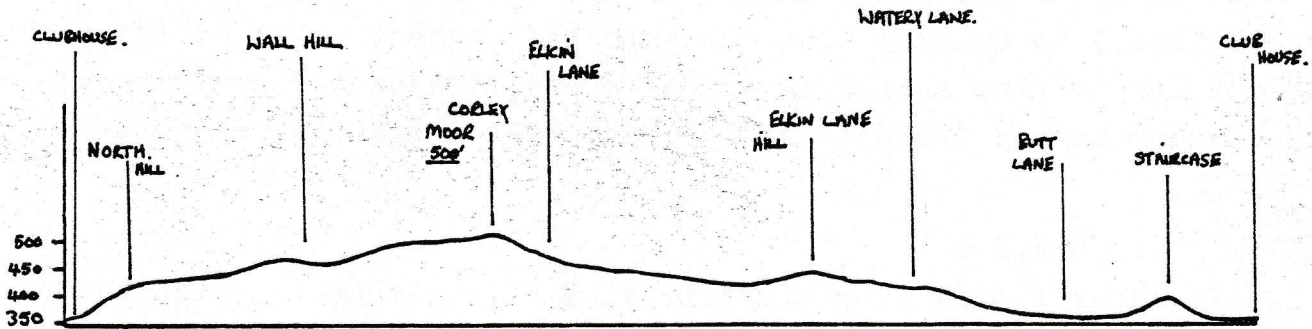
THE NORTHBROOK RUNNER

editor. Jerry Murland



Number 10 September 1985

Price 5p.



Ever wondered what the Jag' 8 route looks like in cross section when you're halfway up Wall Hill? My 'reasonably accurate' section taken from a OS Map produces the following figures:

Initial climb from the clubhouse to Corley Moor: 150ft. in 3 miles.

Total ascent over whole route: 300ft.

Total descent over whole route: 250ft.

Comment.....

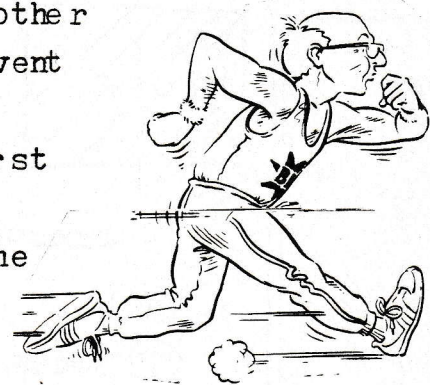
We're back to normal this month with a properly printed 'Runner'. The School Holiday's and a busted typewriter all contributed to a rather hurried issue last month, thanks to John Cox for doing the printing at short notice.

Sunday is the NORTHBROOK 10k. Our first open race.

Those of us who are not running or helping, I hope will turn out and support the event and make runners from other clubs welcome. There will be plenty to do AFTER the event is over, so don't all clear off and leave it to the the poor sods who thought of the silly idea in the first place....who was it anyway ??????

SUBS ARE DUE NOW..... Ken says that you have until the end of the month to pay up or else..or else what Ken? Please don't make him have to ask you, His job is difficult enough without him having to tap half the club on the shoulder, just make sure you don't do it in the Gents Ken, they might think you want payment in kind!!

As no-one objected to the 5p. charge for the Newsletter, this month's will cost you 5p.



TRAINING RUNS.....TRAINING RUNS.....TRAINING RUNS.....TRAINING.....

Continuing with the Training Runs series, 5 routes in Allesley Park have been measured with a wheel and may provide helpful circuits for the club's runners. The map is not to scale.

Route 1.

1809m. 1.2 miles. A,B,G,D,E,F,A.

This is the longest route and follows the inner circuit of the park. From the carpark the route winds up past the Parks Department Buildings (and toilets) to quickly open out onto the highest point of the park by the children's play area. The run is uncomplicated and arrives back at the carpark having finished with a good uphill section.

Route 2.

1337m. A,B,D,E,F,A.

A little under a mile from start to finish involving some two thirds of the park area. Again, uncomplicated, with the final 200m. uphill.

Route 3.

1027m. A,B,C,F,A.

A shorter run taking in the top section of the park and avoiding much of the hill work involved in the other routes.

There are two other loops that do not start from the carpark and may be useful for interval work.

Route 4.

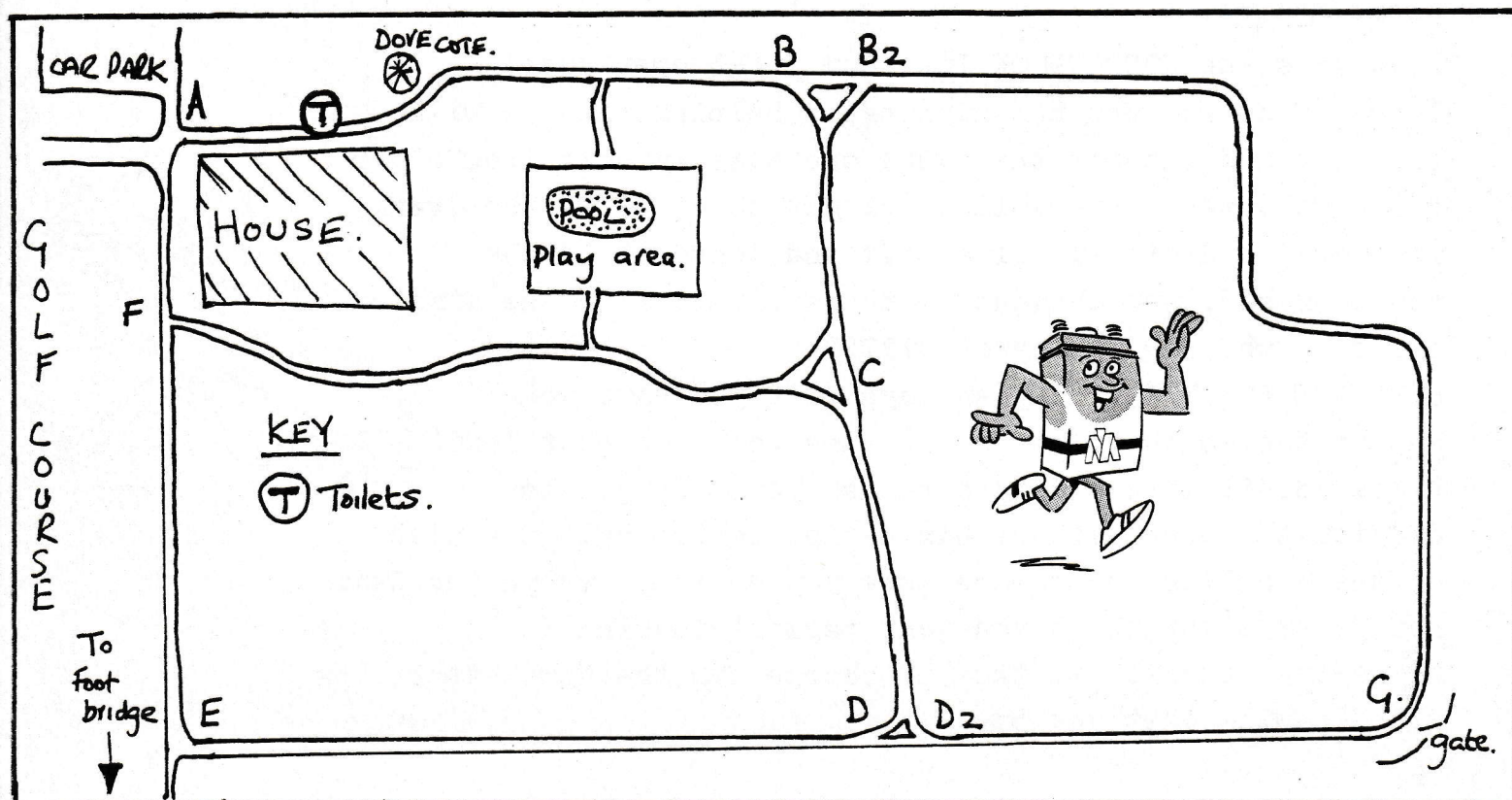
963m. B2, G, D2. B2.

Furthest from the carpark, this run includes a long uphill section.

Route 5.

1190m F,C,D,E,F.

Uncomplicated running and possibly the most sheltered on windy days.

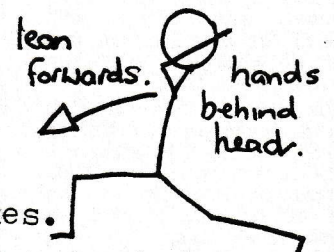


The Value of Stretching Exercises by John Cox.

Distance runners are generally lacking in mobility which can cause a restricted running action and even lead to injury (to true! the writer is proof of that Ed.) A few minutes each day and before training or racing, spent on some simple exercises can improve your running style and help prevent injury by unlocking the muscles. Trying to run hard without proper preparation is likely to cause muscle fibre to rebel or tear. By gently stretching muscle to the maximum level at which they will work during running, and slightly further, the chance of damage to cold reluctant muscles is much reduced.

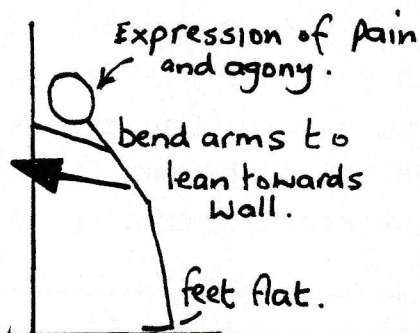
I have outlined some basic exercises below which should become part of your warm-up routine. (I am going to ask John to write an article on warm-up and suggest some routines for us to try. Ed.)

1. **ASTRIDE STRETCH.** Stand with the left leg forward, knees bent and the right leg behind you with the knee just above the ground. With both hands on the left knee, and keeping the right knee in position, lean forwards and hold for 5 - 10 seconds. Repeat for opposite leg. The severity of this exercise can be increased by putting the hands behind the head. Good for hips, hamstrings and groin.



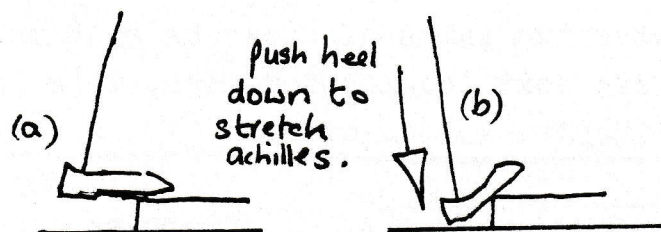
Astride Stretch.

2. **WALL PUSH.** Keeping feet flat, lean onto the wall from about 3 feet away. Then bend the arms to lean as far towards the wall as you can. Hold for 10 - 20 seconds, then push away. Repeat 3 - 6 times. Good for calves and achilles tendons.



Wall Push.

3. **KERB STRETCH.** Repeat 10 times gradually increasing the amount of stretch. For ankles & achilles tendons.

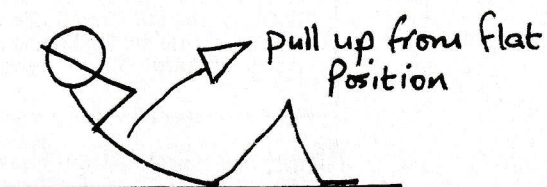


Kerb stretch.



Beer Gut Stretch.

4. **QUARTER SQUAT.** Stand with heels together, toes apart, bend knees slightly. Hold for 15 - 20 seconds. Repeat 3 times. Relaxes hamstrings and stretches quadriceps (front of thighs).



Bent leg sit-up.

5. **BENT LEG SIT UP.** Lie flat with legs bent, hands behind head. 5-10 sit-ups while keeping feet flat on ground. Stomach and lower back.

All-weather Jones in class of his own

ATHLETICS

STEVE JONES overcame all the hazards of a British summer, wind, rain, and low branches, to add another world-best performance to his collection yesterday when he won the Pearl Assurance Amateur Athletic Association half-marathon title round the streets of Britain's Olympic pretender, Birmingham.

Whereas Steve Cram has to put up with the frustration of unwanted hundredths of a second in his quest to be the fastest ever, Jones operates in a less-precise world of measurement and time-keeping on the road. Yet his achievement of running the distance in 61 minute and 14 seconds has not been bettered anywhere in the world.

It served as a warning to the talented opposition, expected for the Chicago marathon in October, where Jones will defend the title he won last year in what was then the world's fastest time.

His next race is the Falmouth Seven in the United States, and he will finish the track season with the 10,000 metres in Brussels at the end of August, a race in which he has taken first and third places in recent years.

Yesterday's field of more than 3,000 runners contained

nobody to trouble him, so Jones went off fast from the start. This might have been interpreted as pique at being left out of Britain's team for the European Cup, but Jones was reassuring on that point. "I don't require that sort of motivation to run my races," he said.

The rain and wind were his biggest problem: "You can't get the same sort of grip and your feet move inside the shoe. I thought at one point I might have overcooked it."

That was at about the 10-mile mark, when the course went into Cannon Hill Park.

Here, apart from the twists and turns, the lower branches of trees laden with rainwater were weighed down to eye level.

By that point Jones was out on his own, 26 seconds up at four miles, 39 at seven and a half and 67 at the finish, where Carl Thackeray and Steve Kenyon followed him in second and third places respectively.

Both expressed surprise and delight at the speed with which they had covered the course, let alone the performance of the man they hardly had sighted throughout a wet hour. If that arouses suspicion about the Birmingham method of measuring courses it will be done again which will make four times in all.

Heard the one about the Irish Marathon runner.....
He did a lap of honour....

PS. I hope someone is going to tell Nobby that just because he has got

Number 1 as his race number for the NORTHBROOK 10k. it doesn't mean that he comes first !!!!!

John Cox has a problem, his neighbours after watching him set up the finish funnel down his garden path, are now absolutely convinced he is totally mad! John says he was just practising for September 8th. Mind you, he can't pass a road cone now without stopping and pinching it.

Congratulations to John McKenna on finishing one lap of the club 10k.

MERCIA SPORTS 59 Lower Precinct.

This shop will give 10% discount to club members if you identify yourself, there is no need to produce a club card (we don't have one I said) They will give 15% to club orders. One thing I noticed when I was in there was the number of much reduced road

shoes and spikes. Obviously when a particular line goes off the market they reduce the price quite a lot to clear existing stocks. The manager also donated two pairs of socks as spot prizes for the club open 10k. When you are next looking for gear, it's probably worth dropping in to see what they've got on offer.

MASSEY FERGUSON LADIES R.C. present

**The 2nd RUNNING RACQUET '5'
5 MILE LADIES ROAD RACE**

(WAAA Rules)

SUNDAY, 29th SEPTEMBER 1985, 11 am

Venue - Massey Ferguson Factory, Coventry.

Prizes to 1st, 2nd, 3rd ind, 1st Vet, 1st team of 4. Medals to all finishers. Entries to: L. Denley, 1 Halifax Close, Allesley Village, Coventry. 0203 403518 By 9th SEPT. Fee: £1, £1.50 Unatt. Cheques payable Massey Ferguson LRC. (9" x 6" SAE).

Spon: The Running Racquet Sports Shop, Nr Coventry.



WORLD BEST FOR STEVE JONES?

Steve Jones ran the fastest ever time on an authenticated course when he won the Pearl Assurance AAA Half Marathon Championship in Birmingham last Sunday in 61:14. The previous world best on a certified course was 61:32 by Paul Cummings (USA) at Dayton in 1983, although Mohamed Kedir (Eth) was credited with 61:02 in Milan in 1982. The previous UK best was 61:39 by Geoff Smith in the Dayton race. Runner-up to Jones was Carl Thackeray in 62:21 with Steve Kenyon third in 63:00. Sarah Rowell took the women's title in 74:33 ahead of Ireland's Anne Hilliard (74:46) and Lorna Irving (74:58).

Do they mean 10k. ?

KETTERING'S 10-mile road race went to Hugh Boyle of Corby who covered a testing, hilly course in 31min 08sec.

Evening Telegraph 22.8.'85.
Is this a new world record?

Athletics Weekly August 17th.