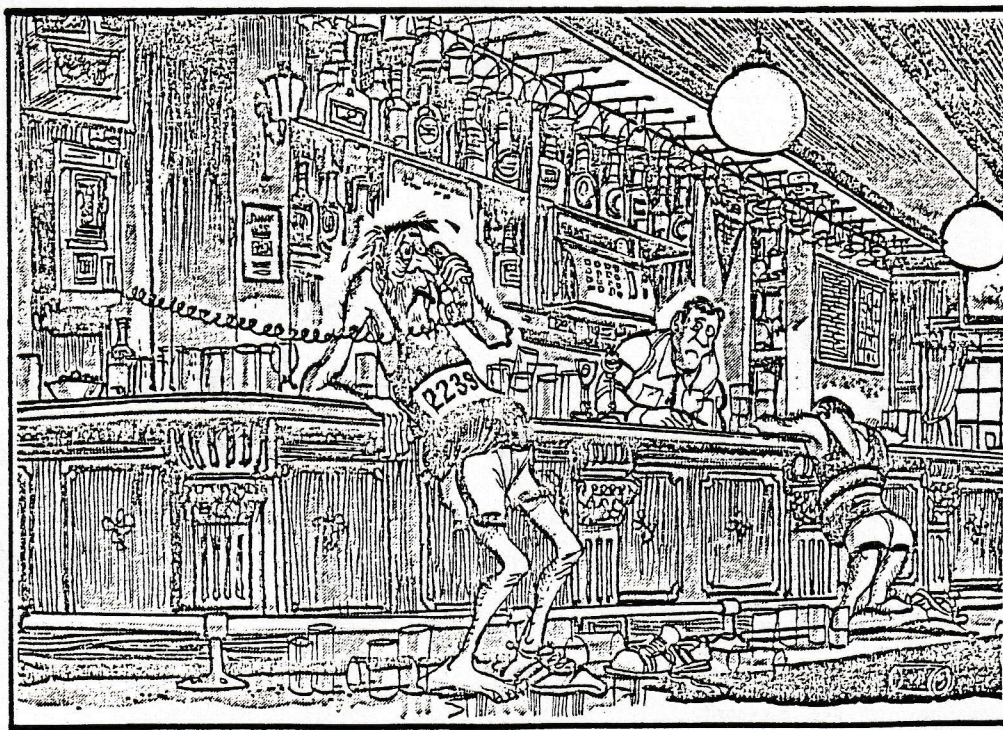


A new format to celebrate our 12th. issue of THE RUNNER, your editor has been playing on his new word processor and has not spent much time on the road as a result. However I have found my trainers again and will start training soon. The cross country season has started again (some of us find it hard to get overjoyed about this) and NORTHBROOK kicked off with 10th. place in the opening round of the BRUM LEAGUE and arriving home ahead of all the other Cov teams. Tony Murphy phoned Roger Draper with the results and forgot there were more than four Northbrook men running....only Joe, Bill and Judge John got a mention!!! The young Athletes race saw our lads in second place with Jason 3rd, Tony Dunne 4th. and Tim 5th. Well done everyone. John Cox has altered the club handicap course in Lake View Park and dug up the stream so we now have to cross the bl****y thing twice on each lap, I thought all that digging was taking things a bit too far!! Talking about taking things a bit far....Big John was so keen to do well in the Tipton 10 that he nearly turned up 2 weeks early he was obviously worried about his form if he wanted a 12 day start...its nice to see these young lads so keen. I hear that he has been running with a certain old gentleman from Alderman's Green who had a good run in the POWERPART 10. Gary Clarke has got himself in the news by twisting Roger Draper's arm to find him a bit of space in his weekly column, at least Roger says he is improving, mind you he said the same about Barry Sheen when he fell off his bike. I think with all these marathons Garry is getting shorter, or is it just his new go faster haircut...joking apart though its a great effort from Gary and the product of a lot of miles, well done mate. I saw Judge John at the Bonfire night blaze up, he was muttering about sub 60 min. rockets or something like that, or was he telling Pam he was a sub 60 min. rocket ?????



GARRY CLARKE is a walking, talking, living, breathing, jog-a-long example of smoking with admirable fire.

No shrinking violet, but abundantly pleasant with it, 31-year-old Garry happily gave me the nod that he had completed four marathons in 57 days.

Bolton, Birmingham, Coventry and Snowdonia have seen the best of the telecom man — his best time is 3hr 10min. Nothing too remarkable and hardly likely to give Steve Jones any sleepless nights, but the guy is improving.

Says Garry: "My ambition is to contest 10 marathons in a year, two in a weekend or get from London to Brighton. I think I'll make it."

He probably will — especially as he trains non-stop on 30 "home rolled" ciggies and a few pints of best beer. Eat your heart out health buffs...join the Garry habit.

I include a copy of the letter recently received from Wainbody Wood School as to how the money raised by the last sponsored run and the money raised by Bob Garner's work mates. It is letters like this that make raising money through sponsored runs worthwhile.

COVENTRY EDUCATION COMMITTEE

Telephone Coventry 418755



Headmaster:
ROBERT JONES

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

4th November. 1985

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

Dear Tony,

Last year your members kindly helped Wainbody Wood School Fund with the proceeds of your sponsored run. They may be interested to know that their efforts helped the school to purchase a microcomputer and portable television set and other specialised equipment, costing a total of over £400, and also to arrange educational visits costing £135. The places visited were as far afield as South Wales, Shropshire, Derbyshire and Staffordshire.

Without the help of your members and other kind friends the work the school can do would be much more limited. Our thanks to them all once again.

Yours sincerely,

Headmaster.

If you don't give me
your race results I
can't publish them !!
Let's have a powerpart
to race report from
Someone



Seb gets there in the long run

SEB COE turned up at Oxford last week with his ticket for the main stand and his Chelsea scarf wrapped around his neck. "Sorry," said the gateman, "Chelsea fans have got to go to the far side."
"But I'm Seb Coe", protested the world record-holder.
"It won't take you long to get there then," replied the gateman.

Footnote. . . Seb finally got into the main stand, and won £27 second prize in the match day jackpot, donating it to a children's charity.

I am still waiting
for a ladies contribution
to the Newsletter and
a social events
calendar from the club
Secretary

Next Month 'International Issue' reports from the Hong Kong / New York
and Welsh events.

RUNNING IN COVENTRY'S MEMORIAL PARK RUNNING IN COVENTRY'S
MEMORIAL PARK RUNNING IN COVENTRY'S MEMORIAL PARK RUNNING IN

So many of us confine our runs to our local area and do not explore the delights of the city parks, the second of the series Running in Coventry's Parks deals with the delightful Memorial Park. Several shorter routes are described which are useful for speed work and interval training, however the main charm of the park lies in the two longer routes that follow the boundary and provide an interesting variety of scene and running surface.

ROUTE 1 1.7 miles.

This is the large inner circuit of the park involving grass and hard surfaces and follows the Coventry Schools X Country course for much of the way.

From the main car park run towards the Coat of Arms Bridge Road entrance, keeping to the perimeter of the field. By following the obvious path from the gate, you will be led over the small footbridge and gently uphill past the Golf Course. By following the line of trees to the gap in the hedge, access to the more formal network of pathways at the Northern end of the park is gained. Continue down past the aviary and the small carpark opposite the Kenilworth Court flats, at which point the route follows the final yards of the Coventry Marathon course. Return to the Main Car Park.

Variation.

From the car park run out of the gate and turn left into the woods that flank the Kenilworth Road. A variety of woodland paths can be followed, but by keeping generally to the left, Coat of Arms Bridge Road can be gained after approx. 600 m. of running. The park can be re-entered by the small gate near the phone box, or further down opposite the Rugby Club. In winter and especially after rain these paths can be muddy.

ROUTE 2 2.09 miles.

From the main car park join the Kenilworth Road and turn left either onto the path or the wide grass verge that runs alongside. (Alternatively the ROUTE 1 variation can be used). Turn left again down Coat of Arms Bridge Road and under the railway bridge, look up to see the coat of arms that gives the road its name. The road climbs up through Stivichall Croft to join the Leamington Road at a wide junction, turn left again as the route begins a gentle descent to meet the small car park next to the aviary. Follow the path round the outside of the park to join the Kenilworth Road again. It is 900m. to the entrance of the main car park.

An alternative is to use the small gate on the Leamington Road to enter the park and join the park pathways to reach the car park again. This variation is slightly shorter. Both these routes can be started from any point convenient to the runner or can be used as part of a longer run. However used, the park offers some delightful running, plenty of opportunity for FARTLEK and traffic free space.

Two further circuits are described which are popular with local runners for speed and interval work.

CIRCUIT 1.

812m. On the plan A B K O and back to A.

CIRCUIT 2.

1347m. A little under a mile but involves more uphill work than circuit 1. Probably the best place to start from is point F, running hard round to C via D. C to F is used as a recovery jog before the circuit is run again.

TOILETS are marked on the plan.

Plan of the Coventry Memorial Park

