

Nailsea Running News

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Race Times: How can you predict them?

Edited by Don Jones

All rules of thumb for predicting race times are only guidelines and should not be taken too seriously.

'Thumb' rules to predict by

Predicting race times is always a good topic of conversation on that long training run or in the bar afterwards and most of us have our own favourite way of forecasting what our performance will be in some forthcoming event. However, predictive calculations will not work well across all racing distances and are best confined to physiologically related events, eg: half marathon/marathon, 10k/half marathon, 5k/10k, etc.

The errors in attempting to predict your best 100 metres time from a marathon performance would be as great as trying to forecast choices on Cilla Black's Blind Date show and the outcome of her arranged pairings, or as great as forecasting the weather, using a piece of seaweed.

Some well known rules of thumb (who is this bloke "thumb"? Ed.) for predicting race times are:

your 10k time equals 2x5k time, plus one minute.

your 5k time equals half of your 10k time after a minute has been taken off.

your marathon time is three times your current best 10 mile time, or 2.2 times your current best half marathon time, or 2 times your current best half marathon time plus 10 minutes.

ROGUE RUNNER

'Iron Man' is so called because of the extreme amount of pain he can take. If his legs were to be suddenly severed at the knees he would not drop out of a race. He would merely grit his teeth and complete the course still hoping for a 'PB'. In sweat soaked kit complete with head and wrist bands, 'Iron Man' trains over extreme distances. Dogs break fangs on his calves, mums pull kids out of his path and badly parked cars are left with dents across their bonnets and roofs. His unshaven face and the scars on his knees gives him the appearance of a badly wounded war veteran. Floods and nuclear strikes will not keep him from his training. 'Iron Man' can crack walnuts with his eyelids!

a ratio of 1:5 exists between 10k and marathon times.....so a 10k time of 40 minutes would yield a marathon time of $5 \times 40 = 200$ minutes = 3.20.

Race spacing

10k - no more than two in consecutive weeks, half marathon - minimum two weeks gap between, marathon - minimum 4-8 weeks between. The rule of thumb is that it takes a

day to recover for every mile raced.

Finally, a word of warning. Attempts to verify any predictions of sprint times based on marathon times without suitable preparatory training and vice-versa may result in injury. It might then require the aid of a crystal ball to predict when you can expect to be in a reasonable condition to race again. Happy predicting!

Race Results are Here!

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Kingswood Half-Marathon : Mark Groves 16th 1.20.30; Roger Stafford 56th 1.27.01; Frank Richards 120th 1.33.25; Alan Cox 318th 1.51.12.

Bristol Half-Marathon : Jason Pitchers 47th 1.24.26; Peter Glanville 49th 1.24.31; Ian Cox 126th 1.29.32; Keith Stafford 159th 1.31.24; Roger Stafford 165th 1.31.43; Frank Brady 200th 1.33.01; Tony Targett 204th 1.33.07; Mark

(THE DUCK) Groves 235th 1.34.15; Frank Richards 315th 1.37.25; Martin East 722nd 1.52.05; Roger Keat 815th 1.56.51; Alan Cox 822nd 1.57.11.

Midsommer Norton Half-Marathon : Frank Richards 1.32.00; Alan Cox 1.44.00; Roger Keat 1.45.00.

Bridgewater Half-Marathon : Frank Richards 1.32.53; Tony Targett 1.33.52; Alan Cox 1.45.00.

Please let me have results in plenty of time.

Many thanks to Shirley and Keith for their hospitality and the Bar-B-Q. Why is it that every time I go to a B-B-Q it rains? Perhaps you know who could use this phenomenon to predict the you know what!!

Have you seen the photos yet? If not you haven't been attending Club Nights. Why is Don Jones shooting the first man across the line? What is growing out of Jason's nose? What a big carrot!!!

With the warmer weather (damn I promised myself I wouldn't mention you know what this month. Ed.) it is important to be well hydrated if you want to enjoy your running. On training days drink about four pint of pure water, or water with a small amount of juice. See you during the X-Country season.

Caption