

## Longcroft Club Night - Report for Monday 25 January 2010

There was a very good turnout this week with 18 people present.

The evening started with a repeat of last week's bearing exercise as a warm-up. (The coach must be running short of ideas!)

The adults then went outside to do some paired work in the dark. This involved each partner having an individual and identifiable marker (bit of string really with a peg on the end). Each person then took the partners marker and placed it somewhere on the site, they marked this position on the map, giving the map to their partner. It was then a race to see who could find their marker and return to base first. This was repeated with different locations used.

Tonight was the night for the monthly 1km time trial (using electronic punching). Results were not available on the evening because the coach couldn't be bothered to get his laptop out of his rucksack. [The results are now available if you click here](#). Congratulations to Zac for being the first person to break 4 minutes, an impressive performance.

Should you want to analyse your performance in more detail than is really worthwhile, the split times for each leg can be found by [clicking here](#).

Whilst the adults were outside in the dark the younger members stayed in the gym and did some work on map symbols. They then set up the course for some head to head races.

Based on the Naughty Number exercise, popular in BOF coaching manuals, this was modified to allow head to head racing. Two courses were ran at the same time around cones, each being a mirror image of the other, so that each runner had the same course to do (except one was turning right when the other was turning left).

After the adults finished playing around in the dark, they came back into the gym and took part in the head to head races also.