

Running How To...

Type	Title	Author	Description	Owner
Book	AAA Runners Guide, The		Old but contains lots of timeless advice.	Chris Leigh
Book	Alberto Salazar's Guide to Road Racing	Alberto Salazar	Well written, packed full advice on road racing from 5K to full marathon.	Chris Leigh
Book	Chi-Running	Danny Drayer	Focuses on how to change running style to ensure effortless & injury free running. Interesting read but difficult to put into practice!	Katrina Doyle
Book	Complete Book of Running	Runners World	Good general advice & well written	Katrina Doyle
Book	Lore of Running	Tim Noakes	Very thick, scientific book. Not very easy reading & probably more targeted for the serious runner	Katrina Doyle
Book	Run For Life - Women's guide to running	Sam Murphy	Well written, especially targeted for new, female runners	Katrina Doyle
Book	Runners Handbook, The	Bob Glover	Every runner's bible.	Chris Leigh
Book	Running for Peak Performance	Frank Shorter		Katrina Doyle
Book	Running Made Easy	Susie Whalley & Lisa Jackson	Targeted for new female runners	Katrina Doyle

Book	Running Over 40	Bruce& Sue Tulloh	A short history of running. Advice on diet and lifestyle. A study of age and performance. Programmes for complete beginners. Schedules for standard distances from 1500m to marathon, at three different levels, with adjustments for age.	Tessa& Dave
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Fitness / Health / Injury

Type	Title	Author	Description	Owner
Book	Fit for Life- Reach Your Personal Best& Stay There	Ranulph Fiennes		Tessa & Dave
Book	Official Body Control Pilates Manual, The	Lynne Robinson	Explanation& illustration of various pilates/core stability exercises. There is useful section which suggests the most appropriate exercises for each sport	Katrina Doyle
Book	Runners Repair Manual, The	Dr Murray Weisenfeld and Barbara Burr	Good general advice on staying fit. Contains information on recognising and treating all forms of common running ailments.	Chris Leigh
Book	Running Injury Free	Joe Ellis	Gives case studies of runner's symptoms, diagnosis & treatment. Easy to read but too easy to self diagnose!	Katrina Doyle
Book	Running Well	Sam Murphy& Sarah Connors	Well written (SC is physio) & good illustrations. Lots of advice on injury prevention & illustrations of corrective exercises& core stability exercises	Katrina Doyle

Book	Runners World Guide To Injury Prevention	Dagny Scott Barrios		Katrina Doyle
Book	SERIOUS Training for Endurance Athletes	Rob Sleamaker& Ray Browning	How to plan your training with 7 essential components S(peed Training& Drills), E(ndurance / Easy Distance), R(ace / Pace Training), I(ntervals), O(verdistance / long, slow distance), U(phill Intervals / Vertical Training), S(trength / Resistance Training)	Tessa& Dave

Nutrition

Type	Title	Author	Description	Owner
Book	Complete Guide To Sports Nutrition	Anita Bean	Author should be A Bean Eater!!!!	Katrina Doyle
Book	Sports Nutrition	Nancy Clarke		Katrina Doyle

Running& Athletics Biography / Autobiography

Type	Title	Author	Description	Owner
Book	Autobiography, The	Colin Jackson		Tessa & Dave
Book	Black, White& Gold	Kelly Holmes	Autobiography - Really inspirational & recommended	Katrina Doyle
Book	Feet in the clouds - A tell of fell running& obsession	Richard Askwirth	Quite interesting but not an easy read	Katrina Doyle

Book	Golden Girl	Betty Cuthbert	Autobiography of the Australian 100, 200, 400m runner who beat Anne Packer in the 400m in Tokyo 1964	Tessa & Dave
Book	My Olympic Ten Days	Kelly Holmes	Her Diary from Athens	Tessa & Dave
Book	Paula, my story so far	Paula Radcliffe	The title says it all. A must for any Paula fan.	Chris Leigh
Book	Running Tall	Sally Gunnell		Tessa& Dave
Book	Slaying the Dragon	Michael Johnson	How to Turn Your Small Steps to Great Feats	Tessa& Dave
Book	Time to Jump - The Authorised Biography of Jonathen Edwards	Malcolm Folley		Tessa& Dave

Other Biography / Autobiography

Type	Title	Author	Description	Owner
Book	Autobiography, The	Martin Johnson		Tessa & Dave
Book	Every Second Counts	Lance Armstrong	Really inspirational & recommended	Katrina Doyle
Book	Golden Age, A	Steve Redgrave	Additional chapter for 2004	Tessa & Dave
Book	It's not about the bike	Lance Armstrong	Really inspirational & recommended	Katrina Doyle

Book	Life & Limb	Jamie Andrew	Mountain Climber who lost his limbs - really inspiring read	Katrina Doyle
Book	Lifetime in a Race, A	Matthew Pinsent		Katrina Doyle
Book	Mad, bad & dangerous to know	Ranulph Fiennes	His story about lots of mad endurance feats	Katrina Doyle
Book	My World	Jonny Wilkinson		Tessa & Dave
Book	Race Against Time	Ellen MacArthur		Katrina Doyle
Book	Sir Les	Les Ferdinand		Tessa & Dave
Book	Will to Win, A	Alice Peterson	The story of a young British tennis player diagnosed with Rheumatoid Arthritis	Tessa & Dave
Book	Tackling Life by Jonny Wilkinson	Jonny Wilkinson	This is a great read about the lessons Jonny learnt from the 2003 World Cup success and the mental training that has been so important	Chris Leigh

History

Type	Title	Author	Description	Owner
Book	Marathon Makers, The	John Bryant	A history of the build up to the 1908 London Olympics marathon and the key figures in that race. You can visualise little Dorando tottering over that finish line!	Chris Leigh

Other				
Type	Title	Author	Description	Owner
Book	I Run, Therefore I Am - NUTS	Bob Schwartz	Humorous look at runners idiosyncrasies & the situations they find themselves in	Tessa& Dave