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Dr. Timothy Noakes is Discovery health professor of exercise and sports science at the University of Cape Town and director of the medical research

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Lore of Running gives you incomparable detail on physiology, training, racing, injuries, world-class athletes, and races. Author Tim Noakes blends the expertise

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Tim noakes - wikipedia

Timothy David Noakes (born 1949) is a South African scientist, and an emeritus professor in the Lore of Running (1986); Running Injuries: How to Prevent and Overcome Them (1990); Bob Woolmer's Art and Science of Cricket (2008)

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