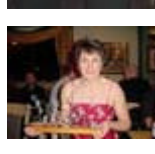
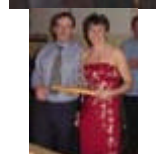
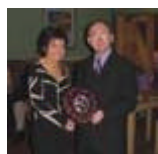
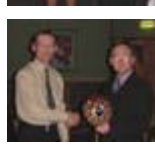
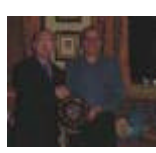
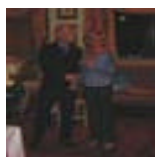


Northbrook Newsletter -Feb 2003

Presentation Evening, January 18th 2003



Ladies XC Handicap Championship Results

- 1 Julie Neville
- 2 Helen Forester
- 3 Sylvia Gutherie

Mens XC Handicap Championship Results

- 1 Tony French
- 2 Daniel Grose
- 3 Mark Baker

Ladies 5k Summer Handicap Results

- 1 Leane Thorborn
- 2 Julie Neville
- 3 Catherina Gavin

Mens 5k Summer Handicap

- 1 Richard Vaughan
- 2 Kevin Viner
- 3 John Ralph

Ladies Club Road Race

- 1 Joy Wilkinson
- 2 Helen Forester
- 3 Andrea Giehl

Mens Road Race

- 1 Mick O'Shea

Veteran Runner of the year

Paul Kelly

Most improved runner this year

Richard Vaughan

Club person of the year

Loretto Denley

Two New Awards

Additionally this year 2 awards were presented by Tony French and Shaun Flanagan

Merit Award

Dawn O'Shea for her superb achievement in the Ironman World champs

Banter Award

Bob Adams – anyone who has been put to sleep by Bob's "interesting" speeches will appreciate this one.

February's Newsletter

Not such a big edition this month - thanks to everyone who has contributed. I need your articles so please keep them coming. Next newsletter will be out end of March/early April

Thanks to all our contributors this month. Tony French, Rich French, Rob Barry, Glyn Perrens and Mark Baker (committee minutes).

Thanks to Con for all the results/articles from the web that makes this newsletter easier to produce.

Well done to the first winner of runner of the month this year, Jon Guest. Jon has put in some excellent performances over the past 3 months. By the way, did I happen to mention Jon beat Mick O'Shea in the last Brum league race at Stafford?

Interested – read inside?

Northbrook News

Dan McHugh

I will start this off with a couple of moans – that's one of the advantages of being the editor.

Re-arranged AGM

Had to be re-arranged due to room availability at the Jag. Unfortunately it meant that I for one could not attend, I was away working – I would have been able to make the original event. More notice of changes in the future please!

Presentation Night

I was informed that this was to be a 70's theme night so yours truly went out and hired some costumes, bought some things ready in anticipation for the big night. I was not particularly happy to find out that it was no longer a 70's theme night just before the event (about 1 week to be exact) – too late for me to cancel the hire of costumes or get any money back. Anyone who has ever hired fancy dress will recognise that there was some cost associated this.

In the future I would ask the committee to consider things more carefully when organising events such as this. Either make it a 70's theme night (or whatever) or not – do not change your mind after you have already announced to the club members what it is going to be.

However, the night was an excellent event and was most enjoyable. Well done to all winners and to everyone who made this event work.

X-country

The men's team are still in with a chance of promotion this year back to division 2 with a strong performance at Stafford despite atrocious conditions.

Northbrook are in 4th position just 9 points behind Kenilworth so it's all on the final race of the season on March 1st. Lets hope we have a strong turn out and we that can make it a successful day.

Northbrook 10K

Finally we have a race again to put the club on the local running club map. Entry Form - coming soon. June 15th is the big day.

Now Part of the Warwicks Road Race Championships!

Route

A scenic route around Allesley heading out to Corley Moor Area and finishing at the Jaguar Sports club. This is the first time this race has been run.

Social Events

See the attachment to the newsletter at the back. Please fill this into provide feedback to Emily.

Club 25th Anniversary

More info coming soon, watch this space.

Club Records

See the article of the history of Northbrook so far.

Northbrook Club History

I have compiled this from a 1992 New member's pack and Dave Halford scrapbooks. I hope it is correct. If anybody knows different then please let me know. 1999

This is now being updated again Jan 2003. Con McHugh

1978

The club began like so many other clubs at the start of the road running boom in the 1980s. Northbrook running club was founded, and based at the BT Telepost club, Northbrook Road. The club was originally known as Northbrook Striders and was started by 12 or so local runners who wanted to run without the fuss that sometimes goes with members of bigger clubs. . The name changed to Northbrook Athletic as the club became more ambitious and sought open status and AAA membership. The club was considered then as is now as one of the most welcoming clubs in the area enjoying beautiful scenery on for its runs.

1981

The first summer handicap was held in 1981 with 41 members taking part (seniors and juniors). The club also entered its first marathon on 1st May 1981: the Chelmsley peoples' marathon. Frank Mone 3h42m54s, Tony Brindle 3h51m11s, and Vince Mcleod 3h52m04s.

1982

Two runners break the 3 hour barrier for the marathon:-Gary Sherwood running 2h57m and John Varden 2h56m. Gary Sherwood also ran 58m48s in the Henry VIII ten mile race, closely followed by team mate M. Wilson 59m04s.

The club was also active in raising money for charity, organising a relay around its 5 km course and covering 102.4 miles in 1h54m. £184 was raised for Wainbody School.

1983

Club organised a trip to Paris to take part in the Paris 20km. Neil Buckenham and Bob Hewitt ran 1h32m.

March Dave Hewitt aged 19 covers the King Henry VIII ten-mile course in 68m20s.

Seventeen Northbrook runners entered the Fleet pre London half marathon with Treasurer Ken Buckenham highest placed with a time of 1h29m27s just ahead of John McKenna 1h29m56s.

1983-1984 Birmingham League The first Birmingham league cross-country event the club took part in. Northbrook finished seventh, Alvis sixth. Pete Osborn came 997th in the National cross-country championship, all three recently formed Coventry running clubs shared a coach to the event.

1984

November Jerry Murland brings out the first Northbrook runner, a magazine newsletter.

Pete Osborn completes the Astral pre-London half marathon in 75m44s and runs 56m00s in the Solihull ten mile race (11.3.84)

Ken Buckenham is voted club personality of the year. He also finishes 5th in the Midlands veteran 10km.

1984

Northbrook staged its first 10km as an invitation race. Jim Solan wins in 36m04s.

1985

First open 10km race is held. Dave Hagan is selected for the West Midlands inter counties B team.

38 Northbrook runners enter the Massey Ferguson Powerpart Ten and our best finisher is Joe Kelly running 55m58s.

A good year for marathon runners within the club with Garry Clark completing 4 in 57 days. In the London marathon three

Northbrook runners crack the 3-hour barrier. Joe Kelly 2h50m, Ken Puffett 2h56m13s and Ian James 2h58m10s

New Jaguar Relief Road proposed that will effect the summer Handicap. Newsletter cost is 5p.

1986

67 runners take part in the summer handicap, the event being won by Stuart Whitehouse.

Northbrook enter the Amsterdam half marathon with John Shuttleworth gaining the best time of 1h.25m00s

Garry Clarke runs in the Lincoln 100km, the first runner to run an ultra event.

5th October, Ian Ladbroke runs 2.58 in the Gloucester marathon.

John McKenna takes over as editor of the Northbrook runner.

1986-87 Birmingham League Northbrook finish 12th in the Birmingham league, Sphinx 6th, Alvis 8th and Dunlop 10th. However, the Northbrook juniors win the junior title with Dave Hagen, Tim Wright, Steve Simpson and Dave Buckenham making up the team.

1987

John McKenna took over as chairman from Nick Moore. Ian Ladbroke edits the Northbrook runner.
Garry Clarke competes in the world's smallest and largest marathon races in successive days, the Benbecula and London races.

1987

5th April Wolverhampton Marathon Glyn Perrens 3h17m, Ric O'Shea 3h40m
3rd May. Rich O'Shea finishes the Abingdon marathon in 2h51m57s coming 36th
7th June. Rich O'Shea comes 5th in the Warwick 10mile road race in 55m13s.
11th October Northbrook host the Warwickshire grand prix series. Barney O'Conner is first in 31m08s. Dave Hagan is 10th
At race-the-train the Northbrook juniors destroy the opposition with Dave Hagan 1st, Tim Wright 2nd, Steve Simpson 3rd and Dave Buckenham 4th. In the 12-13 section Joe Cox comes 2nd.
27th October In the MCAA open meeting Boo metre track event Tim Wright wins in 2.08.4. The first ever track victory although in the slowest of the nine graded races.
Ian Ladbroke and Rich O'Shea represent Warwickshire in the inter counties 20 mile road race.

1987-1988 Birmingham League Div IV Joe Cox wins the junior individual cross country championship, going on to gain a squad place in the inter counties race with 11th in the Warwickshire championship Northbrook hold 9th place in Division IV Sphinx 8th, Alvis 10th and Dunlop 15th. Dave Hagan is 38th in The Warwickshire championships.

1988

Ian Ladbroke takes over as chairman.
20th February. Northbrook come 177th in the Nationals with Rob Barry placed 889.
20th March. Tim Wright runs 1h15m16s in the Trumpeter half marathon.
1st May Shaun Flanagan 3h36min Telford Marathon.
18th June. Rich O'Shea wins the Rugby half marathon in 1h14m00s. John Bird 1h24m42s.
24th June. Northbrook finish 3rd in the Fort Dunlop 24 hour relay. Covering 240 miles 1020 yards in the 24 hours
Northbrook achieve sixth position in the Birmingham cross-country league. Division 4. (Alvis are 10th, Sphinx 9th)
In the National championships Northbrook come 179th. John Gardner is 687th
With running being so popular At this time there are many local runs: Jaguar Fun Run, Jaguar 8, Cardinal Newman 6, Coventry half Marathon, Burton Green 6, Bedworth 10, Northbrook 10k., Massey Ferguson Powerpart 10, Festive 10K and 3M.

1989

June. The two castles six mile race, Rich O'Shea comes 4th in 30m15s. Dawn Robinson wins the women's race in 37m01s.
26th December: Langdale 10km. Rich comes 3rd in 31m59s
Best Ever Hilly 100 time 10h6m42s finishing 3rd. Also B squad 9th out of 20. B Team Anchor man Tony Murphy was greeted by team captain Rich O'Shea after finishing "the bars closed and your chips have gone cold".

1989-1990 Birmingham League. Northbrook miss out on promotion by one point, finishing third. The team wins the fourth meeting with Neil Walker runner up. Rich O'Shea is third in the individual championship. Eventually Northbrook gain promotion to Division III by default

1990

London marathon: Bob. Adams runs 2h50m42s and John Bird 2h53m.05s.
23-24th June. Northbrook win the 24 hour relay held at Fort Dunlop. Covering 254.68 miles in 24 hours. The B team also do well covering 212 miles 1760 yards.
10th June: The ninth Weaverham half marathon. Northbrook win team prizes: Rich O'Shea 6th in 1h15m23s, John Gardner 8th in 1h16m06s, George Steele 20th in 1h21m32s and Adrian Lawton 23rd in 1h22m.50s. Dawn Robinson won the ladies prize in 1h25m56s.
9th September. Chelmsley 10 mile. Tim Wright is 15th in 53m41s
23rd September. Rich O'Shea is 39th in the Lake Vyrny half marathon in 1h13m21s. Dawn Robinson runs 1h22m13s
Hartshill Heartbreaker: Rich O'Shea comes 4th in 1h05m52s
June 15: 17th Offa's Dyke: Northbrook come 5th, Rich O'Shea is 23rd in 1h40m48s
The Northbrook 10km is held at the AT7 and aims for a more prestigious event. Godiva Colin Brown wins the event in 30m55s.
Royal Mail and the Heart of England building society sponsor the event. Dawn Robinson wins the ladies event in 37m50s.
Northbrook win the team event at race the train.
The club held its first 10K race this was a successful event. Mick Reynolds is chairman of Northbrook.

1990-91

Birmingham league division 3. After bad start Northbrook climb out of the relegation zone to take 10th place.
However, the team achieve a best position of 148th in the Nationals and Rich O'Shea comes 237th. The team also finish tenth in the Warwickshire championship.

1991

Northbrook come second in the Cotswold hilly hundred relay.

Rob Barry wins the two castles 10km road race in 33m23s

Tim Wright is fifth in the Coventry firms' five-mile race. His time 25m41s. Rich O'Shea comes 6th in 25m51s.

Dawn Robinson wins the women's Warwick AAA 10 mile road race in 63m32s

6th April: Northbrook achieve a best ever 50th team place in the 12 stage relay. Time 4h.18m08s.

Another best ever result of 4th place in the six-stage relay.

Vince Clisham (Massey Ferguson) wins the Northbrook 10 km in 31m40s. Tim Wright is third in 31m55s

Carcington Cracker; Dawn Robinson breaks the course record in 1h36m06s taking the women's prize.

Northbrook finish second place in the race the train event.

Tim Wright sets a new club record in the Chelmsley Wood ten mile with a time of 52m38s.

Meanwhile Dawn sets a new ladies record for ten miles with a pb of 61m10s in Rugby. She also wins first prize in the Massey ten, the national plastics 10km, and the Lickey hills 10km.

1991-92. Birmingham league cross-country. Division 3. After a dazzling start to the cross country season with a best ever 24th place in the 4 X 4 Midlands relay, the team start off badly in the league again having to raise ourselves out of the relegation area, finally doing so in the last meeting.

Dawn Robinson secures a Warwickshire place with a 5th position in the Warwickshire championships. She also takes 88th place in the Nationals.

1992

The club 10k Road Race is part of Warwickshire Championship race but getting sponsors is proving difficult.

1992- 1993 Birmingham League Div 3 The team finishes in a highest ever 6th place overall. Tim Wright takes the runner-up individual prize.

Northbrook takes third in the Cotswold Hilly 100.

Buxton Half Marathon. A new event for the club, who take the team prize on their first attempt.

Dawn Robinson represents the UK in the World Triathlon Champs in Manchester.

1993

Kolyn Banks covered 80mile South Downs Way in 12hr,21m,13s to finish 13th from a field of over 500. Race won in 11h15m10s with last competitor taking 27 hours

1993-1994 Birmingham League Div.3 Another fight to the last fixture to avoid relegation.

1994

Midlands 12-stage road relay: A best ever team finish in 38th place

Northbrook win the Cotswold Hilly 100 by 1m42 minutes in 9h44m29s. Two weeks later the team retains the Buxton Half Marathon team prize. Neil Walker took the lead on the first leg with 54m21s starting at 7am. GB call-up for Tri-athlete Dawn O'Shea in New Zealand.

1994-1995 Birmingham League

1995

Kolyn Banks finishes 2nd in a field of 300 in 61mile Fellsman race across Yorkshire Dales in 11h17m and Dave Halford 57th in 15h54m

Northbrook retain Hilly 100 title after close tussle with Sphinx

1995-1996 Birmingham League

Division III

1996

Club wins Hilly 100.

Kolyn Banks finishes 6th in 61mile Fellsman race across Yorkshire Dales in 11h59m12s and clubmate Dave Halford 55th in 14h12m23s.

Pete Austin gets a 10K PM in 33m48s at Sinfin Derby.

Mark Baker breaks 3 h in Abingdon 2h54m02

1996-1997 Birmingham League Promoted to Division II first time ever in 14 year history.

1997

Dave Halford Makes UK TV/Radio/National Press for getting lost on his leg of the Cotswold way. He is found walking on road to Police station. Mick O'Shea collects him at 2am. Dave also got lost on club 'race the train'. Tip never ask Dave directions or follow him.

Race the Train sees John Bird collapsing yards from the finishing line too hot.

Rumours about future of Telecast club. EGM vote to stay. Telepost club taken over by Private owner. EGM vote to stay and see if promises made are met.

1997-1998 Birmingham League. Division II 7th.

1998

Telepost club new owners make life uncomfortable. Not welcome, no facilities for ladies. Club vote to Move Jaguar Want to grow club Club moves to Jaguar Sports Club except compost corner.

Hilly hundred club 5th in 10h12m33s.

Northbrook win first Midlands counties AA championship.

Dawn O'Shea 2nd in London Triathlon.

Summer handicap route changed and made exactly 5k.. Winter Handicap now based on club cross-country fixtures.

1998-1999

This was the first full year at Jaguar. Membership had increased from 60 to 80 (approx). More ladies had joined, and were making use of other facilities at Jaguar. The highlight of the year was Northbrook's - winning the men's and ladies first ever Warwickshire Road Race Leagues. It was good to see the members with the winners shields pictured in the Coventry Evening Telegraph. The ladies also won 3rd prize in the Warwickshire Cross Country Champs. The men competed well in Division 2 of the Birmingham Cross Country League. In the first season in Division 2 (1997/98) they finished 7th. This season (1998/99) is more competitive with the club finishing 9th. Our new Kenyan athlete, Josphat Rotich won the last race, but strength in depth is lacking at the moment. The club is getting older and younger runners are needed. Also, more structured training could improve performances. However, the most important thing is that everyone enjoys their running.

1999

Men's and Ladies race performances through the year were the best ever! We are now settled at Jaguar, and there is a good friendly atmosphere. Thanks to the committee for their help last year. The number of proposals received this year shows that members care about the way the club is run. The changes seen recently in the club mean that we are now dealing with complex issues. This is the year that the club started its website thanks to Con McHugh. <http://www.northbrookac.org.uk>, newsletter started again by Dan, his brother.

2000

Starting with the successes: the ladies team won the senior and veteran categories of the Warks Road Race League. The men's team were also strong in the Warks Road Race League, with Mick O'Shea winning the overall individual prize, which was fantastic! Also, the men's team qualified for the National 12-stage road relay for the first time ever. More disappointingly, it looks certain that Northbrook will be relegated from Division 2 of the Birmingham XC League this season. There are many reasons, eg. Injuries, loss of form, etc; however, the club has done well to compete at such a high standard for so long. Interval training on Wednesday nights show that everyone is putting lots of effort into improving their running. Hopefully, there will be a strong team in Division 3 next season. The main goal though, is that everyone enjoys their running!

Northbrook are now settled at the Jaguar Sports & Social Club. The website continues to attract new members and keeps other in touch with whats going on.

The average age of club members increases every year!

2001

This year the off road routes were closed from 1st March to 29th May due to Foot and Mouth epidemic in the UK

The ladies retained the Warwickshire Road Race League trophy, with four ladies in the top twenty overall. Loretta Denley won her ladies veteran category in the London Marathon. Dawn O'Shea was selected for the inter-counties cross-country team. The men finished 3rd in the Warwickshire Road Race League, with Paul Kelly 2nd overall. Unfortunately, the men's squad were relegated from Division 2 of the Birmingham Cross-Country League, but are now 4th overall in Division 3, with Rob Barry in the overall lead. Rob won the first Division 3 race at Senneleys Park. Mick O'Shea was selected for the inter-counties cross-country team. Northbrook has hosted two running events this year. The Allesley Fun Run was a success, with 200 entries, raising funds for Northbrook and local charities. The hosting of a Birmingham League fixture at Coundon Park was also good for the clubs profile. We are happy to have new sponsors this year: Brose agreed to give us funding, from which we were able to purchase a set of club jackets, and a club tent. Thanks to Steve and Mick O'Shea, and Tony French for organising this. Dave New is our new Brose Liaison Officer, and communications with Brose should improve after a slow start.

2002

There were some notable performances in the Warks Road Race League in 2002. Paul Kelly won the overall men's title, and was selected to run for England (V50's) after the Nuneaton 10 mile race. Gary Thomas was awarded 2nd senior men's prize. Julie Neville won 2nd V45 prize. In the cross-country, Northbrook men had a steady 2002/3 season in Division 3, with Rob Barry winning 3rd place overall. This season (2003/4) Northbrook are 4th overall with a chance of promotion in the final race. Dawn O'Shea produced the performance of the year, finishing the Hawaii Ironman World Triathlon Championships in 11 hours 30 secs. Dawn was first British lady, and completed the marathon leg in approx 3hrs 52 min. Our relationship with sponsors Brose has

improved over the year, and we thank Brose for their contributions to new club vests and Paris marathon expenses. Northbrook have promoted 2 races in 2002, the Allesley Fun Run and The Coundon Hall Park cross-country race (Birmingham League Division 3). In 2003 Northbrook will again host the Allesley Fun Run, and a new 10Km race based at Jaguar. Thanks to Loretto Denley and Tom Gillon for organising and promoting this. There are still challenges to face this year: Jaguar are not taking new associate memberships at the moment, and this could affect new members. Each member will be treated as an individual, at renewal in October, and this could affect the club adversely. Discussions between the new committee and Jaguar are needed to discuss this soon. Also, the Massey Ferguson issues, were discussed.

2003

This year is the 25th anniversary of the club which was originally founded in the summer of 1978 as Northbrook Striders. A function will be organised to commemorate this later in the year.

Club Records

Event	Men	Women
5K	14m54s, Meadowbank Stadium May 93, T Wright	
5M	25m16s R O'Shea 1993	29m15s Massey Ferguson 1996, D O'Shea
10K	31m41s, Stafford 10km May 93, T Wright	36m42s Silverstone 1996, D O'Shea
10m	51m55s T.Wright 1993.	60m00s Erewash 1996, D O'Shea
½ marathon	1h11m30s Loughborough 1991 Rich O'Shea	1h20m32s Lake Erewash 1996, D O'Shea
20 miles	1h59m58s Stafford 20 1997, Mark Greaves	
Marathon	2h38m47s Pete Osbourne	3h12m57s Paris 2002, D O'Shea

Any feedback regarding this, please pass on to me. Dan

Stafford Common: the *real* story

As told to Glyn Perrens by John Guest

“It’s very hard”, which as you can imagine, is not the first time someone has said that to me. It was however the first time that Tony French had said it to me though. I only hope he doesn’t have cause to say it to me again.

Obviously the reference was to the frozen nature of the course. Hang you head in shame all those of you whom thought otherwise. I can’t imagine why you would think Mr French might be talking about such things in other than the context of a Brum League race. There are those members, who might, slanderously, recall the night of the 1997 Nationals when a snappily-dressed man, wearing a description similar to Mr French, was solicited by, shall we say, a “cruiser of the chocolate freeway”. But being a man of learning, like wot I am, I couldn’t possible comment.

So, with the state of play, or to be more precise, the state of the course decided I began the warm-up to what I can only describe as the joint-best piece of running the world has seen. The other joint-best piece of running was, of course, my defeat of Richard O’Shea at Coundon Park on 30th November 2002.

The original prognosis from some of the other runners was that the course might soften on the second lap. This of course was complete boll**s. Large amounts of Semtex was the only thing that would have softened that course.

But you know me. I’m not one to moan or blow my own trumpet and my superior state of mind was I’m sure, what gave me the edge.

My warm up was slightly delayed by my inability find a urinal but after twenty minutes my keen academic brain kicked in. As I leant against the “Women’s changing room” sign I realised why there were no urinals: this was Staffordshire, and as none of them are toilet-trained, hence no need for the urinals. My intellect is frightening at times.

Stretching completed I jogged over to the start and met up with some of the other Northbrook runners that I hadn’t seen in the changing room. The freezing fog was still hovering and the ground seemed to be getting even harder. Some weak-willed, spineless runners were pleading with the race referee to cancel the event, claiming the ground was too hard. It didn’t bother me. As you know I not one of these runners that always deems to be injured, claiming, for the umpteenth time that “I’ve got shin splints”. I just think that people were scared of how well I was going to run and were trying to prepare an excuse for when I gave them a stuffing.

The gun sounded and where was Richard O’Shea? I found out later that he was that scared of me that he was standing at the start in his jeans, trying to decide whether he could face the humiliation of losing to me again. Well, lose he did. As did almost everyone else. Only some skinny northern whippet beat me.

I’m not one for being a bad loser but I reckoned I could have been first counter if I had the luxury of only having to work for 20 hours a week like some teachers I could name. It must be great having all that time to recover. Not like some of us who have to do a whacking 21 hours every week and only have 22 weeks holiday a year to recover. That’s real graft.

Modest that I am, after the race I had to put up with all the back-slapping and congratulations and desperate offers from women who wanted such a fine specimen to father their children. I’m sorry I couldn’t oblige on that score Dawn, you’ll have to put up with that old git who sometimes sleeps in your bath.

The day was rounded off nicely by a Portsmouth victory and then of course, basking in the warm glow of an O’Shea defeat in the Rainbow later on. Ain’t life grand?

.....

Chevin Chase – 26th December 2002

Compiled by Rob Barry

After a quiet family Xmas Day in Sheffield we (me and my Mum and Dad) went to visit David (one of my brothers) and his family in Guiseley. Thus presenting me with the opportunity to compete in the Chevin Chase. This is a 7ish mile multi-terrain race with a good supply of hills to keep you on your toes. But it isn’t the hills that present the threat on the day. The biggest challenge is not to be beaten by one of the fancy dress competitors. This is tricky as some of the better local runners enter into the festive spirit. It took me 3 miles before I got in front of Ozzy Osbourne and my brother only just managed to out sprint a Xmas present. I was hoping that my Jamaican club vest would be considered in the ‘best fancy dress’ category.

I have done this race about 4 times now and it’s quite a lung burner although conditions were kind this year with only one really boggy bit to get through. They actually had someone warning you before you sank into it.

Being on Boxing Day I don’t anticipate this becoming a club event, but if anyone would like more information for 2003 then have a word.

Results:

1	39:13	Ian Fisher	Otley A.C.
15	43:04	Rob Barry	Northbrook A.C.
106	50:39	David Barry	Unattached
796 finishers			

40 Reasons to run

Forty reasons why running really is the finest sporting activity in the world.

Running is the oldest, purest and simplest sport. Adam and Eve chased each other around the garden. More than a million years ago, early African hunter-gatherers logged 10 miles a day on the high East African plains. The ancient Greeks staged running events in their original Olympic Games, and the marathon stole the show at the first modern Olympics of 1896 in Athens. Running is the biggest fitness activity worldwide, and the best. We're absolutely confident that once you've discovered the simple pleasures and rewards that running can offer, you'll stick with it. But just in case you need further convincing, here are 40 reasons why we love running.

1. It makes you feel better every day. This doesn't mean beating depression, heart disease, diabetes or any of the other illnesses that running can stave off. We're talking about the fact that you always feel better after a run. And that's powerful medicine.
2. Running offers endless competitive opportunities. We human beings love to challenge ourselves; it's coded somewhere deep in our DNA. Perhaps that explains why we're always trying to shrink the size of the silicon chip, build solar-powered vehicles, develop protein-packed strains of rice and run new marathon PBs.
3. You can go at your own pace. You don't have to run fast to have a rewarding run, and you don't have to set a PB to enjoy a race. You can receive almost as many mental and physical benefits from a slow mile as you do from a fast mile. We have a friend who likes to say, "I've never had a bad run. Every run is its own reward." It's an attitude we would recommend.
4. You don't need an instruction manual. If you can walk; you can run. If you run a little bit more, you can enter a 5K. A little more, and you're on the way to a half-marathon. It's as easy as that. Of course, hundreds of articles and books are published about running and while it's all useful stuff the part we like best about running is that it's so stunningly simple.
5. It's the world's best weight-loss exercise. Every single weight-loss expert advises two things: exercise and sound nutrition. Running is the king of the calorie-burning exercises, and it's easy to do any time, any place, any season. The added bonus is that, when you begin to exercise regularly, you eat fewer harmful fats and more of the recommended nutrients.
6. You can run errands (and exercise the dog, too). We know someone who returns videos to Blockbuster and books to the library on an every-other-day jaunt that also takes her to the post office to pick up packages and deliveries. And every dog owner we know has an eager four-legged training partner.
7. Running gives you more energy. This is one of the favourites, and one of the more difficult to explain. Running is something of an energy paradox, because most people assume that running tires you out, which seems a logical assumption. But it's wrong. In fact runners report having more energy than non-exercisers.
8. Running gives you more time to be with yourself. For every proponent of social running, there's someone else who savours its private time to be alone with his or her thoughts. There's no reason to pick sides. We think that both solo running and group running are great activities.
9. It helps you reach creative breakthroughs. Writers, musicians, artists, managing directors, engineers and many others use running to solve mental blocks and make must-do-it today decisions. As prolific author Joyce Carol Oates wrote: "Running! If there's an activity happier, more exhilarating, more nourishing to the imagination, I can't think what it might be". The Greek mathematician Archimedes reached his 'Eureka!' moment in a warm bath (though he then went running down the street), but most people reach them in a warm sweat.
10. It's a positive addiction. This expression was first made popular by Dr William Glasser, who theorised that you can replace a harmful addiction such as smoking, alcoholism, overeating with a positive one like running. The result being that you will become a happier, healthier person.
11. Running gives you an excuse to soak in the bath. First you ice any sore leg muscles for about 10 minutes, then you slide into the steaming, frothy waters. It's the perfect therapy. Just be sure to have a bottle of your favourite carbohydrate or recovery drink nearby.
12. Running is a family affair. Many races have events for everyone in the family, ranging from a children's 1K to a walking event. And it's easy to plan an exercise activity for the whole family. The smallest can clamber into their baby stroller, parents can take turns pushing while running, and the four-year-old can follow on their new two-wheeler.

13. Running is like a best friend. It's always there and always dependable. We all go through phases in our lives. Sometimes we run more; sometimes we run less. That's fine. Running adapts itself easily to your ebbs and flows. Best of all, when you need it more, it's always there for you. It always comes through.
14. Running improves your time management. Whether loosely lodged in your mental schedule or time-tabled in your diary, your daily run is a focal point of your day. It helps you organise everything else you need to do often into BR (Before running) and AR (After Running) time frames.
15. Running is honest. The distance and the stopwatch don't lie. The winner isn't determined by a group of judges assigning point scores for form, clothing, and hairstyle. You get back what you put into it. In today's complex, political world, that's a rare thing.
16. You can use running to help others. Running and charity fund raising are now seemingly inseparable activities. No other sport or activity comes close to running's record of raising money for good causes. Every year, thousands of runners collectively raise millions of pounds for charities throughout the UK. Top of that list is the Flora London Marathon, which now raises over £20 million for Charity annually.
17. Running increases your appreciation of the environment. You crave fresh, clean air when you run. You long for forest trails, towering trees, pure water. You have plenty of time to ponder the big questions. You resolve to save the Earth. It's a lovely place.
18. Running lets you set and read new goals. Last month you could only run a mile at a time. Now it's two miles. That's progress! Success! It's a cause of immeasurable satisfaction, and the desire to set and reach another goal. Some runners set distance goals. Some aim for faster times. Some want to run in every European country. Others want to lose weight or live long enough to see their grandchildren graduate from university. Pick any goal, no matter how small, as long as it has meaning for you. Then try to achieve it.
19. It's a great way to explore new places. We know lots of runners who go out for a run as soon as they arrive at a new location. It energises you after a long drive or flight. helps reset your biological clock to the new time zone and gives you a great way to get oriented to the city's basic layout. If you're visiting as a tourist, there's no better way to explore a new place than to see it on foot.
20. Running makes you look younger. We can't prove this, as the Government refuses to fund vanity research. But go to any road race and look around at the vigorous, well-toned runners. You might be surprised how many of these are in their 40s, 50s or even 60s.
21. Running gives you a legal high. And a healthy one, too. After all these years, the 'runner's high' remains a fairly elusive subject, at least to scientists. No one is quite sure what causes it or why, and most runners would admit they don't feel a high on every run just often enough to make it very rewarding.
22. Running teaches discipline. And that's a good thing. It'll serve you well in almost everything you do. In field after field it's a positive addiction This expression was first made popular by Dr William Glasser, who theorised that you can replace a harmful addiction such as smoking, alcoholism, overeating with a positive one like running. The result being that you will become a happier, healthier person.
23. Women rule, genetically speaking Running philosopher George Sheehan counselled runners interested in fast performances to "choose your parents carefully". As it turns out, he was half right. The mitochondria in your muscle cells are their powerhouses they control energy production. And all your mitochondrial DNA came from your mother. Your father doesn't contribute. So, if you want to run fast, choose your mother carefully!
24. Running will build your daughter's confidence and self-esteem. So she'll be less likely to have sex or get pregnant at an early age. The US-based Women's Sports Foundation announced these results in 1998. They apply to girls in all sports, but especially lifetime sports such as running.
25. Running improves your regulanty. This is why the portable toilet industry loves runners. But it's a good thing for you, too, as it may be one of the primary reasons why runners have a low risk of colon cancer.
26. The last-place finisher gets the biggest cheer. And they deserve it. After all, he or she has been running longer than anyone else in the race. We like the way spectators and other runners applaud the back of the pack.
27. Size doesn't matter. In fact, small men and women may have an advantage just look at the elite runners in a marathon. Nevertheless, there are enough larger people in the mass fields of any major race to realise that not only is running sexless and ageless, it's also sizeless, too.

28. You can do it with a partner. Running is a great activity to share. Even if your paces aren't perfectly matched, you can make time for those runs when one of you slows down, and both of you simply enjoy each other's company.
29. Running is efficient. In a world so crowded with activities and responsibilities that it's difficult to make time for P anything. Running gives you a terrific workout in just 20-30 minutes. If company CEOs and other high-fliers can make time to run, the rest of us can, too.
30. Running doesn't require much equipment. Shoes, shorts, T-shirt. Everyone's got them, and that pretty much completes the equipment list. Toss on another layer when it gets chilly. Ship down somewhat when it gets warmer. It's that simple.
31. Running is child's play. Every child runs. Then stops. Then runs again, It's not a training session. It's play. And when you run, you can return to this kind of play. George Sheehan once wrote, "There are as many reasons for running as there are days in the year. But I run because I am an animal and a child, an artist and a saint." Find your own play, and you will become the person you are meant to be.
32. It's okay to walk. Just like the child, run for a while, then walk for a while. Smell the roses. Look for the robin's nest. Feel the soft earth compress beneath each footfall. Run some more. Keep at it for 30 minutes. Call it a training session. Call it being alive.
33. Running helps you sleep better. Recent national health statistics have shown an alarming downward trend in the average amount of sleep we're all getting. Alarming, because this can only lead to lower productivity, more accidents and more disease. But running can help. A 1998 study published in the Archives of Internal Medicine concluded that exercise could be used to help people with sleep disorders. Hit the road regularly, and try to hit your pillow for eight hours a night.
34. Running makes you smarter. We first started to report this research more than a decade ago. That first study has produced a steady stream of follow-ups, all concluding that running is good for the brain. The most recent update is that, in late December, Japanese researchers found that a 12-week running programme significantly improved the reaction times and memory skills of their subjects.
35. Running makes your baby smarter. It sounds amazing, but this was the conclusion of a study conducted a few years ago at Case Western Reserve University in Cleveland, Ohio. Head researcher Dr James Clapp found that the five-year-old children of women who had exercised during pregnancy scored significantly higher on an IQ test than the children of women who had remained sedentary through their pregnancy.
36. Running gives you several recycling outlets. You can donate your old T-shirts and shoes to an organisation that collects them (a number of charities will collect). We've even heard from an organisation that uses old foil 'space blankets' to help stimulate severely disabled children.
37. Running shoes make your feet happy Running shoes are about the most comfortable and healthy footwear that you can buy. Your feet are the foundation to your body, so be kind to them. Wear running shoes on and off the roads.
38. Running is the core fitness activity for most other sports. Whether you want to climb Mount Everest (like blind marathoner Eric Weihenmayer) or score the goal that secures England's World Cup qualification (like David Beckham, who was once a county-standard runner), running is the place to begin. Running makes you better at other sports.
39. Running is full of great quotes From the Bible, the great poets and thinkers, to the modern-day rockers and plenty of others. The all-time greatest running quote, according to Mark Will-Weber, author of The Quotable Runner, is "Bid me run, and I will strive with things impossible." (Shakespeare, Julius Caesar)
40. Every run is a journey You never know what you'll find. You don't know who or what you'll see, or even more interesting what thoughts might flash into your mind. Today's run could change your life in a way that you could never have imagined when you were lacing up your shoes.

NORTHBROOK ATHLETIC CLUB ANNUAL GENERAL MEETING

28th January 2003:8pm: Jaguar Social Club, Browns Lane, Coventry. Minutes prepared by M.Baker

Present: approx 33 members.

1. **Apologies** - P.Lawlor, G.Thomas, C.Gavin, P.Austin, S.Edkins, C.Harrison, D.McHugh, M.Turrall.
2. **Welcome** -Bob Adams welcomed everyone to the meeting and apologised for the late change of date.
3. **Matters Arising From Previous Meeting** – a) Runner of the Month – this worked well in 2002, but members asked for the reasons why winners were chosen to be made known.
b) Club Kit - Bob Awcock still keeps a central stock. However, other key members hold some vests.
c) New Members Pack – this is available on the website. However, a printed copy is needed.
d) Membership Cards – Dave New will print laminated cards for 2003/4 members with MCAA no.
e) Letters to Members – 3 members have supplied SAE's to secretary, and receive latest club info.
f) Coaching Courses – Warwick University MCAA courses identified, but no-one attended in 2002.
g) Last Years Minutes - These were accepted. (Proposer: Bob Adams, Seconder: Tony Murphy).
4. **Chairmans Report** - Bob Adams thanked the committee and everyone for their support this year. This year is the 25th anniversary of the club which was originally founded in the summer of 1978 as Northbrook Striders. A function will be organised to commemorate this later in the year. There were some notable performances in the Warks Road Race League in 2002. Paul Kelly won the overall mens title, and was selected to run for England (V50's) after the Nuneaton 10 mile race. Gary Thomas was awarded 2nd senior mens prize. Julie Neville won 2nd V45 prize. In the cross-country, Northbrook men had a steady 2002/3 season in Division 3, with Rob Barry winning 3rd place overall. This season (2003/4) Northbrook are 4th overall with a chance of promotion in the final race. Dawn O'Shea produced the performance of the year, finishing the Hawaii Ironman World Triathlon Championships in 11 hours 30 secs. Dawn was first British lady, and completed the marathon leg in approx 3hrs 52 min. Our relationship with sponsors Brose has improved over the year, and we thank Brose for their contributions to new club vests and Paris marathon expenses. Northbrook have promoted 2 races in 2002, the Allesley Fun Run and The Coundon Hall Park cross-country race (Birmingham League Division 3). In 2003 Northbrook will again host the Allesley Fun Run, and a new 10Km race based at Jaguar. Thanks to Loretto Denley and Tom Gillon for organising and promoting this. There are still challenges to face this year: Jaguar are not taking new associate memberships at the moment, and this could affect new members. Each member will be treated as an individual, at renewal in October, and this could affect the club adversely. Discussions between the new committee and Jaguar are needed to discuss this soon. Also, the Massey Ferguson issues, discussed later, offer new challenges. Bob reminded members that he is proud to be chairman of Northbrook, and continues to look after the interests of 'all' members. However, Bob issued notice that he intends to stand down as Chairman in 12 months time, due to increasing work commitments, but will remain actively involved with the club.
5. **Treasurers Report** - Helen Forrester distributed copies of accounts to everyone present. The accounts are healthy, and we have a surplus of £320 this year, with approx £700 of kit in stock. Helen pointed out that this surplus was partly due to Brose contributions of £1500, which cannot be guaranteed every year. We currently have 80 registered members. We have sold 70 jackets and 53 vests. We made a small loss of 360 at Allesley Fun Run. This was because we had to apply for a permit at a late date, then paid £1 to MCAA for every unaffiliated runner. Next year this will be covered in the entry fee. We still made a £200 contribution to Allesley Festival charities. We made approx £80 profit for refreshments at Coundon Hall Park cross-country race, and made approx £100 profit at recent Presentation evening. Approx £181 was paid for race entries where no-one actually ran! This was approx 1 in 4 wasted entries. This years biggest expense is likely to be the new 10Km race. Bob Adams thanked Helen for her work.
6. **Subscriptions** - Jaguar subscriptions will not be collected by club until the associate member situation is clarified. Helen Forrester (Treasurer) proposed Northbrook subscriptions remain at £13.
NEW PROPOSAL: Loretto Denley proposed subscriptions increase to £15, seconded by Jon Guest. This was accepted by 15 votes to 10. Fees of £15 are now due (half price concessions still apply).
FURTHER PROPOSAL: Jon Guest seconded by Shaun Flanagan. Any current member who has not paid subscriptions by 31st March in the year, (after receiving a reminder letter outlining benefits of membership such as insurance cover), should pay an extra £5 late payment fee. This was accepted by 18 votes to 7. Subscriptions are £13 (with usual concessions). Late fee after 31st March is an extra £5.

7. Club 2002 Award Winners –

Award	Winner	Second	Third
Men:			
Winter Handicap	TONY FRENCH	Daniel Grose	Mark Baker

Summer Handicap	RICHARD VAUGHAN	Kevin Viner	John Ralph
Road Race Champs	MICK O'SHEA	Paul Kelly	Richard French
Ladies:			
Winter Handicap	JULIE NEVILLE	Helen Forrester	Sylvia Guthrie
Summer Handicap	LEANNE THORBURN	Julie Neville	Catherina Gavin
Road Race Champs	JOY WILKINSON	Helen Forrester	Andrea Giehl
General:			
Veteran of Year	PAUL KELLY		
Voted Awards:			
Clubperson of Year	LORETTO DENLEY		
Most Improved Runner	RICHARD VAUGHAN		

8. Proposals Received in Writing -

- a) Cross Country Fee - Proposer: Gareth Knight, Seconder: Helen Forrester
PROPOSAL – I propose that any runner agreeing to enter a cross-country race should pay a non-returnable £1 fee towards entry costs.
AMENDMENT – Proposer: Bob Awcock, Seconder: Shaun Flanagan: Members who are entered for a cross-country race, and are informed that they have been entered, may be requested to pay the entry fee to the club if they do not participate.
RESULT – The amendment was defeated by 12 votes to 4. The proposal was defeated by 14 votes to 4. No action will be taken.
- b) Define 'Webmaster' role in club constitution – Proposer: Con McHugh, Seconder: Dan McHugh
PROPOSAL – In the club constitution (section 5, officers of the club) add the post of 'Webmaster' as follows :- "The Webmaster shall be responsible for maintaining a website to give 'online users' club information on results, races, club history, new members information, club diary. The Webmaster is also responsible for maintaining the club 'URL', and the platform the site is hosted on. The Webmaster shall report to the committee on relevant matters arising from the website as required. The club 'URL' is defined as: <http://www.northbrookac.org.uk>.
AMENDMENT – Proposer: Tony French, Seconder: Jon Guest: amend 'Webmaster' to be 'Web Information Officer', and 'URL' to be 'web address' in club constitution definition.
RESULT – The amendment was accepted by 21 votes to nil. The amended proposal was also accepted by 21 votes to nil. Therefore the definition of 'Web Information Officer' will be added to the club constitution as amended.
- c) Life Memberships for Founder Members - Proposer: Bob Awcock, Seconder: Martin Turrall
PROPOSAL – Life membership should be awarded to the founder members of Northbrook Athletic Club, formerly known as Northbrook Striders. (Founder members are believed to be: Tony Brindle and Joe Brennan (already life members), Ken Buckenham, Neil Buckenham, Bob Hewitt, Nick Moore, Tony Murphy, Mick Parkes, Ron Burden).
NOTE – club constitution currently limits life membership to maximum of 4 people at any time.
RESULT – The proposal was defeated by 16 votes to 1. No further life memberships awarded.
FURTHER NOTE: It is recommended that above people are invited to 25th anniversary function.
- d) Discontinue 'Club' Cross Country Race - Proposer: Bob Adams, Seconder: Paul Lawlor
PROPOSAL – In view of the very poor turnout since it was introduced, and the fact that many members are usually training for a Spring marathon, I propose that the Club Cross-Country Handicap fixture, normally held at Lakeview Park, is scrapped with effect from the 2003/4 season.
AMENDMENT – Proposer: Jon Guest, Seconder: Julie Neville: In 2003/4 move the Club cross-country fixture to the start of the season, before the first league fixture (usually Senneleys Park), to encourage a larger turnout. If this does not happen consider scrapping race at next years AGM.
RESULT – The amendment was accepted by 12 votes to 6, therefore no vote was needed on the original proposal. Therefore the club cross country race for 2002/3 is planned for 9th February 2003 as agreed at last years AGM, with the race for 2003/4 planned for October 2003.

9. Election of Officers - all positions were unopposed. 'Club Coach' post renamed to 'Running Advisor'.

Position	Elected Member	Proposer	Seconder
President	BOB AWCOCK	Tony French	Richard French
Chairman	BOB ADAMS	Daniel Grose	Catherina Gavin
Secretary	MARK BAKER	Paul Lawlor	Alex Marshall
Treasurer	HELEN FORRESTER	Tony French	Alex Marshall
Mens Captain	ROB BARRY	Paul Lawlor	Andy Davis

Ladies Captain	DAWN O'SHEA	Emily Ducker	Richard O'Shea
Veterans Captain	ALEX MARSHALL	Eddie Simmonds	Dave New
Fixtures Secretary	TONY FRENCH	Andy Davis	Tom Gillon
New Member Sec	SYLVIA GUTHRIE	Mark Baker	Tom Gillon
Social Secretary	EMILY DUCKER	Julie Neville	Catherina Gavin
Running Advisor	GARETH KNIGHT	Tom Gillon	Tony French
Non Committee			
Summer Handicap	RICHARD FRENCH	Volunteer	
Winter Handicap	DANIEL GROSE	Volunteer	
Club Magazine	DAN McHUGH	Volunteer	
Web Information	CON McHUGH	Volunteer	
Race Organisers / Brose Liaison	LORETTO DENLEY / TOM GILLON	Volunteers	

10. Road Race Formats –

- Summer Handicap - the format remains the same as last year.
- Winter Handicap - the main format of races remains the same; Men - 5 from 8 races will count. (4 Birmingham League races, Warwickshire, Midland, National champs, club race); Ladies - 4 from 7 races will count. (3 Midland League races, Warwickshire, Midland, National champs, club race).
- Road Race Championship - The format is unchanged. Best 5 from 7 distances count to results. (Handicap 5Km, 5 miles, 10Km, 10 miles, Half Marathon, 20 miles, Marathon).

11. Any Other Business -

- Massey Ferguson Issues – Mick O'Shea asked if we had been approached by Massey Ferguson Running Club, regarding a merger, or other arrangement. Bob Adams said that a group of Massey runners had been training with Northbrook recently and were welcomed to the club. However, no formal proposals have been received from Massey Ferguson. Bob said that he had attended a meeting arranged in February 2002 with other local club representatives where Masseys asked each club if "they were happy as they are". The background is believed to be that Massey Ferguson are losing their HQ base and will be looking to relocate, merge or join with another club. More recently, Alan Helmsley (Massey Chairman) asked Bob if we could hold an exploratory meeting to merge Massey Ferguson and Northbrook as one club based at Jaguar. Alan Helmsley said this would provide a stronger, more competitive club, increase membership, and open up further sponsorship opportunities.

After a long discussion among the Northbrook membership, it was clear that Northbrook members wanted to keep some identity. Members needed guarantees that Masseys did not have just their own interests at heart, and felt they did not have enough information about Masseys wishes. Members discussed the Northbrook ethos of 'the friendly club'. We compete, but welcome all members of all abilities. Some ladies were concerned about where they would fit into a merged club. Other members pointed out that no merger was needed but Masseys could apply to join us as 2nd claim members, and continue to train with us. However, the issue of limited Jaguar associate memberships may limit any merger or large increase of runners. It was also suggested that Masseys could retain their identity, but meet and run from Jaguar on a different evening to Northbrook. There was concern about how our sponsors Brose would react to a merger as well. With so many issues it was decided that the new committee needs to get a list of solid facts and proposals from Masseys which could be discussed and voted upon at a future EGM.

Proposal: Bob Adams, Seconder: Mick O'Shea – The new Northbrook committee will arrange fact-finding meetings with Massey Ferguson to obtain written ideas and proposals about any matters involving both clubs. Any matters will then be explained and voted upon at an EGM if there are appropriate issues to be decided. This was accepted by 20 votes to 3.

- AGM Voting – Proposer: Con McHugh, Seconder: Tony Mackness: The club constitution needs to clarify that "Only fully paid up 1st claim members can vote on proposals at an AGM or EGM". This was accepted by 20 votes to nil.
- Warwickshire Road Race League AGM – A proposal was accepted that the men and ladies winning teams of the league will represent Warwickshire at an annual race, against other counties. This was being sponsored by 'Sweatshop' Running Shops. For 2004 onwards, the reigning men and ladies winning teams will represent Warwickshire. However for 2003, the leading men and ladies teams at approx halfway through the league will represent Warwickshire. This is because the 2003 county competition is incorporated into the Nottingham Half Marathon in September 2003. Further details about the competition will be circulated to clubs soon.
- AGM Minutes - Copies will be available on website, at a training night soon, or on request.

Meeting closed at 10.40pm.

X-country Results

Birmingham & District Invitation Cross country League, Division Three.
Results of the Third Race held at Stafford Common, on Saturday 11th. January 2003.

SENIOR RACE.

1. T. Humphries. (J) Can & Staff.	30m.25	49. R. Elliott.	Kenilworth	35m.00
2. P. Clamp.	Tamworth	50. M. Jones.	Royal Sutton	19
3. J. Millington. (J) Wolves & Bil.	55	51. R. O'Shea.	Northbrook	22
4. C. Powner. (J) Can & Staff.	32m.04	52. R. Holmes.	Kenilworth	27
5. P. Bradshaw.	Newcastle	53. P. Taylor.	Centurion	32
6. N. Sharr.	Wolves & Bil.	54. S. Ellerton. (J)	Royal Sutton	36
7. D. Foley. (J) Wolves & Bil.	25	55. R. Vaughan.	Northbrook	42
8. A. Jones.	Tamworth	56. K. Palmer.	Stafford	46
9. R. Lintle. (J) Can & Staff.	44	57. G. Clifton.	West Bromwich	50
10. C. Geraghty.	Can & Staff.	58. M. Wynn.	Newcastle	52
11. G. Birch.	Kenilworth	59. G. Turner.	Centurion	56
12. K. Thompson.	Warwick Uni.	60. I. Satterthwaite.	Centurion	58
13. R. Barry.	Northbrook	61. M. Booth.	Centurion	36m.01
14. G. Dehl.	West Bromwich	62. S. Al Shybi.	Sparkhill	02
15. P. Moores. (J) Tamworth	07	63. T. Haycock.	Stafford	04
16. A. Wright.	Tamworth	64. D. Gothaed.	Sparkhill	11
17. J. Miller.	Black Country	65. ???	Stafford	12
18. J. Guest.	Northbrook	66. D. Davies.	Wolves & Bil.	28
19. M. Smith.	Can & Staff.	67. M. Waplington.	Tamworth	36
20. A. Thomson.	Black Country	68. T. Healy.	Centurion	38
21. J. Abbiss.	Wolves & Bil.	69. R. Steel.	Kenilworth	39
22. I. Grindley.	Wolves & Bil.	70. C. Edem.	Wolves & Bil.	41
23. M. Williams.	Kenilworth	71. A. Bloomer.	Newcastle	43
24. M. O'Shea.	Northbrook	72. R. French.	Northbrook	55
25. J. Simpson.	Kenilworth	73. O. Fairbrother.	Sparkhill	57
26. M. Dornil.	Kenilworth	74. M. Clewlow.	Newcastle	37m.00
27. D. Riley.	Sparkhill	75. M. Williams.	Stafford	02
28. P. Parker.	Royal Sutton	76. M. Cotterill.	Wolves & Bil.	20
29. S. Jarvis.	Royal Sutton	77. T. Orlin. (J)	Tamworth	21
30. P. Eckloff.	Centurion	78. N. Prentice.	Centurion	21
31. P. Noonan.	Kenilworth	79. C. Eckloff. (J)	Centurion	23
32. P. Tabor.	Wolves & Bil.	80. B. Fox.	Newcastle	26
33. C. Pearson.	Can & Staff.	81. G. Outhwaite.	Black Country	27
34. A. Doce.	Black Country	82. P. Lawlor.	Northbrook	28
35. B. Waring.	Sparkhill	83. P. Powell.	West Bromwich	32
36. G. Gristwood. (J) Warwick Uni.	41	84. M. Thompson.	Stafford	35
37. A. Robinson. (J) Royal Sutton	46	85. P. Reynolds.	Stafford	44
38. S. Deegan.	Tamworth	86. G. Harper.	Wolves & Bil.	56
39. T. Hinchley.	Royal Sutton	87. O. Martin-Giles.	Centurion	57
40. P. Shipway.	Sparkhill	88. P. Stark.	Wolves & Bil.	59
41. S. Green.	Wolves & Bil.	89. J. Bird.	Wolves & Bil.	38m.03
42. P. Bingham.	Centurion	90. W. Payne. (J)	Warwick Uni.	16
43. C. Hinks.	Sparkhill	91. M. Carr.	West Bromwich	18
44. N. Stringer.	Sparkhill	92. P. Carroll.	Wolves & Bil.	22
45. C. Nichol.	Black Country	93. M. Jepson.	Newcastle	24
46. P. Kenney.	Royal Sutton	94. S. Morgan.	Wolves & Bil.	32
47. M. Bailey.	Newcastle	95. P. Jameson.	West Bromwich	34
48. K. Fotherby.	Wolves & Bil.	96. J. Dagnan.	Kenilworth	39

97. M. Mountford.	Stafford	38m.47	129. P. Concannon.	Sparkhill
98. R. Easton.	Centurion	50	130. I. Green.	Sparkhill
99. W. Whitaker. (J)	Warwick Uni.	53	131. P. Hughes.	Black Country
100. P. Gamston.	Black Country.	56	132. M. Gale. (J)	Royal Sutton
101. S. Simpson.	Northbrook	59	133. J. Culshaw. Jr.	Tamworth
102. M. Sheikh.	Wolves & Bil.	39m.06	134. R. Bromwell.	Royal Sutton
103. R. Clay.	Stafford	05	135. C. Ashion.	Newcastle
104. J. Kaye.	Newcastle	10	136. G. Kidman.	Sparkhill
105. M. Curran.	Sparkhill	18	137. R. Cooney.	Wolves & Bil.
106. R. Smythe.	Kenilworth	27	138. M. Jones.	Stafford
107. P. Dutton.	Stafford	35	139. J. Stott.	West Bromwich
108. M. Bentley.	Stafford	37	140. S. Shillington.	Kenilworth
109. D. Grant.	Wolves & Bil.	43	141. T. O'Connor.	Centurion
110. E. Simmonds.	Northbrook	43	142. J. Brown.	Wolves & Bil.
111. B. Adams.	Northbrook	50	143. S. Mason.	Northbrook
112. C. Ross.	Stafford	40m.11	144. M. Hall.	Sparkhill
113. D. Wood.	Warwick Uni.	18	145. G. Peters.	Northbrook
114. B. Crowley.	Sparkhill	19	146. D. Edge.	West Bromwich
115. A. Hill.	Sparkhill	23	147. E. Kilkenny.	Can & Staff.
116. P. Sarnon.	Stafford	24	148. M. Millicheep.	Sparkhill
117. I. Thomas.	Sparkhill	27	149. R. Wilkes.	Kenilworth
118. S. Hawes.	West Bromwich	28	150. C. Bricher.	Kenilworth
119. P. Grisenthwaite.	Stafford	29	151. M. Culshaw.	Tamworth
120. A. Mathews.	Centurion	33	152. T. French.	Northbrook
121. M. French.	Stafford	36	153. B. Perrin.	Sparkhill
122. B. Moran.	Tamworth	39	154. M. Morris.	Kenilworth
123. M. Cummings.	Warwick Uni.	40	155. B. Kyd.	Royal Sutton
124. T. Hand.	Newcastle	41m.00	156. M. Rumney.	Sparkhill
125. J. Bird.	Northbrook	04	157. C. Pleass.	Tamworth
126. N. McKackley.	Wolves & Bil.	11	158. F. Grant.	Stafford
127. T. Buss.	Can & Staff.	12	159. J. Culshaw. Sen.	Tamworth
128. T. Dable.	Kenilworth	19		57m

Third Division Team Result.

1st. Cannock & Stafford A.C.	1; 4; 9; 10; 19; 33 = 76 + 233 = 309pts.	1
2nd. Wolverhampton & Bilston A.C.	3; 6; 7; 21; 22; 32 = 91 + 190 = 281pts.	1
3rd. Tamworth A.C.	2; 8; 15; 16; 38; 67 = 146	12
4th. Kenilworth R.C.	11; 23; 25; 26; 31; 49 = 165 + 368 = 533pts.	3
5th. Royal Sutton Coldfield A.C.	28; 29; 37; 39; 46; 50 = 229 + 565 = 794pts.	6
6th. Northbrook A.C.	13; 18; 24; 51; 55; 72 = 233 + 311 = 544pts.	4
7th. Sparkhill Harriers	27; 35; 40; 43; 44; 62 = 251 + 581 = 832pts.	7
8th. Black Country Triathletes.	17; 20; 34; 45; 81; 100 = 297 + 754 = 1051pts.	10
9th. Centurion R.C.	30; 42; 53; 59; 60; 61 = 305 + 694 = 999pts.	9
10th. Newcastle A.C.	5; 47; 58; 71; 74; 80 = 335 + 631 = 966pts.	8
11th. Stafford Harriers	56; 63; 65; 75; 84; 85 = 428 + 1019 = 1447pts.	12
12th. West Bromwich Harriers	14; 57; 83; 91; 95; 118 = 458 + 689 = 1147pts.	11
13th. Warwick University	12; 36; 90; 99; 113; 123 = 473 + 280 = 753pts.	5

December 2002 Results

Massey Ferguson Festive 5 mile 27/12, Telford 10km 22/12, Sneyd Striders 10m 8/12, Turkey Trot Half Marathon 8/12. 4 events entered to date, 28 runners competed

Massey Ferguson Festive 5m 27/12

Position	No.	Name	Cat.	Min	Sec
13	110	JON GUEST	SM	28	23
28	130	RICHARD VAUGHAN	SM	30	39
29	103	RICHARD FRENCH	SM	30	44
42	34	DAN MCHUGH	V40	32	16
50	59	GARATH KNIGHT	SM	33	22
64	57	ROBERT SHARRATT	V40	34	50
68	60	JOY WILKINSON	LV35	35	29
76	3	KEVIN VINER	V55	36	10
82	5	STEPHEN MASON	SM	37	26
85	4	ANDREW WHITEHOUSE	SM	37	50
92	38	PAUL MCKEENEY	SM	38	28
93	127	EMILY DUCKER	SL	38	34
97	119	ANTHONY FRENCH	V55	39	30
98	102	SARAH EDKINS	LV35	39	40
109	29	DAVID NEW	V50	42	49
113	97	LYNNE COOK	SL	44	42
112	98	LISA CALCUTT	SL	44	42
117	112	SEAN FLANAGAN	V55	47	2

Report:

A well supported local event well organised as normal. Thank you Massey Ferguson. The conditions were windy. Many runners commented poor times due to Christmas excesses! As usual the club had many new members whose photos I didn't get. I think there is opportunity for new vest sales. As a spectator I think the vests are easily identifiable and look good. Con McHugh

Telford 10km 22/12

Daniel Grose 36:45

Helen Forrester 46:46

Report: Helen Forrester

A 2-lap course, out and back along a narrow pathway in Telford town park on Sunday. Good organisation from Telford AC was rewarded with a reasonably large turnout. A good opportunity to get a fast time in before the Christmas hols!

Sneyd Striders 18th Annual Christmas Pudding Run 8/12

42nd Richard Vaughan 1:02.20

59th Adrian Powell 1:04.21

281st Julie Neville 1:24.44

<http://www.sneydstrider.bun.com/pudrun.html>

Turkey Trot Half Marathon - 8/12

Paul Kelly 1h16m39s. 5th Overall 1st O 50, winning a 5.88Kg Turkey, one minute quicker than last year

Ian Burgoyne, 1h20m50s, 20th First attempt at a half marathon!!

Richard French 1h22m11d 27th

Mark Baker 1h27m55s

Paul McKeeney 1h45m

Results website www.turkeytrot.org.uk

January Results, 2003

Nuneaton 5 26/1/3, Midland XC Champs 25/1/3, Folkstone 15 road race 19/1, Roman 9 12/1/3, Birmingham Cross Country, Stafford Common 11/1, Warwickshire Cross Country Championships Newbold Common, 4/1/3
6 events, 61 runners

Warwickshire Cross Country Championships, Newbold Common 4/1/3

Ladies	Men's
Dawn O'Shea 8th	Rob Barry
overall, 1st Vet,	39m16s
23m20s	Jon Guest 39m28s
Helen Forester 34th	Rich O'Shea
27m44s	40m20s
Emily Ducker 42nd	P Austin 41m12s
28m42s	D Grose 41m37s
Sarah Edkins 47th	R Vaughan
29m43s	41m42s

6th overall

4th overall

Other runners
included:
R French 43m30s
P Lawlor 44m1s
Steve Simpson
45m29s
Gareth Knight
45m55s
Rob Sharratt
47m19s
Eddie Simmonds
48m30s
Steve MASON
53m01s
Adrian
Whitehouse
55m24s
Andy Houston
56m00s
Tony French
58m27s

I had a stormer and it was certainly a shame that John Guest wasn't there to be hammered (he's been getting too close as of late). Rich Vaughan fresh from his recognition as 'Most Improved Runner 2002' got another scalp under his belt as he passed Pete in the last lap.

Everyone, even Bob seemed to enjoy the course and it was good to see both Alex and Bob racing again after long lay offs.

Birmingham Cross Country, Race 3, Stafford Common, 11/1/3

Race 3

[Staff Common](#)

[Staffs](#)

[11 January 2003](#)

13 Rob Barry
18 Jon Guest
24 Mick O'Shea
51 Rich O'Shea
55 Rich Vaughan
72 Rich French

82 Paul Lawlor
101 S Simpson
110 Eddie Simmonds
111 Bob Adams
125 John Bird
143 Steve Mason

145 Glynn Perrens

Report: Con McHugh

After a suprising good journey on the M6 leaving the Jag at 12.20 most people met a Stafford Common at 1.10. I couldn't make it as I was a late stand in to take my Son and friend to the Coventry match with Brighton and Hove Albion (a lucky draw for Coventry). Those that did make it were greated by frozen ground and lots of ice making it difficult to run on. The conditions were sub zero and very bleak. The course was only 2 laps instead of the expected 3. Our team was very much depleted by some of its best runners for various reasons not known to me. Due to the distance from Coventry and Weather conditions there was little support. 2 minutes before the start the team captains were convened to discuss running the race, by which time most runners were warmed up. All a little to late. There were several captains who epressed a view that the race shoudl not be run. However the concensus was to go ahead.

We were not confident of doing very well as the results showed, and being truthful we slipped up. However we were not the only team suffering from a possible christmas excess. The facilities at the local school were adequate. One runner, Daniel Grose pulled up.

Despite having thought we'd blown it we are still in it for promotion. This now leaves it all to the final race for promotion with only 11 points separating us from Kenilworth with 7 weeks to train. Come on all you runners get training.

Roman 9 12/1/3

61	Dawn O'Shea	F35	00:58:40
161	Robert Sharratt	M45	01:04:23
303	Richard Hands	M31	01:10:19
357	Norman Gilkes	M55	01:12:09
370	Sarah McNaney	F43	01:12:59
421	Anthony French	M58	01:15:23
432	Julie Neville	F50	01:15:47
437	Sylvia Guthrie	F52	01:16:28
456	Stephanie Berry	F33	01:17:28
480	Lee-Anne Thorburn	F29	01:18:25
482	Su Taylor	F40	01:18:31
548	Lynne Cook	F31	01:22:56
599	Angela Curtis	F35	01:30:36

Folkstone 15 19/1/3

Richard French 1h37m24s

Report: Richard French

This is the time of year that people planning to do Spring Marathons, step out and start racing more than the usual half marathon. With only 11 weeks to Paris, I decided to run the Folksworth 15. Where is Folksworth you say? About 5 miles south of Peterborough, 80 miles from Coventry.

Quite a trek, but you have to travel some distance these days to find races longer than half marathon. Colin Deasey (Sphinx), a well known local pot hunter, also made the journey over. Obviously Cambridgeshire can't have that many fast runners. The race consisted of two laps of an undulating rural 7.5 mile course. It had its challenges: Due to overnight rain, the road had become flooded in 2 places. At one point it was a foot deep. The course also had three hills, the hardest coming up at 7 and 14 miles. It really sapped the reserves of energy in the closing stages of the race.

I completed the race in 1:37:24. Running this through my computer, I reckon that would give me a marathon time of about three hours. Certainly this is not good enough yet. Overall I thought that the race organisation was OK, but was lacking in showers and baggage storage facilities.

Next marathon preparation race I have got planned is the Stamford 30K on 16Feb.

Nuneaton 5 26/1/3

Jon Guest 28m06s

Midland X-Country Championships – 25/1/3

Ladies - 6k

Posn. Name Time

75th Loretto Denley 33m12s

Men's - 12K

Posn. Name Time

1 J Moorhouse 40:27 Birchfield Harriers

43 Rob Barry 45:55

126 Rich Vaughan 51:42

133 Pete Austin 52:02

158 Vinny French 53:09

208 Steve Simpson 56:01

243 Bob Adams 57:59

278 Alex Marshall 60:35

286 Eddie Simmonds 61:38

322 Tony French 71:27

Report: Rob Barry

This year's Midland Championship was held at Alton Towers with registration housed in the visitors' centre to the theme park. Once everyone had rolled out an obligatory joke about the joy rides we tramped off to find the course. It wasn't a disappointment as we were treated to a proper course including some long but sloppy stretches and a good downhill section immediately followed by a short but thigh throbbing climb to get back up to the plateau. The surrounding Staffordshire scenery was also splendid and may be worth looking into for some off road training in the future (see this space).

February Results 2003

XC Lakeview Park Winter Handicap 9/2/3, Centurion Grand Prix, 5 mile, 2/2/3

2 events entered to date, 13 runners competed

XC Lakeview Park Winter Handicap 9/2/3

XC Handicap, Lakeview Park, Sunday 9/2 11.00am

Report:

Early morning rain cleared away with a breeze, temperature about 8 deg C. The turnout was limited by those training for the London Marathon.

Name	Handicap Time	Gross Time	Posn inc handicap	Net time	Posn based on time
Kevin Viner	4m48s	45m17s	1	40m29s	7
John Ralph	2m24s	45m44s	2	43m20s	8
Shaun Flanagan	0m00s	46m00s	3	46m00s	12
Tony French	2m24s	46m05s	4	43m41s	10
Richard Vaughan	13m48s	47m49s	6	34m01s	2
Paul Lawlor	12m36s	48n23s	7	35m47s	3
Bob Adams	12m00s	48m35s	8	36m35s	4
Gareth Knight	12m00s	50m44s	9	38m44s	5
Andy Whitehouse	8m24s	51m54s	11	43m30s	9
Tony MackNess	8m24s	52m52s	12	44m28s	11

Steve Mason	8m24s	DNF		DNF	
Guests:					
Tony Hoy	13m48s	46m29s	5	32m41s	1

Andrew Ralph	12m00s	51m52s	10	39m32s	6
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Centurion Grand Prix, 5 mile, 2/2/3

Rob.Sharratt 54th 35.33

Julie Neville 92nd 40.15

Report: Rob Sharratt

3 lap course @ Chelmsley Wood.

140 finishers

Very windy - footpaths course, quite tricky!

Northbrook Athletic Club

Road Race Championship 2003

NAME:

MEMBERSHIP No.:

DATE OF BIRTH.

MCAA No..

Best Times This Year

DISTANCE	TIME	RACE	DATE	COMMENTS
	Hr. Min. Sec.			
5 Kilometre		Club Summer Handicap		
5 Miles				
10 Kilometre				
10 Miles				
Half-Marathon				
20 Miles				
Marathon				

Please record your best race times, this year (between 1st January and 31st December inclusive), for each of the championship distances above.

Note:

- 1) For a race to count (Club Summer Handicap excepted), it must have been measured and registered under UK Athletics rules.
- 2) Your time must be the officially recorded time by the organising body. See Richard French for your Handicap times.
- 3) For each of the entries you must have been a Member of The Club at the time of the race. (In accordance with the Constitution and Rules.)
- 4) The best 5 out of the 7 will be selected in calculating the Championship results. So you will still have a chance even if you do not compete over all the distances.
- 5) In order to provide more interest in the championship, we will again be producing a league table after the first Handicap race. This will be updated to include the ongoing results as notified to the Fixtures Secretary and/or the Web Information Officer (Con McHugh).
- 6) Completed sheets to be returned to the Fixtures Secretary (Tony French), by 7th January 2004, for final updates and corrections.

PLEASE:

Use the Race Record sheet to record your races as you do them. This will make it easier at the end of the year to fill in the championship form.

Fill in this sheets regardless of whether you think that you have a chance of winning or not. Your results could affect the final positions and ultimately the Championship. They will also be a record of your personal progress.

<u>Date</u>	<u>Day</u>	<u>Training Schedule/Race</u>	<u>Place</u>	<u>Distance</u>	<u>Fee</u>
Mar 1 st	Sat	Birmingham & district Invitation Cross Country League. Social evening after the X-Country	Wolves & Bilston. Rainbow, Allesley		
2 nd	Sun	Bury 20 Daffodil Run 10k and Half Marathon "Flora London" Half Marathon	Bury St Edmonds Silverstone Race Ct		
5 th	Wed	Club Training night	Jaguar S & S Club		
9 th	Sun	Gloucester 20 Stafford 20 Runners World Pacers 20 Reading Half Marathon	Sutton Park		
12 th	Wed	Club Training night	Jaguar S & S Club		
15 th	Sat	Rhayader 20			
16 th	Sun	Ashby 20 Banbury 15 Oakley 12 and 20	Ashby De La Zouch Bedfordshire		
19 th	Wed	Club Training night	Jaguar S & S Club		
20 th	Thu				
22 nd	Sat	Coniston 14	Lake Coniston		
23 rd	Sun	Ironbridge Half Marathon Stafford Half Marathon Draycote 5 Wilmslow Half Marathon Cleevevold 14 Multi Terrain	Draycote Reservoir Cheltenham		
26 th	Wed	Club Training night	Jaguar S & S Club		
29 th	Sat	Warwickshire Road Relays	Sutton Park		
30 th	Sun	Bungay Black Dog Marathon and Half Marathon Chedworth Roman Tail 10 Multi Terrain	Cheltenham		
31 st	Mon				

<u>Date</u>	<u>Day</u>	<u>Training Schedule/Race</u>	<u>Place</u>	<u>Distance</u>	<u>Fee</u>
2 nd	Wed	Club Summer Handicap 5k (7:15 pm start)	Butt Lane		
5 th	Sat	MCAA 12 stage and women's 6 stage Road Relays	Sutton Park		
6 th	Sun	Paris Marathon			
9 th	Wed	Club Training night	Jaguar S & S Club		
13 th	Sun	London Marathon			
16 th	Wed	Club Training night	Jaguar S & S Club		
20 th	Sun	Massey Easter 5			
23 rd	Wed	Club Training night	Jaguar S & S Club		
27 th	Sun	Lung Run 10k	Sutton Park		
30 th	Wed	Club Training night	Jaguar S & S Club		

<u>Date</u>	<u>Day</u>	<u>Training Schedule/Race</u>	<u>Place</u>	<u>Distance</u>	<u>Fee</u>
May 1 st	Thu				
4 th	Sun				
6 th	Tue	Silverstone Grand Prix 10k	Silverstone		
7 th	Wed	Club Summer Handicap 5k (7:30 pm start)	Butt Lane		
11 th	Sun				
14 th	Wed	Club Training night Provident Rugby 6	Jaguar S & S Club Hillmorton		
18 th	Sun				
21 st	Wed	Club Training night Rockingham Motor Speedway 5	Jaguar S & S Club Corby		
24 th	Sat	Hilly Hundred - 10 Stage (100 mile) Road Relay	Cotswolds area		
25 th	Sun				
28 th	Wed	Club Training night	Jaguar S & S Club		

<u>Date</u>	<u>Day</u>	<u>Training Schedule/Race</u>	<u>Place</u>	<u>Distance</u>	<u>Fee</u>
Jun 1st	Sun				
3 rd	Tue	Bedford 6	Bedford		
4 th	Wed	Club Summer Handicap 5k (7:30 pm start)	Butt Lane		
8th	Sun				
10 th	Tue	Weedon 10k	Weedon BEC		
11 th	Wed	Club Training night	Jaguar S & S Club		
15th	Sun	Northbrook Brose 10k	Jaguar S & S Club		
17 th	Tue	Banbury 5	Banbury		
18 th	Wed	Club Training night	Jaguar S & S Club		
22nd	Sun				
24 th	Tue	Golden Wonder Harborough 5	Market Harborough		
25 th	Wed	Midsummer 5	Westwood Heath		
29th	Sun				

<u>Date</u>	<u>Day</u>	<u>Training Schedule/Race</u>	<u>Place</u>	<u>Distance</u>	<u>Fee</u>
Jul 1st	Tue				
2 nd	Wed	Club Summer Handicap 5k (7:30 pm start)	Butt Lane		
6th	Sun				
8 th	Tue	Milton Keynes 10k.	Milton Keynes		
9 th	Wed	Club Training night	Jaguar S & S Club		
13th	Sun	Allesley Fun Run	Allesley Village		
16 th	Wed	Club Training night	Jaguar S & S Club		
23 rd	Wed	Club Training night	Jaguar S & S Club		
27th	Sun				
30 th	Wed	Club Training night	Jaguar S & S Club		

<u>Date</u>	<u>Day</u>	<u>Training Schedule/Race</u>	<u>Place</u>	<u>Distance</u>	<u>Fee</u>
Aug 1st	Fri				
3 rd	Sun				
6 th	Wed	Club Summer Handicap 5k (7:30 pm start)	Butt Lane		
10th	Sun				
13 th	Wed	Club Training night	Jaguar S & S Club		
17th	Sun				
20 th	Wed	Club Training night	Jaguar S & S Club		
24th	Sun				
27 th	Wed	Club Training night	Jaguar S & S Club		
28 th	Thu				
29 th	Fri	Godiva 5	Memorial Park		
30 th	Sat				
31st	Sun				

<u>Date</u>	<u>Day</u>	<u>Training Schedule/Race</u>	<u>Place</u>	<u>Distance</u>	<u>Fee</u>
Sep 1st	Mon				
3 rd	Wed	Club Summer Handicap 5k (7:30 pm start)	Butt Lane		
7th	Sun				
10 th	Wed	Club Training night	Jaguar S & S Club		
14th	Sun				
17 th	Wed	Club Training night	Jaguar S & S Club		
21st	Sun	Nuneaton 10	Wolvey		
24 th	Wed	Club Training night	Jaguar S & S Club		
27 th	Sat	MCAA 6 stage and women's 4 stage Road Relays	Sutton Park		
28th	Sun				

Record of Races 1st January to 31st December 2003

DISTANCE	TIME	RACE	DATE	COMMENTS
	Hr. Min. Sec.			(PB; course; weather etc.)

Handicap Races

5 Kilometre		Club Summer Handicap	2 nd April	
5 Kilometre		Club Summer Handicap	7 th May	
5 Kilometre		Club Summer Handicap	4 th June	
5 Kilometre		Club Summer Handicap	2 nd July	
5 Kilometre		Club Summer Handicap	6 th Aug	
5 Kilometre		Club Summer Handicap	3 rd Sept	

Other Road Races

MEMBERS PROFILE

Name: Glyn Perrens

Age: 39

D.O.B: 20-10-63

Partners name: The gorgeous(and pouting) Claire

Children: I like children, but I couldn't eat a whole one

Occupation: Housing Policy Officer for Southampton City Council

Joined Northbrook (when and how) February 1985 was invited by a fellow Coventry Poly runner to join

Sporting Background: bit of cycling and cricket

Personal Bests (track, road, most pints drunk in a night): marathon 3-16-46, half 1-24-24, "10".. 62-49, 10K 38-38 "5" 29-34, handicap 18-17

Most memorable race: Leg 4 of the 1994 Hilly Hundred- one of those days that you know will never happen again.

Preferences

Distance: As long as I'm fit I like most distances/ terrains

Local pub: The Three Tuns (Bransgore) and The Nursery Tavern (Coventry)

Favourite food: Pasta

T.V Programs Father Ted, The Royle Family, The Simpsons, Black Books

Music: Alternative/indie/bluesy/folky/jazzy NOT Craig David

Favourite Songs: Varies with the mood. Current favourites include "One of these things First" by Nick Drake and "These Foolish Things" by New Fast Automatic Daffodils.

Sporting Heroes: Paula Radcliffe (Finally journalists are giving her the credit she deserves)

Hobbies/pastimes: Small goat-baiting, semi-professional cribbage playing, being too clever for my own good and Taekwondo

Favourite Holiday Setting and Activity: Lying down ,reading a good book.

Typical Training Week: Steady 8-12 miles cross-country on a Sunday; 4 mile recovery run on a Monday, 6 mile tempo run on a Tuesday; 1km swim on a Wednesday; speed session on a Thursday; steady 5 miles on Friday

Future Hopes and Ambitions: World peace, travel and the establishment of an all Yiddish-speaking Walsall. And to return to a decent level of fitness. More specifically; sub 32 minutes for 5, sub 66 for 10, sub 1-28 for ½ and sub 40 for 10K. Not exactly world class but something I would be happy to achieve before I hit 40.