

Northbrook Newsletter -Mar 2003

Men's X-country Race, Mar 1st, 2003.



March's Newsletter

This is the third newsletter in the last 4 months. That's more than we have had over the last 18 months so I would like to take this opportunity to thank everyone who has helped and supported this so far – your help is appreciated.

Please keep those articles, race results etc. coming.

Thanks to all our contributors this month.

Well done to the February winner of runner of the month, Sarah Edkins.

Veterans News

Alex Marshall

After several years of sterling work, Dave New has stepped down from the committee and I have taken on the role of vets captain. I am sure that I will not be alone on thanking Dave for his efforts.

Looking around the club membership on Wednesday evenings will tell you that more and more of us have reached that distinguished age when we can call ourselves veterans. However our enthusiasm seems undiminished with even the elder statesmen and women of the club still hammering out the hill reps and fartleks eyeballs out, and talking about lifetime PB's or planning just one more marathon..

So while any sport needs new young recruits to eventually fill the ranks both Northbrook and running in general continue to thrive on the middle aged.

I decided to undertake a little research into the local vets scene and contacted the secretary of the Midlands Veterans Athletic Club that you can join if you are over the age of 40 for men and 35 for women. Members enjoy regular newsletters, which inform you of area, national and international competition specifically for veterans. These events cover cross-country, road races from 5k to marathon distances and track and field events. The subscription is £8 per annum and if you are interested in joining I have some application forms so please let me know.

As you will be aware the relay season is approaching and a date for your diary is Saturday 17th May when the National Open Masters Road Relay Championships will be held at Sutton Park Birmingham. I am sure that we can field a team of eight for the men's race and three for the women's, so I will be asking for names in the near future. I have been told it is well worth taking part with some very competitive teams competing.

Northbrook News

Dan McHugh

Race 4, Bham XC in Wolverhampton

Despite a good turn out by Northbrook, Kenilworth managed to increase their lead and win promotion to Division 2 with a very strong team performance. I think it's fair to say that Kenilworth's greater strength at the top end saw them through safely on the day.

Well done to everyone who competed in this season's x-country. Northbrook's depth showed through coming second in the B team's league - there is a lot of hope for next season.

Next Season there will be 4 Coventry Clubs in division 3! (Massey Ferguson, Sphinx, Saracens).

I myself would like to see if it would be possible to get a different venue next year for our home fixture, possibly something along the lines of Princethorpe. Anyone who ran when Northbrook hosted events at Whitley Abbey would appreciate that a tougher, hillier course really suited Northbrook in previous events. In the past this was worth a lot in terms of points and could be a major factor in winning promotion or not next year. It certainly was a contributing factor in when we got promoted back in '96.

Some very good performances in March by various runners. Lots of PB's, well done to everyone.

Northbrook X-country handicap 2002-2003 season

Does anyone know who won this?

Does anyone understand the handicap system used for the x-country?

I know Daniel Grose has taken the handicap over so I will be chasing Daniel to explain how it works and also looking for some regular updates. Watch this space

World Athletic News

Radcliffe breaks world record

Paula Radcliffe set a new world 10km road race record in San Juan, Puerto Rico, on Sunday 23 Feb. Defending her title, Radcliffe set a new mark of 30 minutes 21 seconds, shaving eight seconds off Asmae Leghzaoui's previous world record. With Radcliffe and Moroccan Leghzaoui going head-to-head the race was always going to be fast. Leghzaoui finished behind the Briton in a time of 31min 35secs while Kenya's Esther Kiplagat came home third.

Radcliffe is getting used to smashing records after she sensationally broke the world marathon record in Chicago last October. In just her second attempt over the distance she chipped a massive 89 seconds off the previous mark. This winter, Radcliffe has been training in Albuquerque, New Mexico but she will return to Britain ahead of April's London Marathon where she has agreed to defend her title.

Haile: 'Radcliffe is my inspiration'

Haile Gebrselassie has paid tribute to Britain's Paula Radcliffe after destroying the world indoor two-mile record on Friday 21 February at B'ham NIA. Gebrselassie, the greatest distance runner of all time, took an incredible five seconds off the four-year-old record at the Norwich Union Indoor Grand Prix in Birmingham on Friday night. And the two-time Olympic 10,000m champion has admitted that Radcliffe is his inspiration.

"I admire her so much. She is my hero," says Gebrselassie. "I have met her many times, and we talk about running.

"Both of us made the transition from 10,000m to the marathon on the same day, but I could not do it with the same success as Paula. "She could run close to the world record on her debut. Then, the next time she ran, she got the world record - and it looks like she can go even faster. "I can only say I am the same as her again when I break a marathon world record."

Gebrselassie, who has broken 16 world records in his career, had added support in Birmingham in the shape of 200 members of his personal fanclub. Alemayehu Dessie, a representative of the Ethiopian community in Britain, laid on free transportation from London for his countrymen. He said: "It is a great chance to go and support Haile. When he is here with us in Britain, he considers

it his second home." Gebrselassie is a massive hero in his native country and plans to run for president when he retires from athletics.

Khannouchi out of London Marathon

Pre-race favourite Khalid Khannouchi has pulled out of the Flora London Marathon with tonsillitis. The American world record holder has been suffering from the infection for three weeks and is undergoing treatment at home. "I'm afraid I won't be strong enough by 13 April," said Khannouchi on Wednesday. Khannouchi came down with tonsillitis in Japan during preparation for the Kyoto City half marathon, which he won in a time of 62 minutes and 15 seconds.

"Two days after my arrival in Japan on 26 February, I fell ill but the doctors gave me the okay to run the race on 6 March. On my arrival back in New York I got sick again." Khannouchi won the 2002 London Marathon in a world record of 2:05:38 and was tipped to run that record close this year.

World x-country champs

No one from Northbrook running in this one, but here the news.

Kenenisa Bekele retained the men's long course title at the World Cross Country Championships to claim an historic double. Bekele, who also successfully defended his short course title, is the first runner ever to repeat the title-winning feat on both the eight and 12 kilometre courses.

Meanwhile, Edith Masai successfully defended her women's short course title. The Kenyan surged ahead in the final 100m to beat Ethiopian Werknesh Kidane, who won the long course event on Saturday. Masai's time for the 4km race was 12 minutes and 43 seconds.

Club Records – update

Event	Men	Women
400m	54.5, Tim Wright, B'ham Indoor Arena, Feb 93	
800m	2.00.9, Tim Wright Cardiff August 92	
3K	8m34, Tim Wright, B'ham Indoor Arena, Feb93	
5K	14m54s, Meadowbank Stadium May 93, T Wright	
5M	25m16s R O'Shea 1993	29m15s Massey Ferguson 1996, D O'Shea
10K	31m33, 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 further feedback regarding this, please pass on to me. Dan

National's Report

Jon Guest

Since joining the club I have never missed the nationals (much to the delight of everybody else in the club!). The weekends away always seem to provide a whole range of entertainment and of course there is the running. However Parliament Hill (2003) will go down for me as one of the best if not *the* best. The account of the weekend is a purely personal perspective on the event and probably only has very tenuous links with the truth. However why let the facts ruin a good story.

The coach journey to London was fairly uneventful. I was late, Tom upset a few people, anybody Tom didn't upset I tried to piss off - so not much new there. Loretta and Alex were quietly putting together a key piece of intelligence data – the sleeping arrangements. I was surprised and shocked to discover that I was sharing with Tom Jordan. Given his world famous flatulence and generally unhygienic personal habits he does not immediately spring to mind as an ideal roommate. However poor Ian must have really pissed either Loretta or Alex off because he had to share with both of us. On hearing this news Ian's face appeared to drop like a convicted murderer on death row who has just heard that his last appeal has failed and is about to receive a lethal injection. However I did not remain downhearted – perhaps Tom had changed. The phrase “my body is my temple sprung to mind”. Had studying for a degree at a proper university like Warwick turned him into a sophisticated and cultured intellectual? Only time would tell!

After the obligatory stop at the services for refreshments we arrived at the hotel. On first seeing our luxury accommodation Tom commented, “we are not stopping in that shit hole are we?”. However he tends to say that about wherever we stop every year. On discovering where exactly their room was in the hotel, some people seemed to cheer up immediately. In fact those people who found out that their room was nowhere near mine or Tom's had the same expression on their face - like the jackpot winner on the national lottery. When we first got into our room Tom declared in his finest Shakespearian English that he “needed a shit”. Having watched him consume a cooked breakfast at the services both myself and Ian went into blind panic when we realised the toilets were on-suite. We both desperately tried to get him to visit somebody else's room to do the deed but he refused. The net result was a bathroom that remained out of bounds for about 10 hours. There's no truth in the rumour that police were called to the area because neighbours feared a possible chemical/biological terrorist attack in the area. Suddenly I felt really sorry for people who work as cleaners in hotels but apparently the cleaner who had to clean the toilet after Tom used it is back at work now after a short stay in hospital. It is possible a full recovery may be made.

The walk to the courses took longer than anticipated as we were carefully guided us on the most direct if not the most picturesque route to the park. The tent was carefully constructed and discussion turned to the race. Being an intellectual I clearly made a link between rain and mud. However I assumed the link was a positive one – no rain means no mud. I had heard that the course was hilly but at least I thought to myself the ground would be firm. Bob seemed to be thinking along the same lines so it was a shock when I saw a lad walking back to his clubs tent after the U17s race. He was absolutely covered from head to toe in mud. I assumed he must have fallen headfirst into the only bit of mud on the course. A group of us jogged round the course and discovered it was muddier than anticipated. However we did not go into the woods and so had no idea of the true fate that awaited us. Me and Richard Vaughan stopped to watch and cheer on the women. Haley Yelling was winning by about two miles but even she looked a bit heavy legged. As the rest of the women ran past, the expression on their faces began to suggest to me that this course was going to be harder than I thought. Loretta headed the Northbrook ladies and was followed by Sarah who seemed to be having one of her best ever races. I shouted at her that I would never call her granny again if she remained in front of Emily. She then appeared to accelerate like a greyhound out of a trap. However at this point we both concluded that watching the women was not such a good idea as the pained look on their faces made us feel worse about what was to come.

Three 'o' clock finally arrived and about 1300 blokes waited on the starting line. As everybody fell silent I heard a voice shout “Guestie you twat” Its nice to have your own personal fan club and you don't need to be Sherlock Holmes to guess who shouted it. The gun went off and I started off steadily and gradually worked my way through the field. It was muddier than I thought and completely energy sapping. However the woods were just unbelievable: the highlight being a ditch that was difficult to leap and about 2 foot deep in thick mud. Once in this ditch it was bloody hard to get out of it. My lasting memory was one of desperation and wondering if the first bloody lap was ever going to end. At points during the second lap I felt like I was hardly running yet people were not coming past me. The support was excellent and kept me going. I have never been so relieved to finish a race in the whole of my life. The conditions suited the gazelle like Rob Barry who finished first counter and we later discovered was in the top two hundred. No mean feat for a crusty old school teacher! I was relieved at the end of the race to find out that everybody had found it as hard as I had. Especially Tom who most unfortunately had been pushed over and gone head-first in the mud.

Back at the hotel our showers were cold which really cheered us up. The para-military style organisation continued as we were commanded to meet in the foyer of the hotel at 6.15. (Of course some of the ladies were late). Off we walked to the restaurants that had been booked. Tom made some disparaging comments about Indian and Italian food and stuck to his adventurous cuisine of pie and chips. I had opted for Italian and couldn't believe my luck when I ended up sat next to the saucy seductive Sarah Edkins

– a dream for any heterosexual male!!! Unfortunately no matter how much she fluttered her eye-lashes, licked her lips or winked at the waiter he tended to ignore her throughout the meal. I informed her that he must obviously be homosexual. During the meal I tried to convince her to sleep with Tom Jordan that night. This was a purely selfish act on my part as I saw it as a way of getting Tom out of the room. However no matter how much I tried to convince her about his qualities she didn't appear to keen on the idea. I cannot for the life of me think why. After a nice meal we surprisingly all retired to a pub and then caught a bus into Camden. Tim Wright had previously done some scouting of the area and discovered an ideal pub. From this point onwards my memory begins to fade. However an excellent rendition of "Hey Jude" sung by about 20 pissed blokes seems to ring a bell. When the pub shut we moved onto another club. However in the meantime Tom had attempted to get into a gay club in an attempt to improve his chances of scoring. However saying to the bloke on the kiosk after you have paid "alright you old puff" probably was not the best idea. You will not be surprised to learn that they chucked him out.

I don't really remember much about the second club. However what was completely unforgettable was the bloody taxi home running out of petrol and then having to walk and speaking to some girls at a bus stop who tried to convince us they were Russian spies!! One thing that had concerned me on the way back was that we couldn't find Ian and I had the only key to get into the hotel. However we did find him asleep in the hotel foyer when we got back. Back upstairs on our corridor Emily and Sarah had opened a tea-shop and had lots of male customers. I tried to tidy their room up for them by putting everything I could lay my hands on in the bin. For some reason Sarah objected to this, wrapped a coat hanger round my neck and dragged me out of the room! However we did go and give Tony French and Bob an early morning call which they appeared to appreciate. In fact Sarah seemed really keen to carry on going into blokes bedrooms, so we moved onto Sean and Steve Simpson's room. Tom decided to join us and pulled back Steve's duvet to reveal his genitals (otherwise known as hairy b*!s to the less educated). Sarah appeared to find this amusing but claimed it was difficult to see anything!!!

We finally retired to our room at about 5.00am. Tom smoked the obligatory hamlet and Ian woke me up at 8.00 by snoring like a congested Buffalo. Somehow we made breakfast and Tom did not stop complaining (I know you will find that hard to believe) about the lack of any sausages with his cooked breakfast. I am sure that the famous psychiatrist Sigmund Freud once wrote that complaining about sausages was a sign of penis envy although having seen Simpson's anatomy the previous evening I can't believe that was the penis he was envious of!!!!). Much of the morning was spent in Sarah and Emily room as it did not smell as bad as ours. Although Tom did suggest at one point that their room did smell worse than it should and suggested this was caused by them not changing their underwear as often as they should. (That boy should write a book on charm). After a slight problem finding our key (it turned up in Sarah's bin!) we returned home on the coach with most people feeling tired and subdued.

The whole weekend was really well organised and enjoyed by all. A lot of credit should go to Alex, Loretta and Tim who somehow managed to keep everybody happy which in our club is no mean feat.

National Cross Country Race at Parliament Hill

by Emily Ducker

The weekend started with Bob Adams famous last words – "there hasn't been any rain for two weeks so it cant be that muddy" !!!

The ladies race started with a long steady uphill climb. The Northbrook ladies stuck to their race tactics which was to take the first hill nice and steady. This wasn't appreciated by the men who shouted at us to get moving as we were a disgrace to the club. What they didn't understand is that we were discussing important issues such as what to wear for our night out in London. Men, you really need to get your priorities right.

At the top of the first hill, it suddenly became very very muddy. The deep mud and steep hills made for an extremely draining and demanding course. However, Lorretto seemed undeterred by the conditions and came in as 1st counter. Sarah Edkins had an excellent run and seemed even more determined after John Guest promised to stop calling her granny if she stayed in 2nd place. Sarah stayed in 2nd with Claire Harrison as 3rd counter and myself as 4th.

The evening started with a meal out and then onto various bars and a dodgy nightclub. I soon realised that the drinking and partying was going to be as demanding as the cross country course. I finally got back to the B&B around 4.00 am and promptly fell asleep in the corridor whilst waiting for Sarah to turn up with the room key. Sarah came back full of energy and invited everyone possible back to our room for a cup of tea. Everyone left the room about 5.00 am leaving Sarah and I a whole 3 hours sleep. Still I have a whole 12 months to recover and get ready for the Nationals next year!

Results

Saucony English National Cross Country Championships

at Parliament Hill, London on Saturday 22nd February 2003

Senior Men -- FINAL RESULTS (\$=non-counter)

Pos	Name	Club	Time
1	M Smith	Tipton Harriers	41:54
186	R Barry	Northbrook AC	48:37
308	M O'Shea	Northbrook AC	50:59
385	J Guest	Northbrook AC	52:08
520	R French	Northbrook AC	54:21
552	D Grose	Northbrook AC	54:58
574	R Vaughan	Northbrook AC	55:24
644	P Armstrong	Northbrook AC	56:48
740	T Wright	Northbrook AC	58:27
849	G Knight	Northbrook AC	1:00:30
869	S Simpson	Northbrook AC	1:00:49
911	R Adams	Northbrook AC	1:01:39
917	J Bird	Northbrook AC	1:01:48
918	T Gillon	Northbrook AC	1:01:49
990	A Marshall	Northbrook AC	1:03:28
996	T Jordan	Northbrook AC	1:03:36
998	I Strain	Northbrook AC	1:03:40
1060	E Simmonds	Northbrook AC	1:05:22
1106	S Mason	Northbrook AC	1:07:40
1182	A Whitehouse	Northbrook AC	1:12:58
1208	T French	Northbrook AC	1:16:31

1257 finishers

40 Northbrook AC 2525 186 R Barry 308 M O'Shea 385 J Guest 520 R French 552 D Grose 574 R Vaughan

100 six man teams

25 Northbrook AC 4778 186 R Barry 308 M O'Shea 385 J Guest 520 R French 552 D Grose 574 R Vaughan 644 P Armstrong 740 T Wright 869 S Simpson

40 nine man teams

Senior Women -- FINAL RESULTS (\$=non-counter)

Pos	Name	Club	Time
1	H Yelling	Windsor Slough Eton Hounslow	32:18
211	L Denley	Northbrook AC	45:04
255	S Edkins	Northbrook AC	46:44
288	C Harrison	Northbrook AC	48:23
312	E Ducker	Northbrook AC	49:41
356	J Neville	Northbrook AC	53:13
381	C Gavin	Northbrook AC	56:30

398 finishers

36 Northbrook AC 1059 210 L Denley 253 S Edkins 286 C Harrison 310 E Ducker

March Results 2003

Warks Relays, Wilmslow ½ marathon, Stafford ½ marathon, Ashby 20 16/3 Gloucester 20 9/3/3, Reading Half Marathon 9/3/3, Daffodil Half Marathon 2/3/3, London Flora Half Marathon at Silverstone Grand Prix 12pm 2/3/3, Birmingham League – Aldersley Stadium, Wolverhampton 1/3/3

8 Races Completed, 57 runners.

Warwickshire Relays 29/3/3

Mens (4 per team)

Team 1	Team 2	Team 3	Team 4
Rich O'Shea 14m50s	Danny McHugh 16m17s	Tom Gillon 16m56	Steve Simpson 17m46s
Pete Austin 15m46s	Bob Adams 16m55s	Mark Baker 17m45s	Alan Jones 17m49s
Pete Armstrong 16m46s	Rob Sharratt 17m06s	Andy Whitehouse 18m25s	Keith Viner 18m47s
Garry Thomas 15m36s	Steve Mason 18m14s	Martin Smith 17m01s	Tony French 21m14s
Total 62m58s	Total 69m12s	Total 70m1s	Total 75m30s

Ladies Teams

Team 1	Team 2
Dawn O'Shea 16m17s	Julie Neville 20m46s
Loreti Denley 18m42s	R Staff 19m25s
Emily Ducker 19m01s	Did Not complete

Total 54m

Wilmslow Half Marathon 23/3/3

74th Male, 64th O/40M	Mick O'Shea	1:14:12
14th Lady overall 4th L35	Dawn O'Shea	1:22:57
56th Lady, 1st L55 ,	Loretto Denley	1:33:31

Some excellent runs, well done!

Draycote 5

Sunday 24th March - Draycote 5 Miles

This was the perfect spring day for going out to Draycote Reservoir, relaxing on the grass with good friends and a lovely picnic spread to help the day slip by. Unfortunately, none of us had thought of that option and we raced around the edge of the reservoir instead. There were a few hundred runners and there was a lovely warm atmosphere before the start. The weather was certainly tempering people's competitive edge. The course was all road but traffic free. The only real challenge was a bit of a breeze and a few undulations. On the right day it would have the potential for a PB course. With Inter Counties races and marathon schedules to be honoured on the same day Northbrook only managed to field a small team but it was good to see a few of our newer members competing.

Draycote 5 results

Rob Barry 28m25s
Rich O'Shea 28m41s
Bob Adams 32m43s
Rob Sharratt 34m54s
Julie Neville 39m17s
Sylvia Guthrie 40m47s
Lynne Cook 43m58s
Angela Curtis 46m23s

Stafford Half 23/3

Dan McHugh 1:29:07 (PB) 113th out of 943 finishers

Report - D.McHugh

I decided to make this race my second ever half marathon as part of my preparation to the Half Ironman Triathlon race in Sherborne in August. I had no idea what to expect, and had done no specific training other than my usual weekly training regime of bike, run and swim.

I approached the race as a hard training run, with no expectations except to finish and hopefully break my 8 year old PB for this distance, 1:30.

The race was well organised and a turnout of just under 1000 people. The race started at 10:30. Conditions were hot, with a slight breeze. The race has high visibility in Stafford, and it is very well supported by local people, the town council and local media. The course was undulating, and quite hard in parts with some difficult hills, but it was quite scenic. The race started and finished in the town centre.

At the 8 mile stage I was on for a 1:25-1:26 time, but I suffered a bit over the past few miles, my hamstrings and gluts really tightened up. I had forgotten how much you can suffer over the last few miles of a distance race. However I was happy enough to get the race into my legs - it was a good training run.

I can recommend this race, and may do it again next year. It's not the fastest half you will get, but the course is interesting with something for everyone.

I have 2 other half's in my diary, Stratford and Hinckley.

Banbury 15 16/3

Stephanie Berry - 2.17.39

Rushcliffe Park 10km 16/3

Rob Sharratt 54th 43.14

Julie Neville 87th 46.39

Report: two laps around Rushcliffe park - beautiful.

Ashby 20, Leicestershire 16/3

77 Adrian Powell 02:19:43

175 Ian Strain 02:35:10

180 Lawrence Thompson 02:35:59

252 Paul McKeeney 02:45:36

354 Andy Walker 02:59:43

Gloucester 20 Frampton-on-Seven 9/3/3

28 2:14:59 Richard French

30 2:15:16 Richard Vaughan

89 2:29:39 Gareth Knight

111 2:36:42 Ian Strain

118 2:37:26 Paul Lawlor

125 2:38:10 Thomas Gillon

158 2:47:15 Loz Thompson

Sutton Park Marathon Training Day: 9/3/3

Tony Mackness

Sarah McNaney - 2.55 04

Lucinda ?? - 2.55.04

Lisa ?? 2.57

Richard Hands 2.57

Sharon Thompson - 2.58

Stephanie Berry 2.59

Report : Sarah McNaney

This event was put on by 'Runners World'. The recorded times were fairly even as we were all in pace groups. Good day out, very windy and hilly but a good run was had by all!!

Reading Half Marathon 9/3/3

Gary Thomas 1:25.52, position 173.

Steve Mason 1h35m47s 852 PB

Paul McGurk 1h35m23s 912

John Elliott 1h38m57s 1110 PB

Andy Whitehouse 1h47m24s 1922 PB

Norman Gilkes 1h57m32s 2910

Report:

It was a well organised event even though it started 1/2hr late due to marshalling problems, the crowd was really good all the way round the course, which I needed at the 11 mile mark as my legs decided to turn to lead.

And now for Something completely different - Sunday off road runs

Hartshill-Atherstone & Back!

Northbrook runners: Pete Austin, Rob Barry, John
Bird & Mick O'Shea

**Pete Austin, Rob Barry, John Bird & Mick
O'Shea**

9th Marcl

Eastings Northings Distance (m)

431695	294330		Car park (take right hand track behind visitor centre that drops steeply down hill and follow tracks heading downwards and to right
432390	294145	719.2009455	Forest boundary
432115	294925	827.0580391	Bottom of climb
431660	294535	599.2703897	At Top of climb (good views) before turning right along the top before dropping through woods keeping to Bridleway
431395	294935	479.8176737	Exit from woods across muddy field, climbing steadily by hedge, and into a small row of trees
431205	295355	460.9772229	Turn right to climb up small mound and along fields
431315	296055	708.5901495	After a few hundred metres bear left (still on the bridleway) and drop down steeply to farm. Then turn right towards canal bridge (with lights)
431470	296280	273.2215218	After passing over the canal join the tow path back under the bridge towards Atherstone
431245	296905	664.2665128	Continue on Canal Path
429320	299505	3235.061823	Stay on the tow path and definately don't use this bridge as there is no footway
428545	300190	1034.335536	At Bradley Green, Leave the canal after passing more moored canal boats, and turn immediatly left onto a small track
428545	300110	80	After 100m turn right down a grassy path and into an open field, heading towards the bridge and under the railway, and straight ahead up the side of an open, exposed field until reaching the A5
428080	299095	1116.445252	At Grendon, cross over the A5 and pick up a minor road (marked as a bridleway) opposite.
428045	298435	660.9273788	If we hadn't all been starting to feel the effects of this run it would have been good to continue the climb at this point
428630	298285	603.9246642	Some minor undulations brought us to a quiet road where we turned right a climbed slightly
428540	298175	142.126704	A left turn here took us onto a footpath which dropped down to a stream before becoming a grass track up Merevale Church & its imposing archway
429020	297770	628.0326425	Plan A would have taken us through the church but beyond the church was marked 'Strictly Private' so instead we headed right for an uphill, windy slog to Baxterly
428115	296875	1272.811848	At Baxterley two left turns followed by a small gentle climb brought us to another T-junction
428625	296465	654.369926	Turning Left dropped us down into the woods
429105	296625	505.9644256	A short climb took us past some nice old cottages hidden in the trees on the right
429385	296505	304.6309242	leaving the road on the bridleway into the woods on the right hand side took us pleasantly through the woods before quite a sharp drop to a stream and a sharp, slippery ascent up the road
429830	296025	654.5418245	A footpath across some fairways dropped us down to another stream and through a muddy farm before picking up the farm track. We were now taking the direct route back to Hartshill but with plenty of undulations.
430225	295315	812.480769	Cross the road and go through the garden centre picking up a track
431035	294450	1185.042193	past a small pond by a hedge which continues through the Golf Course to the road
431450	294525	421.7226577	Turn Left and follow the road through some pretty houses round a few sharp bends until you see an entrance to the park in front of you.
431695	294330	313.1293662	Go through the gate and admire the views before turning right and follow the park path along the top of the field, into the woods and back to the car park
Total Distance		18357.95039	Metres
		11.47371899	Miles

Daffodil Half Marathon, Castle Ashby, Northampton 2/3/3

Sarah McNaney 1.45.04 (PB)

Andrea Ghie 1.49.??

Sarah Edkins 1.51.15

Sylvia Guthrie 1.52.54

Catrina Gavin 1.56 ??

Stephanie Berry 1.56.??

London Flora Half Marathon at Silverstone Grand Prix 12pm 2/3/3

Chip Pos, Chip Time, Race Number, Surname, Firstname, Gender, Category, Cat, Pos, Chip Time, Total In Cat

41 1:21:07 3198 Osborn Peter M MV 45 - 49 5 366

147 1:26:15 3310 Gray Alastair M MS 107 2872 PB

1226 1:42:14 3261 Hands Richard M MS 826 2872 **PB

1919 1:47:33 3273 Ralph John M MV 60 - 64 18 54 N **PB

4457 2:07:44 3388 Thorburn Lee-Anne F FS 700 1242

5013 2:13:23 3260 Curtis Angela F FV 35 - 39 221 329 **PB

Birmingham League – Aldersley Stadium, Wolverhampton 1/3/3

Rob Barry 9	P Lawlor 85
Mick O'Shea 17	S Simpson 98
J Guest 30	T Gillon 99
Rich O'Shea 34	J Bird 102
Daniel Grose 46	B Adams 103
Neil Walker 52	E Simmons 109
R French 55	T Jordan 126
P Austin 7	S Mason 130
T Wright 64	C Chiter 135
R Vaughan 66	A Whitehouse 137
D McHugh 74	K Vinner 141
P Armstrong 75	T French 154
G Thomas 81	

Results Analysis:

The following table shows that the 3rd race was where Northbrook actually lost the race. Also Kenilworth fielded their strongest team in the last race.

Kenilworth	Northbrook
203	158
165	158
165	233
114	188
Total 647	Total 737

Report: Rob Barry

Potentially this was going to be a big race for Northbrook as we were only 11 points adrift from promotion to the second division. But the grapevine had already been busy with news that Kenilworth were taking this one very seriously and were going to field a really sharp team. The bookies were certainly not backing our chances. But, as always, Northbrook turned out in force with 26 runners on the day. Having a coach to take our runners and supporters to the event certainly created a few cracks in the opposition's psyche.

The 5 mile course was fast, flat and not particularly inspiring but all our runners certainly put in committed performances with most posting excellent finishing positions.

Unfortunately, we were out gunned by Kenilworth on the day and had to retreat to the Rainbow to lick our wounds. Judging by the volume after we had fed and watered, the disappointment wasn't too hard to swallow.

I think that Northbrook has had an excellent Birmingham League season. Except for the freezing event at Stafford we have fielded large teams and definitely hosted the best of the four events. Our catering is second to none.

Thanks to everyone that has been involved, especially those of you that travel from afar to be part of it. I take this desire to represent Northbrook in this great team event to be a real strength. I hope that we can maintain this momentum and get some bumper teams out for the road season ahead.

NORTHBROOK ATHLETIC CLUB COMMITTEE MEETING

3rd March 2003:

17 Kenilworth Court, Coventry

Minutes prepared by Mark Baker

Present: B.Awcock(President), B.Adams (Chairman), M.Baker (Secretary), T.French (Fixtures Sec), E.Ducker (Social Sec), G.Knight (Running Advisor), H.Forrester (Treasurer), A.Marshall (Vets Sec), R.Barry (Mens Captain), L.Denley (Guest), T.Gillon (Guest).

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1. Apologies – D.O'Shea (Ladies Captain), S.Guthrie (New Members Sec).
 2. Matters Arising From AGM – a) Winter XC Handicap – This was run with a reasonable turnout.
 - b) Jaguar Associate Membership – We need to contact Paula Griffiths (Jaguar) to discuss this.
 - c) Masseys Issues – We are invited to hear any Masseys proposals before their EGM soon.
 - d) Brose Banner – This needs to be located for future events.

3. Treasurers Report – Email for details.
4. Ladies Captain's Report–Ladies ran well in National XC champs, London and recent half marathons. Relays are next, then Cotswold Hilly 100 will feature 3 teams (one is a ladies only team).
5. Men's Captain's Report – Rob Barry said men were 40th in National XC Champs, London. Men were 4th on day and 4th overall in final Birmingham XC League Div 3 race at Wolverhampton. A very good effort, but not quite enough for promotion. Relays are next, then Cotswold Hilly 100 on 24/5/2003. It was agreed that there will be a trial event on Wed 14/5/2003. Rob will pre-select 4 men for 'A' team, but first six (excluding pre-selection and ladies) are selected for mens 'A' team.
6. Veterans Captain's Report – Alex Marshall can enter a team for Masters Road Relays on 17/5/2003 at Sutton Park. Teams of 8 V40+ men, and 3 V35+ ladies required. Info about 'Midland Vets' needed.
7. Social Secretary Report – Emily Ducker had five questionnaires returned about social events. The Northbrook 25th anniversary function will provisionally be on 21/6/2003 as a 70's night, but members should not book outfits yet. A barbeque at the 'Rainbow' after the Allesley Fun Run could be arranged.
8. Brose 10Km Race – Loretto Denley discussed race on 15/6/2003. Police and Council road closures cost £500. All residents on route need to be informed. Bob Adams can apply for race permit, for insurance, but we still pay £750 excess for each claim. Mark Baker has written to St. John Ambulance for first aid cover. Tom Gillon confirmed that race is now in the 2003 Warks Road Race League. Draft entry forms were circulated. Dave New can produce copies of entry forms. The prize structure was discussed, but may depend on Brose donations; - Men: 1st:£50, 2nd:£25, 3rd:£15, 4th:£10, 5th:£10. V40:£20,V50:£15. Ladies: same prizes for first 5, V35:£20, V45:£15. Teams: 4 men: barrel of beer, 3 ladies: bottles of wine. Momento to all finis hers. Without a Brose subsidy, approx 240 entrants needed to cover full costs. Alternative parking at local hotels may be needed. Water stations at Clay Lane and finish recommended. Approx 35 marshals needed. There will not be a barbeque after the race.
9. Any Other Business –a) Donations– It was agreed that all the 60p accommodation refunds due to members from National XC in London can be donated to Alex's charity in the marathon.
 b) Runner of the Month – Sarah Edkins selected for February 2003, after good National XC race.
 c) Magazine – Thanks to Dan McHugh for publishing latest 'Northbrook Runner'.
 d) Membership Cards – Dave New has handed out new laminated cards.
 e) New Members – It was confirmed that Tom Gillon helps Sylvia Guthrie greeting new members.
 f) Transport/Accom for XC –Thanks to Loretto Denley, Alex Marshall, Rob Barry for booking this.
 g) Club Records –A list of 1st,2nd,3rd needed if possible, rather than just 1st, as incentives to members.
 h) Summer Handicap – First race is on Wed 2/4/2003 at 7.15pm. Richard French is the handicapper.
 i) Allesley Fun Run – Entry forms need to go to Allesley Committee by end of March 2003. Bob Adams has a list of tasks for the day. St. John Ambulance assistance has been requested.
10. Next Meeting – Monday 7th April 2003, Bob Adams, 17 Kenilworth Court, Styvechale, Coventry.

Training Tips/articles

Hills (extracted from the Web)

How should you prepare for racing on hilly courses? According to the principle of training specificity, in order to improve a certain aspect of physical fitness, you must train specifically for it. This means one thing: If you want to turn those looming hills into nothing more than speed bumps, you need to do some hill workouts.

Think of a hill workout as a running-specific weight workout. The exaggerated knee lift, driving arms, and pronounced toe-off necessary to run up hills strengthens you every bit as much as hitting the weight room. Hill running also works the cardiovascular system as your heart tries to keep pace with the increased energy required to fight gravity. Consequently, hill workouts are very taxing and should be done only once or twice a week.

Here are four basic types of hill workouts. Each has its specific rewards.

1. **Short Hills.** My high school coach affectionately called these "meat grinders." They are relatively short hills of 100 to 200 meters that you repeat multiple times. They can be tacked on the end of an easy run or used as a complete workout. Because these hills are short, you should run them at a fast pace -- almost an all-out effort -- with a walk or slow jog back down the hill as a recovery.

While you can run these types of hill repeats on asphalt, a grass or dirt hill is less stressful to your body. Short hills are important for anyone who wants to develop the explosive strength necessary to run a good 800 meters or finish strong in a mile or 5-K. A sample short hill workout: one to two sets of 10 hill repeats. Walk or jog slowly down the hill after each repeat, and do an additional 5 minutes of jogging between sets.

2. **Hilly Power Run.** It doesn't sound very technical (sorry), but this workout builds strength for a strong marathon or half-marathon. Pick a route that has rolling hills and "push" each hill. By push, I mean you should try not to slow down as you roll over each rise. But don't attack the incline as you do when running short hills.

I like to do this kind of run as part of a 10-mile workout. I pick a canyon road, then work each uphill, catching my breath as I cruise on the flat and downhill sections. This type of continuous hilly power run will be your best weapon against monsters such as Heartbreak Hill in Boston.

3. **Hilly Long Run.** This workout is similar to the Hilly Power Run, but longer and less intense. Run this at your long-run pace, but make sure you have some rolling hills in the last half of the run. When you hit the hills with fatigued legs, you'll be forced to work on your form. This workout will also build the strength and confidence necessary to race well late in a longer race, whether it has hills or not.

4. **Long Hill Circuits.** This is more of a traditional long-interval workout. The key is finding a grass or dirt circuit that has a number of uphills. The distance of the circuit can be as short as a half-mile or as long as 2 miles. Run the downhill sections at a semi-easy (75 percent) effort to avoid injury. Run the flat and uphill sections at 5-K race pace. Unless you're a Sherpa, do a total of 3- to 4-miles' worth of the circuit, with 3 to 5 minutes of jog recovery between each circuit.

Notice that I haven't said you need to run up Pikes Peak or some other mountain precipice. The problem with that type of extremely long, steep, hill running is that your turnover becomes so slow it's no longer specific to the type of racing you're likely to be doing.

Humour

Riding the favourite at Cheltenham, a jockey was well ahead of the field. Suddenly he was hit on the head by a turkey and a string of sausages. He managed to keep control of his mount and pulled back into the lead, only to be struck by a box of Christmas crackers and a dozen mince pies as he went over the last fence. With great skill he managed to steer the horse to the front of the field once more when, on the run in, he was struck on the head by a bottle of sherry and a Christmas pudding. Thus distracted, he succeeded in coming only second.

He immediately went to the stewards to complain that he had been seriously hampered.

Apologies for this next one

Far away in the tropical waters of the Caribbean, two prawns were swimming around in the sea - one called Justin and the other called Christian. The prawns were constantly being harassed and threatened by sharks that patrolled the area.

Finally one day, Justin said to Christian, "I'm bored and frustrated at being a prawn, I wish I was a shark, then I wouldn't have any worries about being eaten."

As Justin had his mind firmly on becoming a predator, a mysterious cod appears and says, "Your wish is granted", and lo and behold, Justin turned into a shark. Horrified, Christian immediately swam away, afraid of being eaten by his old mate.

Time went on and Justin found himself becoming bored and lonely as a shark. All his old mates simply swam away whenever he came close to them. Justin didn't realise that his new menacing appearance was the cause of his sad plight.

While out swimming alone one day he sees the mysterious cod again and can't believe his luck. Justin figured that the fish could change him back into a prawn. He begs the cod to change him back so, lo and behold, he is turned back into a prawn. With tears of joy in his tiny little eyes, Justin swam back to his friends and bought them all a cocktail. Looking around the gathering at the reef, he searched for his old pal.

"Where's Christian?" he asked.

"He's at home, distraught that his best friend changed sides to the enemy and became a shark", came the reply. Eager to put things right again and end the mutual pain and torture, he set off to Christian's house. As he opened the coral gate the memories came flooding back. He banged on the door and shouted,

"It's me, Justin, your old friend, come out and see me again." Christian replied "No way man, you'll eat me. You're a shark, the enemy and I'll not be tricked."

Justin cried back "No, I'm not. That was the old me. I've changed"

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"I found Cod, I'm a prawn again Christian".

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

<u>Date</u>	<u>Day</u>	<u>Training Schedule/Race</u>	<u>Place</u>	<u>Distance</u>	<u>Fee</u>
2nd	Wed	Club Summer Handicap 5k (7:15 pm start)	Butt Lane		
5th	Sat	MCAA 12 stage and women's 6 stage Road Relays	Sutton Park		
6th	Sun	Paris Marathon			
9th	Wed	Club Training night	Jaguar S & S Club		
13th	Sun	London Marathon			
16th	Wed	Club Training night	Jaguar S & S Club		
20th	Sun	Massey Easter 5			
23rd	Wed	Club Training night	Jaguar S & S Club		
27th	Sun	Lung Run 10k Stratford Full and Half Marathon	Sutton Park Stratford		
30th	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 1st	Thu				
4th	Sun				
6th	Tue	Silverstone Grand Prix 10k	Silverstone		
7th	Wed	Club Summer Handicap 5k (7:30 pm start)	Butt Lane		
11th	Sun	Hinckley Half Marathon	Hinckley		
14th	Wed	Club Training night Provident Rugby 6	Jaguar S & S Club Hillmorton		
18th	Sun				
21st	Wed	Club Training night Rockingham Motor Speedway 5	Jaguar S & S Club Corby		
24th	Sat	Hilly Hundred - 10 Stage (100 mile) Road Relay	Cotswolds area		
25th	Sun				
28th	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				