

Northbrook Newsletter - July/August 2003

July/August News

10K Success



Well done to all of those who completed the inaugural Northbrook 10k race.

As you can see from the photo above the main objective of the day was completed, i.e. we won the barrel of beer.

The race was a major success and I think Northbrook are on to a winner with this.

Again the conditions were very hot, and I think that everyone who completed this course did very well. I did not run the race, but I ran the course the week after the race and I can honestly say I found it very tough to complete. I do not think that there can be many harder 10K races than this one.

It was great to see Paul Kelly running again after his recent injury.

Thanks to all those who helped and organised the race – if you think completing the course is hard you ought to see what is involved in putting such a race together – it is not easy. I helped out on the day as I was not running and I was amazed at the amount of work and effort that goes in behind the scenes.

Northbrook 25th Celebrations

A great night was had by all who were able to attend this do.

There were a lot of faces from the past who were able to attend this. By all accounts this was a very entertaining night.

Thanks to all those who organised this excellent event.

Allesley Fun Run

A good turn out by locals and a few Northbrook runners ensured a good day.

It was very hot by the time the race started. Well done to all those who managed to complete the race. See the results inside this issues.

This months Newsletter

Is out slightly later than I wanted it to be but with family commitments, holidays, changing job and training for the Half Ironman this is the best I have been able to do.

Still, at this stage of the year I have been able to get the newsletter out on average every 2 months which is a big improvement from previous years.

There are a few things I would like to have added, but have held these back until the next issue.

Please keep the articles coming.

Thanks to all those who contributed this month. Your help as ever is very much appreciated. There are some excellent articles this month, thanks to Rich French, those that ran the Hilly 100, Stuart Keen for supplying some good (and bad) jokes and been busy looking into organising a contingent from Northbrook for the Bath ½ marathon – excellent work.

Also, thanks again to Jon Guest who prints the newsletter and staples all the copies together – this is no small task.

Northbrook News

Dan McHugh

Well it has been a very good couple of months for the club. Starting with the inaugural 10K in June, this was a superb success. I did not run this race, and helped a bit behind the scenes on race day. I can honestly say that I did not appreciate the work that goes on to make a race happen, and the work and effort required on race day. I really do think an excellent job was done by the club and that this race was exactly what was needed for the club in terms of putting on a prestigious event.

All the feedback I had regarding the race was excellent from various club runners. There is no doubt it is one hard 10K course.

I understand talking to various people that the 25th anniversary celebrations went very well, I could not make this. No doubt there were a few sore heads the next day.

Also, I understand the water park event went very well. No one drowned anyway. I think Emily is doing an excellent job on the social side of things.

Amsterdam marathon – Helen Forrester

As most of you will probably know, Dan and I recently moved to Holland (yes, us, remember us? – I'm the one who used to take all your money off you!)

Thought it might be quite nice if we could organise a Northbrook trip over to Holland for the Amsterdam marathon/half marathon/10km on October 19th. Let us know if you are interested so we can have an idea of numbers etc.. We could probably get a group booking in a hotel in the city centre?

If you want to check out the details, have a look at www.amsterdammarathon.nl. Also, you can get quite cheap flights from www.mytravellite.com if you book early.

My new email is helen.forrester@hetnet.nl and for those of you not quite up to speed with this internet-y thingy, we can be contacted by the more traditional way:

Tel: 00 31 15 262 7227 or send us a letter/postcard/parcel (!) to:

Bosboom Toussaintplein 174
2624 DL
Delft
Netherlands

BATH HALF MARATHON 2004

Stuart Keen

Yes...2004, a long way off yet!....but I would like to arrange a Northbrook AC weekend away in Bath for this race.

The Half Marathon is scheduled to take place on Sunday March 14th 2004 and is set on a fairly flat, fast, 2 lap course where a PB for this distance is quite obtainable.

The reason I am trying to sort this out now is that the entries for this race will go out in August and if like last year will fill up fast (in 4 weeks to be precise)....so not much urgency then!!

The Bath Half is very popular mainly because it is close to the London Marathon and is used as one of the last big training runs before London.

However, I'm not suggesting that only those who wish to run London next year should go to Bath....it is for anyone who wishes to go away for the weekend, do some sightseeing, shopping, eating and drinking in this great city on the Saturday and run a big, well organised and enjoyable??? half marathon on the Sunday.

I am looking into accommodation at the moment and have found a large Youth Hostel a mile from the city, but also Bath is made up of hotels, guest houses and B & B's, however..as soon as I know how many of you are interested then the accommodation must be sorted out as everyone else will be booking accommodation as well.

It promises to be a brilliant weekend and if you could let me know 'as soon as possible' please, then the ball can get rolling!

Either, let me know at the club, or Phone me on: 024 7645 4992, or Mobile (phone or text) on: 07786155919, or (nearly there!) E-Mail.....

stuarddiane@keenware.fsworld.co.uk

And that should just about cover it for now....obviously, as soon as I know the cost of the race I shall let you know straight away, I am keeping in touch with the race organiser.

The Youth Hostel (at the moment) is £11.50 per night.

If you have access to the internet then check out:

www.bathhalfmarathon.co.uk

for more info.

Bath half 2 - Bath Half Marathon

Communication received by Stuart from the race secretary.

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The entry fee is £19.00 (UKA affiliated and £20.00 unaffiliated).

With regards to the team entries, in common with most UKA permitted events we do have team competition for affiliated club teams (Senior men and Vet 40 men 4 to score. Senior women and Vet 40 women 3 to score).

Team members enter as individual in the normal way, we do reserve additional places for elite athlete, 'best for age' and top club teams.

Kind Regards

Della Jones
Race Secretary

Northbrook X-country handicap 2002-2003 season

Still no news on who won this?

Come back Dan, all is forgiven – we need to know who won this!!!!

New Sports shop opens in Nuneaton

Ian and Lorraine Strain have now opened a sports shop predominately aimed at the running market.

Need some equipment then why not visit:

Lorraine Baker Runner

70 Queens Road, Nuneaton, Warwickshire, CV11 5JZ

Tel: 02476 384842

<http://www.lorrainebakerrunner.co.uk>

ATHLETICS: SPOTLIGHT ON THE LOCAL SCENE

Jaguar club hits road

ENTRIES are being taken for the Northbrook Brose 10km road race on Sunday, June 15 based at Jaguar Sports and Social Club off Browns Lane (11am).

The race is new to the calendar and the course, beginning just outside Allesley Village, is gently undulating with a couple of climbs and a flat final kilometre. The finish is inside the Jaguar grounds.

Further details are available from Bob (024 7650 4701), Tom (024 7640 3518), Loretto (01676 542960) or by e-mail to C.McHugh@ftel.co.uk

Celebrate with a run

SILVER celebrations see Northbrook AC Running Club reviving a 10km race which has not been seen since the last century.

The group, which has around 130 members, wants teams or individuals to get involved in the run, taking place this Sunday.

People can enter on the day from 10am to 10.30am, or can visit www.northbrookac.org.uk, for an entry form.

The race starts from Washbrook Lane, Allesley Village, and ends at the Jaguar Social Club in Browns Lane.

There are a number of prizes up for grabs: for the first five males and first five females over the finish line; the best male over-50 and over-40, and the best woman over-35 and over-45.

There are also team prizes.

Loretto Denley, promoter of the event, said: "We want to make a mark as the club has been together for 25 years.

"We also hope this will introduce the club to younger people who may be encouraged to join."

Entrance fees vary from £5 to £7.

98 RUNNER'S WORLD ■ JUNE 2003

NORTHBROOK BROSE 10K

Jaguar Sports Club, Browns Lane, Coventry

Con McHugh, 133 Birmingham Rd, Coventry CV5 9BB (02476 504701

[day]; e-mail cfm@ftel.co.uk

cd 7/6 (500 limit) 11am.

£5/£6 Northbrook AC, +£1/D R

U DM Pr C WC Sh P Re

Web:

www.northbrookac.org.uk

Race Reports/Results

Hilly Hundred Race Report

HILLY 100 A-TEAM EXPERIENCES



(Photo courtesy of Pete Armstrong – not all A-Team I have to admit)

Leg 1 – Jon Guest - (57 min 33 sec).

The alarm goes off at 5.15 in the morning and my first thought is “what the bloody hell am I doing this for”. Hilly hundred leg 1 – 7.00 am start and I hate running in the morning. I have to do leg 1 as it is my youngest son’s second birthday and I need to be back at home early to help prepare for the joy of a toddlers party.

Having picked up Richard Vaughan and Rob Barry in Coventry I actually arrive at Stratford a whole 25 minutes before the start of the race. I am pleased to see a couple of runners who are about the same standard as me from different clubs so I realise I may actually get a race. The race plan is straightforward – go off steady and see how you feel. Having raced at Corby the previous Wednesday I am conscious that I might be knackered. The race starts and I tuck in behind John Muddeman from Leamington and Mick Williams from Kenilworth. I feel okay so make the stupid decision of following John M. when he begins to make a break after about half a mile. The pace feels ridiculously fast and I remember glancing at my watch thinking I am never going to keep this going for another 55 minutes. Soon me and John M. are neck and neck and the pace seems to just get faster. Through Luddington a bit of a climb to the main road and I am absolutely knackered. Everybody says leg 1 is easy but that is relative to the other legs. At this point in time it seems hard. Through Welford and we are still neck and neck. Birdy shouts out that my time for

5 mile is 28.11 – way to fast. I just about hold on up Rumer hill but after 8 miles I finally crack. It's a case of holding on for grim death to the end as I watch John M slowly pull away. Thank god Bob A. is there on his bike to give me some encouragement because at this point I feel like stopping and crying. Finally I make it over the railway bridge and turn right. This last mile seems to go on forever. I begin to start swearing as I feel the end will never come and convince myself that everybody must be hiding and playing a practical joke. At last I see parked cars and people and pass the baton to Rich V. My first thought is thank god its over. The last thing I see as I leave is Graham Patton jumping behind some bushes for a crap! The culture of the hilly hundred – you can't beat it!

By the afternoon the pain is forgotten and I tell people that I run for pleasure!!! They all look at me as if I am insane!

Leg 2 – Richard Vaughan - (70 min 13 sec).

Up, up, more up.....bit of flat/down and more up. That sums up this peach of a leg. It is a challenge and I was up for it. Forewarned is forearmed?..... I later found out it doesn't make you any less knackered.

I took over the baton from Jon Guest in a well deserved 2nd position. This didn't last long however, as after 1 mile a Kenilworth guy came storming past. I had been warned by Rob Barry though that this bloke was top notch and be prepared for this. I therefore did not attempt 5 minute miles to keep in contention. 1st and 2nd were well out of sight. My aim now was to finish the leg in at least 3rd position.

After 2.5 miles came the hill. Pretty hard work especially when the corner just reached reveals another section of uphill. Meanwhile Rob Barry was shouting something as he went past in a car. I didn't catch what he said but he had a big grin on his face.....complementary I'm sure. I'll see what he's like at the end of leg 4.

I'm grateful to Bob Awcock for route finding in front on the bike. It surely kept me going with someone to focus on and taking the worry out of finding the right way.

The terrain flattened through Chipping Campden going onto a lengthy uphill exit. After this, things got flatter and so felt better by striding out with the final 2 miles being quite fast and 3rd was still with us. I finally reached the welcome sight of Mark Baker ready to strut his stuff. I had had it, passed the baton and assumed a praying position on the road and I didn't care which way Mecca was.

It's a good event and a great day out. I'm glad I did it, to be involved in a great team atmosphere. Look forward to the next one.

Leg 3: Mark Baker - (65 min 30 sec).

I had been a reserve for the 'A' team after the trial race. Then, a few days earlier, I was asked to run Leg 3. It was a leg I had run before, from Snowhill towards Brockhampton.

I was handed the baton in third place, some way behind Kenilworth and Leamington, and began strongly through the undulating lanes. Bob Awcock was cycling most of the course, and at two miles, told me that – I was “being caught by someone 200 yards behind”. Thanks Bob! This had to be the Bromsgrove runner. I continued to run strongly, but could hear footsteps getting nearer. Then suddenly at halfway we started to climb the biggest hill on the leg. The footsteps behind got quieter, until at the top I couldn't hear anything. Bob said that he couldn't see the other runner. I couldn't believe that I'd moved away up the hill (my biggest weakness), so it was flat out to the end, and a few nice downhills. Rob Barry was next, and seemed surprised to see me. That had to be good. A very satisfying run.

Leg 4 – Rob Barry - (63 min 02 sec).

In hindsight I was only fooling myself. Much has been said about the severity of leg 4 but having run it several times in past events I managed to convince myself that it wasn't that bad.

The first cloud burst marked the start of my leg which would have been a bit bleak if it had lasted more than about 5 minutes. I seemed to spend the first half of the leg recovering from the first climb that is immediately upon you. I always find it hard to concentrate in relay races due to the fact that you are a link and that not completing your leg is not an option. As I have run this sections several times I spend a great deal of time mulling through my mind the different landmarks ahead and trying to work out how far away they are. This can work in two ways, either positive target setting or negatively, 'I'm knackered and I want this to be over'. I think that I was half way between the two.

I was just settling into some better running when the short sharp climb just after half way got me grovelling again! There were some lovely villages to see long the way mind.

So all I had to think about now was the leg 4 finale. A monster climb to the finish. I arrived at the bottom knackered and went downhill from there! It is a real slog and there is very little you can do about your pace up it. The time was not particularly good compared with other years but I can honestly say I gave it all on the day.

Leg 5 - Stuart Keen – (68 min 01 sec).

Firstly, I would like to thank my father in law...a runner himself; who; the week prior to the race spent the time taking me round this leg to check the route so that on the day I would be familiar with the course and the hills on it.

Secondly, thanks to Bob Awcock who kept me (and others) company around the course giving encouragement when the going got tough.

And, thanks to Kenilworth Runners who hadn't checked the route out beforehand...didn't have a cyclist with them to make sure they didn't go wrong...and who couldn't follow the yellow arrows so ended up running over 14 miles for leg 5!

I was told afterwards that I had been smiling too much throughout my run and that I wasn't supposed to be enjoying it.....

Maybe in future I will frown and scowl all the way round, but it was a great day, good weather and apart from Pancake Hill and the climb out of Coln St Dennis I felt I had a good run and am looking forward to being part of the Northbrook AC winning team next year!!

Leg 6 - Richard 'Vinny' French - (65 min 05 sec).

Leg 6 is the leg that runs from North of Northleach to North of Bourton on the Water. It's not a bad leg. I guess it has as many downs as it has ups.

As Stuart handed the baton to me, my challenge was to catch Leamington, who were about a minute ahead and not be caught by Sphinx who were close behind.

I can claim to have overtaken two people on my leg - The Northbrook ladies team and shortly afterwards Tom Jordan - no real challenge there. I handed over the baton to Nathan in just over 65 minutes. No records were broken, but 65 mins for hilly 10.3 miles is not bad.

My thanks go out to Bob Awcock who led the way and my Missus who cheered me on.

Leg 7 – Nathan Holmes - (61 min 22 sec).

I'd looked at the map and driven the route, so I knew what to expect. Probably one of the easier legs, I reassured myself. The simplicity of five miles steady, two miles up, three miles down appealed. Get to halfway in a fit state to spend fifteen minutes running uphill then let gravity do the rest...

Rich comes in to the finish. He doesn't recognise me and I've not got a club vest¹. He hesitates, scans the crowd (of one) at the changeover, and hesitates again. He's persuaded to give me the baton. I'm off! Rob, on the bike, decides I need to change vest and stops to collect a spare.

Down the hill from the start. Car going down, bus coming up, I'm going nowhere fast. Off again. Round the next corner. Car going down, motorbikes coming up, stuck again. Could be a long afternoon. Through Lower Swell. Open roads. Settle into my stride. Rob's back. Change vest on the run, fret about the number. Settle into my stride again. Up a bit, down a bit, up a lot (was that on the map?), down a bit. Three miles gone and into Condicote. A brief, confused pause over the route then on towards "the hill". My stride's beyond settling now. Career downhill into Hinchwick. Have I saved enough? Will worrying help? Purposefully uphill. Determinedly uphill. Sezincote Warren, halfway up and my legs are already screaming.

Grimly uphill. Desperately uphill. A vest in front! I'm chasing now. Crawling, but chasing. Frantically uphill. Over the A424 and I've made it. The summit. I should plant a flag and claim this mountain for Northbrook AC. Didn't bring a flag, never mind. Follow that vest! Down towards Bourton-on-the-Hill. I've got him. Gravity likes me. My knees and my feet hate me, but gravity likes me. Just now I'll settle for that. Downhill and out of control through Bourton, then on to Moreton-in-Marsh, but it's not downhill, it's flat. Robbed, and struggling. The end must be just round the next bend, but it isn't. Or the next. Or the next. Two miles never used to be this far. I'm thinking about walking. I'm thinking about never running again. At last I see people in tracksuits. Put a brave face on it. Try to raise a sprint. Some chance of either. Stagger drunkenly through the finish.

It's over. Pete's away and I'm looking for my time. Only eight minutes down on my best, and that was a harder leg. Maybe training *is* all it's cracked up to be. Next year will tell.

¹ I only joined last week. Give me a chance.

Leg 8 - Pete Austin - (65 min 46 sec).

I did leg 8 three years ago and was determined not to make the same mistake as then - suffering on the hills late in the leg and a never-ending boring run in to Chipping Campden that seemed to take forever.

Standing on the start line came the news that Nathan had run a stormer and had got 2nd place !!! Leamington were well clear, but Bromsgrove and Redditch had only just been passed....

Leg 8 starts calmly enough before starting to dip and dive between a couple of villages. Rob & Bob (on their bikes) acted as cheerleaders to my pack of three screaming kids - whipping up the decibels and puncturing Christine's ear drums in the process. Over one hill I stumbled over the brow to find Rob stood next to the car scoffing my bananas...

Having started overcast, the sun had now broken through and was actually hot and humid.

I knew Bromsgrove and Redditch couldn't be too far back, and guessed that the red cavalier which kept coming past me and then stopping was the B&R support vehicle.

After half way, and I was getting concerned, first Christine and then Rob confirmed that I was to be caught and passed. The Bromsgrove runner did show me a clean pair of heels, but there was nothing left in the tank. Once again, leg 8 had got the better of me. Luckily it was now just a smooth run in to the finish which I ran on autopilot - with Rob getting worried that I was wondering a bit too far into the busy road.

In contrast to heat in the middle of the leg, it was now pelting with rain and I got dragged into warming down by Matthew (7) & Ben (5) who left me for dead. I felt like retiring there and then!

Leg 9 – Pete Armstrong - (63 min 59 sec).

By the time I started leg 9, the day was already proving to be an event unlike any other I have taken part in....

Having been watching previous legs, it was a relief to finally start running, despite it coinciding exactly with a particularly heavy cloudburst, it was also a relief to have been given the leg with only one hill to climb, although this did tend to go on forever, and the relief of getting to the top of that hill was only tempered by the fact that the downhill was too steep for me to run properly!

It was strange to be running a race without a single other runner in sight, either in front or behind, but thanks to the support team in tow, I kept pushing to the finish (even though I was ready to give up on Rob's promises of "...just around the next corner..." – still that must have saved me a second or two which meant it would have been a pb if it was an accurate 10 miles!)

Leg 10 - Gary Thomas - (66 min 29 sec).

After a bit of a wait at the start of my leg & being told that a northbrook runner had not been seen on leg 9, my worries were finally over when I saw the glowing colours of our club vest approaching quite rapidly in the distance. At this time I was relieving my bladder against a bush so needed to quickly regain dignity & get to the start.

The first part of the course was relatively flat which made for a nice start but this was short lived as the climb to Loxley was quite hilly & my pace suffered as a result.

Luckily once Loxley was out of the way it was downhill towards Taddington. Running through Taddington my legs felt very heavy, & seeing a group of people enjoying a nice pint in the pub garden made it even worse. But a nice drink of stale water from Rob ensured I made it to the finish.

Events For July

Charmouth, Swarkenstone Tri 27/7/3, Allesley Fun Run 13/7/3, RowHeath 5k 10/7, Mansfield Half Marathon 6/7/3, Milton Keynes 10km Road Race 9/7/3, Charmouth Fell Race
5 events entered to date, 29 runners competed

Charmouth to Golden Cap Challenge 2003

Saturday 5 July 2003. 3:00 pm

Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race	Race
1	0:54:22	RUNNER BEAN, Lean Mean	Axe Valley Runners	Male 18-39	541	1
2	0:54:39	MCFARLANE, Andrew		Male 18-39	543	2
3	0:55:50	EWING, Alasdair	Stubbington Green Runners	Male Vet 40+	527	3
4	0:56:12	CAMERON, David	South West Road Runners	Male Vet 40+	694	4
5	0:56:55	BARRY, Robert	Northbrook AC	Male 18-39	533	5
6	0:57:09	COX, Paul		Male 18-39	562	6
7	0:57:22	MARSDEN, Hugh	Exmouth Harriers	Male Vet 40+	593	7
8	0:57:54	OVERTON, Myc	Chippenham Harriers	Male Vet 40+	702	8
9	0:58:26	HATCHARD, Anthony	Exmouth Harriers	Male 18-39	594	9
10	0:58:35	HAGLEY, Kevin	South West Road Runners	Male Vet 40+	660	10
11	0:58:48	MOXHAM, Graham	Bournemouth	Male Vet 50+	673	11
12	0:59:06	SCHOFIELD, Richard	Chippenham Harriers	Male Vet 40+	544	12
13	0:59:28	DE LUCA, Paolo	Littledown Harriers	Male 18-39	554	13
14	0:59:33	HOLMES, Nathan	Northbrook AC	Male 18-39	564	14
15	0:59:34	EDWARDS, Ian	Poole Athletics Club	Male Vet 40+	677	15
16	0:59:39	RICHARDS, Hefin	Pewsey Vale RC	Male Vet 50+	556	16
17	1:00:15	LANEY, Tim	FRA	Male Vet 40+	569	17
18	1:00:27	BURGOYNE, Ian	Northbrook AC	Male 18-39	545	18
19	1:00:34	CHUTTER, Tony	Bournemouth	Male Vet 40+	688	19
20	1:00:48	WILCOX, David		Male 18-39	552	20
21	1:01:23	WEBB, Tim	Bishops Stortford Running Club	Male Vet 40+	522	21
22	1:02:21	RIDGE, Andrew		Male 18-39	560	22
23	1:02:58	LEWIS, Mark	Royal Navy AC	Male 18-39	626	23
24	1:03:04	MALARZ, Luke	Chepstow Harriers	Male 18-39	620	24
25	1:03:10	CLAYTON, Mark	Chippenham Harriers	Male Vet 40+	624	25
26	1:03:17	WRIGHT, Pete	Wells City Harriers	Male Vet 50+	664	26
27	1:03:18	TRENT, Alan	Egdon Heath	Male Vet 40+	649	27
28	1:03:31	HOLLYWOOD, Keith	Egdon Heath	Male Vet 40+	648	28
29	1:04:00	WHITE, Derek	Eastleigh Running Club	Male Vet 50+	517	29
30	1:04:01	SEDDON, Andrew		Male Vet 40+	503	30
31	1:04:20	BARRETTO, Christopher	SWVAC	Male Vet 60+	632	31
32	1:04:25	STAYT, David	Chippenham Harriers	Male Vet 40+	698	32
33	1:04:28	KINGDON, Rob	Bitton Road Runners	Male 18-39	539	33
34	1:04:40	VAUGHAN, Richard	Northbrook AC	Male 18-39	622	34
35	1:04:51	WALKER, Angela	Belgrave	Female 18-39	546	35
36	1:05:16	CALLAGHAN, Shaun	Weston	Male 18-39	667	36
37	1:05:45	YOUNG, Jim	Royal Manor of Portland AC	Male Vet 40+	644	37
38	1:05:56	FOOTE, Jonathan		Male 18-39	705	38
39	1:06:00	HATCHARD, Philip	Exmouth Harriers	Male 18-39	595	39
40	1:06:11	CHADWICK, Paul	Wells City Harriers	Male Vet 40+	682	40
41	1:06:13	TARLING, Stephen	Bitton Road Runners	Male 18-39	526	41
42	1:06:27	HARRISON, Chris	Chippenham Harriers	Male Vet 40+	642	42
43	1:06:38	COVELL, Stephen	Plymouth Harriers	Male Vet 40+	687	43
44	1:06:48	NEWMAN, Dick	Sandhurst Joggers	Male 18-39	504	44
45	1:07:14	BUSH, Adam	Littledown Harriers	Male 18-39	695	45
46	1:07:21	HARGREAVES, John	GWR	Male Vet 50+	646	46
47	1:07:23	CHAPMAN, Paul	Bishops Stortford Running Club	Male Vet 40+	598	47
48	1:07:34	TRIN, Jeremy	Northbrook AC	Male 18-39	621	48
49	1:07:41	CHESHIRE, Calum	Chepstow Harriers	Male 18-39	627	49
50	1:07:53	FLETCHER, Matthew		Male 18-39	567	50
51	1:08:02	CHUN, Martin	South West Road Runners	Male 18-39	668	51
52	1:08:03	PHILLIPS, Julia	Axe Valley Runners	Female 18-39	681	52
53	1:08:04	BOLE, Robert	Egdon Heath	Male Vet 40+	653	53
54	1:08:09	GENT, Tim	Exmouth Harriers	Male 18-39	585	54
55	1:08:12	JARRETT, Neale	Weston	Male 18-39	608	55
56	1:08:18	BLEAKEN, Marianne	Chippenham Harriers	Female 18-39	625	56
57	1:08:43	ROSE, Paul	Greyhound Harriers	Male 18-39	512	57

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RaceMaster98 from Sport Systems 01737-352462 email:info@sportsystems.co.uk http://www.runnerswebuk.com

Results produced by Axe Valley Runners. Printed by Axe Valley Runners on 5 July 2003

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Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race	Race
58	1:08:54	CANNONS, Stephen		Male 18-39	572	58
59	1:09:02	SUTCLIFFE, Dave		Male 18-39	566	59
60	1:09:12	EDWARDS, Philip		Male 18-39	537	60
61	1:09:16	GRIFFITH, Stephen		Male Vet 40+	645	61
62	1:09:20	TOONE, Richard	Egdon Heath	Male Vet 50+	686	62
63	1:09:23	ORME, Richard	Egdon Heath	Male Vet 50+	582	63
64	1:09:31	SPERRIN, Tony	Weston	Male Vet 50+	580	64
65	1:09:41	JOHNSON, Mark	Corsham Running Club	Male Vet 40+	555	65
66	1:09:51	TREHERNE, Dave	Chepstow Harriers	Male 18-39	631	66
67	1:10:07	RICHARDS, Andrew	Team Parrot	Male 18-39	531	67
68	1:10:39	BLACKMAN, Melanie	Chippenham Harriers	Female 18-39	549	68
69	1:10:50	LLEWELLYN, Judith	Chepstow Harriers	Female 18-39	606	69
70	1:10:57	BROWN, Alan		Male Vet 50+	508	70
71	1:10:59	MULLEGAN, Chris	Axe Valley Runners	Male 18-39	708	71
72	1:11:02	HOLCOMBE, Darren	Team Parrot	Male 18-39	538	72
73	1:11:03	MALVERN, Neil	Chippenham Harriers	Male Vet 50+	674	73
74	1:11:10	HALE, Richard	Axe Valley Runners	Male Vet 50+	583	74
75	1:11:17	RICHARDS, Peter		Male 18-39	529	75
76	1:11:32	WOTTON, Jim	Weston	Male Vet 40+	641	76
77	1:11:41	WADE, Ian	Chepstow Harriers	Male Vet 40+	605	77
78	1:11:44	WOODWARD, Brian	Egdon Heath	Male Vet 50+	662	78
79	1:11:52	IVES, Andrew	Army	Male Vet 40+	575	79
80	1:11:54	ADAMS, Robert	Yeovil Town RRC	Male Vet 40+	665	80
81	1:11:56	SIM, Mark		Male 18-39	525	81
82	1:11:57	COLEGATE, Roly	Chippenham Harriers	Male Vet 50+	623	82
83	1:12:00	KINGDON, Mark	Bitton Road Runners	Male 18-39	570	83
84	1:12:10	CUMMINS, Linda		Female 18-39	710	84
85	1:12:11	WILLIS, Gary		Male 18-39	535	85
86	1:12:37	VALENTINE, William	Torbay A.C.	Male Vet 50+	519	86
87	1:12:44	CONSTABLE, Christopher	Chippenham Harriers	Male Vet 50+	574	87
88	1:12:51	BOAST, Simon		Male Vet 40+	596	88
89	1:13:02	DENISON, Ian	Blandford SCCC	Male Vet 40+	515	89
90	1:13:10	PERRATT, John	Exmouth Harriers	Male Vet 60+	565	90
91	1:13:14	HOLMER, Ian	Gillingham trotters	Male 18-39	706	91
92	1:13:16	JONES, Adrian	Northbrook AC	Male Vet 40+	635	92
93	1:13:35	DEMIRANDA, David		Male Vet 40+	709	93
94	1:13:42	DUCKENFIELD, John	Chippenham Harriers	Male Vet 50+	671	94
95	1:13:45	IRVING, Chris	Axe Valley Runners	Male Vet 50+	666	95
96	1:14:07	FREEMAN, Claire	Littledown Harriers	Female 18-39	551	96
97	1:14:15	JONES, Stuart	Axe Valley Runners	Male 18-39	696	97
98	1:14:16	BALE, Nick		Male 18-39	586	98
99	1:14:18	HOBBS, Roland	Dursley & District AC	Male Vet 50+	614	99
100	1:14:30	WROOT, Andrew	Royal Navy AC	Male Vet 40+	658	100
101	1:14:31	MATON, Nick	Royal Manor of Portland AC	Male Vet 40+	697	101
102	1:14:38	BLACKMAN, Clive	Chippenham Harriers	Male Vet 40+	639	102
103	1:14:39	JOHNSTON, Alistair		Male Vet 40+	589	103
104	1:14:47	PEAPLE, Nick	Chippenham Harriers	Male Vet 50+	672	104
105	1:14:53	HATHWAY, Gordon		Male Vet 40+	577	105
106	1:14:54	CHURCHMAN, David		Male Vet 40+	684	106
107	1:15:01	CRUMP, Martin	Egdon Heath	Male 18-39	647	107
108	1:15:04	HAYWARD, Philip	Chippenham Harriers	Male Vet 50+	617	108
109	1:15:14	BLACKMORE, Peter	Bridport Runners	Male Vet 50+	579	109
110	1:15:24	WOODMAN, Raymonde	Sandhurst Joggers	Male Vet 50+	514	110
111	1:15:44	SUTTLE, Stephen		Male Vet 50+	573	111
112	1:15:49	WHITE, Jeremy		Male 18-39	675	112
113	1:15:55	KINSMAN, John	North Devon Highwaymen	Male 18-39	559	113
114	1:16:10	NIX, Pam	FRA	Female Vet 40+	568	114
115	1:16:20	DAVIES, Steve	Sandhurst Joggers	Male Vet 60+	506	115
116	1:16:25	ADAMS, David	Southampton Running Club	Male Vet 40+	707	116
117	1:16:36	PERRENS, Glyn	New Forest Runners	Male 18-39	521	117

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Provisional Results for All Competitors in finish order.

					Race	Race
Place	Time	Name	Team	Race Age Category		
118	1:16:59	WHITE, Susan	Eastleigh Running Club	Female 18-39	516	118
119	1:17:12	REYNOLDS, Steven	Spirit Combat	Male Vet 40+	607	119
120	1:17:21	BIRD, Michael	Stubbington Green Runners	Male Vet 40+	659	120
121	1:17:30	LEWIS, Michael	Bridport Runners	Male 18-39	578	121
122	1:17:40	KINGHAM, Terry	Wells City Harriers	Male Vet 50+	661	122
123	1:17:48	HIBBERT, Ralph	Chippenham Harriers	Male Vet 50+	669	123
124	1:17:52	FELTON, Tim	Tiverton Harriers	Male Vet 40+	655	124
125	1:17:55	ORMERID, Pavic	Sheldon Striders	Male Vet 50+	699	125
126	1:18:05	FRANCE, Robert	North Devon Highwaymen	Male Vet 40+	558	126
127	1:18:23	TAYLOR, Matthew		Male 18-39	553	127
128	1:18:26	WIGGINS, Ian	Chippenham Harriers	Male Vet 40+	678	128
129	1:18:34	MONAGHAN, Martin	Yeovil Town RRC	Male 18-39	592	129
130	1:18:37	BEARPARK, Gerry		Male Vet 40+	584	130
131	1:18:40	MACEACHERN, Colin		Male Vet 50+	532	131
132	1:18:57	GOODMAN, Andy	Dorset Doodlers	Male Vet 50+	590	132
133	1:19:17	RAINBOW, Philip	Wells City Harriers	Male Vet 50+	643	133
134	1:19:27	DAY, Warren		Male 18-39	571	134
135	1:19:31	CHEETHAM, Tim	FRA	Male Vet 40+	704	135
136	1:19:34	HALL, Wendy	Chippenham Harriers	Female Vet 40+	637	136
137	1:19:35	HOBDAV, Robin		Male Vet 40+	534	137
138	1:19:46	ADAMS, June Lesley		Female Vet 40+	528	138
139	1:20:02	WILLIAMS, Catherine	Chepstow Harriers	Female 18-39	629	139
140	1:20:09	MARTIN, Phil	Portsmouth Joggers	Male Vet 60+	542	140
141	1:20:11	SUTCLIFFE, Jonathan		Male 18-39	601	141
142	1:20:20	ARNOLD, David	Telford Harriers	Male Vet 50+	507	142
143	1:20:29	DODGE, Richard		Male Vet 40+	505	143
144	1:20:46	VIVIAN, Tina	Avon Valley Runners	Female Vet 40+	691	144
145	1:20:46	MACGREGOR, Sue	Avon Valley Runners	Female Vet 40+	690	145
146	1:21:08	WHEELER, Syd	Chepstow Harriers	Male Vet 60+	520	146
147	1:21:31	MUTTER, Dave	Axe Valley Runners	Male Vet 50+	609	147
148	1:21:44	DOWN, Nigel		Male 18-39	701	148
149	1:21:46	ROWE, Anthony	Lyme Bay Divers	Male 18-39	513	149
150	1:22:34	MORRIS, Colin	Chippenham Harriers	Male Vet 40+	670	150
151	1:22:54	DISKIN, Steve		Male 18-39	711	151
152	1:23:33	PULLEN, Greg	Egdon Heath	Male Vet 40+	650	152
153	1:23:34	AMOR, Barry	Egdon Heath	Male Vet 40+	651	153
154	1:23:57	BEWG, Bill	Chepstow Harriers	Male Vet 60+	536	154
155	1:25:15	LEE, Peter	Burnham on Sea Harriers	Male Vet 50+	548	155
156	1:25:26	DUNK, Simon		Male Vet 50+	576	156
157	1:25:50	HUGHES, Cedric	Quantock Harriers	Male Vet 50+	530	157
158	1:25:54	CUNNINGHAM, Simone	Littledown Harriers	Female 18-39	510	158
159	1:25:59	TAYLOR, Neil		Male 18-39	685	159
160	1:26:00	SMITH, Michael	Weymouth St. Pauls Harriers	Male Vet 40+	501	160
161	1:26:15	PADDON, Guy		Male 18-39	700	161
162	1:26:46	BAYLISS, Geoffrey	Chepstow Harriers	Male Vet 50+	602	162
163	1:27:01	DE BOINOD, Leo		Male 18-39	663	163
164	1:27:12	PETTS, Alan	Chepstow Harriers	Male Vet 50+	518	164
165	1:27:20	POPIEL, Richard		Male Vet 40+	587	165
166	1:27:28	MOORE, Ian	Chippenham Harriers	Male Vet 40+	547	166
167	1:27:41	DAY, Jonathan		Male 18-39	703	167
168	1:27:45	BROKENSHIRE, Phil		Male Vet 50+	652	168
169	1:27:47	PARTRIDGE, Nicholas	Axe Valley Runners	Male 18-39	683	169
170	1:27:51	VERE, Graham		Male Vet 40+	679	170
171	1:27:53	TWYBIE, Mike		Male 18-39	657	171
172	1:27:57	VALE, Rex	Egdon Heath	Male Vet 50+	654	172
173	1:28:12	SMART, Roy	Crewkerne	Male Vet 60+	610	174
174	1:28:31	MILLS, Jane Elizabeth	Yeovil Town RRC	Female 18-39	640	175
175	1:28:48	BRAUNTON, David	Axe Valley Runners	Male Vet 40+	692	176
176	1:28:57	PARRY, Colin	Chepstow Harriers	Male Vet 40+	638	177
177	1:28:58	FLANAGAN, Shaun	Northbrook AC	Male Vet 50+	613	178

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Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race</i>	<i>Race</i>
178	1:29:11	GRIFFITHS, Richard	Weston	Male 18-39	561	179
179	1:29:22	NEVILLE, Julie	Northbrook AC	Female Vet 50+	634	180
180	1:30:10	GRUMETT, John		Male Vet 60+	540	181
181	1:31:02	ALSWORTH, Michael	Road Runners Club	Male Vet 50+	563	182
182	1:31:25	DUKES, Mike	Lordshill Road Runners	Male Vet 50+	511	183
183	1:31:29	TARLTON, Mike		Male Vet 50+	689	184
184	1:31:40	ALDERSON, Michael	Poole Athletics Club	Male Vet 40+	599	185
185	1:31:41	ALDERSON, Caroline		Female Vet 40+	600	186
186	1:31:49	KINGSFORD, Juliet	Poole Runners	Female Vet 50+	676	187
187	1:33:11	MONAGHAN, Tracey	Langport Runners	Female 18-39	591	188
188	1:33:14	JOLLIFFE, Kim	Wimborne AC	Female Vet 40+	588	189
189	1:33:18	HARSENT, Jill	Wimborne AC	Female Vet 40+	550	190
190	1:34:08	RUSSELL, Colin	Road Runners Club	Male Vet 50+	628	191
191	1:35:13	WEALD, Caroline	Pitsea Running Club	Female Vet 50+	630	192
192	1:35:54	BAYLISS, Jane	Chepstow Harriers	Female Vet 50+	603	193
193	1:35:55	STANDEN, Lesley	Chepstow Harriers	Female 18-39	615	194
194	1:36:39	DOONER, Sean	South West Vets	Male Vet 60+	680	195
195	1:37:03	GAVIN, Catherina	Northbrook AC	Female 18-39	633	196
196	1:38:04	HARTSHORN, Sarah		Female 18-39	693	197
197	1:38:04	BOWSKILL, Alison		Female 18-39	612	198
198	1:38:17	DAVIES, Sharron		Male Vet 40+	618	199
199	1:38:19	EDWARDS, Lyndon	Chepstow Harriers	Male 18-39	619	200
200	1:38:41	FINCH, Dick	Chepstow Harriers	Male Vet 50+	611	201
201	1:38:41	DUFFIELD, Helen	Chepstow Harriers	Female 18-39	616	202
202	1:39:23	DAVIES, Delia	Northbrook AC	Female Vet 40+	636	203
203	1:39:38	HAYES, Ginnie	Weston	Female Vet 40+	581	204
204	1:40:06	RICHARDS, Debbie	Pewsey Vale RC	Female Vet 40+	557	205
205		HAWKINS, Adam	Wells City Harriers	Male Vet 50+	604	206

There were 205 finishers in the All Competitors category.

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PARIS 06 April 2003 by Richard French

After three successive year of running London, I decided to have a change and run Paris instead. Travelling by a "Cheap as Chips" airline from Birmingham, we arrived at Paris Beauvais late in the evening. Its not really an international airport, more like a French version of Baginton. It's a small airfield with a tent as an arrivals hall. We were held up for about half an hour because a Ryanair flight got in before us and got the use of the baggage carousel. This was followed by a 75 minute coach shuttle to Paris, and taxis rides to get to our hotel "le Residence Foch" not far from the Arch de Triomphe.

So in the morning, we met up with the others, Dan, Helen, Sarah and Rich who accompanied us on the Metro to race registration. Entertainment was provided at one time on our Metro trip by a small brass band - better entertainment than Tom Jordan singing Wine-Stoned Cowboy.

After the formalities of registration, swanned around Paris, seeing le Louvre and Notre Dame. In the early Spring sun, Paris was resplendent. It was a delightfully refreshing experience.

The evening was spent having a meal in a restaurant close to the Arch De Triomphe, but service was poor, not as you expect in the capital of world cuisine. They didn't earn a tip.

So to the race its self.

The start was fairly uneventful for me although I did hear that Ian Strain ad a close encounter with an angry French Waiter who thought he was taking the piss.

At 9:00, the race was started and the hordes of runners charged down the Champs Elysees towards Place de La Concorde.

Left behind was a trail of black bin bags and bottles full of wee and the clear up operation began.....

I got into my stride fairly quickly and started to cruise at a speed of 4 mins 10 secs per km. The route took us past by parks and palaces, boulevards and boutiques. At points on the route, we were jollied along by the sounds of jazz bands, dancing girls and singers.

Emerging by the Seine at about 16 miles. The pace became a little more difficult to maintain here because of undulations in the road at underpasses and a mile long tunnel.

I saw Dan in front of me at 22mile and gave some words of encouragement as I passed. He had done quite well seeing as though he was carrying an injury. I gathered pace from here and not stopping for my complementary glass of Beaujolais at 41km, steamed into the finish line in Avenue Foch in a time of 2:55:25, cheered on by Andrea (my wife) and Helen.

From the finish line it was a short hobble to the hotel for a shower.

It was a good day for marathon running, with most runners doing better than they thought and may getting PBs.

Northbrook results

Position

1131	Richard French	2-55-25
1278	Daniel Grose	2-57-06
3091	Richard Vaughan	3-09-18
6798	Chuck Pope	3-27-47 real time as recorded by chuck
8338	Ian Strain	3-31-31
12858	Paul McKeeney	3-44-09
14477	Sarah Edkins	3-48-39



So the post race celebrations began with an impromptu party in Helen and Sarah's room.

Assisted by bottles of champagne and Kronenburg 1664, compared results;



But all too soon it was time to go back home, and back to work on Monday.

So to any runner who is thinking of doing a marathon next year. Paris is a great run to do. With cheap flights from Birmingham, its almost as cheap to fly to Paris as to go to London on the train. The hotel we stayed in "le Residence Foch", was very hospitable and didn't seem to mind us at all. I can recommend it to anyone who wants a weekend away in Paris. The support you get round the course is not a patch on what you get in London and, but the organisation is almost on par and you could get to do some sightseeing too.

Swarkenstone Tri 27/7/3

Dan McHugh M40-49 Coventry Triathletes

Swim+t1	Pos	Bike+t2 26.5 miles	Pos	Run	Pos	Total
0:32:26	51	1:17:19	24	0:37:58	11	2:27:43

Report – D.McHugh

Finished 18th today in my best ever tri result. 4th in my age group, and a 10K under 38 mins, probably my 5th fastest ever on what was quite a hilly course.

Note t1 & t2 as shown in the results above includes the transition times, i.e. t1= time to get out of the water, out of your wetsuit and onto your bike, t2= time to get off your bike, get running shoes and start running.

Race for Life



The race for life went well. It was a lovely hot sunny day, and the ladies managed to get right at the front, on the start line. We all enjoyed ourselves, and raised some money for Cancer research too. Hopefully we raised the profile of the club, with a couple of new ladies showing an interest in joining us. I've attached a couple of pictures. Angela Curtis

Allesley Fun Run 13/7/3

Posn	Number	Time	Name	M/F	Cat	Posn	Number	Time	Name	M/F	Cat
1	148	17m37s	Nathan Holmes	M	U40	71	185	27m56s	Rob Elliott	M	U40
2	265	17m56s	Paul Kelly	M	O40	72	319	27m56s	Rachel Speke	F	U35
3	272	18m08s	David Batstone	M	O40	73	275	27m57s	Michael McSharm	M	O40
4	186	18m25s	Rob Barry	M	U40	74	258	28m11s	Derek Camwell	M	O40
5	184	18m50s	Ryan Murray	M	U40	75	38	28m34s	David Anderson	M	U14
6	139	19m09s	Darrell Churchill	M	U40	76	288	28m49s	Peter Leake	M	O40
7	150	19m20s	Neil Walker	M	U40	77	266	28m54s	Garry Tunstall	M	O40
8	140	19m27s	Colin Eckloff	M	U40	78	280	28m55s	Ian Luckett	M	O40
9	183	19m28s	George Hill	M	U40	79	149	29m55s	David Tew	M	U40
10	312	19m34s	Amanda Kelly	F	U35	80	284	29m00s	Neil Morby	M	O40
11	181	19m37s	Stuart Keen	M	U40	81	42	29m01s	Callan Farquharson	M	U14
12	269	19m40s	Howard Anderson	M	O40	82	146	29m09s	Richard Sullivan	M	U40
13	40	19m43s	Oliver Lines	M	U14	83	156	29m11s	Thomas Saunders	M	U40
14	144	19m58s	Jason Nicholson	M	U40	84	320	29m27s	Donna Dunkley	F	U35
15	267	20m03s	Bob Statham	M	O40	85	278	29m32s	Fraser Barrett	M	O40
16	154	20m04s	Arran Bodyote	M	U40	86	316	29m38s	Helen Corden	F	U35
17	142	20m36s	Rory McPheators	M	U40	87	317	29m38s	Sarah Owen	F	U35

18 274 20m54s Bob Eaton M O40 88 54 29m47s Jack Foster M U14
 19 270 21m37 Mick Duggins M O40 89 438 29m51s Jackie Burke
 20 145 21m55s Gary Masterson M U40 90 164 29m52s Neil Bulma M U40
 21 138 22m05s David Clarke M U40 91 158 30m06s Mark Smith M U40
 22 187 22m08s Lars Holm M O40 92 161 30m12s Steve Foster M U40
 23 281 22m08s Gary Devall M O40 93 422 30m15s Suzanne Henley F O35
 24 159 22m10s Jamie Devall M U40 94 421 30m23s Anne Holloway F O35
 25 285 22m13s Kevin Viner M O40 95 326 30m36s Shiona Pails F U35
 26 43 22m15s Luke Wilson M U14 96 425 30m43s Janet Wash F O35
 27 141 22m22s Adam McNaney M U40 97 152 30m44s Peter Mills M U40
 28 262 22m25s Tom Nash M O40 98 310 30m50s Liz Hall F U35
 29 254 22m27s Sid Widridge M O40 99 253 30m59s Nick Wright M O40
 30 188 22m34s Dave Coman M U40 100 427 30m59s Elaine Tuppin F O35
 31 137 22m34s Gurpreet Virk M U40 101 323 31m15s Holly Saunders F U35
 32 277 22m35s Michael Irwin M O40 102 163 31m17s Mike Reed F U40
 33 162 22m35s Nick Wall M U40 103 431 32m01s Catherine Mills F U35
 34 283 22m57s Ian Ward M O40 104 55 32m02s Andrew Timothy M U14
 35 53 23m11s Martin Carlin M U14 105 437 32m02s Karen Timothy F O35
 36 160 23m26s Culien Pereira M U40 106 315 32m29s Melanie Henley F U35
 37 426 23m32s Ann Rullins F O35 107 321 32m50s Sarah McSharry F U35
 38 263 23m39s Pete Nash M O40 108 424 33m11s Marie Brown F O35
 39 257 23m59s Sucha Birk M O40 109 35 34m11s Parmveer Girk M U14
 40 141 23m56s Peter Hall M U40 110 324 34m22s Emily Saunders F U35
 41 318 23m56s Lucy Porter F U35 111 436 34m26s Miranda Aston F O35
 42 52 24m00s Georgina Holt F U14 112 51 34m42s Ben Smith M U14
 43 286 24m06s John Ralph M O40 113 325 35m23s Clare O'Leary L U35
 44 153 24m22s Allan Dolby M U40 114 261 35m35s Ray Blackwell M O40
 45 249 24m35s Denis Flude M O40 115 36 35m45s Camilla Flanagan F U14
 46 314 24m41s Anne Kirkham F U35 116 259 35m46s Shaun Flanagan M O40
 47 182 24m44s Anthony Quinn M U40 117 273 35m48s Andy Davis M O40
 48 279 24m51s Dennis Saunders M O40 118 44 35m50s Michael McHugh M U14
 49 250 25m03s Nigel Wookey M O40 119 41 35m50s Joel Farquharson M U14
 50 271 25m09s Robert Hall M O40 120 264 37m05 George Chaplin M O40
 51 432 25m20s Maureen Poole F O35 121 39 37m19s Priem China F U14
 52 37 25m24s Danielle Browne F U14 122 155 37m23s Leigh Rainsley M U40
 53 256 25m29s Colin Mason M O40 123 46 37m23s Sian Rainsley F U14
 54 423 25m31s Myshola Kirkham F O35 124 434 37m23s Michelle Brown F O35
 55 287 25m37s Terence Harvey M O40 125 34 37m31s Eleanor Hill F U14
 56 143 25m42s Russell Corden M U40 126 50 37m35s Joe Lucket F U14
 57 56 25m46s Matthew Timothy M U14 127 433 38m11s Julie Lucket F O35
 58 255 25m55s Graham Hobley M O40 128 327 39m47s Christel Briaud L U35
 59 276 26m07s John Alymer M O40 129 48 39m48s Jack Sweeney M U14
 60 45 26m16s Niall McSharry M U14 130 51 39m48s Sam Sweeney M U14
 61 151 26m19s Adrian McStay M U40 131 157 39m48s Simon Sweeney M U40
 62 260 26m26s Chris Harrison M O40
 63 49 26m30s Sam Luckett M U14 328 DNS Katia Crenier F U35
 64 251 26m41s Fred Holloway M O40 436 DNS Miranda Aston F O35
 65 322 26m49s Andrea Giehl F U35 428 DNS Sarah Lewis F O35
 66 435 27m16s Claire Barrett F O35 136 DNS Baljinder Virk M U40
 67 430 27m22s Rose Truman F O35 313 DNS Louise Hill F U35
 68 429 27m24s Sarah Robertson F U35 252 DNS Peter Marsh M O40
 69 282 27m29s Paul Adams M O40 311 DNS Joanne Bird F U35
 70 268 27m33s Peter Estick M O40
<http://www.northbrookac.org.uk>

RowHeath 5k 10/7

Name	Pos.	No.	Time
Nathan Holmes	7	383	16:11
Michael O'Shea	11	462	16:21

Paul Kelly	12	2057	16:26
Rob Barry	22	2068	16:40
Jon Guest	29	2008	16:52
Ian Burgoyne	30	2067	16:53
Stuart Keen	53	2066	17:42
David Lee	57	871	17:54
Dan McHugh	61	2059	18:00
Bob Adams	75	879	18:30
Peter Austin	76	866	18:33
Mark Baker	78	2014	18:38
Con McHugh	82	2002	18:46
A Perrett	101	561	19:47
Louise Denley	114	888	20:17
Richard Hands	122	467	20:52
Loretta Denley	124	889	20:57
Sarah McNaney	134	2060	21:45
Rebecca Smith	149	390	22:32
Julie Neville	164	2006	23:48
AngelaCurtis	176	430	26:52

Mansfield Half Marathon 6/7/3

Paul Kelly	15th	1h17m35s	1st Over 50
DAve Halford		1h25m23s	
Mark Baker		1h28m04s	
Rob Sharratt		1h53m27s	

Milton Keynes 10km Road Race- 9/7/3

Richard French	38.15
N Gilkes	43.09
A French	47.59

June, 2003 Results

Barrow Classic 10 29/6, Alvis Grassland 5 29/6, Race For Life 29/6, Godiva Midsummer5 26/6/3, Coventry Fun Run 22/6/3, Banbury 5 17/6/3, Northbrook Brose 10K 15/6/3, Rowheath 5K 12/6/3, Weeden 10K 10/6/3, Two Castles Run 8/6/3

No of races 10, number of runners: 124

Barrow Classic 10 29/6

47th Stuart Keen 1h04m33s

Alvis Grassland 5m Sunday 29/6

24m38s Paul Kelly 2

25m21s Rob Barry 3

28m23s Con McHugh 6

30m39s Sid Windridge 15

32m04s Loretta Denley 16, 1st Vet Lady

Race For Life 5k, Memorial Park 29/6/3

<http://www.raceforlife.co.uk/>

Godiva Midsummer 5 26/6/3

43 runners. full results at <http://www.marktr.btinternet.co.uk/> 9

Name	Time	Position
O'SHEA, Mick	00:27:34	10
KELLY, P	00:27:37	11
BARRY, Rob	00:27:57	49
LEE, Dave	00:30:18	54
KEEN, Stuart	00:30:37	55
NICHOLSON, J	00:30:38	59
ADAMS, Bob	00:30:47	65
BAKER, Mark	00:31:12	69
AUSTIN, Pete	00:31:21	71
POWELL, Adrian	00:31:31	78
KNIGHT, Gareth	00:31:52	79
MCHUGH, Con	00:31:52	84

LAWLOR, Paul	00:32:15	94
MCGURK, P	00:32:42	100
PERRETT, A	00:33:00	106
MASON, Steve	00:33:18	114
SIMMONDS, Eddie	00:33:49	130
VINORR, Kevin	00:34:42	134
DENLEY, Loretta	00:34:54	139
O'SHA, Rich	00:35:11	142
MACKNESS, Tony	00:35:20	145
HANDS, Richard	00:35:25	169
JONES, Alan	00:36:42	171
WHITEHOUSE, Andy	00:36:53	177
ROWE, A	00:37:03	186
SMITH, Rebecca	00:37:34	189
RALPH, John	00:37:34	191
THOMPSON, Sharon	00:37:56	204
NEVILLE, Julie	00:38:24	215
HOUSTON, Andrew	00:38:57	223
NEW, Dave	00:39:46	228
EDKINS, Sarah	00:40:00	229
GUTHRIE, Sylvia	00:40:01	240
TAYLOR, M	00:40:48	250
BERRY, Steph	00:41:26	252
CALCUTT, Lisa	00:41:39	255
COOK, Lynne	00:41:50	258
FLANIGAN, Sean	00:42:04	281
KEIGHLEY, Lesley	00:43:20	283
THORNBURN, L	00:43:42	284
MOISE, Jo	00:43:55	291
WARD, Vicky	00:44:35	294
CURTIS, Angela	00:45:32	

Blackpool Marathon 22/6/3

Dave Halford 3h11m56s

Blackpool Half Marathon 22/6/3

Adrian Perrett 1h33m11s PB by 8 mins

Julie Neville 1h51m24s

Lesley Keighley 2h01m00s

Report:

A Very hot day!

Coventry Fun Run 22/6

Rob Barry – 2nd in 22-14

Stuart Keen – 19th

Paul Lawlor

Bob Adams

Tony Mackness

Dave New

Report: The above Northbrook members were spotted at the Coventry Fun Run this morning. Two of whom weren't wearing a club vest. I would refer them to the Chairman to instigate disciplinary proceedings but he was one of them!!!!!!

Banbury 5 17/6/3

M O'shea 27.20

Jon Guest 28:00

Sheffield Marathon 15/6/3

Chuck Pope 3h5137

Northbrook 10 k race Report:

On Sunday morning there were 172 entries, by the time the race started this was up to 260 entries and 236 finished. Ages were from 15 to 72! The temperature was 25 degree C!

Rowheath 5K 10/6/3

Paul Kelly 16m23s

Con McHugh 18m59s

Weeden 10K 10/6/3

Julie Neville 51.56

Lesley Keighley 56.52

21st Two Castles Run 8/6/3

A record number of 1,091 runners completed the Two Castles Run on Sunday, 8th June, 2003

Nathan Holmes 35m43s

Paul Kelly 39m55s

Ian Burgoyne

Steve Mason 43:32 PB

Andrew Ralph 41m15s

Richard Hands 46.23

Ruth Staff 52.00

Lynne Cook 55.30

Angela Curtis 58.03

Jo Moyse 60.23

Training Tips/articles – Heart Rate Training

Finding Your Max HR

For years, everyone (including us) has been telling you that the best way to find your maximum heart rate (MHR) is to subtract your age from 220. Sorry about that.

Turns out that's not the most reliable method, at least not for healthy, fit individuals like the readers of Runner's World. For most of you, two newer formulas will prove far more accurate:

(A) $MHR = 208 - (.7 \times \text{your age})$

(B) $MHR = 205 - (.5 \times \text{your age})$

A small group of Runner's World staffers recently tested these two formulas, and reached the following conclusions. Both seem to work almost equally well for runners under 40. For runners over 40, formula (B) appears to be more accurate. We now believe that (B) is the single best formula for predicting maximum heart rate, and we're adopting it as our Runner's World standard.

Then there's option C: Of course, no predictive formula can ever be as accurate as an honest-to-goodness, all-out field test. You can conduct such a test on a track or a moderately steep hill, which may work better if you're not an experienced track runner. And by the way, since all the workouts in this article depend on an accurate MHR, it's worth the effort to take this test. You'll need to wear a heart-rate monitor for it.

Here are the three essential steps:

1. Be sure you're well rested, well hydrated, and well warmed up.
2. Run hard and fast for 2 to 3 minutes. Jog back to your starting point. Repeat two more times, running a little harder and faster each time. On the third and last repeat, pretend you're running an Olympic race.
3. Check your heart rate during and immediately after the last repeat. The highest number you see is your maximum heart rate (MHR).

Tips for Beginners

Newcomers to running are some of the biggest fans of heart-rate monitors, for two main reasons. Tracking heart rate ensures you're working hard enough to reap fitness benefits. On the flip side, setting a maximum heart rate on the monitor can keep overzealous novices from overdoing it.

Beginners should choose a target heart-rate zone--generally between 65 and 75 percent of maximum heart rate (MHR)--and stay within it for most of their workouts. Runners who haven't yet developed a sense of their speed and effort can learn from their monitor. "I love being able to keep a consistent pace without having to look at my watch all the time," says Kerrie Hardman, 37, who started running 2 years ago. "Nothing has helped my training more than monitoring my heart rate."

Suggested workout: This one comes from running coach Roy Benson, a longtime advocate of heart-rate training. To do it, first you'll need to determine your MHR (see "Finding Your Max" below). Now, take 75 percent of your MHR, which will be your upper limit. Then calculate 65 percent of your MHR, which will be your lower limit. Plan to run 20 minutes total (head out for 10 minutes, then turn around). Start running until you hit your upper limit heart rate, then walk until it's back down to your lower limit. Run again up to 75 percent, then walk until you hit 65 percent. Continue this way for the entire 20 minutes. "As you progress through the weeks, you'll spend more time running than walking, because you'll take longer to hit your upper limit," says Benson. Extend the length of your workout as your fitness progresses.

Fun twist to try: To keep your motivation high, use the monitor to track your fitness, suggests Ed Burke, Ph.D., professor of exercise science at the University of Colorado at Colorado Springs. Choose a running speed that's realistic for you, and run a timed mile. "Repeat that mile at the same pace a month later, and your heart rate should be lower," he says. Run the same timed mile 2 months later, 3 months later, and so on. Each time, record your heart-rate figures in your training log so you can track your progress.

Tips for Intermediates

If you've run for a year or more and have a solid mileage base, you'll find the monitor a great help as you start doing more challenging workouts. One of the best ways to use a monitor is to preset a target heart rate for a tempo workout. (See "Training and Racing" box on next page.) This will keep you from going too fast (a typical mistake with tempo running). Another great way to use it is on long runs, which should be run neither too fast nor too slow for optimum results (aim for 65 to 75 percent of MHR, depending on your fitness).

Intermediate and advanced runners are renowned for running too hard on their recovery days, and a monitor can remedy this. "I actually found it harder to stay below 75 percent of my MHR on my easy days than I did staying at 95 percent of my MHR on hard days," says Laverne Sheppard, 41, who attributes a 30-minute improvement in her marathon PR to her monitor.

Suggested workout: This ladder workout progresses through a range of heart-rate zones. After 10 minutes of jogging, run 4 minutes at 70 to 80 percent of your MHR, 3 minutes at 80 to 90 percent, 2 minutes at 90 to 95 percent, and finally 1 minute above 95 percent. Finish with 10 minutes of easy jogging. For a less challenging workout, decrease the amount of time spent in each zone by a minute. For a more challenging workout, do the ladder two or even three times.

Fun twist to try: Even runners who swear by heart-rate monitors in training will tend to leave them at home during races. But Benson says they're the perfect tool for learning to race at the proper pace. "The monitor will show you if you're starting out too fast or too slow," he says. "Within a half-mile or so you should be in your desired zone, and a heart-rate monitor will enable you to keep it there." (See "Training and Racing with a Heart-Rate Monitor" at right for optimal heart rates for various race distances.)

Even the best runners can benefit from heart-rate feedback. South African training expert Bobby McGee, who coaches some of the fastest runners in the world, relies on heart-rate monitors to train his athletes.

When distance star Colleen De Reuck moved to mountainous Boulder, Colo., McGee suggested she start wearing a monitor. "She knew how to run easy and how to run hard, but nothing in between," he says. "Being at altitude, I knew she'd need something other than pace-per-mile to determine workout efforts." De Reuck, who now wears a monitor for easy and intermediate workouts, was a quick convert. "I stopped burning myself out," she says.

Many advanced runners also use the monitor to track recovery during interval workouts. Instead of waiting a predetermined number of minutes or jogging a certain distance between repeats, you can check for your heart rate to drop before beginning the next repeat. Your recovery target should be less than 80 percent of your MHR.

Suggested workout: Jog for 10 minutes, then run three repeats of 1.5 miles at tempo pace (about 90 percent of MHR). Rest 3 minutes between each repeat. Note the time you run each repeat in your log. "You'll see your times decrease as your season progresses," McGee says. "You're not working any harder, but at the same heart rate you're running much faster." By the way, tempo workouts are an excellent way to prepare for all race distances, from the 5-K to the marathon.

Fun twist to try: A rise in resting heart rate (best taken in the morning right after you wake up) often indicates that you're overtraining, and a monitor can help make this diagnosis. For this you'll need a monitor that stores information for later recall. "My elite runners sleep with their monitors on," McGee says. "The resulting graph is a helpful indicator. It tells me if they're overtraining." According to McGee, an erratic heart rate with lots of variation throughout the night is typical when an athlete is training hard. When tapering and resting for a race, the heart rate should be steadier and more consistent. If yours is still erratic leading up to a big race, consider a longer taper, or cut your mileage and intensity during your taper.

Or try this: Test your fitness from time to time with this game on the track. Warm up well, then pick up the pace until your heart rate hits 90 percent of MHR. Then jog very slowly until you recover to 70 percent of MHR. See how many times you can go from 70 percent to 90 percent and back again in 10 minutes of running. You can increase the challenge by raising the upper limit to 95 percent of MHR.

Triathlon - Half Ironman Race Preparation

Dan McHugh

Intro

At the end of August I will be doing my second Half Ironman race. This will be taking place in Sherborne, Dorset. I thought it would be interesting to give some background on how I have been preparing for this particular race.

This race is the only qualifier for the Hawaii Ironman world champs in 2004 that takes place in the UK. Unfortunately there is little chance of me qualifying for this unless there is a mass suicide/drowning at the start, or I resort to some Dastardly and Muttley type tactics!

I would probably need to do a time in around 4:40 to qualify, possibly faster. The club has had 1 qualifier from this race, Dawn in 2001 when she won her age group. There is little chance of a second qualifier.

Time management

Preparing for a long distance race like this is quite interesting, and for someone who has only been in triathlon for the past few years it is quite a challenge. One of the biggest difficulties I have with triathlon is trying to get enough time to train in each of the disciplines, without overdoing it in any of them.

Time management is a key skill here. I have a young family, 2, 6 and 7. I travel 130 miles to work and back every day and I am on call 24 hours a day every 6th week. I fit my training in with some very early morning sessions, some runs at work and a long bike ride at the weekend. I feel that I have got the balance of my training from a bike and run point of view quite just about right. A lot of the training gets boring for me. Out on the bike at 5am for 4-5 hours solitary bike riding needs a lot of discipline, it is a lot more fun training with someone else. Unfortunately because of the hours I train, 95% of it is on my own.

Swimming in many ways is the most difficult of all disciplines from a training point of view to do because you have to fit in your training times with pool open hours. Not all pools open early in the morning, the best pool locally for an early morning start is Newbold Commyn and this opens at 6:30 am.

However I have found a pool that opens at 6:15 in Loughborough. This is a slight detour from my normal journey of work to Nottingham, but not by too much.

Training intensity

I use a Heart rate monitor for all my bike and run training. Most of my run training is easy, 7-8 min miling – I use races to sharpen up. I rarely go much above 165 bpm when training, my max Heart rate is 192.

Therefore I do very few intensive interval sessions, that way I keep from getting injured. A 5 hour plus race is all about aerobic fitness and endurance, not so much speed.

Disciplines

Swim

My weakest event, not a surprise as this is often the case for those coming from a running background. I learnt to swim front crawl 3 years ago. In races I seem to finish mid pack in the swim. I really need to improve on this if I am ever going to challenge in my age group (my bike and run are quite reasonable in comparison).

A couple of problems I find with the swim. Getting to a pool more than twice a week, and obvious technique deficiencies of which I am trying to identify and then rectify. Usual swim training time per week is 1 to 2 hours. If I do ok in this race I intend to really work on my swimming during the winter.

Hoping to do about 36 mins for the swim for the 1.9K in this race.

Bike

I find there are some definite cross training benefits training on the bike. I usually get in 3 (sometimes 4) sessions a week and complete on average 100 to 140 miles per week. One long ride anywhere from about 3.5 hours to 4.5 hours (60 to 80 miles) is one of the key sessions. Sometimes I may extend this to 5 hours.

Cycling for more than 2 hours at a time gets harder, if you do not eat or hydrate when doing long sessions on the bike you will “bonk” – no this does not refer to meeting a loose women out on the road, it means you run out of fuel and it is an absolute killer when it happens. I guess it is the same as hitting the wall when running a marathon.

I have done a few time trials this season, a couple of 50 milers Time Trials and have had some PB's.

I hope to complete this bike leg in about 2:45 to 2:50 hours for the 56 miles. I have done 2:11 for a 50 mile Time trial this year, but I will be riding at an easier intensity for this race.

Run

Obviously not too bad at this discipline, you would be amazed to see how many triathletes fade badly during the run. I have been running 3-4 hours a week, averaging 25 to 35 miles per week. Intensity usually 70-80% max heart rate.

Due to some weight loss, and the hours I have been getting in training I hope to do better than my debut performance at this distance 2 years ago where I could only manage 1:47 after a hard bike ride.

I hope to do about 1:35 for the 13.1 miles. I have done 1:28 for a half this year (Stratford) – I am certain I could shave a few minutes from this.

Nutrition and Hydration

This really is the 4th discipline. If you get this right you have every chance of having a good race. Get it wrong and it will be a long and painful day.

Obviously I will be eating and drinking lots of healthy food/drinks in the build up to the race. The hardest part is eating and drinking properly during the race itself. During the race, particularly the latter part of the run, there is a good chance of feeling slightly sick, I think that is just down to the physical effort of the race. Again, this may be something marathon runners go through, I do not know as I have never completed a marathon.

Putting it all together

This is the hardest part of doing a triathlon. You go too hard in the swim and you will suffer on the bike. You go too hard on the bike and you will have no run legs at all. I can honestly say that the hardest part of triathlon combining all the 3 disciplines and completing each discipline at not too high an intensity. I believe in about 12 races I have only really done this a couple of times.

I intend to use my Heart Rate monitor to get my pacing right particularly on the bike. When I get onto the run, I will take the first 5-6 miles easy, see how I feel then push it quite hard if I feel ok.

The start of this race will be interesting – I believe there is 1400 people in the lake at the same time, i.e. a 1400 people mass start. I have done a swim with 700 at the start and that was scary! People do swim over you, you can get kicked and punched (accidentally). You just have to keep going and not to panic.

My target time for the race is 5 hours 10. I think this is achievable but will depend on weather conditions, no mechanical problems on the bike, getting hydration and nutrition correct.

Humour

Stuart Keen has to take credit for all the jokes this month. Keep sending them in.

A blonde is overweight, so her doctor suggests a diet.

"I want you to eat regularly for two days, then skip a day and repeat this for two weeks. "The next time I see you, you'll have lost at least 5lb."

But when she returns, she's lost 20lb.

"That's amazing," the doctor says "Did you follow my instructions?"

The blonde nods and replies: " I thought I was going to drop dead that 3rd day." "From hunger, you mean?" asks the doctor. "no" She replies.

"from all that flipping skipping."

On a tour of England, the Pope took a couple of days off to visit the Lancashire coast. His 4x4 Pope-Mobile was driving along the golden sands when there was an enormous commotion. They rushed to see what it was and upon approaching the scene the Pope noticed just outside the surf, a hapless man wearing an Man Utd jersey, struggling frantically to free himself from the jaws of a 20 foot shark!

At that moment a speedboat containing three men wearing Man City tops roared into view. Spontaneously, one of the men took aim at the shark and fired a harpoon into its ribs, immobilising it instantly. The other two reached out and pulled the Utd fan from the water and then, using long clubs, beat the shark to death. They bundled the bleeding, semi-conscious man into the speedboat along with the dead shark and prepared for a hasty retreat, when they heard frantic calling from the shore..... It was the Pope, summoning them to the beach.

Upon reaching land, the Pope went into raptures about the rescue and said "I give you my blessing for your brave actions. I'd heard there were racist, xenophobic people trying to divide the people of Britain but now I have seen with my own eyes this is not true".

"I can see your society is a truly enlightened example of tribal harmony which could serve as a model for other nations." He blessed them all and drove off. As he departed, the harpoonist asked the others, "Who was that?!"

"That," one answered, "was his Holiness the Pope. He is in direct contact with God and has access to all God's wisdom." "Well," the harpoonist replied, "he knows f--k all about shark fishing. How's the bait holding up or do we need to get another one?"

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## Tommy Cooperisms.....

1. Phone answering machine message - "...If you want to buy marijuana, press the hash key..."
2. A guy walks into the psychiatrist wearing only Clingfilm for shorts. The shrink says, "Well, I can clearly see you're nuts."
3. I went to buy some camouflage trousers the other day but I couldn't find any.
4. I went to the butchers the other day and I bet him 50 quid that he couldn't reach the meat off the top shelf. He said, "No, the steaks are too high."
5. My friend drowned in a bowl of muesli. A strong currant pulled him in..
6. A man came round in hospital after a serious accident. He shouted, Doctor, doctor, I can't feel my legs!" The doctor replied, "I know you can't, I've cut your arms off".
7. I went to a seafood disco last week...and pulled a muscle.
8. Two Eskimos sitting in a kayak were chilly. They lit a fire in the craft, it sank, proving once and for all that you can't have your kayak and heat it
9. Our ice cream man was found lying on the floor of his van covered with hundreds and thousands. Police say that he topped himself.
10. Man goes to the doctor, with a strawberry growing out of his head. Doc says "I'll give you some cream to put on it."
11. "Doc I can't stop singing The Green, Green Grass of Home." "That sounds like Tom Jones syndrome. " "Is it common? " "It's not unusual."
12. A man takes his Rottweiler to the vet. "My dog's cross-eyed, is there anything you can do for him? " "Well," says the vet, "let's have a look at him" So he picks the dog up and examines his eyes, then checks his teeth.
- Finally, he says, "I'm going to have to put him down." "What? Because he's cross-eyed? " "No, because he's really heavy"
13. Guy goes into the doctor's. "Doc, I've got a cricket ball stuck up my backside." "How's that?" "Don't you start."
14. Two elephants walk off a cliff...boom, boom!



15. What do you call a fish with no eyes? A fsh.
16. So I was getting into my car, and this bloke says to me "Can you give me a lift?" I said "Sure, you look great, the world's your oyster, go for it."
17. Apparently, 1 in 5 people in the world are Chinese. There are 5 people in my family, so it must be one of them. It's either my mum or my dad. Or my older brother Colin. Or my younger brother Ho-Cha-Chu. But I think it's Colin.
18. Two fat blokes in a pub, one says to the other "Your round." The other one says "So are you, you fat bast\*\*d!"
19. Police arrested two kids yesterday, one was drinking battery acid, the other was eating fireworks. They charged one and let the other one off.
20. "You know, somebody actually complimented me on my driving today. They left a little note on the windscreen. It said, 'Parking Fine.' So that was nice."
21. A man walked into the doctors, he said, "I've hurt my arm in several places" The doctor said, "Well don't go there any more"
22. Ireland's worst air disaster occurred early this morning when a small two-seater Cessna plane crashed into a cemetery. Irish search and rescue workers have recovered 1826 bodies so far and expect that number to climb as digging continues into the night.

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Not a joke but quite interesting.....

The 1500's - little bit of history

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be.

* * * * *

Most people got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell so brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

* * * * *

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children-last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water."

* * * * *

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the dogs, cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

* * * * *

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could really mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

* * * * *

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying "dirt poor".

* * * * *

The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing. As the winter wore on, they kept adding more thresh until when you opened the door it would all start slipping outside. A piece of wood was placed in the entranceway. Hence the saying a "thresh hold."

* * * * *

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes the stew had food in it that had been there for quite a while. Hence the rhyme, "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old."

* * * * *

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man "could bring home the bacon." They would cut off a little to share with guests and would all sit around and "chew the fat."

* * * * *

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

* * * * *

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "upper crust."

* * * * *

Lead cups were used to drink ale or whisky. The combination would sometimes knock them out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a "wake."

* * * * *

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a "bone-house" and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they thought they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the "graveyard shift") to listen for the bell; thus, someone could be "saved by the bell" or was considered a dead ringer."

NORTHBROOK ATHLETIC CLUB COMMITTEE MEETING

NORTHBROOK ATHLETIC CLUB COMMITTEE MEETING

7th July 2003: 8 Streamside Close, Coventry. Minutes prepared by Mark Baker

Present: B.Awcock (President), B.Adams (Chairman), M.Baker (Secretary), L.Cook (Treasurer), A.Marshall (Vets S), R.Barry (Mens Capt), T.French (Fixtures), E.Ducker (Social S), Loretto Denley (Guest).

1. Apologies-G.Knight (Running Advisor), S.Guthrie (New Mems), D.O'Shea/S.McNaney (Ladies Cpts)
2. Matters From Last Meeting-a) MCAA Membership – Another 3 members now registered. 113 in all.
b) Jaguar -7 new members have joined Jaguar. Renewals/new members not now allowed until October. Existing cards must get new stickers. Also, there is now a 50p charge being made per member, for using showers. It is not clear how this will be collected, but it cause problems for people without Jaguar cards. They will need to be signed in as guests. If we pay, we should ask for benefits in return.
3. Treasurers Report – Helen Forrester has moved abroad, and Lynne Cook has been elected as new Treasurer (Proposer: Helen Forrester, Seconder: Bob Adams). Helen sent a letter from Holland wishing Lynne well as new Treasurer. Helen said she enjoyed her 2 years at the club
4. Ladies Captain's Report– Dawn O'Shea and Sarah McNaney were unable to attend, but Sarah sent a note to say that the ladies are moving in the right direction, with lots of enthusiasm. Many feel positive about more structured training, and look forward to more road races, and the cross country season.
5. Men's Captain's Report – Rob Barry said that the men won the 'barrel of beer' prize at the Northbrook 10Km, and won the team prize at the Charmouth Fell Race. Stuart Keen won a 'Road Runners Club' trophy at the Barrow-on-Soar 10 mile. Paul Kelly has won several V50 prizes at events.
6. Social Secretary Report – The 25th Anniversary Celebration was a success, with many old and new members attending. Thanks to Emily Ducker and Loretto Denley for organising it. Also, thanks to Emily for organising the water-skiing. There will be a 70's party at the Stonebridge Manor Hotel in the Autumn. Bookings are needed for a Xmas Meal, and rooms at Jaguar for Presentation Night and AGM.
7. Brose 10Km Race – This was a great success. Thanks to Loretto Denley, Tom Gillon, Tony French, Con McHugh and everyone who helped. Also thanks to the sponsors of the event, especially main sponsor Brose, who presented the prizes. Approx 270 people entered the race, and there was a video re-run at the presentation. Some entrants need more information about Northbrook. Thank you letters are being sent to residents on the route, and other helpers. A 10.30am start is suggested for next year.
8. Any Other Business – a) Runner of the Month – Stuart Keen selected (June 2003), for PB race results.
b) Allesley Fun Run - This is on 13/7/2003 and starts at 11am in Staircase Lane. Entrants walk to start from village green at 10.45am. Permit is applied for. Bob Adams has delegated tasks for day.
- c) Magazine–Thanks to Dan McHugh for publishing latest issue of club magazine.
- b) Training Weekend – Youth hostel based trip on 22/8/2003 (Fri-Sun) at Castleton, Peak District.
- c) Kit – Alex Marshall will order club shorts, and more vests. A new 'kit-keeper' is needed.
- d) Winter Handicap – Daniel Grose still has 2002/2003 results. These are needed for Presentations.
- e) Tile Hill Race the Train – This should be considered for mid August if course is runnable.
- f) Good,Bad & Ugly Race– Planned for 30/8/2003 at Coundon Pk, then BBQ/beer at O'Shea's farm.
- g) Website – Bob Awcock asked if we will be charged for this facility in the future.
- h) Coventry Way Relay – This is on 7/9/2003. A team would circle Coventry (40 miles off road).
- i) Bath Half Marathon – Stuart Keen will circulate details of this event soon for March 2004.
- j) Club Road Champs – Tony French will check members eligibility. (New members / 2nd claim).
9. Next Meeting – Monday 11th August 2003, Lynne Cook's, 18 Streamside Close, Allesley, Coventry.

Northbrook Brose 10K 15/6/3

<http://www.northbrookac.org.uk>

Summary of Results

Senior

Position Time Number Name Category Age Clubname

Top 10 Senior Men

1 33 : 09 915 Scott Hazell M 23 Coventry Godiva
2 33 : 20 1104 Mike Johnson M 37 Kenilworth Runners
3 33 : 58 909 David Kiptanui M 25 Unattached
4 34 : 20 287 Paul Andrew M 21 Saracens
5 34 : 55 921 Vince Clisham M 39 Coventry Godiva
6 34 : 58 293 Mick O'Shea M40 41 Northbrook AC
7 35 : 07 209 Nathan Holmes M 27 Unattached
8 35 : 23 207 Paul Kelly M50 54 Northbrook AC
9 36 : 02 1118 Hans Smits M40 44 Kenilworth RC
10 36 : 06 256 Rob Barry M 37 Northbrook AC

Top 10 Senior Women

29 38 : 32 1126 Lucy Aphramor L35 35 Sphinx AC - Non Counter
47 40 : 14 638 Carol Adams L35 39 Centurion RC
73 42 : 05 643 Eleanor Greenfield L 24 Nuneaton Harriers
81 42 : 36 1108 Jenny Gray L 19 University of Warwick
82 42 : 39 1114 Sian Evans L 34 Sparkhill Harriers
89 43 : 07 644 Selina Coldicott L35 37 RRC
92 43 : 37 636 Heather Fiddament-Harris L45 50 Rugby & Northampton AC
104 44 : 33 1142 Liz Brown L35 39 Nuneaton Harriers
106 44 : 35 613 Rebecca Freeman L 27 Solihull & SHAC
119 45 : 29 619 Lousie Denley L 31 Northbrook AC

Mens Team (4 to count)

6 34 : 58 293 Mick O'Shea M40 41 Northbrook AC
8 35 : 23 207 Paul Kelly M50 54 Northbrook AC
10 36 : 06 256 Rob Barry M 37 Northbrook AC
11 36 : 12 922 Jon Guest M 36 Northbrook AC

Ladies Team (3 to count)

73 42 : 05 643 Eleanor Greenfield L 24 Nuneaton Harriers
104 44 : 33 1142 Liz Brown L35 39 Nuneaton Harriers
137 47 : 27 1130 Simone Wilson L35 35 Nuneaton Harriers

Under 20 Male

76 42 : 21 1111 Colin Eckloff M 18 Centurion RC

Under 20 Female

81 42 : 36 1108 Jenny Gray L 19 University of Warwick

Northbrook Brose 10K 15/6/3 full results

Position Time Number Name Category Age Clubname

1 33 : 09 915 Scott Hazell M 23 Coventry Godiva
2 33 : 20 1104 Mike Johnson M 37 Kenilworth Runners
3 33 : 58 909 David Kiptanui M 25 Unattached
4 34 : 20 287 Paul Andrew M 21 Saracens
5 34 : 55 921 Vince Clisham M 39 Coventry Godiva
6 34 : 58 293 Mick O'Shea M40 41 Northbrook AC
7 35 : 07 209 Nathan Holmes M 27 Unattached
8 35 : 23 207 Paul Kelly M50 54 Northbrook AC
9 36 : 02 1118 Hans Smits M40 44 Kenilworth RC
10 36 : 06 256 Rob Barry M 37 Northbrook AC
11 36 : 12 922 Jon Guest M 36 Northbrook AC
12 36 : 20 642 Graham Robinson M 29 University of Warwick
13 36 : 26 278 Eamonn O'Neil M40 46 Sphinx AC
14 36 : 34 904 Richard Elliott M50 52 Kenilworth Runners
15 36 : 46 271 Peter Taylor M40 43 Centurion RC
16 36 : 50 201 Brennan Lively M 27 Stratford AC
17 37 : 12 1149 David Batstone M40 * Coventry Godiva
18 37 : 25 1144 Ross Woodward M 30 Leamington C & AC
19 37 : 28 1127 Martin Dorrill M * Kenilworth Runners
20 37 : 31 910 Andy Bagley M 20 Sphinx AC
21 37 : 34 288 John O'Brien M40 44 Saracens

22 37 : 37 1137 Dave McLean M40 49 Sphinx
 23 37 : 43 202 Steven Lidgate Taylor M 27 Solihull & SHAC
 24 37 : 49 1150 Michael Williams M40 45 Kenilworth Runners
 25 37 : 50 283 Harry Fowler M40 47 Birm Rowheath AC
 26 38 : 15 277 Richard Steel M 39 Kenilworth Runners
 27 38 : 27 258 Roger Homes M40 40 Kenilworth Runners
 28 38 : 29 1120 Martin Booth M40 49 Centurion RC
 29 38 : 32 1126 Lucy Aphramor L35 35 Sphinx AC - Non Counter
 30 38 : 40 223 Lee Robert Jackson M 27 Centurion RC
 31 38 : 46 908 Howard Anderson M40 45 Unattached
 32 38 : 55 304 Richard E Carney M 37 Birm Rowheath AC
 33 38 : 57 916 Nick Wilson M40 41 Nuneaton Harriers
 34 39 : 03 928 Paul Bingham M40 43 Centurion RC
 35 39 : 09 926 Peter Foly M 30 Sphinx
 36 39 : 17 214 John McNally M40 48 Kenilworth Runners
 37 39 : 30 903 Tony Haden M 37 Centurion RC
 38 39 : 38 925 Richard Hibberd M 25 Unattached
 39 39 : 42 268 David Patterson M 23 Nuneaton Harriers
 40 39 : 43 1122 Steven Parkes M40 48 Sphinx AC
 41 39 : 50 289 Dave Edwards M40 48 Saracens
 42 39 : 55 241 Richard Vaughan M 38 Northbrook AC
 43 39 : 59 228 Steve Poole M40 42 Nuneaton Harriers AC
 44 40 : 06 1146 Paul Bergin M40 48 Sphinx
 45 40 : 09 1152 Thomas Healy M40 42 Centurion RC
 46 40 : 13 270 Kevin Fiddament-Harris M40 46 Rugby & Northampton AC
 47 40 : 14 638 Carol Adams L35 39 Centurion RC
 48 40 : 28 303 Pete Austin M 36 Northbrook AC
 49 40 : 29 234 John Dagnam M50 55 Kenilworth Runners
 50 40 : 33 290 Ian Gower M 38 Saracens
 51 40 : 37 919 Ian Sartterthwaite M 33 Centurion RC
 52 40 : 42 310 Ian Coldicott M 32 RRC
 53 40 : 47 249 Jason Nicholson M 31 Northbrook AC
 54 40 : 51 265 Mick Hudspith M 37 Sphinx AC
 55 40 : 53 215 Nigel Basnet M 38 Nuneaton Harriers
 56 40 : 59 255 Bob Adams M40 45 Northbrook AC
 57 41 : 01 918 John Morris M50 55 Wolverhampton and Bilston
 58 41 : 03 1102 John C Thomas M50 62 Corby Athletic Club
 59 41 : 04 1121 Andrew Rea M40 40 Centurion RC
 60 41 : 08 1160 Dave Halford M40 45 Northbrook AC
 61 41 : 14 261 Bob Eaton M40 47 Centurion RC
 62 41 : 20 263 Mark Cummins M 21 University of Warwick
 63 41 : 21 309 John Queenan M * Ilkeston RC
 64 41 : 24 243 Richard French M 34 Northbrook AC
 65 41 : 26 242 Peter Armstrong M 29 Northbrook AC
 66 41 : 29 245 Mark Baker M 38 Northbrook AC
 67 41 : 35 240 Gareth Knight M 35 Northbrook AC
 68 41 : 39 312 Robin Cordier M 39 Unattached
 69 41 : 59 1157 Ian Davies M40 43 Sphinx AC
 70 42 : 01 250 Adrian Powell M40 40 Northbrook AC
 71 42 : 03 1131 Kevin Naughton M40 48 Sphinx
 72 42 : 04 248 Paul Lawlor M40 43 Northbrook AC
 73 42 : 05 643 Eleanor Greenfield L 24 Nuneaton Harriers
 74 42 : 06 282 Peter Greenfield M50 56 Nuneaton Harriers
 75 42 : 10 1113 James Picksley M 36 Notts AC
 76 42 : 21 1111 Colin Eckloff M 18 Centurion RC
 77 42 : 22 1159 Mike Cruickshaw M50 55 Kenilworth Runners
 78 42 : 24 285 Neil Prentice M40 40 Centurion RC
 79 42 : 28 237 John Bird M50 57 Northbrook AC
 80 42 : 35 914 Trevor Knight M 22 Unattached
 81 42 : 36 1108 Jenny Gray L 19 University of Warwick
 82 42 : 39 1114 Sian Evans L 34 Sparkhill Harriers
 83 42 : 46 273 Chris Donovan M50 52 Leamington C + AC
 84 42 : 47 912 Dave Hood M 26 Sphinx AC
 85 42 : 48 247 Andrew Ralph M 39 Northbrook AC
 86 42 : 49 924 Kevin Brock M * Sphinx
 87 42 : 50 236 Paul McGuirk M40 43 Northbrook AC
 88 42 : 56 1128 Rob Carbell M 28 Nuneaton Harriers
 89 43 : 07 644 Selina Coldicott L35 37 RRC
 90 43 : 20 221 Bryan Pears M 35 Sphinx AC
 91 43 : 27 296 Carsten Schwermer M 26 Unattached
 92 43 : 37 636 Heather Fiddament-Harris L45 50 Rugby & Northampton AC
 93 43 : 52 315 Rich O'Shea M40 41 Northbrook AC
 94 44 : 01 1138 Richard Limb M 15 Sphinx
 95 44 : 06 923 Kevin Musson M40 41 Nuneaton Harriers
 96 44 : 08 244 Adrian Jones M40 43 Northbrook AC
 97 44 : 12 225 Richard Strauswald M 35 Spa Striders
 98 44 : 14 220 James Holder M 25 Unattached

99 44 : 19 1148 Mick Duggan M50 61 Northbrook AC
 100 44 : 23 1112 Wayne Taylor M 34 Hinckley Running Club
 101 44 : 27 316 Steve Simpson M 33 Northbrook AC
 102 44 : 30 1145 Cavin Woodward M50 54 Leamington C & AC
 103 44 : 32 274 Brian Haycock M40 43 Unattached
 104 44 : 33 1142 Liz Brown L35 39 Nuneaton Harriers
 105 44 : 34 227 John Turner M50 59 Stratford AC
 106 44 : 35 613 Rebecca Freeman L 27 Solihull & SHAC
 107 44 : 49 239 Steve Mason M 35 Northbrook AC
 108 44 : 52 246 Adrain Perrett M 39 Northbrook AC
 109 44 : 53 298 Ben Jeffrey M 25 Unattached
 110 44 : 59 238 Kevin Viner M50 58 Northbrook AC
 111 45 : 03 291 Clive Smith M50 58 Centurion RC
 112 45 : 08 1107 Richard Gardner M40 48 Unattached
 113 45 : 12 226 Hugh Doherty M50 55 Unattached
 114 45 : 18 275 Simon Foster M 18 Unattached
 115 45 : 20 1151 Danny Foulstone M 28 Northbrook AC
 116 45 : 22 300 Robert Sharratt M40 45 Ilkeston RC
 117 45 : 23 1156 Colin Dooling M 27 Kenilworth Runners
 118 45 : 24 306 Chris Brown M 39 Unattached
 119 45 : 29 619 Lousie Denley L 31 Northbrook AC
 120 45 : 34 1109 Heather Hall L 23 University of Warwick
 121 45 : 40 1103 Tom Marchi M50 62 Sphinx
 122 45 : 45 1123 Eric Lanford M50 58 Centurion RC
 123 45 : 49 628 Loretto Denley L45 58 Northbrook AC
 Northbrook Brose 10K 15/6/3
 124 46 : 00 219 Peter Parkes M40 46 Unattached
 125 46 : 06 1105 Diana Craig L35 42 Rugby & Northampton AC
 126 46 : 07 927 Dave Green M 33 Unattached
 127 46 : 21 210 David Kelly M40 42 Unattached
 128 46 : 35 266 John Toy m50 67 Centurion RC
 129 46 : 43 907 Simon Harper M 34 Unattached
 130 46 : 48 267 Martin Carter M 35 Kenilworth Runners
 131 46 : 59 317 Roger Ladbury M50 58 Massey Ferguson
 132 47 : 03 1124 Pete Hall M 33 Unattached
 133 47 : 06 222 Roy Pyke M50 65 Marconi Spartans
 134 47 : 12 286 Marc Curtis M 35 Unattached
 135 47 : 18 1141 Paul Mann M 39 Unattached
 136 47 : 25 217 Nigel Wookey M40 43 Coventry Godiva
 137 47 : 27 1130 Simoine Wilson L35 35 Nuneaton Harriers
 138 47 : 33 297 Alan Oglesby M50 64 Massey Ferguson RC
 139 47 : 48 911 Andy Norton M 38 Sphinx
 140 47 : 55 607 Mary Williams L45 48 Centurion RC
 141 47 : 58 295 Charles Jones M50 51 Unattached
 142 48 : 15 913 Nicola Davis M 22 Sphinx
 143 48 : 17 260 Darren Hughes M40 41 Unattached
 144 48 : 21 645 Amanda Reay L35 36 Unattached
 145 48 : 27 658 Helen Jones L 33 Kenilworth Runners
 146 48 : 36 311 Anthony O'Connor M50 60 Centurion RC
 147 48 : 45 1143 Pete Brown M40 * Nuneaton Harriers
 148 48 : 53 901 Sue Miles L45 46 Unattached
 149 49 : 01 204 Richard Hands M 31 Northbrook AC
 150 49 : 05 623 Andy Rowe M 35 Northbrook AC
 151 49 : 09 230 Mick McNulty M50 51 Rugby & Northampton AC
 152 49 : 12 1117 Colette Convery L35 39 Unattached
 153 49 : 14 216 Dennis Flude M50 62 Coventry Godiva
 154 49 : 40 615 Marilyn Maidment L45 52 Centurion RC
 155 49 : 43 231 Mick Warner M50 58 Stratford AC
 156 49 : 51 299 Roger Wilkes M50 64 Kenilworth Runners
 157 49 : 52 920 Pete Hindmarsh M40 49 Unattached
 158 49 : 53 302 Neil Wilkes M 36 Centurion RC
 159 49 : 53 902 Brett Elliott M 38 Centurion RC
 160 50 : 03 280 Lynton Bradley M50 58 Centurion RC
 161 50 : 34 632 Claire Harrison L35 39 Northbrook AC
 162 50 : 50 264 David J Calder M50 51 MVAC
 163 50 : 53 1140 Robert Burbidge M 29 Unattached
 164 50 : 56 627 Becky Smith L 28 Northbrook AC
 165 51 : 13 305 Andrew Fulcher M 30 Unattached
 166 51 : 18 1139 John Grady M50 57 Massey Ferguson
 167 51 : 23 281 Scott Powers M 34 Centurion RC
 168 51 : 32 251 Martin Turrell M50 50 Northbrook AC
 169 51 : 48 665 Julie Neville L45 50 Northbrook AC
 170 51 : 58 612 Jane McNally L35 42 Kenilworth Runners
 171 52 : 14 1 Craig Hanbury M * Northbrook AC
 172 52 : 22 294 John Butler M50 58 Stratford AC
 173 52 : 32 218 Steve Tinklin M40 45 Centurion RC
 174 52 : 43 624 Ruth Staff L 23 Northbrook AC

175 53 : 06 314 Lee Bowler M 31 Unattached
 176 53 : 14 224 Thomas Coppage M 26 Unattached
 177 53 : 16 203 Chris Harrison M40 49 Unattached
 178 53 : 42 1106 Christine Johnson M50 53 Sphinx AC
 179 53 : 59 631 Sharon Thomson L * Northbrook AC
 180 54 : 29 257 Glyn Perrens M 39 New Forest Runners
 181 54 : 31 208 Michael Stevenson M40 43 Peel R.R.
 182 55 : 10 626 Natalie Hunn L 24 Northbrook AC
 183 55 : 17 622 Sylvia Gutherie L45 52 Northbrook AC
 184 55 : 27 307 Andy Houston M40 40 Northbrook AC
 185 55 : 49 660 Miranda Chambers L35 44 Unattached
 186 55 : 58 659 Doreen Lau L 27 unattached
 187 55 : 58 301 Steadman Francis M 39 unattached
 188 56 : 01 276 Derek Camwell M50 57 Massey Ferguson RC
 189 56 : 28 262 Paul Flower M 38 Unattached
 190 56 : 31 292 Peter Estick M50 62 Massey Ferguson RC
 191 56 : 49 232 Davdo Baker M40 41 Unattached
 192 56 : 59 308 Michael Hollis M50 55 Centurion RC
 193 57 : 19 235 Justin Denley M 32 Unattached
 194 57 : 39 634 Helen Morris L35 41 Marconi Spartans
 195 57 : 50 664 Lesley Keighley L45 51 Northbrook AC
 196 58 : 19 1136 Bunny Kidd M50 65 Royal Sutton Coldfield
 197 58 : 35 611 Nicki Dove L35 38 Unattached
 198 58 : 58 603 Vicky Ward L 29 Northbrook AC
 199 58 : 58 272 Nick Salmon M 32 Unattached
 200 59 : 11 639 Louise Brenchley L 28 Unattached
 201 59 : 11 1135 Bernadette Rye L 17 Saracens RC
 202 59 : 11 605 Lynne Cook L 31 Northbrook AC
 203 60 : 42 616 Lisa Calcutt L 24 Northbrook AC
 204 60 : 06 1119 Craig Livermore M 40 Unattached
 205 60 : 12 905 Ian Ward M 44 Alvis
 206 60 : 24 906 Karen Timothy M40 40 Saracens
 207 60 : 30 698 Jackie Brassington L35 41 Unattached
 208 60 : 30 606 Suzzane Henley L45 51 Unattached
 209 60 : 30 206 Peter Marsh M50 52 Unattached
 210 60 : 30 601 Angela Curtis L35 35 Northbrook AC
 211 60 : 30 233 Andrew Pryall M40 41 Unattached
 212 60 : 40 1155 Suzanne Divine L 27 Kenilworth Runners
 213 60 : 42 1154 Louis Della-Porta M40 40 Unattached
 214 60 : 48 1134 Kim Rye M40 47 Saracens
 215 61 : 43 661 Pamela Wilkes L45 60 Kenilworth Runners
 216 61 : 52 1132 Elane Tuppin L35 42 Saracens RC
 217 61 : 52 1133 Zoe Hodge L 17 Saracens RC
 218 62 : 01 630 Delia Davies L35 44 Northbrook AC
 219 62 : 49 1125 Emma Andrew L 27 Saracens RC
 220 63 : 31 609 Richard Miles M40 40 Unattached
 221 63 : 42 617 Katie Nicholson L 33 Unattached
 222 64 : 09 1158 Willaim Nally M50 57 Unattached
 223 65 : 07 1147 Carlos Roberto M 35 Unattached
 224 65 : 27 1161 Andy Coggins M40 40 Unattached
 225 66 : 06 391 David Coppage M50 59 Unattached
 226 66 : 18 279 Bernard Norton M40 43 Rugby & Northampton AC
 227 66 : 33 229 Douglas Spalding M50 63 Ilkeston RC
 228 67 : 33 637 Kath Thomas L45 55 Etone Runners
 229 67 : 47 1115 Andrew Fisk M 20 Unattached
 230 69 : 34 640 Patricia Gott L35 44 Etone Runners
 231 69 : 37 635 Carole Kilburn L35 41 Etone Runners
 232 70 : 19 618 Linda Goodwin L35 42 Unattached
 233 70 : 57 1116 David Garton M 20 Unattached
 234 73 : 07 1129 Michael Naughton M 38 Sphinx AC
 235 74 : 02 1101 Ray Blackwell M50 72 Eastern Vets
 236 79 : 11 284 John Williamson M50 69 Unattached
 *=no age or DOB given

Male																												
Pos	Name	Cat.	5K			5 Mile			10K			10 Mile			Half Marathon			20 Mile			Marathon			TOTAL POINTS (5 OUT OF 7)				
			Time	Pts		Time	Pts		Time	Pts		Time	Pts		Time	Pts		Time	Pts		Time	Pts						
			Min.	Secs.		Min.	Secs.		Min.	Secs.		Hr.	Min.	Secs.		Hr.	Min.	Secs.		Hr.	Min.	Secs.						
1	R French	SM	17	57	13	29	50	14	41	24	4					1	28	38	16	2	14	59	20	2	55	25	20	83
2	M O'Shea	VM	16	54	20	27	20	19	34	58	19					1	14	12	20									78
3	P Lawlor	VM	18	59	9	32	15	3	39	18	12									2	37	26	15	3	9	43	16	55
4	N Holmes	SM	17	13	17	26	57	20	35	7	18																	55
5	J Guest	SM	17	13	17	28	0	16	34	35	20																	53
6	R Barry	SM	17	3	19	27	57	17	36	6	16																	52
7	R Vaughan	SM	18	50	10				39	55	11									3	15	16	11	3	9	18	17	49
8	A Powell	VM	19	11	6	31	31	7	42	1	1									2	19	43	19	3	15	51	13	46
9	G Thomas	SM	18	37	11				38	20	14					1	25	52	18									43
10	P Kelly	VM				27	37	18	35	23	17																	35
11	A Gray	SM	19	25	3											1	26	15	17					3	14	52	14	34
12	B Adams	VM	19	25	3	30	47	10	40	59	7					1	30	45	14									34
13	P Armstrong	SM	19	8	7				39	7	13													3	15	51	13	33
14	R O'Shea	VM	17	5	18	28	41	15	43	52																		33
15	I Burgoyne	SM	17	38	15				36	53	15																	30
16	G Knight	SM	19	45		31	52	5	41	35	2									2	29	39	18	3	52	58	4	29
17	I Strain	SM																		2	35	10	17	3	31	31	9	26
18	T Gillon	VM	20	9																2	38	10	14	3	24	4	11	25
19	D Lee	SM	18	32	12	30	18	13																				25
20	P McKeeney	SM														2	10	24	3	2	45	36	13	3	44	9	7	23
21	D Halford	VM							41	8	6													3	11	56	15	21
22	J Nicholson	SM				30	38	11	40	47	9																	20
23	S Keen	SM	19	5	8	30	37	12																				20
24	D Grose	SM																						2	57	6	19	19
25	P Osborn	VM														1	21	7	19									19
26	M Greaves	SM																						3	7	27	18	18
27	D McHugh	VM	19	25	3											1	28	45	15									18
28	P Austin	SM				31	21	8	40	28	10																	18
29	M Baker	SM	19	19	5	31	12	9	41	29	3																	17
30	L Thompson	SM																		2	35	59	16					16
31	A Ralph	SM	20	8		32	2	4	41	15	5												3	51	31	5	14	
32	C McHugh	VM				31	35	6	40	57	8																	14
33	T Hoy	SM	17	54	14																							14
34	A Perett	SM	20	29		33	0		44	52						1	33	11	13									13
35	R Hands	SM	20	52		35	20		46	29						1	42	14	9					4	23	34	3	12
36	S Mason	SM	20	8		33	18		43	43						1	34	53	12									12
37	P McGurk	VM	20	3		32	42	1	42	9						1	35	23	11									12
38	A Walker	SM																		2	59	43	12					12
39	C Pope	VM																						3	27	47	10	10
40	J Elliott	SM														1	38	57	10									10
41	T Mackness	VM	21	42		35	20																	3	39	12	8	8
42	R Sharratt	VM				33	35		43	14						1	44	0	8									8
43	A Whitehouse	SM	21	4		36	53									1	47	24	7									7
44	A Marshall	VM																						3	44	28	6	6
45	J Ralph	VM	22	44		37	0									1	47	33	6									6
46	D New	VM	23	1		39	46									1	52	44	5									5
47	N Gilkes	VM														1	57	32	4									4
48	J Trill	SM	19	21	4																							4
49	P McGuire	VM				32	39	2																				2
50	J Crabb	SM	19	55																								0
51	Adrian Jones	VM	19	52					44	8																		0
52	E Simmonds	VM	20	5		33	49																					0
53	G Cramp	VM	20	4																								0

March 2003

Northbrook

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Northbrook Road Race Championship 2003 (Positions at end June)

Female	
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