

Northbrook News

November 2003

Bath Half Marathon

Stuart has been very busy over the past few months.

The entry forms for the Bath Half have now been filled out and posted off and with 32 runners taking part the response has been overwhelming! However, for any ditherers who have suddenly decided that they would now like to enter the race; then I have plenty of spare entry forms....but, after less than 2 weeks of the priority forms having been sent out 50% of the places have been filled already....so be quick!

For all those whose names are on the list then our places are secure for the race, with the next step to arrange accommodation being a priority now.

As far as I'm aware; all of us who are going will be staying at Bath Youth Hostel.

I have been in touch with the hostel and have provisionally booked us all in for the Saturday (March 13th), which is no problem so long as we can confirm the exact numbers asap. They will be sending me a group booking form to fill out.

The youth hostel will be by far the most economical place to stay and being a city hostel offers 24hr access...no curfews!, A reception that is open from 07.30 – 23.00 plus all the usual creature comforts found within the larger hostels.

As for Sat. 13th we go to Bath by coach in the morning then spending the rest of the day doing as we please and meeting up in the evening in a restaurant (to be confirmed) for a slap up meal (carbo. Load) and perhaps a drink or two..not forgetting the 13 miles 192.5 yards race the following morning. There is talk (on the Bath Half Marathon web site) of making the 2004 event a two day extravaganza with the Saturday being a 'festival of running'....watch this space...Then, on the Sunday after the race having had a freshen up at the 'limited' shower and changing facilities at the venue we will make our way back towards home and either, stop off at a pub on the way...or, get back and then go out and celebrate!?...something that I'm sure we can sort out fairly easily.

There's still plenty to sort out, but as soon as the accommodation is confirmed and booked and our race entries have been acknowledged then we can all look forward to what promises to be a great weekend!

X-country News

I do not have full details yet but Northbrook Mens team came second in division 3. Well done to Mick, Ian, Rob Barry, Jon Guest and, Jason. More next month once we get the full results. I believe we are something like 20 points behind Sphinx so we have a good chance of promotion this year.

Will also cover the Ladies race then also.

Dates for your Diary.

Presentation Night 31/1/4

AGM Tue 13/1/4

Social Event: 70's night 1/11/3

Stonebridge Manor Hotel 8- late £7.50 inc buffet (Chile or Vegetarian Pasta) 70's fancy dress optional but encouraged.

Northbrook Member Selected for England Team

Paul Kelly has been selected to run for England in the British Vets XC championship held Cardiff this November. Paul is in the V55 team. Well done to Paul.

September Runner of the Month:

Rob Barry and Richard Vaughan.

Jaguar Update

Important Notice:

Following recent discussions with Jaguar Sports and Social club, it has been agreed that the 50p charge per shower will be not apply as follows:

£20 Individual - Leisure Centre and Social Club
(*same as current individuals card*)

£30 Individual and Partner – Leisure Centre and Social Club

£40 Family – Leisure Centre and Social Club.

(£10 bar only - no showers). See Nathan's note inside for a view of this.

News



Club Arrivals - message from Vinny and Andrea

Hi Everyone –

I would just like to let all Northbrook members to know that Friday 03/10/03 at 13.51, Andrea gave birth to a bouncing baby girl, weighing 8lb 5oz. on We are calling her Kathryn Emily French Mother and daughter are doing well . Richard, Andrea and Kathryn

X-country, Marathons etc

Well here we are and the x-country season has already started. Personally, I have always found the x-country season to be one of the best times of the year for running and I think it is fair to say that some of Northbrook's best performances have been in the x-country season since I have been a member of the club (8 years now)

For those who have entered the London marathon, you may be eagerly waiting to find out whether you have been lucky in your application, or this may not be a problem if you already have a qualifying time for your age group. I have entered London for the first time and I am eagerly waiting to find out whether I have been fortunate or not in my application for the race. Serious training will no doubt be starting soon.

Northbrook X-country handicap 2002-2003 season

Still no news on who won this?

Come back Daniel (Grose), all is forgiven – we need to know who won this!!!!

October, 2003 Results

AAA Nike Road Relay Championships 25/10 Sutton Park, Abingdon Marathon 19/10/3, Rugby 10 19/10/3, Chicago Marathon 12/10/3, Welcombe Hills Stratford 10K 11/10/3, London to Brighton 54 miles 198 yards 5/10/3, Kenilworth Half Marathon 5/10/3, MCAA Cross Country Four Stage Relay, Wreake Leicester 4/10/3

9 events entered to date, 74 runners competed

AAA Nike Road Relay Championships 25/10 Sutton Park

Team A		TeamB	
Sarah McNaney	(19.09)	Leanne Thorburn	(22.17)
Julie Neville	(19.54)	Andrea Ghie	(21.04)
Sarah Robertson	(20.33)	Lesley Keighley	(23.28)
Stephanie Berry	(20.35)	Katrina Gavin	(21.56)

Report: Sarah McNaney (Deputy Captain)

Good running conditions greeted us at Sutton Park for what we knew would be a short Sharp relay. Although we knew that we would never come first - not with the likes of Birchfield and Tipton Harriers and a certain 'H. Yelling' being on the run sheet we all went out to enjoy ourselves and put in the best effort possible.

All of us ran well surpassing our own estimations and good day was had by all. Sarah Robertson, one of Northbrook's newer ladies, showed just what she was made of and am. sure that she is one to watch for the future! Both Leanne and Andrea have had time out from their running but both proved that their fitness levels hadn't dropped. Steph managed to overtake three people on her leg and still had enough steam for a sprint finish! Lesley although a little wary about the youngsters warming up around us proved that age is no barrier and showed us that she can put in a very respectable time - not that we doubted for one minute that she wouldn't when taking into account Lesley's many running achievements. Julie and I both got PB's for this course which put us on high for the rest of the day. As for Catarina, I think that the cheeseburger she ate before her leg obviously did her some good as she flew round the course! Not a training aid I would recommend however!

A very, very enjoyable day was had by all, with an abundance of team spirit from the ladies!!! Thanks to all those that ran and a special thank-you to Colin Kirkham for cheering us on at various points around the course - it made a big difference!

Abingdon Marathon 19/10/3

Dave Halford 3h06m30s

Sid Windridge 3h14m V60 winner £100

Rugby 10 19/10/3

Position	Competitor	Time
3	Mick O'Shea	56:32
7	Paul Kelly	57:33
8	Ian Burgoyne	57:42
16	Rob Barry	59:23
32	Mark Baker	62:51
34	Dan McHugh	63:20
38	Bob Adams	63:47
45	Rich Vaughan	65:17
63	Gareth Knight	67:24
71	Andrew Ralph	68:12
90	Steve Mason	71:02
100	Loretto Denley	73:00
103	Simon Harper	73:44

119	Sarah McNaney	75:50
130	Julie Neville	78:21
138	C. Jones	79:25
141	Rebecca Smith	81:02
146	John Ralph	81:43
149	Andy Whitehouse	82:19
150	Sylvia Guthrie	82:38
154	Sarah Robertson	74:01
166	Steph Berry	90:31
168	Katrina Gavin	91:17
178	Eileen McGowan	97:30

Chicago Marathon 12/10/3

Peter Armstrong: 3h22m49s

4854 Paul McGurk 3h35m59s

Welcombe Hills, Stratford 10K 11/10/3

13th Jerry Trill 38m38s

19th Mark Baker 40m06s

31st Eddie Simmons 43m58s

Report: Mark Baker

An of road run on hard ground

London to Brighton 54Miles 198 yards 5/10/3

25 8:07:56 (PB) Dave Halford MV45 09:01.1 16

Kenilworth Half Marathon Sunday 5/10/3

Position	Time	Name	Cat	Pace	Race No
7	1:17:21	KELLY, Paul	Male Vet 50	05:54.2	867
19	1:21:05	BARRY, Robert	Male Senior	06:11.3	1022
27	1:23:52	BAKER , Mark	Male Senior	06:24.0	236
29	1:24:12	ADAMS, Robert	Male Vet 40	06:25.5	753
54	1:28:14	McHugh, Con	Male Vet 40	06:44.0	706
79	1:30:53	KNIGHT, Gareth	Male Senior	06:56.1	1039
104	1:33:02	PERRETT, Adrian	Male Senior	07:06.0	255
110	1:33:31	RALPH, Andrew	Male Senior	07:08.2	195
136	1:35:28	MASON, Stephen	Male Senior	07:17.1	1021
167	1:38:35	HARPER, Simon	Male Senior	07:31.4	257
203	1:41:06 PB	MCNANEY, Sarah	Female Vet 35	07:42.9	457
236	1:43:07	HOBDAY, Robin	Male Vet 40	07:52.2	745
270	1:44:42	ROWE, Andy	Male Senior	07:59.4	283
280	1:45:15 PB	NEVILLE, Julie	Female Vet	08:01.9	346

			45		
335	1:49:32	JONES, Charles	Male Vet 50	08:21.5	849
358	1:51:15	GUTHRIE, Sylvia	Female Vet 45	08:29.4	347
361	1:52:00	HANDS, Richard	Male Senior	08:32.8	282
396	1:54:44	RALPH, John	Male Vet 60	08:45.3	982
425	1:57:23	CALCUTT, Lisa	Female Senior	08:57.5	588
439	1:57:57	ROBERTSON, Sarah	Female Vet 35	09:00.1	427
454	1:59:26	COOK, Lynne	Female Senior	09:06.9	583
455	1:59:30	BERRY, Stephanie	Female Senior	09:07.2	622
474	2:02:13	KEIGHLEY, Lesley	Female Vet 45	09:19.6	359
476	2:02:32	DUNKLEY, Donna	Female Senior	09:21.1	620
488	2:04:21	GAVIN, Catherina	Female Vet 35	09:29.4	431
541	2:10:48	CURTIS, Angela	Female Vet 35	09:58.9	468
561	2:16:02	MC GOWAN, Eileen	Female Vet 45	10:22.9	360
585	2:35:17	ALLISON, Angela	Female Vet 35	11:51.0	434

MCAA Cross Country Four Stage Relay, Wreake Leicester 4/10/3

A Team

Ian Burgoyne	20:29
Nathan Holmes	21:02
Mick O'Shea	20:10
Rob Barry	20:56
Total	1:22:37

B Team

Peter Austin	21:28
Eddie Simmonds	25m09s

Report: Rob Barry

After a great turn out for the men last week at Sutton Park this race was a much more modest affair. We managed one and a half teams. One of the factors affecting the turnout was probably the fact that the Kenilworth Half was the following morning and I also feel that runners find it hard to contemplate starting the x-country season. I'm saving the three line whip for the Brum League fixtures!

We weren't alone, or to be more exact we nearly were! as other clubs except the local ones were also low in representation. Birchfield led convincingly for the first three legs but didn't have a fourth runner to complete the team. The mighty Tipton only had one runner!

But it was certainly not a wasted opportunity as we had managed to put together a pretty sharp A team and, despite dropping a couple of places in the last leg, I did manage to hold off Sphinx who were closing fast. Revenge for the six stage!!!

These last two outings have certainly demonstrated to us how Sphinx have built themselves up into a strong club over the last 2 or 3 years and should have a bright future given that their fast runners are all half the age of ours!!! with the exception of Graham Patten of course.

But I am confident that the victors of this year's Birmingham League competition will be the club that manages to put in four consistently strong performances over the winter. We can't afford a weak fixture like we suffered at Stafford last year. Rich take your jeans off before complaining this year.

Well done to those that took part in this race. It is important to get in some competition on the country before Senneley's Park on 1st Nov. Look out for club x-c handicap on Sunday October 26th.

Mick, Pete and Eddie all did good times compared with the 6 stage last week on a slightly longer course and Ian was a great addition to the A team. Given that Millwall beat Coventry I hope that he felt that he had made the right choice.

The A team finished 8th (not bad for the Midlands) and was the first Coventry team.

We also managed a team pint, in fact one each, in a local pub whose clientele did seem slightly on the weird side. However, we seemed to slot in quite well. Who knows, with our matching Northbrook jackets and tracksters and the fact that we didn't smoke, they probably thought we were a right bunch of Athletes.

September, 2003 Results

Midland Counties 6 Stage Road Relays, 6x5.847Km 27/9/3

Sri Chinmoy Marathon 21/9/3

Great North Run 21/9/3

Nuneaton 10mile 21/9/3

Nottingham Half Marathon 14/9/3,

Nottingham Marathon 14/9/3

Great Midlands Fun Run 8.5 Mile 14/9/3

40 mile Coventry Way 7/9/3

Lichfield 10K 7/9/3

Wolverhampton Marathon 7/9/3

Wolverhampton Half Marathon 7/9/3

Summer Handicap last race 3/9/3

Castle Combe Duathlon (run-bike-run (2 miles,10, 2), Race #5 3/9/3

12 Events, 48 runners

Castle Combe Duathlon (run-bike-run (2 miles, 10, 2), Race #5 3/9/3

Nick Wright 53:14 69th out of 134 finishers

1st transition: 13:02

2nd transition: 27:28

3rd transition: 12:44

Report:

My first race after 10 months! I did a race at the beginning of September! Thought I was back in the game.

Did quite well (it was a Duathlon, details below) but pulled something on

the other side of my groin a week later, been injured since...

Midland Counties 6 Stage Road Relays, Sutton Park, 27/9

A Team	B Team	C Team	D Team
2:03.30 31st	2:24.30 80th	2:25.48 83rd	
R Ansell 20:30	R Adams 22:08	R French 21:55	M Baker
M O'Shea 20:07	S Mason 24:57	P Austin 21:44	22:22
J Nicholson	M Donnelly	M Duggan	
21:29	23:52	24:21	
P Kelly 20:16	S Simpson	J Trill 23:38	
R Barry 20:31	24:19	G Thomas	
N Holmes 20:37	T Jordan 24:00	21:35	
	A Rowe 25:14	F Barrett 32:35	

Midland's Six Stage Relay

Saturday 27th September 2003 – Sutton Park, Birmingham

Report: Rob Barry

I remember earlier this year having a bit of a whine after the Midland's Seven Cross Country because the men couldn't muster a team. So I am delighted to report that we managed to field 3 teams for this event and have an extra athlete to boot. On the Wednesday night prior to the event and after a little bit of phoning round I had confirmed 19 runners. To actually have 100% turnout on the day made my job a lot easier and a pleasure.

I put in our best A team and then tried to balance the other two teams so that they could race each other.

This resulted in a Mark Baker, Bob Adams and Vinny French head to head on the first leg. Vinny got the better of the other two this time. Richard Ansell opened the account for the A team with a very respectable time considering he did the Great North Run only 6 days before.

The stages seemed to whiz past fairly quickly during a sunny autumnal afternoon. The only real dampener was that Sphinx got the better of us. Mark 'Statto' Baker seemed to be getting more and more excitable as the afternoon went on as he kept us up to date on the prospects of qualifying for the National 6 Stage. This was not to be.

The B and C team 'race' was only sorted out on the last leg as Andy managed to reel in Fraser. I was only to discover later that evening that Jerry missed his changeover and probably lost a minute. It might have needed a photo finish!!!

Thanks to all those that took part. I think it bodes well for the x-country season. We will certainly need to consistently have quality and quantity for the Birmingham League fixtures if we are going to get the top spot.

Special thanks to Gary for not running faster than anyone in the A team!!

Results (unofficial)**A Team**

Richard Ansell	20:30
Mick O'Shea	20:05
Jason Nicholson	21:28
Paul Kelly	20:17
Rob Barry	20:31
Nathan Holmes	20:38
Total	2:03:29

B Team

Bob Adams	22:07
Steve Mason	24:56
Mark Donnelly	23:52
Steve Simpson	24:19
Tom Jordan	24:00
Andy Rowe	25:15
Total	2:24:29

C Team

Vinny French	21:54
Pete Austin	21:43
Mick Duggan	24:21
Jerry Trill	23:39
Gary Thomas	21:34
Fraser Barrett	32:34
Total	2:25:45

D Team

Mark Baker	22:21
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Thanks to Mark for being so amenable when I asked him to run as a team of 1. I did give him the option of doing all 6 legs

Sri Chinmoy Marathon 21/9/3

Dave Halford 3h15m30s

Great North Run**21/9/3**

Jason Nicholson 1.25.42

Steve Mason 1.34.04. pb

Andy Whitehouse 1.49.15

John Elliott 1.42.22

Angela Curtis 2:11:42

Richard Hands 1:51:55

Vicky Ward 2:30:30

WRRC Nuneaton 10 mile 21/9/3**Men**

Paul Kelly 6th 58m22s

Mark Baker 23rd 64m14s

Richard French 27th 64m59s

Bob Adams 31st 65m13s

Andrew Ralph 66th 70m58s

Women

Loretto Denley 76th 73m43s

Julie Neville 98th 77m52s

Sylvia Guthrie 130st 1h27m03s

Caterina Gavin 135th 1h31m30s

Sarah Robertson 133rd 1h28m44s

Elaine McGowan 142nd 1h40m43

Nottingham Half Marathon 14/9/3

Andy Row - 1.52.18

Sarah McNaney 1.56.20

Nottingham Marathon 14/9/3

Marathon Stuart Keane - 3.04.18

Report: Sarah McNaney

A very, very hot day contributed to a slower half than many runners would have liked - me included but having said that, the crowd support was great and the water stops were well stocked. I think though, the day belonged to Stuart Keane who completed

his first marathon in a very impressive time and still looked like he was out for an afternoon stroll when he came down the finishing straits!!! Well done to Andy as well, who completed his first half marathon in a very respectable time!

Great Midlands Fun Run (Sutton Coldfield) 8.5 Mile 14/9/3

Con McHugh 56m10s

40 mile Coventry Way 7/9/3

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

Rob Barry 8h34m30s

Richard Vaughan 8h34m30s



Report: We achieved our plan of getting round and eating as much as we could at each checkpoint. Sphinx completed a 6 person relay team in 4 hours 35 minutes (course record) and threw the gauntlet down for next year!!!

http://www.greenall.me.uk/ACW/acw_2000.htm

Lichfield 10K 7/9/3

Lesley Keighley 57m01s

Wolverhampton Marathon 7/9/3

Dave Halford 3h15m26s

Wolverhampton Half Marathon 7/9/3



http://www.expressandstar.com/artman/publish/article_41340.shtml

Richard Hands 1h51m40s

Angela Curtis 2h27m33s

August, 2003 Results

Half-Ironman UK, Sherborne Castle, Dorset

Good Bad Ugly 5pm Coundon Park 30/8/3

Godiva Autumnal 5, Memorial Park 7:15, 29/8/3

Firms 5 19/8

Rowheath 5k 14/8

Newark Half Marathon 10/8

London Triathlon Sunday 10/8

Blissworth 5m 8/8

65 runners 8 events

Half-Ironman UK, Sherborne Castle, Dorset 31/8/3

Dannie McHugh 4h53m PB

Swim 37m, Bike 2h42m, Run 1h26m

PB of 4:53 - over 30 minutes faster than his time in 2001. The race was held at the picturesque setting of Sherborne castle, Dorset with a field of 1600 competitors and comprised of a 1.2 mile swim (37:30) , a 56 mile bike leg (2:50) and a 13.1 mile run (1:26) to finish the race. This race is the only qualifier for the Hawaiian world Ironman championships held in the UK and a top quality field from all over the world competed in this

<http://www.ironmanuk.com/>

Good Bad Ugly, Coundon Park Saturday 4pm 30/8/3



1	65m19s	Paul McGurk Holly Saunders Rob Barry
2	65m49s	John Bird Rich O'Shea Andy Davis
3	66m13s	Dennis Saunders Tom Jordan Tom Gillon
4	66m31s	Eddie Simmonds Donna Bob Adams
5	66m38s	Ruth Andy Rowe Mark Baker
6	66m43s	Steve Mason Rich French Rich Vaughan
7	66m52s	Martin Turall

		Julie Neville Gary Thomas
8	67m00s	Steph Barnes Mark Donnelly Con McHugh
9	67m04s	Lynne Cook Andy Rowe Rich Ansell
10	67m19s	Sarah McNaney Mick O'Shea Catherina Gavin

Godiva Autumnal 5, Memorial Park, Friday 7:15pm 28/8/3 Full

results:<http://www.marktr.btinternet.co.uk/>

Place	Time	Name	Race Age Category		
4	00:27:52	KELLY, P	M50	485	4
7	00:28:07	BURGOYNE, I	SM	442	7
16	00:29:08	BARRY, R	SM	483	16
39	00:30:46	FRENCH, R	SM	447	39
43	00:30:56	ADAMS, Bob	M45	314	43
57	00:31:36	BAKER, M	SM	467	57
63	00:32:01	KNIGHT, Gareth	SM	319	63
64	00:32:04	MCGURK, Paul	M40	316	64
84	00:33:16	MASON, Stephen	SM	340	84
99	00:34:02	RALPH, Andrew	SM	313	99
100	00:34:03	FOULSTONE, D	SM	443	100
112	00:34:58	SIMMONDS, E	M45	445	112
115	00:35:05	ELLIOTT, J	SM	484	115
126	00:36:06	ROWE, A	SM	456	126
127	00:36:07	DENLEY, Loretta	L55	121	127
131	00:36:31	MCNANEY, Sarah	L40	190	131
142	00:37:13	HANDS, Richard	SM	189	142
144	00:37:19	RALPH, John	M65	337	144
145	00:37:21	NEVILLO, J	L50	472	145
172	00:38:35	STAFF, R	SL	448	172
195	00:40:56	LUNN, N	SL	495	195
200	00:41:27	WARD, Vicky	SL	338	200
203	00:41:56	DUNKLEY, Donna	SL	158	203
211	00:43:39	KEIGHLEY, L	L50	494	211
214	00:44:07	MOYSE, J	SM	380	214
218	00:45:41	CURTIS, Angela	SL	188	218

Massey Ferguson Firms 5, 19/8

Mick O'shea 27m46s

Paul Kelly 27m49s

Pete Austin 30m 29s

Bob Adams 30m 52s

Steve Mason 32m49s PB

Rowheath 5k, 14/8

Bob Adams 18m22s 32nd

Newark Half Marathon, 10/8

Paul Kelly 1h28m09s 25th and 2nd Over 50

London Triathlon Sunday 10/8

Emily Ducker 2.59.15

Blissworth 5m, ?/??

Paul Kelly 28m04s

Wednesday 1st October 2003 Re: The Rising Cost of Membership

– **Nathan Holmes**

To the Committee and Members of Northbrook AC:

When I joined Northbrook AC in May of this year, the annual membership fee was effectively twenty-five pounds - fifteen pounds for membership of Northbrook AC itself and ten pounds for access to the facilities at the Jaguar Sports & Social Club. Shortly thereafter, charging for use of the showers raised this to fifty-one pounds (assuming that I train every Wednesday). The recent change to the Sports & Social Club membership rates raise the cost of an equivalent membership again, to sixty-one pounds. If I were also to train on Sundays, the total cost would be eighty-seven pounds. Yes, it is true that only fifteen pounds is payable to Northbrook AC, and that this amount has not changed since I joined. Equally the full amount is payable by me and, regardless of the payees, I regard this as an inordinate sum to pay for the privilege of running on public roads and footpaths, your good company notwithstanding. Furthermore, the Social Club has been less than welcoming in recent weeks, first complaining about the 'obstruction' that we (paying customers, lest anyone forget) cause, then about our bringing bags into the club room - which is one thing for those that arrive by car, but quite another for the rest. If the Social Club was merely a provider of services, and we consumers, any one of these changes might prompt us to look elsewhere. But we think of the Social Club as 'home' while, taken together, I am afraid that the recent changes show that the Social Club thinks of us as nothing more than a captive, profit-making opportunity. Our emotional 'attachment' and a perceived lack of alternatives only serve to give the Social Club the high-price, low-service advantages of the monopolist.

As an individual, my only means of protest or redress is to withhold my custom.

Accordingly, I will neither be renewing my membership of the Jaguar Sports & Social Club in any form nor using the facilities therein. I hope this will not affect any decision to renew my membership of Northbrook AC next year, as I thoroughly enjoy both the running and your company.

Yours faithfully,

Nathan Holmes

Marathon training schedule for intermediate runners

Week - 1 = 26 MILES						EASY
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
6-EZ	4-EZ	R/XT	6-EZ	4-EZ	R	6-EZ
Week - 2 = 28 MILES						EASY
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
4-EZ	R/XT	7-EZ	3-EZ	7-EZ	R	7-EZ
Week - 3 = 30 MILES						MEDIUM
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
4-EZ	R/XT	7-EZ	4-EZ	6-EZ	R	9-LSD
Week - 4 = 26 MILES						EASY
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
3-EZ	5-EZ	R/XT	6-EZ	4-EZ	R	8-LSD
Week - 5 = 32 MILES						HARD
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
6-EZ	R/XT	5-EZ	7-T	4-EZ	R	10-LSD
Week - 6 = 35 MILES						HARD
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
4-EZ	7-EZ	R	8-T	4-EZ	R	12-LSD
Week - 7 = 37 MILES						HARD
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
3-EZ	7-EZ	R	9-T	4-EZ	R	14-LSD
Week - 8 = 31 MILES						MEDIUM
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
R/XT	4-EZ	9-T	4-EZ	4-EZ	R	10 - RACE
Week - 9 = 36-40 MILES						HARD
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
3-EZ	6-EZ	7-T	4-EZ/XT	4-EZ	R	16-LSD
Week - 10 = 37-40 MILES						HARD
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
3-EZ	7-T	3-EZ/XT	6-REP	3-EZ	R	18-LSD
Week - 11 = 37-40 MILES						HARD
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
4-EZ	7-T	R	6-REP	3-EZ/XT	R	20-LSD
Week - 12 = 33 MILES						MEDIUM
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
R	4-EZ	9-T	R	7-EZ	R	13-RACE
Week - 13 = 35-40 MILES						HARD
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
3-EZ	5-EZ	R	7-T	5-EZ/XT	R	20-LSD
Week - 14 = 34-37 MILES						MEDIUM
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
R	5-EZ	7-T	4-EZ	3-EZ/XT	18-LSD	R
Week - 15 = 29 MILES						MEDIUM
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
5-EZ	5-REP	R	6-T	R	5-RACE	8-EZ
Week - 16 = 14 MILES (40 WITH MARATHON)						EASY
Mon.	Tues.	Weds.	Thur.	Fri.	Sat.	Sun.
R	4-REP	5-EZ	3-EZ	R	2-EZ	26.2 - RACE

Glossary of Training Terms and Symbols

- **R:** Rest day. Do no running or other strenuous physical activity.
- **EZ:** An easy or recovery run done at a comfortable pace.

- **XT:** Cross training that can include any one of a number of low-impact sports (i.e. bicycling, swimming, hiking, exercise machines, weight training) that burn calories and provide cardiovascular benefits while giving you a physical and mental break from running.
- **LSD:** Long slow distance runs of 1 to 3 hours in duration. These runs may include brief breaks for walking, stretching, rehydration, and bathroom visits. Beginners often cover these runs at their goal marathon pace. Intermediate and Advanced runners often start at a pace slower than their goal marathon pace, and finish at slightly faster than goal marathon pace.
- **T:** Tempo runs of 15-25 minutes at a pace that's 10-20 seconds slower per mile than your 10-K race pace. Warm-up and cool down distances are included in daily mileage.
- **REP:** Repeats of 400 meters to 1600 meters at your 5-K race pace. You should run your repeats on a 400-meter track, a grassy field, a smooth path, or a traffic-free stretch of road. Between repeats, jog half the distance covered during the repeat. Repeat day distances include warm-up, cool down, and recovery mileage.
- **RACE:** Occasional racing improves your fitness and accustoms you to the stresses of racing.

NORTHBROOK ATHLETIC CLUB COMMITTEE MEETING

6th October 2003: 18 Streamside Close, Coventry. Minutes prepared by Mark Baker

Present: B.Awcock (President), B.Adams (Chairman), M.Baker (Secretary), A.Marshall (Vets S), R.Barry (Mens Cp), T.French (Fixtures), G.Knight (Running Adv), S.McNaney (Ladies Cp), E.Ducker (Social Sec), L.Cook (Treasurer), Loretto Denley (Guest).

1. **Apologies-** S.Guthrie (New Mems), D.O'Shea (Ladies Capt).
2. **Matters From Last Meeting**—a) Birmingham XC League - £50 affiliation fee is due now.
b) MCAA Members – Request for 2003/04 Member Renewal fees – approx £440 for 130 members.
c) Jaguar – Final list of 58 members is being prepared. Options are £40 family, £30 partner, £20 Individual, Leisure Centre & club, £10 social club & outside showers only. 50p is still charged for showers on each visit. New cards will be circulated soon. Other members can still renew their own memberships on 16th or 23rd October at Browns Lane. Everyone has received a letter, so it is up to members to decide if they pay the Jaguar fees. However, card checks are promised in future. The committee received a letter from Nathan Holmes indicating his disappointment at the increase in fees. Nathan said that he would not pay the fees this year, and not use Jaguar facilities. However, this does not prohibit him (or anyone) from being a Northbrook member; eg. just to compete in races, etc.
d) Winter Handicap – Daniel Grose is being asked for winners. New handicapper needed for 2003/04.
e) League XC Race – Venue is Coundon Hall Park on 29/11/2003. Equipment must be purchased. Council/St John Ambulance informed. Showers need warm water. Dave New may be chief marshal.
f) Club XC Race – Coundon Hall Park is venue on Sunday 26/10/03. Start time is 9.30am.
g) Dates at Jaguar – The AGM is on Tuesday 13/1/04. The Presentation Night is Saturday 31/1/04.
h) Kit – Bob Awcock will bring kit for purchase to Jaguar, on Wed 22/10/03. Extra club vests and shorts are being ordered. Minimum order for vests is 50 items.
i) National XC Champs – At Temple Newsam, Leeds. Loretto Denley will look at accom/transport.
j) Allesley Fun Run – Entrants who were asking about the club, need to be sent information.
k) Copying – Discussions were about purchasing a copier or paying for copies. No decision made.
l) Jaguar Function Room – Jaguar have asked us to use this on Wednesdays, but it is often unavailable!
3. **Treasurers Report** – email for detail. Lynne is looking at more convenient club accounts.
4. **Ladies Captain's Report** – Sarah McNaney said many new ladies had joined us. Many ladies ran at Nuneaton 10, Kenilworth Half Marathon and Great North Run. However, no team ran in 4-stage relays at Sutton Park. Some ladies will run XC races at Coundon Hall Park and Senneleys Park.
5. **Men's Captain's Report** – Rob Barry said 3 full teams ran in 6-stage relay at Sutton Park. 'A' team was 31st. Paul Kelly was selected for England XC V55 team after Nuneaton 10. Senneleys Park soon.
6. **Social Secretary Report** – Emily Ducker gave details of costs for 70's night at Stonebridge Manor Hotel on 1/11/03, after Senneleys Park races (8pm). Tickets are £7.50 each, and ticket sales need to be increased significantly soon. Loretto Denley is booking food at 'Rainbow' for 29/11/2003.
7. **Any Other Business** – a) Runner of the Month – Rob Barry & Richard Vaughan for 40 mile Cov Way.
b) Brose 10Km Race 2004 – Loretto Denley said the proposed date is 13/6/2004, starting at 10.30am. A sub-committee could meet every month and report back to the main committee if needed. Design of long-sleeve shirt prizes is being considered. Example cost is 400 @ £2.59 each.
b) Magazine - Dan McHugh still requires more articles for the club magazine.
c) Club Races – Tony French has a fixture list, and is distributing forms for club road race champs...
d) Brose – Tom Gillon is attending an open day at the Brose factory, after receiving an invitation.
e) Poster for Running Shop – This will allow Ian Strain's shop to refer new runners to Northbrook.
f) Indoor Ironman – Triathlete says a third of funds raised are for an adapted bike for Dawn O'Shea.
8. **Next Meeting** – Monday 3rd November 2003, Sarah McNaneys, 23 Tilehurst Drive, Coventry.

Triathlon - Half Ironman Race

Intro

In the last newsletter, I gave some background to my training for this race. Here's the detail of how it all went.

Before the race

In the last article in the August newsletter, , my target time for the race was 5 hours 10. How did it go, read on if interested?

3 weeks before the race I go and "do my back in". Do not ask me how, it just happened and unfortunately while I was on hols in the new forest. Out went all my training plans and I spent quite a lot of time on hols on my back, in pain thinking "shit, 6 months of training down the drain", 1 very expensive entry wasted – I was not particularly happy.

However, I find myself an Osteopath while on hols, and a couple of sessions seem to get me back on the road to recovery. However, it is painful to walk, I cannot run or bike or swim.

One week before even though I have not trained things feel a bit better so I decide to do it, even if I have to take pain killers or drop out during the race.

Thursday before the race

We travel down during Thursday. It is quite a drive to Sherborne, especially pulling a caravan. The site we are stopping in is in Charmouth and I am not too impressed. Facilities are ok but we have been in better. Finish getting the caravan down and the awning up just prior to a heavy rainfall. It is dark by the time I have finished this and I have to have a beer or 2 to chill out. Obviously taking the race seriously in terms of hydration and carbo loading.

Friday before the race

Well it is raining in the morning, we decide to go to Dorchester which turns out to be an excellent Town. We have a spot of lunch before visiting the teddy bear museum and the dinosaur museum. At least the children are enjoying themselves. Fortunately things brighten up in the afternoon and we decide to drive to Sherborne, where the race is being held.

I realise that when we drive to Sherborne from Dorchester that we have made a big mistake where we are staying – we are about 1 hour away from the course.

The bike course looks a bit stoney, little stones and pebbles on the course. Glad I purchased some puncture resistant tyres prior to the race. I see lots of people out on the course riding it. I can start to feel the nervous energy building up.

Saturday - Race Registration

The organisation is superb, much better than the previous ½ Ironman I competed in. Registering and racking my bike on a gloriously hot Sat is no problem and I get away from Sherborne after spending less than an hour there.

Starting to get nervous about the race, wondering if my back will hold out and whether I can complete the race. Prior to the race, I had thoughts of completing it in somewhere around 5:10 but that is just a distant thought now.

Race morning

Up at 04:30. Unfortunately we are staying about 1 hour away from the course – big mistake if I do this race again, I will stay a lot closer. However, it was difficult getting accommodation so I have to make do.

My brother in-law drops me off to Sherborne. Nervous in case I forget something – I am bound to have forgotten some little thing (like a wetsuit or goggles). We get to Sherborne and there is a big queue of traffic. I get out of the car and walk to the castle.

Spend about 30 mins in the queue for toilets, then there is an announcement that the race is being delayed due to the misty conditions on the lake. You could not see more than 50 metres ahead of you. Race is suppose to start at 07:00, we eventually get off at 08:30. I could have had another 2 hours in bed!!!!

As the race announcer tells us to start getting into the water I can hardly believe how narrow the lake is at the start. It is no more than 100m wide and there are 1400 people to start at once. This will be hard.

The swim

This really is scary. There is no room at all in the lake. The race klaxon goes off and everyone starts swimming. Fortunately even though I am not a great swimmer I have completed quite a few open water swims but nothing like this. There is no space at all and you get kicked, punched and swam over. It is very scary. However I do not panic and after 10 mad mins I find some space on the outside – this is so much better. I work fairly steadily on the swim and get out amongst a major pack of swimmers. Into transition,

get my bike stuff and run to the bike. The adrenalin is really rushing now and I have to remember that I am at the start of a 56 mile bike leg with a 13.1 mile run at the end for good measure.

It is great to get onto the bike and start cycling. There is quite a hard hill at the start but after that things ease up for a bit. I strike up some conversations with fellow triathletes – everyone is saying how mental the swim was and I have to agree, it was dangerous.

I start to see some casualties along the road side with punctures. I must admit that people's lack of preparation and checking the course out surprises me. It was well known that the roads were rough in parts, but people inside on having really skinny race tyres on and they get punctured. This happened to Spencer Smith the favourite, he bombs out after 2 punctures.

The bike course is 2 laps, The first half of each lap is not too bad, but the second part is hilly. There is one amazing decent where I touched 50 mph. Someone came off there and looked to be in a bad way. I am trying not to put too much into the bike leg, I need to have something left for the run. Last time I did this race in Llanberris I wasted myself on the bike leg and died after 6 miles on the run. I really do not want that to happen again. Plus this time I have no idea if the back will hold up.

Feeling ok on the second lap and maintaining a reasonable pace. No crazy speeds on the second decent due to a couple of accidents on it, the marshals are well out in force. I have been eating and drinking all the way through the bike leg and I feel ok. No problems with the back at this stage – I hope that continues. Also, the support from the locals is excellent. Dorset is a lovely part of the country and the course covers some decent scenery.

I make my way back in for T2 and the start of the run leg. Off the bike, get my running shoes on and I get started on the run. This is always the hardest part of any triathlon. Somehow your legs feel as if they are not attached to you and it always takes a bit of time to get the run going. Straight away on the run I get a bad twinge with my back – fortunately this is the only problem I get with it all day.

The run (half marathon) is held in the grounds of Sherborne castle. This is a big place with excellent running tracks and trails. After 1 mile there is a fairly hard hill. Lots of people are walking up the hill. At this stage I am feeling ok and continue to make good progress up the hill overtaking people. Thank God when I get to the top of it and there is a reasonable decent. However there is a sting in the tail of this 2 lap run course, there is another steeper and longer hill at about mile 4. It is at least 1.5 miles long and it is a killer. However, lots of people are still struggling and I am making very good progress. By the end of lap 1 I have overtaken well over a hundred athletes, and was only overtaken by 2 runners (these guys were flying). I just hope I can hold it together for the next part of the race.

After the second hill the course is quite fast. The scenery is excellent and I am enjoying myself. I complete the first lap maintaining what I am fairly sure is 7 min miling. However, the heat is making the run hard and I have to remember to keep drinking water.

I start the second lap still overtaking lots of people. Up the same hill as before, most people seem to be walking, I just carry on plodding away. Glad to make it to the top of this hill but on the way down I am very aware of the second hill (or 4th hill depending on how you look on it), and how soon I will be on it. However, my running background is keeping me going. I feel a bit apprehensive during this part of the race as when I did Llanberris 2 years ago I blew up totally after 6.5 miles of running and it was a real struggle to the end. However, I feel strong and having already one ½ Ironman in my legs, I know what to expect.

I approach the final hill and now I really start to feel the pain. However, I keep my head down and run (slowly) up it. I know if I can make this hill I will be over the worst of the course. I keep working and get to the top feeling pretty good. I look at my watch and I realise that with less than 3 miles to go I have a chance of breaking 5 hours. All I have to do is run 3 miles in less than 28 mins.

On the descent I really start to push it. I feel really strong at this point and can go no faster. For the next 1.5 miles I am really going well when suddenly I do not start to feel so good. Less than 1.5 miles to go and I feel myself slowing down and I am now really suffering. This is the wall, when your glycogen stores are depleted and you have nothing left. It shows what a fine balance there is between success and failure, particularly in endurance events. However, I know there is not much of the race left so I shuffle along for the next ¾ of a mile.

I know I am getting close to the end of the race now, I am just trying to hold it together. At this stage all thoughts of times go out the window, you just want to finish. I find that for the first time in the race that I need to stop. I walk for about 30 secs when I am overtaken by about 5-6 people. That gives me a burst and I think to myself I am going to finish this race not letting anyone else overtake me.

I start running again, and find myself in no time approaching the final bend before the finish. Not feeling too good, but I push myself to the end and make it over the line. One look at my watch tells me that I have gone sub 5 hours, 4:53 which is almost

unbelievable. The crowds at the finishing line were fantastic, I tuck into a few energy bars, and banana's plus lots of drink. I soon find myself feeling a lot better.

Reflection of the race

In 2001 when I raced at Llanberris, I really felt depressed with my performance. In fact in 2002 I never even competed in a triathlon. I always wanted to come back and prove I could do something much better. In reflection I think I have done this now. My splits were 37 mins for the swim, 2:43 for the bike and 1:26 for the half. The rest of the time to make up the 4:53 was spent in transitions. I am fairly sure the ½ marathon was a mile short – do not ask me how that happens but short run courses are not unheard of in triathlons.

Next year this race may be a full Ironman – I doubt whether I will do this. If it is a half Ironman again, I may have another go.

Ladies Race Championship

Northbrook Road Race Championship 2003 (Positions at end October)																				
Female																				
Posn	Name	Cat.	5K			5 Mile			10K			10 Mile				Half Marathon				20 Mil
			Time		Pts	Time		Pts	Time		Pts	Time			Pts	Time			Pts	Time
			Min.	Secs.		Min.	Secs.		Min.	Secs.		Hr.	Min.	Secs.		Hr.	Min.	Secs.		Hr.
1	Lor Denley	VF	21	25	19	33	58	20	45	49	19	1	13	0	20	1	33	31	19	
2	S McNaney	VF	21	56	18	36	2	19				1	15	50	19	1	41	6	18	
3	J Neville	VF	23	31	12	37	21	18	46	39	18	1	17	52	18	1	45	15	16	
4	S Edkins	VF	23	21	13	40	0	14								1	51	15	13	
5	L Calcutt	SF	24	8	10	40	59	11	47	54	17					1	57	23	11	
6	R Smith	SF	23	2	16	37	34	16	50	56	15	1	21	2	17					
7	Lou Denley	SF	20	42	20				45	29	20					1	42	53	17	
8	S Thompson	SF	23	18	15	37	56	15	53	59	13									
9	S Guthrie	VF	24	40	8	40	1	13				1	22	38	16	1	51	15	14	
10	S Berry	SF	25	9	4	41	26	10				1	30	31	14	1	57	28	10	
11	C Harrison	VF	23	46	11				50	34	16									
11	R Staff	SF	23	19	14	37	32	17	52	43	14									
13	A Giehl	SF	24	19	9											1	48	57	15	
14	L Cook	SF	24	58	6	41	50	8	57	14	11					1	59	26	8	
15	C Gavin	VF	25	58		42	18	6				1	31	17	13	1	56	0	12	
15	L Keighley	VF	26	51		40	28	12	56	59	12					2	0	43	7	
15	L Wilson	SF	22	58	17															
18	V Ward	SF	24	55	7	41	27	9	58	58	10					2	30	30	2	
19	S Robertson	VF	25	19	2							1	24	1	15	1	57	57	9	
20	D O'Shea	VF														1	22	57	20	
20	J Wilkinson	VF																		
22	E Ducker	SF																		
23	D Dunkley	SF	25	3	5	41	56	7								2	2	32	6	
23	A Curtis	VF	26	18		43	30	5	59	37	9					2	10	48	4	
25	J Moyse	SF	25	55	1	43	55	3	62	0	8					2	11	6	3	
26	L Thorburn	SF	25	17	3	43	42	4								2	7	44	5	
27	D Davies	VF	27	32					62	1	7									
28	A Allison	VF														2	35	17	1	
	L Mallows	SF																		
	H Forrester	SF																		
	M Murphy	VF																		
	S Taylor	VF																		
	S Thongsab	SF																		
	S Weaver	VF																		

	M Leake	VF																									
Northbrook Road Race Championship 2003 (Positions at end October)																											
Male																											
Pos	Name	Cat.	5K			5 Mile			10K			10 Mile				Half Marathon				20 Mile				Marathon			
			Time		Pts	Time		Pts	Time		Pts	Time			Pts	Time			Pts	Time			Pts	Time			
			Min.	Secs.		Min.	Secs.		Min.	Secs.		Hr.	Min.	Secs.		Hr.		Min.	Secs.		Hr.	Min.	Secs.		Hr.	Min.	
1	M O'Shea	VM	16	47	19	27	20	19	34	58	19	0	56	32	20		1	14	12	20							
2	R Barry	SM	16	57	18	27	37	18	36	6	16	0	59	23	17		1	21	5	18							
3	R French	SM	17	57	11	29	50	13	41	24	4	1	4	59	12		1	28	38	10	2	14	59	20		2 55	
4	P Kelly	VM				27	37	18	35	23	17	0	57	33	19		1	17	21	19							
5	I Burgoyne	SM	17	15	15	28	7	15	36	53	15	0	57	42	18												
6	N Holmes	SM	16	35	20	26	57	20	35	1	18																
7	R Vaughan	SM	18	50	4				39	55	11	1	5	17	11			3	15	16	12				3	9	
8	J Guest	SM	17	8	16	28	0	16	34	35	20																
9	S Keen	SM	18	16	8	30	37	10				1	4	33	13										3	4	
9	B Adams	VM	18	49	5	30	47	8	40	59	7	1	3	47	14		1	24	12	15							
11	P Lawlor	VM	18	59	2	32	15	1	39	18	12										2	37	26	16		3 9	
12	G Knight	SM	19	19		31	52	4	41	35	2	1	7	24	10		1	30	53	8	2	29	39	18		3 52	
12	M Baker	SM	19	15		31	12	7	41	29	3	1	2	51	16		1	23	52	16							
14	A Powell	VM	19	11		31	31	6	42	1	1										2	19	43	19		3 14	
15	D Halford	VM							41	8	6						1	25	23	14					3	6	
16	G Thomas	SM	18	30	7				38	20	14						1	25	52	13							
17	J Nicholson	SM	17	53	13	30	38	9	40	47	9																
17	R O'Shea	VM	17	5	17	28	41	14	43	52																	
19	D McHugh	VM	18	39	6							1	3	20	15		1	28	45	9							
20	A Gray	SM	19	25													1	26	15	12						3 14	
20	P Armstrong	SM	19	8	1				39	7	13															3 15	
20	T Gillon	VM	20	9																	2	38	10	15		3 23	
20	I Strain	SM																			2	35	10	17		3 31	
20	A Ralph	SM	19	56		32	2	3	41	15	5	1	8	12	9		1	33	31	5					3	51	
25	C McHugh	VM	19	31		31	35	5	40	57	8						1	28	14	11							
26	P Austin	SM				30	29	11	40	28	10																
26	D Lee	SM	18	15	9	30	18	12																			
28	D Grose	SM																								2 57	
29	P McKeeney	SM															2	10	24		2	45	36	14		3 44	
30	P Osborn	VM															1	21	7	17							
31	S Windridge	VM																								3 14	
31	R Ansell	SM	17	20	14																						
33	A Walker	VM																			2	59	43	13			

34	P McGurk	VM	19	58		32	4	2	42	9					1	35	23	3			3	35	
34	S Mason	SM	19	52		32	49		43	43		1	11	2	8	1	34	4	4				
34	T Hoy	VM	17	54	12																		
37	N Walker	VM	18	11	10																		
38	C Pope	VM																			3	27	
39	M Duggan	VM	20	3		33	6		42	13						1	31	47	7				
39	J Ralph	VM	22	21		37	0					1	21	43	7	1	47	33					
41	T Mackness	VM	21	42		35	20														3	37	
41	A Perett	SM	19	54		33	0		44	52						1	33	2	6				
	A																						
41	Whitehouse	SM	21	4		36	53					1	22	19	6	1	47	24					
44	A Marshall	VM	20	51																	3	43	
45	J Trill	SM	18	54	3																		
46	R Hands	SM	20	48		35	20		46	29						1	42	14	1		4	23	
46	J Elliott	SM				35	5									1	38	57	2				
	R Sharratt	VM				33	35		43	14						1	44	0					
	A Rowe	SM	20	59		36	6		49	5						1	44	42					
	D New	VM	23	1		39	46									1	52	44					
	N Gilkes	VM							43	9						1	57	32					
	T French	VM	25	23		40	38									2	30	40					
	J Bird	VM	20	18					42	28													
	E Simmond	VM	19	46		33	49		42	32													
	Adrian Jones	VM	19	52					44	8													
	S Simpson	SM							44	27													
	K Viner	VM	20	48		34	42		44	59													
	M Turrall	VM	23	29					51	32													
	C Hambury	SM	21	23					52	14													
	A Houston	VM				38	57		55	27													
	Alan Jones	VM	22	0		36	14																
	M Taylor	VM				40	48																
	A Davis	VM	25	5		41	7																
	S Flanagan	VM	25	7		42	4																
	G Cramp	VM	19	22																			
	A McCosker	VM	19	42																			
	M Donnelly	SM	19	58																			
	T Jordan	VM	20	29																			
	R Ladbury	VM	22	21																			
	B Awcock	VM	25	24																			
	F Barrett	VM	25	27																			
	T Murphy	VM	28	1																			
	B Weston	SM	28	38																			
	N Wright	SM																					
	K Banks	VM																					

