

Northbrook News

April 2004

Northbrook get promoted to Div2 - Feb 2004 at Longford Park



News

This newsletter has been a long time coming. Unfortunately the first few months of 2004 have been very busy and I have just not got round to producing the newsletter until now.

So far it has been a very good year for Northbrook. Promotion to division 2 in the Brum league was a superb start to the year – we were unlucky not to win the league but we made it to division 2 no matter what. Well done to Sphinx but it was good to beat them in the final fixture.

Lots of races, people obviously preparing for London and other spring marathons – the first couple of months in spring with the lighter evenings, the summer handicap etc. are always a great time for running.

Just like to thank all those who work so very hard for the club with little reward or thanks. Obviously the committee and helpers do a tremendous amount for the club – the club just could not function without them.

Brum league

Northbrook men finished first in the final race of the season – we just missed winning the league by 10 points or so. For a more detailed look at the results, see page 2. Well done to Northbrook B team who won the B team league by a mile! Unfortunately no trophy was on hand to be presented.

Runners of the Month:

Dec runner of the Month: Julie Neville
Jan Runner of the Month - Dan McHugh
Feb Runner of the Month – Dave Clarke

Brum league Round up for 2004

1st Nov: Senneleys Park

9 Mick O'Shea 39m01s
14 I Burgoyne 39m41s
18 R Barry 40m05s
25 N Holmes 40m49s
28 J Guest 41m08s
38 J Nicholson 42m13s

49 T Hoy 4m56s
55 Bob Adams 43m41s
62 Rich Vaughan 44m21s
63 G Thomas 44m22s
68 D Halford 44m55s
87 M Baker 46m50s

89 P McGirk 47m08s
94 T Jordan 48m05s
96 S MASON 48m28s
112 S Simposn 51m02s
118 A Whitehouse 52m42s
125 F Barrett 60m27s

128 finishers

29th Nov Coundon Park

14 M O'Shea 36:18
17 P Kelly 36:32
21 I Burgoyne 37:05
24 N Holmes 37:15
26 R Barry 37:25
29 J Guest 37:32

36 T Hoy 38:09
40 J Nickolson 38:38
48 P Austin 39:30
56 D McHugh 39:56
61 G Thomas 40:19
62 M Baker 40:22

64 B Adams 40:24
72 R Vaughan 40:49
86 D Halford 41:42
94 R French 42:10
96 G Knight 42:20
100 P Lawlor 42:36

104 B Awcock 42:59
109 T Jordan 43:26
113 P McGurk 44:00
119 A Jones 44:17
121 S Mason 44:33
131 T McInnes 45:36

140 A Marshall 46:44
152 A Whitehouse 48:51
153 S Simpson 49:01

169 finishers

Jan 10th: West Bromwich

9 M O'Shea
11 N Holmes
13 P Kelly
15 I Burgoyne
20 R Barry
40 P Austin

41 J Guest
43 D McHugh
47 J Nicholson
58 B Adams
60 G Thomas
61 R Vaughan

65 D Halford
75 M Baker
76 T Hoy
87 R French
111A Marshall
118 A Walker

131 F Barrett

Feb 7th Longford Park

7 Ian Burgoyne
17 Mick O'Shea
18 Dave Clarke
19 Jon Guest
20 Paul Kelly
21 Tim Wright

29 Rob Barry
32 Nathan Holmes
33 Tony Hoy
39 Jason Nicholson
43 Pete Austin
52 Dan McHugh

55 Stuart Keen
54 Dave Lee
65 Bob Adams
79 Gary Thomas
83 Rich French
86 Dave Halford

89 Rich Vaughan
92 Mark Baker
93 Gareth Knight
97 Paul Lawlor
103 Sid Windridge
114 Tom Jordan

116 Alex Marshall
136 Steve Simpson
137 Adrian Jones
145 John Bird
146 Andy Davis
166 Fraser Barrett

Overall Position on the day

Race 1

Sphinx 120
Northbrook 132
Warwick University 144
Royal Sutton Coldfield 162
West Bromich Harriers 192
Stratford Upon Avon 213
Saracens 250
Dudley and Stourbridge 267
Centurion 289
Sparkhill 376
Black Country Triathlon 409

Race 2

Warwick University 102
Sphinx AC 120
Northbrook AC 131
Royal Sutton Coldfield 161
Sparkhill Harriers 249
Saracens RC 267
Stratford on Avon AC 281
West Bromwich Harriers 282
Centurion RR 357
Dudley & Stourbridge 444
Massey Ferguson RC 743

Race 3

Sphinx 97
Northbrook108
West Bromich Harriers 189
Stratford Upon Avon 206
Centurion 214
Royal Sutton Coldfield 220
Saracens 276
Sparkhill 282
Dudley and Stourbridge 332
Warwick University 390

Race 4

Northbrook102
Sphinx 125
Royal Sutton Coldfield 209
Stratford Upon Avon 221
West Bromich Harriers 236
Sparkhill 237
Centurion 257
Dudley and Stourbridge 292
Saracens 310
Warwick University 533
Massey Ferguson 600

Massey Ferguson DNC
Staffs University DNS

Black Country Triathletes D.N.F.
Staffordshire University D.N.S.

Massey Ferguson DNF
Black Country Triathlon
Staffs University

Black Country Triathlon DNF
Staffs UniversityDNS

Overall A Team Position

As above

Sphinx AC 240
Warwick University 246
Northbrook AC 263
Royal Sutton Coldfield 323
West Bromwich Harriers 474
Stratford on Avon AC 494
Saracens RC 517
Sparkhill Harriers 625
Centurion RR 646
Dudley & Stourbridge 711
Black Country Triathletes DNF
Massey Ferguson RC DNF
Staffordshire University DNS

Sphinx AC 337
Northbrook AC 371
Royal Sutton Coldfield 543
Warwick University 636
West Bromwich Harriers 663
Stratford on Avon AC 700
Saracens RC 793
Centurion RR 860
Sparkhill Harriers 907
Dudley & Stourbridge 1043
Black Country Triathletes
Massey Ferguson RC
Staffordshire University

Sphinx 473
Northbrook 482
Royal Sutton Coldfield 752
West Bromwich Harriers 899
Stratford Upon Avon 921
Saracens 1103
Centurion 1117
Sparkhill 1144
Warwick University 1169
Dudley and Stourbridge 1334
Massey Ferguson
Black Country Triathlon
Staffs University

B Team Position on the Day

Race 1

Northbrook 384
Sphinx 422
Royal Sutton Coldfield 467
Stratford Upon Avon 492
West Bromwich 560

Race 2

Northbrook AC 303
Royal Sutton Coldfield 358
Sphinx AC 394
Warwick University 582
Sparkhill Harriers 583
Saracens RC 641
Centurion RR 684
Stratford on Avon AC 776
West Bromwich Harriers 854

Race 3

Northbrook AC 310
Sphinx AC 384
Stratford on Avon AC 502
West Bromwich Harriers 511
Centurion RR 562

Race 4

Northbrook AC 228
Sphinx AC 392
Centurion RR 554
Stratford on Avon AC 569
Royal Sutton Coldfield 614
West Bromwich Harriers 793

Overall B Team Position

As above

Northbrook AC 687
Sphinx AC 816
Royal Sutton Coldfield 825
Stratford on Avon 1272
West Bromwich Harriers 1414

Northbrook AC 997
Sphinx AC 1200
Stratford on Avon 1774
West Bromwich Harriers 1925

Northbrook AC 1225
Sphinx AC 1592
Stratford on Avon 2343
West Bromwich Harriers 2718

Northbrook X-country handicap 2002-2003 season

I think it was poor show that we could not get the results for this.

Northbrook News

Milko Adrian's longest round

Northbrook member Adrian Perrett is swapping his milk float for running shoes next weekend when he travels to France to run the Paris marathon Sunday, April 4.

Adrian, of Radford, is hoping his efforts will raise hundreds of pounds for people with cancer. The keen runner, who works at B & A Dairies, in Harper Road, Stoke, was spurred on to enter the event at the 11th hour to raise funds for Cancer Research after finding out the wife of a friend had been diagnosed with the illness. Since then he has been busy collecting donations to boost the group's coffers.

Anyone who would like to top up Adrian's funds should call B&A Dairies on 024 7622 1616.

Presentation Night Awards

2003 Photos	2002	2001	2000
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30/01/2004

18/01/2003

19/01/2002

03/02/2001

Ladies XC	1		Julie Neville	Julie Neville	Alina Roebuck
	2		Helen Forester	Alina Roebuck	Mavia Murphy
	3		Sylvia Guthrie	Dawn O'Shea	Sylvia Guthrie

Mens XC	1		Tony French	Kolyn Banks	Tony French
	2		Daniel Grose	Mick O'Shea	Steve Simpson
	3		Mark Baker	Glyn Perrins	Mark Baker

Womens Summer Handicap	1	Vicky Ward	Leane Thorborn	Sarah MacNaney	Sarah MacNaney
	2	Louise Denley	Julie Neville	Sharon Edkins	Sharon Thompson
	3	Lynne Cook	Catherina Gavin	Sharon Thompson	Ellen Anderson

Men Summer Handicap	1	Steve Mason	Richard Vaughan	Craig	Bob Allcock/Bob Adams
	2	Mick Duggan	Kevin Viner	Dave New	Tony Murphy
	3	Kevin Viner	John Ralph	Gary Thomas	Tony French

Women Road Race Championships	1	Loretto Denley	Joy Wilkinson	Loretto Denley	Joy Wilkinson
	2	Sarah McNaney	Helen Forester	Helen Forester	Julie Neville
	3	Julie Neville	Andrea Giehl	Sylvia Guthrie	Sylvia Guthrie/Sarah MacNaney

Mens Road Race Championships	1	Mick O'Shea	Mick O'Shea	Paul Kelly	Mick O'Shea (PBs all dista: at 40)
	2	Rob Barry	Paul Kelly	Rob Barry	Rich French
	3	Vinnie French	Richard French	Vinny French	Paul Kelly

Womens Veterans Road	1	Loretto Denley			Joy Wilkinson
	2	Sarah McNaney			
	3	Julie Neville			

Mens Veterans Road	1	Mick O'Shea			Mick O'Shea
	2	Dan McHugh			
	3	Paul Lawlor, Adrian Powell, Bob Adams			

Brian Waterfield Award for Best Veteran Performance		Loretto Denley	Paul Kelly		
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Most Improved Runner Award	1	Ian Burgoyne	Richard Vaughan	Helen Forester	Tony French
	2	Steve Mason		Tom Gillon	Mick O'Shea
	3	Sarah McNaney		Gary Thomas	Tom Gillan

Club Person of the Year	1	Loretto Denley	Loretto Denley	Loretto Denley	Con McHugh
	2	Bob Adams		Gareth Knight	
	3	Sarah McNaney		Bob Adams	

			Merit Award Dawn O'Shea	Loretto Denley with Over 55 winners plaque from London Marathon	Warwicks Team Relay cap - Julie Neville
			Banter Award - Bob Adams	Thankyou Award to Gareth Knight for his Wednesday night training	Warwicks Road Race mens champion - Mick O'Shea

Results

December 2003 Results

Massey Ferguson Festive 5 27/12/3. Telford 10K, Great Barford Half Marathon,
4 events, 17 runners

Massey Ferguson Festive 5 27/12/3

37 DAN MCHUGH	V40	30	49
54 SID WINDRIDGE	V60	32	36
80 MAL BOILEAU	V55	37	9
86 RICHARD HANDS	SM	37	58
127 ANGELA CURTIS	LV35	48	3
128 LYNNE COOK	SL	48	3



Telford 10k 21/12/3

Vicky Ward 51m26s

Report:

Excellent directions to the venue, well organised registration, and a flat, fast off road course, complete with santa marshals made this a brilliant race. Highly recommended if you're looking for a fast and friendly last 10k of the year. Watch out for the surreal dinosaurs near the finish though

Great Barford Half Marathon 14/12/3

Paul Kelly: 1h18m09 11th, 1st O55 won a pen and pencil set

Sneyd Strider Pudding Run 14/12/3

81	G Knight	M	1: 6:28
86	A Ralph	M40	1: 7: 9
98	A Powell	M40	1: 7:38
148	T Mackness	M45	1:10:42
149	A Perrett	M	1:10:42
301	J Neville	F50	1:21:18
380	J Ralph	M60	1:26:50
462	C Gavin	F35	1:35: 8

January Results, 2004

Las Vegas Marathon 24/1/4, Midlands XC Champes Newbold Common 24/1/4, Not the Roman IX 18/1/4, Centurion Grand Prix 5m 4/1/4, Warwickshire AA XC Championships Sutton Park 3/1/4, Greenmantle 2 mile Dash 2/1/4
7events, 75 runners



Las Vegas Marathon 24/1/4

206 th Mark Baker 3h25m48s (1h34m half way) 7m52 per mile
1378th Tony French 4h49m30s 11m01s per mile

Report: Mark Baker

The Las Vegas Marathon was first mentioned at the 12-stage relay in April 2003. As we were waiting to run, we were approached by some members of Rugby & Northampton A.C. who were organising a club trip to Las Vegas. I was interested, as I had run several marathons in Europe (Vienna, Frankfurt, Amsterdam), but had never travelled so far away. Tony French was also interested in the event, combining it with a family holiday.

So it was that 14 of us flew from Gatwick to Las Vegas on a Thursday in late January, for an 8 day trip. I had never been on a long haul flight (10 hours) so I was uncertain of how I would cope with crossing many time bands, but I seemed to adjust reasonably well. It was soon apparent on our arrival, that we would be doing a lot of walking just to get from one place to another. Everything in Vegas revolves around the 'Las Vegas Strip', a mile of road densely packed with hotels, casinos and all the famous attractions. The hotels are huge, ours had 2500 rooms, and all had casinos, restaurants, theatres, shops, etc. Our first venture took us to Caesar's Palace where it was possible to win a fortune on a massive slot machine. A fifteen minute walk through the hotel took us to a Roman colosseum area, with a realistic but fake sky painted above it. It was clear that we would probably all walk a marathon each before the week was out.

I could continue about the other attractions such as the gondolas and Madame Tussauds in the Venetian hotel, or the Egyptian theme in the pyramid shaped Luxor hotel. However, the most spectacular hotel must be the Stratosphere Tower which is over 100 floors high, and gave us an amazing view of the Vegas lights at night. There is also a series of rollercoasters on the roof of the tower, and one of these seems to send you off the edge into thin air, but stops at the last second. No, we weren't mad enough to try it, we still had a marathon to run.

You can't go to Vegas without having a flutter in the casinos. Blackjack was our favourite game. Tony seemed to do well on the first night, but his family were soon spending the winnings. I didn't start so well, but began winning back my deficit over the week. However, we both decided to double or quits on the last night, and finally after 5 hours the latter prevailed!

The highlight of the trip had to be a helicopter trip over the Grand Canyon and Hoover Dam to a cowboy ranch, where we 'rode horseback' through some amazing countryside.

The marathon also began in some fantastic surroundings, though it was too dark to see at first. At 5am we were being bussed out to the desert for the start of the race for a 7.30am start in temperatures of 2 degrees centigrade. (not warm!) It got light about 7am, so we were able to watch the sunrise over the mountains. Both myself and Tony had been concerned about recent niggles and injuries, but were determined to finish.

My earlier thoughts of fast times had been replaced by a more relaxed attitude, and this led to a steady start for the first half of the race. The road was straight for the next 21 miles; it rose slightly to 8 miles then dropped towards the finish. Everything was fine until 16 miles when the calm conditions changed, and a fierce headwind made every step a battle. Sand was being swept up from the side of the road and it was simply a case of 'head-down' until the first turning point.

At one point my pace was reduced to 10 minute miling, while still running. Unbelievable! Eventually, we turned away from the worst of the conditions, and for the last few miles the pace improved. The temperature was now about 12 degrees. It was clear that I would finish, and I was happy and relieved during the final mile. Then a runner from New York started chatting to me. He had done a marathon the previous week, and was doing one the following week, in preparation for a 100 mile race! Finally, the finish, and the cherished medal. Not my fastest ever race, but one of the most memorable. Tony finished a bit later, and even managed to walk back to our hotel - more than I could manage. The other runners on our trip had all run in the half marathon and finished successfully. So now we look forward to the next challenge.

As a footnote, Chairman Bob Adams, an avid Athletics Weekly reader, said that my time had been listed as the 7th fastest ranking UK marathon time of 2004. Obviously, not too many people run a marathon in January! Somehow, I don't think that time will be in the top ten for too long. In fact I'll be amazed if it is the 7th fastest in Northbrook by the end of the year. There's a challenge to everyone for the year ahead.

Results (champion-chip times)

1st	Kevin Herd	USA	2.28.09
206th	Mark Baker	Northbrook	3.25.42
1385th	Tony French	Northbrook	4.48.19

1805 finishers. Last finisher 8.57.25.

Midlands XC Championships, Newbold Common, January 24th 2004

Results:

Ladies 21st

107:	L.Denley	25:25
159:	J.Neville	28:44
160:	R.Staff	28:48
164:	S.Guthrie	29:23
177:	L.Cook	30:35
179:	V.Ward	30:52
185	C.Gavin	34:17

Mens 15th

79	R.Barry	45:37
89	N.Holmes	46:07
148	T.Hoy	48:31
172	D.McHugh	49:26
180	P.Austin	49:45
200	D.Lee	50:26
209	S.Keen	50:46
258	R.Vaughan	52:36
269	B.Adams	53:08
283	R.French	53:47
300+	A.Marshall	

Report:

Seven Women & Eleven Men enjoyed the Winter sunshine and slogged around the busy course. Leamington C&AC were celebrating their 125th anniversary this year and were expecting 2000 runners to take part in the day's competitions. John Guest +2 Sons, Jez Nicholson +2 sons added good voice as they enjoyed the fine conditions childminding, practising climbing & football, and fitting in support of the race when they could.

Loretto showed the rest of the women's team a slightly soiled pair of heels as she motored around the six kilometres womens race. The team finished a creditable 21st place overall. Over 300 runners set off on the 12Kms senior race. 300 runners meant that there was always someone to chase, and more often than not people overtaking you & reminding you that you'd set off too fast.

Rob Barry & Dan McHugh revelled in the climbs up and down the beacon, although the recent rain had been soaked up by the dry ground making conditions underfoot far easier than the flooded quagmires of the same competition here two years ago. But Bob Adams still wasn't happy, requesting a tarmac replacement course for next year.... Rob Barry was spurred on by our "Guest" runner aka Nathan Holmes. So much so that after passing Nathan on the first lap Rob went on to be our first counter. After some earlier hamstring niggles at the last Brum League race, Tony Hoy was out to test his legs and finished as third counter after moving steadily through the field.

Dave Lee made his debut for the club and had a 'baptism of fire' on the longer-than-normal course. Dave ran steadily through the race, and was relieved to get to the finish line. Facing a walk back to his car which was parked 'almost in Tile Hill' due to the large number of competitors, Dave was even more relieved to have Dave Clarke offer him a lift with the promise of a pint too. We look forward to a good performance at the Rainbow from Dave after the next Brum league race. Stuart Keen's improved form continues as he wasn't far behind Dave, so future battles beckon.

Elsewhere battles ensued between Mr Adams & Mr Vaughan, both of whom have yet to show their Wednesday-Night form on the cross country scene. We await the fourth Brum League race, Gentlemen!

A special message from your Team Captain

For the male club runner in the club who is dithering over whether to run the last Brum League race on Feb 7th please consider the following points if you don't run:

1. You are the only one as everyone else is running
2. As a result you run the risk of being ostracised or at least having your subs increased.
3. You will have to do the 5 day race across the Atacama desert in Chile if you are ever to shed 'wimp'.
4. The beer in the Rainbow will be very bitter to swallow
5. Rob, your esteemed men's team captain has a pint bet with Sphinx that we will beat them on the day
6. Punishment is by public flogging at the next AGM that is if Bob does stand down next time!!!!

Not the Roman IX 18/1/4

Congratulations to all 755 finishers.

46 Stuart Keen M32 46m38s
221 Charles Jones M51 54m04s
268 Simon Harper M34 55m17s
392 Richard Hands M32 59m23s
420 Julie Neville F51 60:07s
511 Sylva Guthrie F53 63:10
528 Vicky Ward F30 63m53s
541 Claire Harrison F40 64m05s
542 Sharon Thompson F33 64m08s
573 Lisa Calcutt F24 65m30s
588 Catherina Gavin F38 66m07s
598 Lesley Keithley F51 66m48s
680 Lynne Cook F32 70m57s
691 Angela Curtis F36 71m18s
745 Angela Allison F35 85m12s

Report: Stuart Keen

It was a lovely morning for running with over 250 entrants 'on the day' for the race taking the total no. taking part to around 850. I personally had a good race and was pleased with my time of 46.38, coming in at 46th. My 5k time wasn't my best, but I had made it up by the 10k point being 10 secs off my PB for a 10k of 38.48 which I ran at the 2 Castles race last year, so was pleased with this as I had just tackled Loxley Hill....it was all down hill from then on! There was a good turnout from Northbrook with quite a few of the ladies taking part. As always, it was a great atmosphere and a great morning's run. <http://www.stratfordac.co.uk/>

Birmingham and District Cross Country League, Race 3 10/1/4

[19 runners, for results click here](#)

Report: Rob Barry

Although I did feel a bit beaten up after the long, flat and firm course at the Warwickshire's and did whinge a bit when I saw that West Brom had found an undulating course it turned out to be a good course. Although we are still lacking some good old mud! Well as team captain I certainly don't feel let down by the commitment at the club towards this year's cross country campaign. After Coundon Park I asked for a good turnout for this third fixture as it is traditionally a weak one for us following Xmas. Not in 2004 though. We put in our best A team performance with 2nd place on the day and moving up to 2nd overall. The B team pulled off their 3rd first place on the trot. Can't ask for more than that surely?

Well, **YES!**, actually. I have two aims for the final fixture at Longford Park on 7th Feb.

1. Just the small matter of winning the fixture. This means doing Sphinx over. I hope you don't mind but I have a pint wager with their captain that we'll stuff them by at least one point!
2. A mass turnout. I don't know what the club record is for Northbrook vests on the start line but I would like to get well into the thirties. So clear those diaries and get your credits up with your partners so you can come out to play.

See You There! Also:

- Midland Championships, Leamington (Sat. 24th Jan)
- National Championships, Leeds (Sat 21st Feb)
- Sunday training – 10 am. at the Jaguar Club

Centurion Grand Prix 5m 4/1/4 93 Julie Neville FV50 39:24

119 Lesley Keighley FV50 43:47

129 Catherina Gavin F 45:12

Warwickshire AA XC Championships, Sutton Park 3/1/4

Ladies 7km 9th

164 points 2h50m21s

Mens 9.5km 5th

248pts 4h26m5s

28 Becky Smith 29m28s

41 Julie Nevilled 42m34s

45 Ruth Staff 43m47s

50 Vicky Ward 44m32s

55 Sarah Robertson 46m14s

58 Catarina Gavin 48m55s

60 Lynne Cook 49m38s

23, Nathan Holmes, 42:43

25, Paul Kelly, 42:46

39, Tony Hoy, 44:25

40, Rob Barry, 44:38

57, Pete Austin, 46:01

64, Jon Guest, 46:22

82, Rich Vaughan, 48:14

85, Stuart Keen, 48:26

86, Rich French, 48:31

98, Andy Ralph, 49:53

Feb 2004 Results**February Results 2004**

Belvoir Challenge 28/2/4, Standish Hall Trail Race 29/2/4, Bury St Edmunds 20m 29/2/4, Bourton 10K 29/2/4, Bramley 20m 29/2/4, Daffodil Half marathon 29/2/4, Nationals 21/2/4, Bham XC Div 3 Race 4 7/2/4, University of Warwick 1/2/4, Alsager 5

1/2/4, Watford Half Marathon 1/2/4

12 events, 76 runners

Standish Hall Trail Race, nr Wigan 19/2/4

Andrew Boardman 28th 45m10s

Bury St Edmunds 20mile 29/2/4

Andrew Ralph 2h29m32s 63rd

Bourton Goldsmiths 10K 29/2/4

Charlie Jones 45m28s 207th

Bramley 20 mile 29/2/4

Mark Baker 2h17m40s

<http://www.readingroadrunners.org/home.html>**Daffodil Half Marathon 29/2/4**

Louise Denley 1h39m PB Well done!!

Belvoir Challenge - 26 or 15 mile 26/2/4 Harby, Leicestershire

15 miles - Ladies

68	Julie Neville	3.05
83	Catherina Gavin	3.13

26 miles

Ladies

33	Delia Davies	8.01
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Gentlemen

9	Dave Halford	4.25
39	Rob Barry	4.58
124	Adrian Jones	8.01

Report : Rob Barry

This event was suggested by a friend from the Coventry Outdoor Group as it is a mixed walking and running event with a choice of 2 distances.

For some bizarre reason I thought that running the longer distance would be good fun. You should have asked me when I was lost at the 20 mile distance seriously into the fat burning phase (not too long for me before death!!).

As it turned out after cups of sugary tea and cake at the 21 mile checkpoint I felt nearly like a runner for the last 5 miles! Just for the record it was Simon Kinson of Leamington that led me astray taking me back to a village we had already been through. I did have a map in my bumbag so it was my own fault really. I was so tired I would have even have followed him if he ran for Lemmington AC although thankfully there aren't too many cliffs on the course. Just lots of claggy ploughed fields. I now know what the guy felt like that did London in the deep sea diving boots!

Beware, I really enjoyed it and am looking for 'volunteers' to do other long distance events (off-road).
The full results and photos are on the event website <http://www.belvoirchallenge.fsnet.co.uk/results.htm>

English National XC Temple Newson Leeds 21/2/4

Senior Men	Senior Women
388 Dave Clarke 50m44s	268 Loretto Denley 43m33s
420 Jon Guest 51m10s	344 Andrea Giehl 47m09s
494 Rob Barry 52m13s	355 Ruth Staff 47m46s
632 Pete Austin 54m12s	364 Sarah Edkins 48m07s
Dave Lee ??	381 Julie Neville 48m59s
826 Rich Ansell 57m16s	421 Catherina Gavin 54m22s
895 Rich French 58m18s	429 Donna Dunkley 55m26s
907 Gary Thomas 58m33s	436 Delia Davies 56m03s
920 Bob Adams 58m43s	
1005 Mark Baker 1h00m25s	454 Finishers
1059 Alex Marshall 1m01m20s	48th 4 to count out of 54
1105 Tom Jordan 1h02m18s	
1198 Steve Simpson 1h04m43s	
1234 Andy Whitehouse 1h05m51s	
1326 John Elliott 1h10m45s	

1395 finishers
60th with 6 to count out of 116
36th with 9 to count out of 50

Well done to all who took part or spectated

Report: Jon Guest to follow, I'll print whats printable !!!
Photo leaving Jaguar Sports:

Birmingham XC Division 3 race 4, Longford park Coventry 7/2/4

Comments on the day/night Collated by Rob Barry

After the last Brum League race and the celebrations that followed I asked those that are e-mailable (Bushism) to reflect on the day and here what was returned....(I've corrected Con's abuse of our beloved language and can only assume that Jon's is still being typed up).

First Con McHugh said... - i enjoyed watching everybody run an inspiration to get fit again. Also have photos
night - great turnout, club in great spirits, must keep this momentum going!

Then Dave Clarke said... Running for the club for the first time, I really enjoyed the experience. I was particularly impressed with the number of runners Northbrook turned out - it was almost a race within a race. I also thought the support from the other Coventry club members was fantastic and the day was rounded off perfectly with a few too many beers.

Then Paul Lawlor said... As may have been mentioned before is the first time that Northbrook have been promoted without the captain scoring ?

Also, I think it should be recorded that the previous captain spent 2 years consolidating and organising the men's team thus putting them in such a strong position from which the present incumbent of the post could claim all the glory ! It was nice to see that the Rainbow landlord joined in with the celebrations by keeping the bar open late.

Then Jerry Trill said.... Well done

Then Tony Hoy said... highlights include strong runs from Ian, Dave Clarke (come back after 6 months in the wilderness). Crap run from Nathan.... proving he can't stay up all night drinking as well as run properly. I wished I had started with Guesty and moved steadily through instead of trying to keep up with you for 1/2 lap and then fade..... next time.

All in all it provides a strong platform for the Midland 12 Stage on Apr 3rd and demonstrates the benefit of strength in numbers, ie some people will always have crap runs, but with plenty of guys turning out there's more chance of some sparkling performances.

Then Mal Boileau said... This was the first time I had worn the 'Northbrook Colours', and the first I have competed in a x-country for some years. The event reminded so much of the 'old Massey' days when we used to dominate the event, so good to see so many of the Northbrook lads running and great support from the spectators even if Loretta had to ask my name before she started shouting words of encouragement to me.

Then Tim Wright said... 2 things stand out in my mind: very windy and the frightening sight of a sweating, dribbling Guesty appearing rapidly on your shoulder and they were only in the Rainbow. One of the club's best end of season performances I can remember.

Then Stuart Keen finally said... Looking back at the photo's in the Rainbow made me realise that I should not be wearing bright yellow gloves for a race!

I got the usual comments afterwards about smiling too much...as I'm not supposed to be enjoying it and that I couldn't have been trying hard enough...well let me assure you..I tried my damndest! but...yes I did enjoy the race...sorry! If only Dave Lee could let me beat him just once then I think I might be getting somewhere, but as this is my first X-country season since schoolday's then I reckon it's going o.k. But, what results! a win and a promotion....It's great to be at Northbrook. Great time at the Rainbow that evening...they'll be needing a bigger function room soon! A thoroughly enjoyable and very memorable day.

University of Warwick XC Relay 1.30 1/2/4

Mens (2.5 mile)	Ladies (2.5 mile)
Nathan Holmes 11m27s	Julie Neville 16m58s
Gary Thomas 13m32s	Catherina Gavin 19m18s
Mick O'Shea 11m46s	Sylvia Guthrie 17m31s
Stuart Keen 13m10s	Total 53m47s
Total 49m5s, 2nd	

Graham Cramp 13m47s
Andrew Ralph 14m55s
John Ralph 16m55s
Bob Adams 13m49s
Total 59m26s, 3rd

Report: Nathan Holmes

The Warwick Relays were slightly surreal, with at most a dozen teams (including women's and mixed teams) drawn from Warwick and Coventry universities, ourselves, and the Kirkham family! I don't know if the organisers had forgotten to advertise, or their attempts had been shunned by the local clubs and universities, or maybe entry could only be obtained through membership of the freemasons. For whatever reason, the turnout was pretty dismal. The course was both fair and testing, with as much in the way of hills and mud as you could conjure hereabouts

Fortunately, after last week I had made sure to put my 3/4" nails in before leaving the house. As I said to Bob, it would make the basis of a very good Birmingham League course, if it were available. The B team made sure that none of the marshalls (who probably outnumbered the competitors) went home early! If I'm right, it could be a question for the club statisticians: When did Northbrook last finish last in every event on any given day?

Alsager 5 1/2/4

Dan McHugh 30m25s

Report: Went for 30 mins and lost the sub 30 mins objective in the last 2 miles

Watford Half Marathon 1/2/4

Becky Smith 1h45m31s

March Results 2004

Oakley 12 and 20 mile road race, Coniston 14 28/3/4, Stafford Half Marathon 28/3/4, Connemara Half Marathon 27/3/4, Warwickshire Open Road Relay Championship 27/3/4, Draycote Water 5 20/3/4, Edale Skyline Fell Race 21/3/4, Draycote 5 20/3/4, Milton Keynes Half Marathon 21/3/4, Bath Half Marathon 14/3/4, Banbury 15 14/3/4, Srafford 20 14/3/4, Ashby 20 14/3/4, Reading Half Marathon 7/3/4, Adidas Flora London Half Marathon 7/3/4, Gloucester 20 mile road race 7/3/4
14 races, 69 runners

Oakley 12 and 20 mile Road Race, Bedford 28/3/4

20 Mile

183rd Rebecca Smith 2h44m55s

299th John Ralph 2h59m23s

366th Tony French 3h08m50s

12 Mile

17th Andrew Ralph 1h24m36s

Coniston 14mile Road Race Sat 11am 27/3/4

43rd Stuart Keen 1h26m59s

Report:

Another weekend and another race, this time all the way up in the Lake District in the village of Coniston following a 13.875 mile road route around Coniston Water.

This time just for a change the weather was perfect...a cool day, calm with an overcast but settled sky.

With a total of 1,477 taking part the line up at the start was very cramped so I made my way forward towards the front and with 4 mins still to go I was hopeful of getting up to the 3rd row at least...then the hooter sounded and we were off, 4 mins early and still amongst the throng battling our way through the narrow streets of Coniston village until we were out on the open road and could quicken the pace, hence the first mile was a bit slow.

However, this was a race to be enjoyed, with unbeatable views, fresh air and the Old Man of Coniston watching over us...wonderful!

The course for the first mile was quite a climb; levelling out for the next 2 miles and then dropping sharply at 3.5 miles, with only a few sharp undulations for the next 7 miles as the course followed the lake around the bottom and then along the far side where the road became a lot narrower and a bit hillier but nothing too bad really.

This was now the Lake District at it's scenic best and at each mile marker I was still running between 6 – 6.15 min. miling and was pleased with that, however; the best had been saved till last when at mile 11 the road suddenly went upwards and we were climbing....things got a lot slower!

Having just climbed over 300ft over a mile with lungs pounding and legs screaming it was all over and we were now going straight down...almost vertically!

From now on having got that up and down out of the way it was now back to normality and only 1.5 miles to the finish line and interestingly there was no 13 mile marker; but a marker that stated: 'Half Marathon Distance Reached' which I passed at 1hr 22mins.

The crowd support for a small place had been good all the way round but as we came back into Coniston towards the finish everyone was out clapping & cheering and I crossed the finish line in 1 hr 26 mins 59 secs to an equally clapping & cheering Diane! 1,477 runners competed over 13.875 miles.

My time: 1 hr 26 mins 59 secs, Position: 43rd

PS. Paul Kelly came in just before me (2nd claim club of Darlington Harriers Paul?). It wasn't 'our' Paul!

A great race and a great weekend!

Stafford Half Marathon 28/3/4

Pos	Num	MF	Name	Cat	CatPos	Pace per Km / Mile	Time
19	341	19	Paul Kelly	M55 (1/56)	03.42	05.57	1-18.01
155	570	143	Andrew Boardman	M(73/384)	04.18	06.55	1-30.39
999	1580	213	Angela Allison	F35(58/61)	07.19	11.47	2-34.23

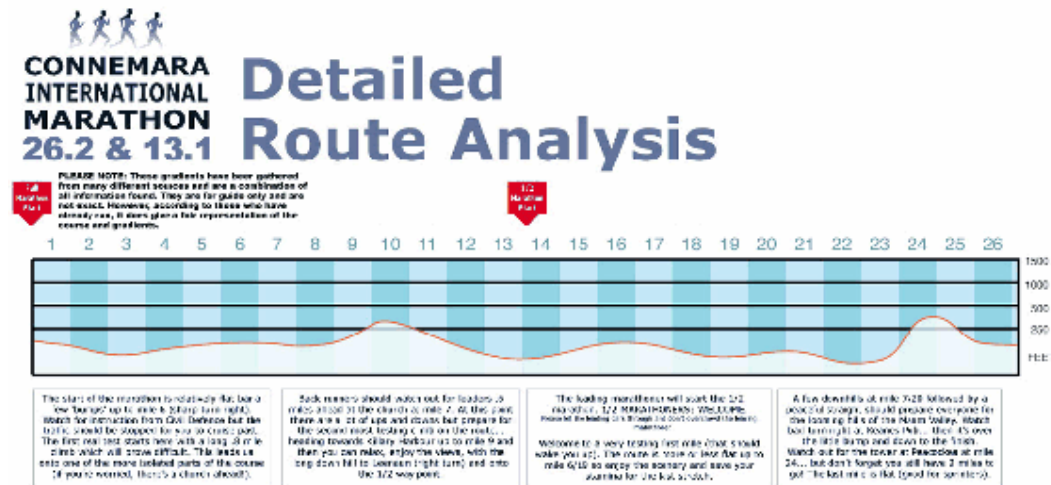
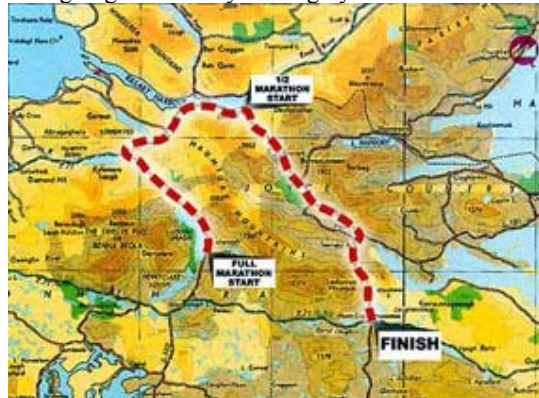
Connemara Half Marathon, Ireland, 27/3/4

Dannie McHugh 1h31m03s

Report: One of the most challenging runs I've done. See the map and profile.

This is one race you really ought to do if you want to see a really superb part of Ireland. It's a 13 mile race, with quite a lot of it up hill, "memorable" hills include the start, a 1.5 mile climb and miles 8-11 there is a 500 foot ascent. I will write up a proper race report for this one, because there is a bit of story to it, but I finished in my slowest ever ½ time, but somehow came in 30th out of about 600!

I am going back next year. Highly recommend it. The race is ran on a Sat at 12:00. Plenty of time for lots of beer.



Warwickshire County Athletic Association, Relay Championship at Sutton Park, 27/3/4

Men – 4 x 2.75 miles

Women – 3 x 2.75 miles

A Team – 9th

B Team

C Team

Rob Barry 14:56

Pete Austin 15:48

Loz Thompson 16:39

Nathan Holmes 14:18

Dave Lee 16:00

Barry Holmes 18:41

Dave Clarke 14:23

Tony Hoy 16:00

Steve Simpson 18:24

Rich Ansell 15:00

Jon Guest 15:09

Sid Windridge *17:11

Total 58:37

Total 62:57

Total 70:55

Report : Rob Barry

It was a grey Saturday afternoon but at least it was still. We just about mustered together 3 teams which was pretty impressive in itself given that the 12 stage is the following week. In fact that was not all; they were teams to a good standard. Loz demonstrated that his marathon training is going well by doing an excellent impersonation of Sid. Not easy that one!!

http://www.warwickshirecountyaa.co.uk/results_2004.htm

Draycote Water 5 Saturday 20/3/4, 2pm

Stuart Keen	30.19	11
Mick Duggan	36.15	71 (running for Alvis)
Mal Boileau	37.26	79
Angela Curtis	49.07	163
Diane Keen	53.53	180

Report by Stuart Keen

So, the conditions at last weekends Bath Half were bad? Well, yes they were...wet & windy which made it a very hard going race. Couldn't get much worse?...did you see the news on Saturday night with all the reports of structural damage caused by the storm force winds during the day.

Well, a load of idiots were running a 5mile race around the perimeter of Draycote Water (which is windy on a calm day!) that very afternoon, which for the first 2 miles was fantastic, in fact it was impossible to run at a steady pace with the wind pushing you so much...after that though when the first bend in the road was taken and the spray from the water was blowing straight into your face, the reservoir resembled 'The Perfect Storm' and then you ran into what felt like a brick wall, you knew then that this was going to be no ordinary race...one step forward, two back!

Between 3 & 4 miles it was just a case of getting the head down and hoping that the first 'quick' couple of miles will have helped, because from now on it was slow!

Just before the 4th mile by the Severn Trent plant another bend in the road was taken and now the wind was sideways, so this was a whole new ball game as now the idea was to concentrate on just keeping upright!

But by now there was less than a mile left and fortunately the final quarter of a mile saw the final bend being taken which meant that the wind was once again behind us and made a sprint finish almost possible.

Somehow or other I gained a PB by 7 seconds! Thanks must go to Richard Hands (who although not running but was there to support Angela) did a fine job in handing out Northbrook's 10k entry forms to all the runners as they came over the finish line. And judging by the looks on their faces when faced with the prospect of another race; seemed really pleased...I think.

But I couldn't possibly finish this report without a mention of my good lady wife Diane who had just taken part in her debut race for Northbrook and completed the course in a very respectable time of 53mins 53secs, well done!...and this is someone who won't usually go out when it's windy!

There were 205 finishers altogether.

<http://www.randnac.org/>

Edale Skyline Fell Race 21/3/4

21 miles with 4500 feet ascent

49th	Rob Barry	3hr 41 min
127th	Dave Halford	4hr 21 min

Report : Rob Barry

This race was the second instalment of a double whammy weekend. The 17 people that travelled up from Coventry were a mix of Northbrook and the Coventry Outdoor Group. We met up in the Peak District at 9-30 a.m. on the Saturday to get a good days walking in. This turned out to be fairly exhilarating as the walk took us along some of the area's edges, world renowned for their rock climbing, in near gale force conditions. We finally got back to the cars at 6-15 p.m. We probably covered about 17 miles. There's nothing like taking it easy the day before a race. And that was certainly nothing like it!

We stayed overnight at Edale Youth Hostel (using the club's group membership for the second weekend running) and then split on the Sunday into slightly unequal groups; three of us doing the race and thirteen heading off for another walk in the hills. Should I pay for over 4 hours or not at the Pay and Display machine? Discuss.

The first part of the race was surprisingly hot as the wind pushed us along and the sun was out. I felt that I was putting too much effort in over the early part of the race but it is hard to ease off once you've got yourself into a race. The paths were sloppy and I

was glad of my studs and only suffered one minor tumble. The first landmark visited is Win Hill which is a great place for views but for some reason I didn't stop and take them in. There is then a steep descent to the lowest point on the course, The Cheshire Cheese Inn (too much for Adrian, as he pulled out near to this point in the course!).

On the slog up Lose Hill a fellow competitor suggested that the race only really started once we got onto Brown Knoll after the half way point. I knew then that he was right but first we had to get along the Mam Tor ridge. This was O.K. as we seemed to get some shelter from the wind by dropping down off the left side. I decided that this was a good time to delve into my bum bag and scoff a banana. Given that the "race hadn't yet started" I was feeling pretty knackered.

You have to reach the half way point in a cut-off time of 2½ hours (non-negotiable). I clocked it as 1hr 50 mins. I knew that when we climbed up from the checkpoint we would then be starting across the exposed moor of Brown Knoll and decided to put on my jacket while still sheltered. As it turned out a great decision as it meant that I kept my body heat at a comfortable level. When the hail started I also added the woolly hat!

Brown Knoll is a boggy plateau punctuated by brick towers which are air vents for a railway tunnel that runs below. The going underfoot was very wet and sucked at your feet. I was well supported by a bag of jelly babies (apologies to any vegetarian readers). I tried to concentrate on the sole aim of keeping running across this section and was pleased to eventually climb onto the edge of Kinder Scout. I started to feel that I was on the home straight as you turn back towards Edale but I had forgotten how long this stretch was and I was not moving particularly quickly by now. There were still some boggy sections to get through, the weather had closed in and the wind and hail were adding to the challenge.

Eventually I had completed the skyline circuit and I could descend back to the village. I even raced down the field at the end. Apart from being tired and cold I had also noticed in the second half of the race that pins and needles had spread from my hands up into my arms. Luckily once I had finished and walked as quickly as I could to the village hall I had regained all feeling. The only problem was that I had to take off my shoes before getting into the warmth. Physically, this was a toughie!!

With some dry gear on and some soup and sugary tea I was starting to feel good about the whole experience. It was then that Adrian, who had gone to wait for Dave, returned slightly concerned that there was no sign of him. As I was suggesting that Dave was probably half way to Manchester by now he was led through the hall by one of the organisers. He was completely out of it (more than normal) and barely acknowledged our existence.

Dave being Dave had attempted the whole course wearing only his shorts and t-shirt. Kit checks are done at the start and Dave had his 'waterproofs' in his bag but he didn't choose to use them. It is clear that when the weather closed in Dave started to struggle as his body temperature dropped. According to Dave, loads of people passed him over the last part, some enquiring if he was OK. He was getting dis-oriented and fell over a multitude of times. Dave says he felt dizzy as he descended through the rocks to the finish. Not recommended. I've never seen someone rustle a space blanket so vigorously through shivering but I'm glad to say that he recovered after about an hour in the hall with plenty of clothing, tea and chocolate and the organisers were very patient with him. I hope that Dave will learn from this experience! If only I'd have known I wouldn't have looked back so often to see if he was catching me!

Adidas Milton Keynes Half Marathon - 2/3/4

165 863 Simon Harper MS 90 1:37:07 Northbrook AC

612 980 Sharon Thompson FS 63 2:05:11 Northbrook AC

<http://mcs.open.ac.uk/mkac/04mkhalfall.htm>

Bath Half Marathon 14/3/4



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

95	01:20:40	Barry, Robert	972	Senior Men
96	01:20:43	Keen, Stuart	946	Senior Men
184	01:25:32	Baker, Mark	953	Senior Men
253	01:28:02	Adams, Bob	957	Vet Men 40-49
286	01:28:44	Ralph, Andrew	950	Vet Men 60+
572	01:35:52	Elliott, John	3060	Vet Men 40-49
576	01:35:57	Denley, Loretto	954	Vet Ladies 50+
684	01:38:04	Jones, Adrian	973	Vet Men 40-49
995	01:43:27	Hands, Richard	962	Senior Men

1287	01:47:11	Mason, Stephen	949	Senior Men
1324	01:47:35	Ralph, John	951	Vet Men 60+
1325	01:47:36	Trill, Jerry	975	Senior Men
1429	01:48:58	Smith, Rebecca	967	Senior Ladies
1594	01:51:00	Calcutt, Lisa	963	Senior Ladies
1638	01:51:32	Denely, Nina	966	Senior Ladies
1765	01:53:15	Neville, Julie	969	Vet Ladies 50+
2012	01:56:27	Barrett, Fraser	956	Vet Men 40-49
2039	01:56:46	Guthrie, Sylvia	968	Vet Ladies 50+
2060	01:56:58	Mcgurk, Paul	947	Vet Men 40-49
2245	01:59:15	Gavin, Catherina	970	Senior Ladies
3091	02:14:15	Moyse, Joanne	960	Senior Ladies
3124	02:14:57	Curtis, Angela	961	Senior Ladies
3284	02:20:13	Davies, Delia	974	Vet Ladies 40-49

Tom Gillon DNF - Hamstring Injury

Lynne Cook - Pulled up after 9 miles with Stomach Cramps

Report: Stuart Keen

Well done to everyone who took part in this years Bath Half Marathon running over 13 miles in the wind and rain.

The conditions were about as bad as they get so another big 'well done' and 'thankyou' must go to the intrepid Northbrook supporters who stood all that time by the road sides cheering us on as we ran past even though they were cold and wet...at least we had warmed up!

As the organiser for our trip to Bristol / Bath I was hoping that everything would go smoothly, and it did...on arrival in Bristol (after myself Rob & Bob had bought up Sweatshops supply of New balance shoes) and meeting up with all the others at the hostel (apart from those who stayed in Bath) it was soon time to sample the culinary side of Bristol and move on to ASK Pizza & Pasta where 24 of us were booked in to fill up on pasta (& wine & beer).

After a few grumbles from a less than enthusiastic manager the food soon started to appear (brought in by extremely pleasant waiting staff) and we were all tucking in to very tasty and good value 3 course meals.

Eventually it was time to make a move back to the hostel where a few of us had a coffee (unlike the 'hardier' Northbrook females who sampled the local bars) before calling it a night and listening to the creaking floorboards (you had to be there).

The following morning at breakfast after a not-so-good nights sleep due to the rain hammering down on the skylights one of the main topics of conversation was the severe weather warning of wind & heavy rain (now there was a surprise), so it looked like the best laid race plans could be torn up as it was going to just be a question of getting round the course.

We all then made our way to Bath in our respective cars and then tried to meet up with everyone for a group photo which wasn't going to be as easy as hoped as most preferred the shelter to standing in the rain, however, a small group did turn up near the start so a couple of snaps were taken.

So, there we all were, 10.45 am, fired up & ready to race, getting colder & wetter; only to hear an announcement that the start would be delayed by 15 mins due to the late delivery of 750 race numbers which had caused a queue of runners waiting to collect them.

However, at 11.15 the race got under way, started by Mike Catt (who I don't think anyone saw) and we were off!

I had up to this point been fairly confident of running a good time as training had been going well and with the help of Rob who had agreed to pace me I was hoping for a time of 1hr 20mins, which for the first 7 miles was looking possible at steady 6 min. miling, but the weather was taking it's toll and the legs getting heavier so Rob suggested that the pace should be more relaxed to conserve some energy for the last couple of miles which now meant that the 1.20 might not be achievable, but yet with great crowd support and some sheer determination (& plenty of verbal abuse from Rob) at 10 miles the pace did pick up again and I crossed the finish line in 1.20. 43 (3 secs behind Rob), well he wasn't going to let me beat him was he! I have never been so more elated and knackered at once after a race!

After collecting our bags and making our way to the sports centre we met up with Tom Gillon who had unfortunately had to pull out after half way due to a hamstring problem.

Mark Baker was the next to arrive having run a brilliant time of 1.25 closely followed by Bob Adams & Andrew 'vet 60+' Ralph. Condolences also to Lynne Cook who also had to pull out (after 9 miles) when she started to suffer from stomach pains, although she is now fit and raring to go again and is looking for a PB at Stratford!

But well done to everyone who took part and thanks again to all our supporters who braved the elements to cheer us on. Ideally, we would have all met up after the race on the sports field to compare times & share views on the race along with some group photo's...ideally the sports field wouldn't have resembled something out of the Somme.

But all in all it was a great weekend and I'm only sorry I didn't book better weather, but if this hasn't put you all off then maybe next year another trip could be in store...somewhere else perhaps?...cheap flights from Coventry...the suggestion box is open.

Banbury 15 14/3/4

Stephanie Berry - 2.26

Lesley Keighley - 2.26

(they ran together in the most awful weather conditions!!)

Stafford 20 14/3/4

Dan McHugh 2h24m12s

Ashby 20 14/3/4

<http://www.ashby20.co.uk/>

81 2:23:10 270 Adrian Powell

93 2:26:10 259 Loz Thompson

223 2:47:24 488 Andrew Rowe

105 2:29:07 180 Anthony MacKness O/40

128 2:34:35 233 Adrian Perrett

158 2:38:13 161 Louise Denley L

360 3:07:11 459 Sarah Monaney L O/35

390 3:15:50 487 Andrea Giehl L O/35

Ian Strain - dropped out after 10 with a calf problem.

Report: Tony Mackness

An undulating course with all the elements thrown in - Cold, Rain, Hail and wind.

Reading Half Marathon 7/3/4

162nd Gary Thomas 1hr 22mins 44s PB

7447 entries!

<http://www.nt4309.vs.netbenefit.co.uk/reading/>

Adidas Flora London Half Marathon, Silverstone, 7/3/4

Race No	Firstname	Surname	Chip Time	Position	Cat Pos	Chip Time	Total in Cat
9086	Simon	Harper	01:37:04	618	470		3042
3268	Rebecca	Smith	01:37:50	687	41		1368
3216	Robert	Pool	02:05:11	4081	2364		3042

<http://www.raceahead.net/>

Gloucester 20 mile road race Frampton-on-Severn 7/3/4

Position	Number	Name	Cat	Time
162.	743	Andrew Rowe	M	2.40.43
266.	799	Julie Neville	LV50	3.00.31
269.	744	Stephanie Berry	L	3.01.41
291.	833	Richard Hands	M	3.05.33
306.	917	C. Gavin	LV35	3.11.38
307.	737	Lesley Keighley	LV50	3.11.39

<http://www.gloucester-athletic-club.fsnet.co.uk/>

NORTHBROOK ATHLETIC CLUB COMMITTEE MEETING

8th March 2004: 23 Tilehurst Drive, Coventry. Minutes prepared by Mark Baker

Present: B.Awcock (President), B.Adams (Chairman), M.Baker (Secretary), L.Cook (Treasurer), T.Hoy (Vets Sec), S.McNaney (Ladies Capt), R.Barry (Mens Captain), Loretto Denley (Guest).

1. **Apologies-** T.French (Fixtures), S.Guthrie (New Mem), G.Knight (Run Advisor), S.Keen (Social Sec).
2. **Matters From Last Meeting**—a) Brose Photo – this was taken and needs to be passed to Brose.
b) Subs – Bob Awcock has collected 60 subscriptions. Letters must be sent soon to unpaid members.
c) Jaguar Fees – Update card stickers requested. Jaguar have asked new people to complete their form.
d) National XC Weekend – Thanks to Loretto Denley and Alex Marshall for organising this trip.
3. **Treasurers Report** – Email for more detail. A cheque account has been opened at Barclays. Signatories for withdrawals are 2 from Lynne Cook, Mark Baker, Stuart Keen.
4. **Ladies Captain Report** – Sarah McNaney said ladies enjoyed the National XC champs in Leeds.
5. **Men's Captain's Report** – Rob Barry said that there were good runs at the National XC champs. Soon it is the Warks Relays and 12-stage Relays, then the Massey Easter 5 mile, and Cotswold Hilly 100.
6. **Social Secretary Report** – Stuart Keen needs to clarify room booking at Jaguar for 'Grease' night. The Presentation Night will be booked at the Stonebridge Manor for 29/1/05.
7. **Brose 10Km Race** – Loretto Denley gave a detailed update on the arrangements for the race on 13/6/2004. A sub-committee of Loretta, Tom Gillian, Tony French and Con McHugh had met the police and agreed to a reversed course. An official application needs to be sent to Coventry Council. There was a problem where John Mills at Jaguar had double-booked the function room on the day of the 10Km, despite our earlier booking. Loretto had spoken about this with Kevin Beales (Leisure Centre Manager), but Tony Hoy suggested sending a letter about future booking procedures to Audrey Vernon (Senior Jaguar Social Club Manager). Loretto had looked at contingencies: Stonebridge Manor Hotel were very helpful and offered reasonable facilities, also we could use the bar areas at Jaguar for a reduced cost and sell our own food. There was no confirmed sponsorship yet from Brose, but Nike have offered up to £600 in prize vouchers. Entry forms design is now ready, but copies need to be printed. There is a copy on the website. We can advertise the 10Km race in the Allesley Festival Magazine for free, if we provide 10 marshals for the Festival Procession. Tony Hoy will see if we can advertise in the Jaguar Magazine. 35 race marshals will be needed. REVS are closing roads, but not directing traffic. St. John Ambulance have agreed to send 2 first-aiders to the event. The police have requested a motorbike at back of the race. The race is part of the Warks Road Race League. The committee thanked Loretto for all her efforts, and an excellent job.
8. **Any Other Business** – a) Runner of the Month– February: Dave Clarke: good XC performances.
b) Bath Half Marathon – Stuart Keen has circulated final details to everyone for this event.
c) Birmingham XC Trophies – 4 extra 'A' team trophies have been ordered @ approx £10 each. Payment and collection is at League AGM in September. 'B' team prize should also be there.
d) Birmingham League Expenses – Coundon Park race expense claim being sent to League soon.
e) Allesley Fun Run – There are issues being raised over the permit and age restrictions. Younger runners may need a separate race of 2 miles or less. Possibilities are being considered.
f) Magazine/Newsletter – Rob Barry asked if a regular A4 flier could replace a bumper newsletter.
g) Edale Fell Race – Rob Barry is organising this for 21/3/2004.
h) Summer Handicap – First race is on Wednesday 7/4/2004 at 7.15pm. There is a £5 prize.
9. **Next Meeting** – Monday 5th April 2004, 8pm, at Bob Adams, 17 Kenilworth Court, Coventry.

NORTHBROOK ATHLETIC CLUB ANNUAL GENERAL MEETING

13th January 2004: 8pm: Jaguar Social Club, Browns Lane, Coventry. Minutes prepared by M.Baker

Present: approx 40 members.

10. Apologies – S.McNaney, P.Lawlor, J.Moyse, A.Curtis

11. Welcome -Bob Awcock welcomed everyone to the meeting.

12. Matters Arising From Previous Meeting – a) Club Kit – Alex Marshall is compiling a complete list of kit in stock. Sylvia Guthrie will be keeping the kit for sale in future.

b) Membership Cards – Dave New was thanked for printing and laminating the new cards.

c) Last Years Minutes - These were accepted. (Proposer: Adrian Powell, Seconder: Rob Barry).

13. Chairmans Report - Bob Adams thanked the committee and everyone for their support this year. Bob said at last year's AGM that he would be standing down as Chairman this year, but has reconsidered, and will be available for election again this year. Bob was pleased that many ex-Massey Ferguson runners had integrated well with the club. Soon, all these runners will be available to compete for Northbrook, and will strengthen the club. Other Massey Ferguson runners had stayed at Masseys, and we wished them well for the future. At this point, Tony Hoy replied on behalf of the ex-Massey Ferguson runners, that they were made to feel welcome and thanked everyone for their hospitality. Bob continued by reflecting on the inaugural Brose 10Km race, held in June 2003. This was a great success with an encouraging participation, and was adopted into the Warwickshire Road Race League. Bob was particularly impressed by the after-race video shown at the presentation, which he had not seen anywhere else. Bob thanked Brose, Loretto Denley, Tom Gillon, Tony French, Con McHugh and everyone else who had helped with the event. Next years race is already being planned. Bob said that Northbrook had also successfully hosted the Allesley Fun Run and a Birmingham League Cross Country race at Coundon Park in 2003. The club performed well through the year, with the ladies section getting stronger, and there was also individual recognition for Paul Kelly selected as 1st reserve for the England veterans cross country team. Paul was also 1st in the Warks Road League, with Rob Barry in 3rd place. Sid Windridge was ranked in the top 10 U.K. marathon times for his age group, while Loretto Denley was ranked first in the U.K. for her age group in the half marathon. Currently the mens cross country seem sure to gain promotion to Division 2 of the Birmingham League, after 4th place in Division 3 last year. The 'B' team are leading the field as well, showing our depth of ability. Changes to Jaguar fees caused discontent this year, as an initial £10 fee and 50p weekly shower charge was introduced. This was later scrapped and replaced by a general £20 fee, which would have been better in the first place. The social events were as good as ever. Highlights were the 25th club anniversary night, with many former members attending. Also the 70's night was memorable for the array of wigs and strange costumes. The club Presentation night is our next event soon. Bob noted that membership has increased a lot this year, and thanked everyone for their efforts in supporting the club by running, helping at events, supporting the newsletter and website, and organising events. Bob looked forward to a challenging, but successful year in 2004.

14. Treasurers Report – Lynne Cook distributed copies of accounts to everyone present. **Email for details.** Bob Adams thanked Lynne for her work, and also thanked previous Treasurer, Helen Forrester, who has moved abroad.

15. Subscriptions - Lynne Cook (Treasurer) proposed Northbrook subscriptions remain at £15, with a £5 late fee payable. Pete Austin proposed that subscriptions are reduced to £13, but no seconder was found for this proposal.

VOTE – Treasurer's Proposal: 32 for, 0 against. Accepted.

RESULT – Subscriptions are £15 (with usual concessions). Late fee after 31st March is an extra £5.

NOTE – Bob Awcock will be available at 7.30pm on Wednesday evenings to collect subscriptions.

16. Club 2003 Award Winners – it was agreed that this will be updated after the Presentation Night.

Award	Winner	Second	Third
Men:			
Winter Handicap			
Summer Handicap			
Road Race Champs			
Ladies:			
Winter Handicap			
Summer Handicap			
Road Race Champs			
General:			
Veteran of Year			
Voted Awards:			
Clubperson of Year			

Most Improved Runner			
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17. Proposals Received in Writing -

- a) Winter Handicap - Proposer: Rob Barry, Seconder: Gareth Knight
 PROPOSAL – Replace the Winter Handicap by one race eg. the club race at Coundon Park.
 NOTE – Tom Gillon referred to last years AGM: race will be scrapped if there are few runners.
 VOTE: Proposal – 13 for, 11 against. Accepted.
 AMENDMENT: Proposer Rob Barry, Seconder: Ingle Corbett: Rob said that due to the close vote, we should try 3 Sunday races at Coundon Park, which alone form the Winter Handicap. These will be early, mid and late season eg. October, December, March.
 VOTE – Amendment: 20 for, 1 against. Accepted.
 RESULT – The amendment was accepted by 20 votes to 1. There will be 3 Sunday races at Coundon Park, which alone form the Winter Handicap. These will be early, mid and late season eg. October, December, March.
- b) London Marathon Draw – Proposer: Con McHugh, Seconder: Dan McHugh
 PROPOSAL – a) Any entrant must have already applied and been rejected, and have rejection slip available. b) Applicant must have been a club member for at least 12 months. c) Applicant must have represented club at least 6 times. d) selection is determined by mens and ladies captains. e) when club receives entries, selection is made within a week by captains and announced at next training session. f) selection criteria and number of entrants shall be made known. g) as a last resort, if a clear candidate cannot be identified, then a draw shall be made by both captains.
 1st AMENDMENT – Proposer: Tom Gillon, Seconder: Tony Mackness: Have a straight draw for members who have been in club for a full calendar year (Jan 1st to Dec 31st) ie. at least 1 year., and can provide a rejection slip.
 2nd AMENDMENT – Proposer: Adrian Powell, Seconder: Bob Awock: as 1st amendment but split place between male and female members.
 VOTE: 2nd amendment – 8 for, 21 against. Defeated.
 VOTE: 1st amendment – 20 for, 7 against. Accepted
 VOTE: No change – 0 for , 24 against. Defeated
 RESULT – The 1st amendment was accepted by 20 votes to 7. Therefore the London Marathon Draw will be a straight draw for current members who have been continuous paid members for at least a full calendar year (Jan 1st to Dec 31st) ie. At least one year of membership, and have a rejection slip.

18. Election of Officers - all positions were unopposed.

Position	Elected Member	Proposer	Seconder
President	BOB AWCOCK	Sarah Edkins	Sarah McNaney
Chairman	BOB ADAMS	Tony French	Gareth Knight
Secretary	MARK BAKER	Rob Barry	Ian Strain
Treasurer	LYNNE COOK	Bob Adams	Rob Barry
Mens Captain	ROB BARRY	Tony French	Andy Whitehouse
Ladies Captain	SARAH McNANEY	Sylvia Guthrie	Emily Ducker
Veterans Captain	TONY HOY	Mick O'Shea	Alex Marshall
Fixtures Secretary	TONY FRENCH	Kevin Viner	Mick O'Shea
New Member Sec	SYLVIA GUTHRIE	Sarah McNaney	Sarah Edkins
Social Secretary	STUART KEEN	Rob Barry	Tony French
Running Advisor	GARETH KNIGHT (Temporary)	Bob Adams	Alex Marshall
Non Committee			
Summer Handicap	RICHARD FRENCH	Volunteer	
Winter Handicap	TOM GILLON	Volunteer	
Club Magazine	DAN McHUGH	Volunteer	
Web Information	CON McHUGH	Volunteer	
Race Organisers / Brose Liaison	LORETTO DENLEY / TOM GILLON	Volunteers	
Accounts Auditors	ALEX MARSHALL / CHRISTINE AUSTIN	Volunteers	

19. Road Race Formats –

- a) Summer Handicap - the format remains the same as last year, with a £5 prize for each race winner.
 b) Winter Handicap – this has been changed (see proposal) to consist of 3 races at Coundon Park.

- c) Road Race Championship - The format is unchanged. Best 5 from 7 distances count to results. (Handicap 5Km, 5 miles, 10Km, 10 miles, Half Marathon, 20 miles, Marathon). Tom Gillon proposed that all 7 races count towards the final score, but no seconder was found for this proposal. Currently, 20 points are awarded for the best in each distance, then 19, 18, down to 1. Other runners receive zero points. Tony French will investigate whether awarding 30 points for the best, will adversely affect the overall result. For now, the points remain unchanged.

20. Club Constitution and Rules -

- a) BAF /UK Athletics – Proposer: Con McHugh, Seconder: Mark Baker – Update constitution to refer to U.K. Athletics, not the B.A.F. This will be updated by Con McHugh.

21. Any Other Business -

- a) Sunday Runs – Rob Barry offered to research different types of Sunday training runs eg. off-road, different locations, Youth Hostel based training days.
- b) Track Training – Gareth Knight said that Monday or Friday evening training would begin soon.
- c) Thanks – Adrian Powell proposed a vote of thanks to the 2003 committee, which was seconded by Tony Murphy. Dawn O'Shea especially thanked Sarah McNaney for taking over as Ladies Captain, after Dawn's cycling accident. Dawn said that Sarah had done an excellent job.
- d) AGM Minutes - Copies will be available on website, at a training night soon, or on request.

Meeting closed at 10.10pm.

Summer Diary 2004

Road Races

Team Relays

<u>Date</u>		<u>Event</u>	<u>Venue</u>
March	27 th	Warwickshire's	Sutton Park
April	3 rd	MCAA Men's 12 stage and Women's 6 stage Road Relays	Sutton Park
	24 th	AAA Men's 12 stage and Women's 6 stage Road Relays	Sutton Park
May	22 nd	Vets Men's 8 Stage & Women's 3 Stage Road Relays	Sutton Park
	29 th	Hilly Hundred - 10 Stage (100 mile) Road Relay	Cotswolds area
September	25 th	MCAA Men's 6 stage and Women's 4 stage Road Relays	Sutton Park
October	23 rd	AAA Men's 6 Stage and Women's 4 Stage Road Relays	Sutton Park

Warwickshire League

<u>Date</u>		<u>Event</u>	<u>Venue</u>
April	11 th	Easter 5	Massey Ferguson
June	13 th	Northbrook Brose 10k	Jaguar S & S Club
	23 rd	Midsummer 5	Westwood Heath
July	8 th	Rowheath 5k	Bournville
August	27 th	Godiva 5	Memorial Park
September	19 th	Nuneaton 10	Wolvey
October	3 rd	Kenilworth Half Marathon.	Castle Farm Sport Centre
	17 th	Rugby 10	Ken Marriot Sport Centre

East Midlands Grand Prix

<u>Date</u>		<u>Event</u>	<u>Venue</u>
May	4 th	Silverstone Grand Prix 10k	Silverstone
	12 th	Rugby 6	Hillmorton
	18 th	Bedford 6	Bedford
	26 th	Rockingham Motor Speedway 5	Corby
June	8 th	Weedon 10k	Weedon BEC
	15 th	Banbury 5	Banbury
	22 nd	Harborough 5	Market Harborough
July	6 th	Milton Keynes 10k.	Milton Keynes

Other Events

<u>Date</u>		<u>Event</u>	<u>Venue</u>
July	11 th	Allesley Fun Run	Allesley Village

Social

Contact: Stuart Keen, the Social Secretary, for details of (and ideas for) Social Events.

<u>Date</u>	<u>Event</u>	<u>Venue</u>
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Please - check with the Team Captains and Social Secretary, as appropriate, for confirmation of dates and venues; as these are subject to change.