

Northbrook News MAY 2004

Marathon News

Well done to all those who completed marathons in the last 4 weeks or so.

We have 1 London marathon report, and 2 Paris reports in this newsletter – slightly disappointed I did not receive at least 1 more London article.

Some strong runs, and excellent performance over the past month. Well done to all those who ran in the Midland and National 12 stage races. Only the second time in the clubs history we have made the nationals

We also had an excellent result at the Easter Massey 5 miler, well done to Ian Burgoyne and the other runners with some excellent performances.

Some good articles from different members of the club this month, some first timers also! Keep them coming as they are very much appreciated, they keep the newsletter going and interesting.

A shorter and more concise newsletter this month in an effort to get it published more regularly.

Thanks to all those who helped in producing this. Those who contributed include Bob Adams, Rob Barry, Con McHugh, Nathan Holmes, Simon Harper, Sarah MacNamey and Tim Wright. It is good to get a few words from our chairman, Bob Adams in this newsletter.

By the way, there is an interesting article this month by Tim Wright – I think it's the first time we have ever written about snooker in the newsletter but all I can say is it is true, Ronnie O'Sullivan is a good runner and he is not bad at Snooker either.

Special mention to Dave Halford for completing his 50th marathon in April. That's an excellent achievement. In reality if Dave's ability to get lost is anything to go by he probably has ran at least double that number. I must write up the Cotswold Way race at some stage when Dave got lost!

Well done Dave.

Also, cannot let this newsletter pass without wishing Tony French a belated 60th birthday. I could not make Tony's party, but a good time was had by all from all accounts. Good to see Tony racing the next day!

Runner of the Month:

Stuart Keen – for some excellent performances over the past 4-5 weeks. Well done Stuart.

General News

Interested in a Fell Race? From Rob Barry

I am currently trying to get a fell race sorted out for the club and also get a Warwickshire team sorted as well to do the inter counties race.

4 men and 4 ladies can form a county squad with 3 to count.

Eddie Cockayne as the team manager is happy for us to forward names and he will then enter the county teams.

The race details are as follows:-

Sat July 3rd Blisco Dash AS (Severe, short) 5 miles / 2000 ft ascent (£3 on the day)

(the county entries have to be received by the race organisers by 19th June)

I am anticipating that the plan will be to travel early Saturday, race, celebrate, camp, do a relaxed run on the fells on the Sunday morning, eat and return home.

Will you please let me know if you are interested in this one and forward me any other names that would like to be included. For the non-Northbrook readers can you please include a recent 10K or 10M time so that I can rank people.

Despite the race being in July and only 5 miles note that the Fell Runners Association need to stick to certain rules to ensure that organisers are insured and for your own safety:-

Important Note

This course is a testing fell race and runners must have experience of fell/hill running. Fell Runners Association Safety requirements will apply and competitors must be suitably equipped and capable of navigation in adverse weather conditions. In particular runners should carry with them windproof whole body cover, map and compass suitable for navigating the course, and whistle.

I cannot say that these will be enforced on the day but you need to be equipped or you may not be allowed to start.

Northbrook 10K – Help Please!

If you are not planning to run this please see Con, Loretto, Tom or Tony French. There is a massive amount of work to be done to put this race on and your help is needed.

If you have ever been involved in putting a race on, you know how much effort is needed. All help is welcome and would be appreciated.

Chairmans Thoughts

Would you believe it!

Spring is in the air (apart from summer handicap nights!), the evenings are getting lighter and even better, the cross country season is over, ← can't agree with that last statement – editor!

We finally come to my favourite time of the year, when I can run some races that I actually enjoy! Then along comes along - **INJURY!**

It might be good for Gary Thomas's bank balance, but frustrating does not even begin to describe my feelings at the moment.

For those who have never had a long term injury, I certainly cannot recommend them; you certainly do not want to start now!

Anyway, that is enough of me wallowing in my self pity. I have been greatly encouraged by some of the performances that I have witnessed in the past few weeks.

There is no doubt that the addition to the squad of the former Masseys runners together with the improvement of runners such as Jason Nicholson and Keen Stuart (sorry I mean Stuart Keen!) has made Northbrook a team to be reckoned with in the area and this was demonstrated at the midland 12 stage relay when the club comfortably qualified for the National championships- and all of this was done without an ailing Mick O'Shea.

It is just a pity that Sphinx were not there to take a beating.

Editor - I have to remind people of what happened 3 years ago here when only 2 runners ran in the 12 stage for Northbrook, Mick O'Shea and Dan McHugh. That's a big turn around in a couple of years although prior to that, the previous year we had qualified for the Nationals with the help of Eric Kipligat.

The team then followed up with a very creditable 41st place in the National Relay. A big well done to Rob Barry for getting everyone out for both races.

I was further cheered by the performances of the club members in the London marathon. They all did well, and whilst it would be unfair for me to single anyone out, I am going to anyway – Becky Smith (3h30) and Louise Denley (3h32) both ran really strong races and the speed that they made their way to the Sherlock Holmes afterwards showed that there is more improvement to come.

It is just a shame that some of our lady members have decided to leave us, just what is Sarah saying to them?

I am sure you will all join me in wishing Andrea (Kent) Ruth (London) and Louise (Australia) the very best for the future – I bet you will not find another club like Northbrook!

Good luck to everyone in the Hilly 100 relay, and do not forget the Northbrook 10K (13 June).

You have got to be there.

Bob

Ronnie O'Sullivan's my mate shocker!

It's not many people who can claim to have run with a snooker world champ, and lost but Tim Wright certainly can. For those newer members of the club who may not know Tim, he holds most of the Northbrook running records and joined the club back in the 80's when he was about 5 years old and had not started drinking or generally abusing his body.

Unfortunately injury, women, marriage, child and drink have curtailed Tim's running in recent years but anyone who has had the pleasure running with Tim knows what an excellent runner he is. Recent form has been quite impressive with a solid performance in the last Brum league.

However, is he any good at Snooker?

Tim Wright

I've just finished my first competitive season down South, which I've really enjoyed.

We compete in the Chingford League which, like the Birmingham League, extends way beyond Chingford- which is good as we are the only club in Chingford. We finally finished second, though there is only one Division, to Barnet who are very strong. The league comprises 8 races including a relay and some evening races which are held in complete darkness on an unlit off-road circuit- which is weird. I've made steady progress through our B team and into the A team, more through regular training and losing weight than through drinking the baby's milk - as someone harshly suggested.

Ronnie O'Sullivan was training with us early in the season while he was playing snooker badly. We'd ask him whether he'd be able to race at the weekend and he'd say "well I'm in a tournament in such and such next week, but I'll probably be back in time for Saturday" and he normally was, including beating me once. Since his snooker form has improved we've not seen as much of him!

Through the winter, we also have a series of mob matches, which are races against other clubs where pretty much everybody scores, instead of just the first 6. We are unbeaten in a mob match in the last 3 years, including beating the likes of Blackheath.

All in all this makes for a tough season with a club race virtually every weekend, culminating in the "Orion 15". This year was the 50th running of the oldest cross country 15 in the UK. It is a muddy, hilly one lap slog round Epping Forest. I managed to sneak into the top 10 and we won the team prize. This year they got the guy who won it 50 years ago to present the prizes and he recounted his victory over 2 international runners through a foot of snow on top of the inevitable mud, which stopped the rest of us whingeing about how tough the course was this year and how it was quite windy.

Next comes the summer road race league...

Finally, on holiday in Stockholm much to our excitement Cath and I noticed a brand of sportswear called Northbrook and I'm the proud owner of a new fleece. Might be worth seeing whether they carry them in Intersport over here?

Team Manager's Report

Team Managers' Wise Words

Mens: Rob Barry

First Rob's words of wisdom: -

April seems to have been a phenomenal month so far. Dare I say it has even surpassed promotion in the Birmingham League? With Ian, Nathan, Dave Clarke and Paul Kelly flying the rest of us are certainly finding it hard to keep in touch. Our strength in depth (1st B team in the x-country) came to the fore in the 12 stage races. For only the second time Northbrook qualified for the National 12 stage Relays and I am delighted to say that we put in a very strong team to fly the flag. On paper you could probably tweak it a bit to improve it but to get 12 of the best out on the day was superb. Plus my job was made easier by everyone being there in good time for their leg.

I have to admit that I was in Majorca at the time but our start in the Warwickshire Road Race League was outstanding at the Massey 5 and we also got in a good size Northbrook entry which is great in the local events. We want everyone to support our 10K!

And to put the icing on the cake our runners have also been achieving their personal goals as the marathon season passes (phew! Is it safe to come out yet?)

Missing Persons Alert – Runners with blue vests and a yellow band have mysteriously disappeared. A close friend says this is completely unexpected as they seemed to be progressing well and happy with their lot. If you should see one of these runners approach with caution as they may have stopped their course of drugs and therefore seem fairly sluggish. They may respond to a shout of 'Come on Sphinx!'

Ladies Report:

Not available for this newsletter.

Results - April 2004

Lung Run 10K Sutton Park 25/4/4, Shobdon Hill Wood 25/4/4, Shakespeare Half and Full Marathon 26/4/4, National Relay Championships (6 and 12 stage) 25/4/4, London Marathon 18/4, Massey Easter 5 11/4, Summer Handicap 9/4/4, Taunton 1/2 Marathon 4/4/4, Belvoir Half Marathon 4/4/4, Paris Marathon 4/4/4, 12 Stage 3/4/4
13 events, 100 runners

Lung Run 10K Sutton Park 25/4/4

183rd (1086 finishers) Charlie Jones 46m53s
http://www.lungrun.org.uk/10k_results.pdf

Shobdon Hill Wood 6 25/4/4 – Nathan Holmes Race Report

Surface : Forest tracks

Distance : 6 miles ish

1st, Nathan Holmes, 34m56s (course record - first running on new course)

Rob having put me forward for the Inter-Counties fell race in July, I thought it might be worth practising running up and down hills. With that in mind, and the glorious weather all-but forcing me out of the house at gunpoint, I made the drive [very scenic - good fun in a car and probably excellent on a motorbike] to Shobdon in Herefordshire for the Shobdon Wood Six, which was the nearest 'hill' race I could find on the Runner's World event listing.

Having stood around in the blazing sun for half an hour 'warming up', the field of about 70 runners got underway with a gentle uphill start. I saw, but didn't believe, the [lack of] early pace, so I put in a burst and quickly took the leading group down to two. A brief conversation on one of the early flat bits revealed that neither of us had run the event before, but while we both wondered whether the chasing group knew something we didn't we weren't about to slow down and ask them. Initially my companion was running more strongly than I, but the first downhill gave me a chance to career into the lead. I was nearly caught on the first uphill, but that led onto another long, sweeping downhill and I was away for good.

At about two-thirds distance I was feeling decidedly knackered, so I asked a marshall "How far left?" The response of "Sharp left" wasn't as helpful as it might have been. I'll ask a different question next time. The uphill that followed was the toughest on the course and not knowing how far I had to go, or how long the hill went on for, I was reduced to a walk [purely tactical, of course] at a couple of points. Fortunately, it was a lovely, easy mile downhill from the top to the finish and a surprising and 'comfortable' win (and course record), earning me a nice hand-thrown mug for my trouble. Now if only I can stop walking up hills I might keep up with Rob on the fells.

Nathan.

22nd Shakespeare Half and Full Marathon 25/4/4

<http://www.shakespearemarathon.org.uk> - Dave Halford reaches his 50th

Full Marathon 2004

Race Position	No.	Entrant	Gender	Age Group	Time
18	2607	Dave Halford	M	Mens Over 40	03:10:03
60	2389	Sid Windridge	M	Mens Over 60	03:31:04
265	1120	Julie Neville	F	Ladies Over 45	04:16:56
430	1121	Catherine Gavin	F	Ladies Over 35	04:56:07

Half Marathon 2004

16	4838	Peter Osborn	M	Mens Over 50	01:23:13
79	5200	Laurence Thompson	M		01:33:57
105	5071	Anthony Mackness	M	Mens Over 40	01:36:04
214	4881	Stephen Mason	M		01:43:03
944	3474	Lesley Keighlehy	F	Ladies Over 45	02:10:35
1130	3390	Sharon Thompson	F		02:17:08
1156	5143	Robin Hobday	M	Mens Over 40	02:18:43
1422	3206	Lynne Cook	F		02:30:38
1482	3278	Joanne Moyse	F		02:36:25

British Legion 10K Nuneaton 25/4/4

6 Rob Barry 36m37s
 8 Stuart Keen 37m35s
 11 Mark Baker 39m44s

National Relay Championships, Sutton Park, Sat 24/4/4**Mens 12 stage**

41st out of 52, 9 Teams DNF 4:50:42

N Holmes (40) 29:00
 A Hoy (48) 17:35
 D Clarke (43) 29:43
 P Kelly (42) 16:34
 R Ansell (44) 31:50
 J Nicholson (45) 17:10
 I Burgoyne (42) 30:13
 M O'Shea (40) 16:57
 S Keen (42) 33:00
 P Austin (43) 17:51
 R Barry (41) 32:31
 M Baker (41) 18:18

Women's 6 stage

40th out of 41, but 13 DNF 2:19:24s

S McNaney (53) 23:42
 R Staff (48) 22:14
 L Denley (45) 21:02
 J Neville (45) 23:05
 S Guthrie (42) 23:35
 C Gavin (40) 25:46

Report: Robert Barry

Excellent performance by the club. It was a well solid team. 41st out of 52 finishing teams. I gained 2 places without passing anyone so assume 2 teams didn't complete an 11th leg.

Massey Ferguson Easter 5

Date: 11/4/2004

Position	No	NAME	CAT.	Time
6	314	IAN BURGOYNE	SM	26:29
7	190	NATHAN HOLMES	SM	26:45
8	377	DAVID CLARKE	SM	26:51
12	310	PAUL KELLY	V55	27:45
31	115	STUART KEEN	SM	28:58
40	106	JASON NICHOLSON	SM	29:31
53	337	MARK BAKER	SM	30:15
58	311	DAVID LEE	V40	30:39
71	400	GRAHAM CRAMP	V40	31:27
82	308	ALEX MARSHALL	V40	32:34
84	139	ANDREW RALPH	V40	32:43
86	85	ANDREW BOARDMAN	SM	32:45
114	376	PAUL MCGURK	V40	34:32
120	134	LORETTO DENLEY	LV55	35:07
128	378	BARRY HOLMES	V55	35:30
140	136	MAL BOILEAU	V55	36:30
153	371	STEPHEN SUGAR	SM	37:54
162	135	JOHN RALPH	V65	38:43
172	137	ANTHONY FRENCH	V55	40:26
182	327	LESLEY KEIGHLEY	LV45	42:07
187	138	SHAUN FLANAGAN	V55	43:09

188	84	LYNNE COOK	SL	43:26
190	336	ANGELA HANDS	LV35	43:38
206	114	DIANE KEEN	LV40	51:07

Summer Handicap 5km 7/4/4

Becky Smith

Belvoir Half Marathon

Sharon Thompson 1h54m55s

Taunton 1/2 Marathon 4/4/4

Robert Pool 2hrs10min

12 Stage relay, Sutton Park 3/4/4

14th Overall A team

A Team

1	Nathan Holmes	(24)	29:30	(fastest time	Chris Davies, TelfrdA,25:02)
2	Dan McHugh	(29)	18:57		
3	Stuart Keen	(27)	17:28		
4	Ian Burgoyne	(24)	29:45		
5	Jason Nicholson	(21)	17:22		
6	Rob Barry	(18)	17:17		
7	Dave Clarke	(17)	29:55		
8	Dave Lee	(17)	18:13		
9	John Guest	(17)	16:58	(fastest short leg	Ian Mitchell, TiptonH, 14.16)
10	Paul Kelly	(16)	30:52		
11	Pete Austin	(16)	18:01		
12	Gary Thomas	(15)	17:18		

B Team

1	Dave Halford	34:19	(59 th)
2	Rich French	18:25	(52nd)
3	Mark Baker	18:40	(54th)
4	Tony Hoy	33:44	(52nd)
5	Richard Vaughan	19:15	(51st)
6	Fraser Barrett	23:28	(56th)
7	Barry Holmes	39:49	(43rd)
8	Steve Simpson	20:15	(41st)

4:21.36

Notts AC 3:54.099

Results - May

May, 2004 Results

The Dog & Hedgehog Hinckley Half Marathon 9/5/4, Summer Handicap 5km 6/5/4, Silverstone 10K 4/5/4, May Day 5m 3/5/4, Great Weston Multi Terrain 5m 3/4/5,

5 events entered to date, 36 runners competed (not inc summer handicap)

The Dog & Hedgehog Hinckley Half Marathon 9/5/4

Place	Time	Name	Cat2
195	1:35:47	JONES, Adrian	V40 MEN
486	1:56:07	EDKINS, Sarah	SENIOR LADIES

557	2:02:50	GAVIN, SENIOR Catherina LADIES
658	2:19:41	DAVIES, V40 Delia LADIES
679	2:32:02	ALLISON, SENIOR ANGELA LADIES

<http://homepage.ntlworld.com/ns.mcnaair/index.htm>
Summer Handicap 6/5/4

Awaiting results

Silverstone 10K 5/5/4

6 Nathan Holmes 33m03s
14 Ian Burgoyne 34m08s
25 Paul Kelly 35m09s
349 Dennis Carey 45m13s
351 C J Jones 45m14s
664 Tony French 52m33 (Now a V60!!)

Great Weston Multi Terrain 5m 4/5/4

Position	Time	Name	category
2	26.48	Nathan Holmes	M
39	34.42	Con McHugh	M40
57	36.13	Dennis Carey	M40
144	42.12	Joan Carey	F35
180	44.30	Mel McHugh	F35

832 runners

Godiva May Day 5m, Memorial Park, 4/5/4

Stuart Keen 15 29m13s
Andrew Ralph 39 31m58s
Alex Marshall 40 31m59s
Mike Quaye 49 32m49s
Paul Lawlor 56 32m53s
C Glen 63 33m51s
Tony Mackness 65 34m00s
Ralph Hands 97 37m19s
John Ralph 101 37m44s
Craig Hanbury 113 38m45s
Sarah McNaney 115 38m48s
John New 119 39m11s
Sylvia Guthrie 40m26s
Robert Pool 133 41m18s
Fraser Barrett 142 42m09s
Lynne Cook 114 42m20s
Tony French 147 42m42s
Sean Flanagan 150 43m22s
Angela Hands 156 45m10s
Diane Keen 167 51m10s

Marathon Results & Reports

London Results & Report

<http://london.mikatiming.de/list.php>

Overall Pos.	(Gender Pos.)	R. No.	Name	Age	Time
2410	(2220)	30342	ADRIAN D. POWELL (GBR)	M40	3:13:54
3943	(3586)	8831	LAURENCE. THOMPSON (GBR)	M18	3:26:44
4368	(3945)	10302	CHARLES A. POPE (GBR)	M55	3:28:54
4512	(4065)	13954	IAN. STRAIN (GBR)	M40	3:29:45
4658	(469)	9979	REBECCA L. SMITH (GBR)	W18	3:30:31
4936	(506)	25122	LOUISE D. DENLEY (GBR)	W18	3:32:18
9009	(1154)	29914	JOY L. WILKINSON (GBR)	W40	3:52:14
12529	(1882)	28954	ANDREA. GIEHL (GBR)	W35	4:05:46
14363	(12051)	25120	JOHN H. RALPH (GBR)	M65	4:13:33
26677	(20508)	12546	Robert C. Pool	M18	5:14:01

MY FIRST AND LAST LONDON MARATHON

- JOHN RALPH

I suppose it all began at Blackheath the start of last's years London Marathon when Andrew ran the marathon and we meet up with a crowd of Northbrook runners. Somebody (I think it was Sarah) said that I should be doing the run as well. Me, caught up in the excitement of the occasion rashly said, "I'll run it next year." So come August I sent off my application forms only to be rejected (slightly relieved). Then I found out that the club had three places and they were to draw out of a hat. Well I thought, I haven't a cat in hell's chance of being drawn out, so I put my name in only to be drawn out first, what luck!

So started 4 months of training, luckily as I am retired from work I managed to put in quite a lot of miles although other activities had to take a back seat, like my allotment and DIY (I have about 15 rolls of wallpaper waiting to be put up). I actually started to enjoy it, even my sessions with Gareth, who am I kidding?

We started out on Saturday, having set the video for 6 or 7 hours, with Action Heart coaches and arrived at the hotel at lunchtime. Action Heart had arranged everything for me including registration, so I didn't have anything to worry about except THE RUN.

We set out early on Sunday and got to the start in good time, after a few trips to the loo I went to the start, and before I had any more time to worry we were off. Went well for 22 miles then my legs tightened up, but I pushed myself on and finished in 4hs 13m elated but tired. I hadn't time to meet with the others in the pub afterwards as I had to get back to the hotel at Hammersmith for shower, massage, food, and the coach back.

I would like to thank the club for their encouragement and all the members who went down to give their support even if I did not see them all, although I did see Andy, Richard and his new wife Angela and Stephanie 4 times and my wife Janet and Andrew 3 times. I must say, I got a tremendous lift every time I saw someone I knew, so their encouragement was truly grateful. I managed to collect £200 for my appointed charity, Diabetes UK, so some good will came out of it.

I managed to collect a couple of blisters and black toe nails so I think I will stick to the shorter races from now on.

Paris Results & Reports

Paris Marathon 4/4/4

Pos	Number	Name	Pose off	Official Time	Real Pos	Real Time
9818	25250	Sarah McNaney	19818	4h18m33s	20057	4h11m18s
18356	33421	Steph Berry	18356	4h12m27s	18272	4h03m5s
7509	7967	Andrew Ralph	7509	3h33m28s	8088	3h32m05s
13361	7967	Andrew Rowe	13361	3h54m55s	12889	3h47m47s
5495	15780	Adrian Perrett	5495	3h25m20s	1288	3h22m26s
11882	20867	Simon Harper	11882	3h50m03s	12590	3h46m42s

Runners Report: Simon Harper. Paris Marathon 4th April 2004

After 19 relatively relaxed miles, and seven miles of pure agony, I made it to the end of the Paris Marathon, my first ever, in a time of 03h 46' 42".

It was a sunny day in Paris as we lined up for the start and the Champs Elysee was covered in Union Jacks, presumably in anticipation of my victory. In fact I narrowly missed the victory by only 12590 places but the French, never ones for missing an opportunity, managed to reuse the flags for the Queen's visit the following day so everyone was happy.

The first 30 km went very smoothly. I managed to enjoy a bit of site seeing along the way, saw the family at the half way point, and even managed to negotiate the extra hazard of sections of road covered in banana skins. I was particularly encouraged by two unexpected groups of Northbrook supporters, one approaching my difficult 29th kilometre, and one just after the point I'd re-adjusted my goal to finish still smiling. Thanks to whoever you were.

The last 10km were the most difficult I have ever run. I dropped from a nice steady 8 minute mile pace to somewhere outside 10 or 11 minutes, but I'm pleased to say I ran all the way to the end and did manage that smile. Oh, and it turned out that the winner was running his first competitive marathon as well !

In all, your sponsorship has already raised over 600 pounds for the NSPCC, with more donations promised. Thanks so much for your generosity
- I'm sure the NSPCC will put it to very good use in the protection of children.

If you're interested in the stats, you'll find them here:

<http://www.parismarathon.com/marathon/2004/us/temps.html> I'm number 20867 - Simon.

Runners Report: Sarah McNaney Paris Marathon 4th April 2004

The sun was shining and I knew that it was going to be a good day. We were all in good spirits – not too many nerves between us so I at last felt that this could be a good run. My confidence had not been good over the last few months and at some point, I did wonder if I would actually be able to do 26 miles.

My training got off to a very bad start with yet another knee injury at the end of November, beginning of December. I felt very envious of Stef and Andy going out for their long Sunday runs without me. When I did get back in to the long runs again I was hit by a kidney infection in January, a viral infection in February and an extremely bad cold in March. To be honest, I did wonder if someone up there was telling me not to run!!!! The only good thing to come out of these little hiccups was that I missed out on Wednesday nights torture sessions with Gareth as I was too busy trying to pack the miles in. (can't wait to re-start them Gareth!)

Training did start to get better. Stef and Andy were great in encouraging both Sarah and myself to do long runs as Sarah had had a bad start as well as she had been getting over a foot injury. Leeds cross country proved to be a trial when my knee started to give way at the end of the first lap. That was all I need – another injury! Fortunately it mended and the training resumed. The only other hiccup was the 20-mile race in Gloucester when I had to pull out after 14 miles due to feeling terribly ill. However, I forced myself to do Ashby the following week in all that lovely wind and rain – what a hilly course – I must make this a regular in my running calendar – ha ha!

Having done Ashby, my confidence was a bit better although time was ticking away and I still needed to put in a few more miles. Andrea was a good confidence booster and kept me sane during some very long runs on cold frosty nights. Andy was very good at supplying the jelly babies on the long runs – thanks Andy!

Paris came around quite quickly and before we knew it, we were sitting in our hotel looking at the Arc de Triomphe from our bedroom window. We all managed to get into the same restaurant for dinner the night before which was thoroughly enjoyable (just don't give Sarah chocolate profiteroles – they make her hallucinate)

Stef and I managed to get some breakfast at 6.30, which was quite welcome. Andy didn't quite make it down so Stef took pity on him and made several trips upstairs with bread rolls for him (either that or she had got the runs). Rich, Andy, Stef and myself left the hotel at 7.45 and for the one and only time managed to walk right in front of the Arc de Triomphe (accompanied by some one dressed as Super Mario) as the cars took second place to runners. With the obligatory photos taken, we managed to get into our own 'pens' and with a bit of trickery, all managed to get into the same one (Stef and the runs again I think). The chap dressed in black looking over the balcony at the crowds was a bit scary but Andy assured me he was not a sniper as the war had finished a long time ago (phew!)

Sarah and Angela had planned their spectator points brilliantly. When we were underway, I managed to spot them about four times along the route. In fact, Sarah and her camera nearly got mowed down a few times as the French don't believe in barriers along the roads. Stef's entourage (all 18 of them) were very vocal and cries of 'come on Northbrook' were a delight to hear.

The weather was fantastic and the route can only be described as interesting. Trying not to slip over banana skins and orange peel became a work of art. As for the little old ladies that thought they could cross the road when they liked – well it all added to the magic. We all turned the wine, beer and cider down that was on offer at mile 22, although I think Addy was in two minds whether to run back for a few jars once he had finished.

To be honest it was great to see the finish line – I was so pleased that I had completed it. Although I had said many a time that I would not do a marathon next year, I must admit that now I know what to expect, next year seems a real possibility.

Paris itself is a beautiful city and with exceptional company to enjoy it with – what more could I have wanted!!!! (just avoid all shoe shops and make up shops if you go with Sarah as she's a terrible influence!)

Roll on next year and well done to all those that ran – Simon, Addy, Andrew Ralph, Andy Rowe, Stef, Sarah Mac, and Richard. Not forgetting our supporters, Angela, Sarah Edkins, Joyce, Janet, John, Simon Berry and all of Stefs entire family!

Report (from official website)

A RECORD FIELD, A RECORD TIME

"I'm very happy, but it was really very tough", commented Mike Rotich (Kenya), after crossing the finishing line, a happy but exhausted winner. And he's modest in his words, almost self-effacing. Unquestionably, the bar was set very high for this 27th edition of the Paris Marathon. A record 34,500 runners expected on-hand to compete.

At 9 AM today, the starter's gun fired, opening the way for what turned out to be 29,406 runners. The tone was set right from the very first few kilometers. The pacesetters established the rhythm at a comfortable pace of 3 minutes per kilometer. In short order, the people after the winner's laurels pulled away from the pack. At the 10 km mark, the leaders were already at 29'57", making it clear that they were shooting to beat the event's record. At 15 km, the leaders began pouring it on a bit more. At 25 km, a group of 9 runners broke away from the pack, including Benoit Z, with Rotich and El Himer close on his heels. At 35 km, El Himer attempted to break away on his own, but he didn't manage to sufficiently outpace the other competitors. This left only four in the lead, Benoit Z, Rotich, El Himer and Onsare. The lead was taken over by each one of them in turn, only to lose it again moments later. This kept up until the 40th kilometer, when Rotich accelerated just a little more. This put the Kenyan all alone out in front. Kenyan. Rotich, already the winner of the Paris half-marathon barely a month ago, hung on for a well-earned victory with a time of 2 hours, 6 minutes and 33 seconds, a new record for this event. Coming in second, Benoit Z equalled the existing European record, i.e. 2.06'36", while Onsare and El Himer were certainly not far behind.

The women's race also turned out to be a true battle for victory. The race took on a sustained rhythm within the first few kilometers. In fairly short order, a group of 10 runners pulled into the lead. They included Omwanza, Console, Mrashani and Gadi. At the half-way point, the leaders posted a time of 1 hour, 13 minutes and 20 seconds.

At this point, the differences between the runners started coming to light. The rhythm picked up, and four runners pulled away from the pack at kilometer 25. It didn't take long for two women to open up the gap with the others, however, namely Console and Omwanza. One of these two would be the winner. Console was fully aware of that, and tried to make sure that it would be her. She quickly opened up an advance of 50 meters, and it really looked like she would literally run away with it.

Four kilometers from the finish line, however, she seemed to be running out of steam. Omwanza drew close and then overtook Italy's Console. Console didn't give up, and tried to hang onto the Kenyan. In the end, however, Omwanza crossed the line with a time of 2 hours, 27 minutes and 41 seconds.

Northbrook 10K Information

Frequently Asked Questions about the 10K

When was this last updated?

This page was created on 9/5/4 following a number of common questions.

How many entries do you have?

As of 9/5/4 22 entries

Where do I get an entry Form?

The entry form is available by clicking the following [link](#). The format is pdf so you will need Adobe to read. Any problems let me know.

There will be registration on the day but you are asked to arrive in good time for the 10.30 pm start. On the day registration will be in the Bar/Function Room of the Sports and Leisure club located at the front of the building.

When will I get my number?

I have now started processing entry forms. These will be turned around in a couple of days of receipt and then the rest is up to Royal Mail.

Who has sponsored the event?

Our main sponsors are as follows: Arco, Nike, Stonebridge Manor, The Village Hotel and Leisure Club, Spindles Health Club and Leisure Centre, The Rainbow, Lorraine Baker Runner Sports Shop, High 5 and Jaguar.

Tell me more about the Warwickshire Road Race Championships?

This is a series of 8 races as follows: This Race is Part of the Warwickshire Road Race League 2004: Sunday 11 April Massey Ferguson Easter 5 mile, Sunday 13 June Northbrook 10K, Wednesday 23rd June Godiva Midsummer 5 mile, Thursday 8 July Rowheath 5K, Friday 27 August Godiva Memorial Park 5M, Sunday 19 Sept Nuneaton 10 mile, Sunday 3rd Oct Kenilworth Half Marathon, Sunday 17 Oct Rugby 10 mile. An entry form can be found at the following [link](#)

Can I enter on line?

Unfortunately this option is not available. The race is advertised on Runners World magazine and website, however the cost was prohibitive.

What are the race conditions/rules?

1. All instructions issued for the safety of the runners and others must be complied with
2. The Race will be run under the UK Athletics (UKA) Rules
3. The race limit is 500
4. Entries will be accepted on the day (up to 9.15 am) providing the race limit has not been exceeded.
5. You must be at least 15 to compete
6. The closing date for Postal entries is Sat 5 June 2004, those received after will be ready for collection on the day of the race.
7. Please make cheques payable to Northbrook AC and write your name and address on the back of the cheque. Send the completed entry form, with payment, and a large stamped address envelope A5 (9"x6") to: 10K Race Secretary, 133 Birmingham Road, Allesley Village, Coventry, CV5 9BB
8. Categories- Ladies: U20, SL, L35, L45, L55 Men: U20, SM, M40, M50, M60
9. Prizes for the above categories plus Mens Team, Ladies Team, and Corporate Team Prize
10. Additional Information/Changes: See website for detail.

How many times has the race been run?

This the second year, but this year the event is being run in the opposite direction making it a fast course. Last year we had 172 entries before the day, and by the time the race started this was up to 260 entries and 236 finished. Ages were from 15 to 72! The temperature was 25 degree C! The male (Scott Hazel) winning time was 33m09s, and the female (Lucy Aphramor) time was 38m32s.

Does the race have a permit?

Yes , ref WA/04/017

Where is the Race HQ?

The race HQ is Jaguar Sports and Social Club (also Race HQ) off Browns Lane (CV5 9DR). The distance to the start is about 500m from the club.

What are the Directions to the event?

The club is accesible from 2 directions. The race HQ is 5 mins of the A45. Assuming you are reading this on line then use the following link to determine the best route:

<http://www.streetmap.co.uk/streetmap.dll?G2M?X=429940&Y=281787&A=Y&Z=3>

How are the local residents effected?

All the residents on route will receive the following letter Approx 2 weeks before the race explaining how they may be affected. Click [here](#) to see letter.

How are users of the Jaguar Sports and Leisure Club effected?

All the users of the club will receive a letter explaining how they may be affeted. Click [here](#) to see letter.

What are the car parking facilities?

Since last year 2 improvements have been made. The first is that the race finish is not in the entrance drive, and the second is that

the overflow carpark is on the left hand side on the entrance drive. The club has approximately 25 places outside the building but these will be quickly taken. Again this year club members are requested to use the Stonebridge Manor car park.. Car parking is available on Browns Lane but please respect the residents requests. This was the only negative feedback received from last years race.

Where are the changing facilities?

The changing facilities are at the back of the Club building.

Where are the toilet facilities

The toilets are located in the changing rooms.

Is the route available?

Click on the following [link](#) for the route

Has the route got Council and Police Approval

Yes we have approval. Additionally there is a Risk Assessment, Road Closure and Marshaling guides available

Is the course marked?

The course will be marked in km

Where is the start and finish?

The start is on Browns Lane near St. Helens way, the finish is in Washbrook Lane before Streamside Close.

Describe the course?

The course is undulating and very scenic. Overall the finish is at a lower level than the start. The last 3 km will be fast. The route should be traffic free. The race is based around the Allesley to Corley area in Coventry

Where are the water stations?

These will be located at the 5 km point (Corley Moor) and the Finish

How does the rolling road closure work?

Just before the runners enter a road it will be closed. The road will remain closed until the last runner has passed.

Will First Aid be provided

First aid teams provided by St John's Ambulance.

However you must ensure that you are medically fit to undertake this event and that you are adequately covered by your own insurance.

Will there be anything available after the race?

Yes we hope to have the Nike Van and we expect to have the services of at least one Sports Physio at the HQ.

What are the age categories and prizes?

The exact prizes will be worked out nearer the time of the race and will be based on what sponsorship we achieve and the number of entries in each category.

The following table will be updated.

Category	Prize	Category	Prize
Male Under 20		Female Under 20	
Senior Male 1		Female 1	
Senior Male 2		Female 2	
Senior Male 3		Female 3	
Senior Male 4		Female over 35	
Senior Male 5		Female over 45	
Male over 40		Female over 55	

Male over 50

Male over 60

Mens team Barell of Ladies Team meal for 3
(4 to count) beer (3 to count)

Corporate Team (4 to count)

When and where are the presentations?

The presentations will be in the bar after the race at approx 12.30

Will there be refreshments after the race?

Yes the bar will open and there will be food available. Also the race video will be shown.

When will the results be available and how do I get a copy?

The results will be available on line Sunday Evening. Additionally copies can be sent out by paying £1.

Will there be an official photographer?

Unfortunately nobody is available.

Will there be a video again?

Yes, Last year we took a video of the race and the finish and showed it in the bar. This will be repeated. Also we are hoping to be able to offer a DVD of the race for a small charge (£5)

Tell me more about Northbrook AC?

Full details can be found from this website under 'New Members'. We have approx 120 members and meet Wed and Sun. We cater for all levels. Our aim is to enjoy.

Who has organised this event and does it make a profit?

The race has been organised by Northbrook itself. A sub group has made this event happen. The group of 4 is Loretto Denley, Tony French, Tom Gillon and Con McHugh. Our thanks go to all our sponsors and those who have helped make this day possible. There are too many to name.

The event aims to break even. Most of our costs are road closure (Police request) and the hire of suitable equipment for the Marshalls. This represents a cost of about £700.

How do I make comments on this event?

If you have any comment you would like to make about the organisation or other aspects of the event, please use the contact page.

We have tried to make this a well-organised and enjoyable day and we are always open to listen to the views of the participants. Contact details are on the entry form ie Email or write to me. Address on entry form. Alternatively telephone Loretto

Who do I contact for more information or a query?

As above use one of the 3 methods identified ie email/write/telephone

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

NORTHBROOK ATHLETIC CLUB COMMITTEE MEETING

5th April 2004: 17 Kenilworth Court, Coventry. Minutes prepared by Mark Baker

Present: B.Awcock (President), B.Adams (Chairman), M.Baker (Secretary), T.Hoy (Vets Sec), R.Barry (Mens Captain), T.French (Fixtures), S.Keen (Social Sec), Loretto Denley (Guest).

1. **Apologies**–L.Cook (Treasurer), S.McNaney (Ladies Cpt), S.Guthrie (New Mem), G.Knight (Run Adv).
2. **Matters From Last Meeting**–a) Brose Photo – this was e-mailed to Brose and is on our website.
b) Subs – Bob Awcock has collected 85 subscriptions. Reminder letters were sent to unpaid members.
c) Bath Half Marathon Weekend – Thanks to Stuart Keen for organising a successful weekend.
d) Website – Club has been praised by a website visitor, who described it as ‘community friendly’.
e) Summer Handicap – Richard French has been preparing handicap times for the first race.
f) Magazine – Dan McHugh responded to Rob Barry about the suggestion of an A4 newsletter. Printing hard copies of the full magazine is not easy, but Rob said that the club could pay these costs. It was discussed whether or not to pass the costs of hard copies to members. Suggestions are welcomed.
3. **Treasurers Report** –email for detail
- 4.
5. **Ladies Captain Report** – No ladies competed in the relays. Several ladies are marathon training.
6. **Men's Captain's Report** – Rob Barry said there were 3 teams at Warks Relays (‘A’ team 9th), and 2 teams at the 12-stage relay, where an excellent and dedicated ‘A’ team were 14th and qualified for the National Relays. We provided a marshal earning us £5. Rob is trying to organise a Warks team for the inter-counties Fell Race. 2 teams are entered for the Cotswold Hilly 100. There is a 10 mile trial race on 12/5/04 (first 6 qualify for ‘A’ team, remainder at Rob’s discretion). Next race is Massey 5 mile.
7. **Social Secretary Report** – Stuart Keen needs to clarify room booking at Jaguar for ‘Grease’ night. The Presentation Night is booked at the Stonebridge Manor for 29/1/05 - £100 deposit is being paid. Other possible events: Bowling, Post-Marathon meal, Indoor Rock Climbing, Cycle Rides, Pub runs.
8. **Brose 10Km Race** – Loretto Denley gave a further update on the arrangements for the race on 13/6/2004. Permit is confirmed. Police and Council agreed road closures. Re-measuring of route being done by measurer and Bob Awcock. Main issue is still whether Jaguar Function Room will be available. There is no response from Jaguar managers to phone calls or e-mails. Loretto will try to arrange a meeting with these managers, but if this not possible, the club will send a letter to Audrey Vernon detailing our requests, and giving a date for a final reply. If no response is given, we will try to use an alternative venue eg. Stonebridge Manor Hotel. Catering options also need to be considered. A prize list has been agreed. Thanks to Adrian Powell and ARCO for donating a prize. Brose are now unlikely to provide sponsorship funds this year, but hope to support us in future. Our race budget will still break even if we offer mugs to finishers @ approx £1.60 each. Stonebridge Manor Hotel have offered a Corporate Team shield. Extra ‘diversion’ and ‘caution’ signs are needed (£100). Mick O’Shea has printed 4000 entry forms. Some have been distributed. More will be given out at local races. Tony Hoy said an advert will appear in the Jaguar magazine. Letters to local residents needed.
9. **Allesley Fun Run**– This is on 11/7/04. Two runs are needed to satisfy the permit rules. There is the usual Fun Run route from Staircase Lane, but a 2 mile route is needed for younger runners, starting in Butt Lane, then turning to Windmill Hill and Allesley Village. Tony French will produce a risk assessment of this route. Bob Adams will speak to Jan Burton of the Allesley Festival Committee about arrangements for the day. If we provide marshals for the Allesley Festival procession, we will get extra marshals from the Festival Committee for the Fun Run. A marshals briefing will be arranged.
10. **Any Other Business** – a) Runner of the Month – March: Stuart Keen: several PB’s in races.
b) Eyam Half Marathon – Rob Barry suggested this as a club event for 16/5/2004.
c) Kit – Laurence Thompson owes the club, for the cost of a vest.
d) MCAA – Barry Holmes was asked to send a ‘change of club form’ before registration allowed.
e) Fixtures – Tony French has a Summer Diary in calendar format.
f) Vets National Relay – Tony Hoy said 8 runners needed for a team on 22/5/04 at Sutton Park.
g) National 10Km Champs – UK Athletics are seeking a club to host this in 2005.
h) July Summer Handicap – This will be moved to 30th JUNE, to avoid clash with Rowheath 5Km.
11. **Next Meeting** – Monday 10th May 2004, 8pm, at Sarah McNaney’s, 23 Tilehurst Drive, Coventry.

Learn the lingo pee pull - New Suth Effrican Deekshunry

Thanks to Stuart for this.

You have to be Suth Effrican to get this one.
To be read out loud

Officials of the New South African government have come to realize that the current status of having 11 official languages in the New South Africa is impractical.

A new language was thus introduced. This is the English as it is now spoken on television and radio. The recently published New Suth Effrican Deekshunry defines these new weds.

Here are some extracts and examples of their usage in the official New Suth Effrican lungwich:

Bad - you sleep on it in the badroom
Beds - mossies, doves, etc
Beg - container, as in shopping beg, hand-beg, tog-beg
Ben - to set alight
Chealdren - our future is in their hands
Chetz - where worshippers go on Sundays
Cuds - you can play poker or rummy with them
Cut - a small donkey-drawn vehicle
Debben - city in KZN
Deekshunry - where you find weds
Detty - opposite of clean
Die'llas - as in drug die'llas or wee-pon die'llas
Driva - holds the steering wheel of a teksi
Duck - very duck at night when the lights are all off
Ebben - you get ebben erriors and rural erriors
Effrican - from the continent of Africa
Erriors - districts, e. g. ebbon erriors
Ewways - eg. SAA, Comair
Fems - companies, e. g., Anglo-American
Fest - the one before second and third
Fok - used with nifes
Fum - Where you keep your ship or kettle
Fumma - he owns the fum
Glus - See through material you put in the weendo fram
Guddin - where you grow kebbijees
Geave - you MUST geave, I WILL take
Get - a hinged device in a fence
Hair - as opposed to heem
Heppi - state of elatement, e. g. I'm so heppi
I just voted Hiss - masculine form of hairs
Hubba - where sheeps dock
Itch - as in itch and avairy pesson
Jems - little bugs that give you the flu
Kah - what you drive around in
Kennel - ummy officer
Kebbijees - vegetable
Kettegry - in a system of classification
Kettle - Lobola animals
Kipper - one who kips, as in goal kipper
Kleenix - where nesses weck
Kot - where the judges sit
Len - to acquire knowledge
Leeda - as in Arwa Leeda, the president

Lungwich - weds what are spokkin
Mick - those that will inherit the eth
Miening - what is the miening of this attack?
Nesses - they weck in kleenix and hospitals
Pee pull - powa to da pee pull
Peppa - one way to get the news
Pesson - one of pee pull
Phlegm - the benning top of a kendal
Pees - symbolised by white dove
Pees-Tox - between IRA and John Major
Reeva - e. g. Limpopo, Vaal, Orange
Regime - anything to describe pre-1994
Ree kwest - replaced by dee mands
Rent - N/A - word obsolete
Scotched Eth - guerilla tactic
Sheep - big boat
Shex - houses in squatter camps
Ship - provider of wool
Shit of Peppa - something to write on
Shuck-attak - if the shuck-net is brokkin Shuck-nets - at Debben, for safety of sweamas
Spitch - what politicians make at a relly Suth - opposite of North
Sweamas - compete in a sweaming pul
Teps - solvent to thin enamel paint
Teck - see geave
Teksi - kah for hire - sometimes parrot teks
Tenning point - the "top" of a parabola
Thest - ice cold Coke will relieve it on a hot day
Tipic ally - characteristic
Tocks - negotiations
Ufrican - pertaining to Ufrica
Umyy - military force
Wee men - ladies
We pon - a gun
Wean-dow - with glus for throwing bricks through
Weaned - Gone with the Weaned
Weaner - the one with the most votes
Weckliss - the unemployed pee-pull
Weds - what the dictionary is made up of
Wekkas - do the weck
Weld - the eth
Wems - small crawly creatures
Weth - she is weth her weight in gold.

HANDICAP RESULTS

Apr-04						May-04						cumulative score	best time	Position in Table
First name	Surname	pos'n	actual	PB	points	pos'n	actual	PB	points	runs				
Lynne	Cook	3	24:34	PB	23	28	25:19		19	2	42	24:34	1	
Rebecca	Smith	1	21:29		20	23	21:57		20	2	40	21:29	2	
Jo	Moyse	21	26:22		17	29	26:55		18	2	35	26:22	3	
Angela	Hands	37	28:50		14	37	28:52		16	2	30	28:50	4	
Emily	Ducker	2	23:33		19		no run			1	19	23:33	5	
Vicky	Ward		no run			32	26:09		17	1	17	26:09	6	
Loretto	Denley	26	22:16		16		no run			1	16	22:16	7	
Sharon	Thompson	30	23:48		15		no run			1	15	23:48	8	
Suzy	Thongsab					41	28:15		15	1	15	28:15	9	
Diane	Keen	41	30:42		13		no run			1	13	30:42	10	
Sharon	Keough					1	25:13			1		25:13		
Jenny	Lane					31	27:59			1		27:59		
Tony	Mackness	4	20:58	PB	35	13	21:00		22	2	57	20:58	1	
Mark	Baker	5	18:49		29	12	18:39		23	2	52	18:39	2	
Alex	Marshall	9	19:18		25	16	19:18		19	2	44	19:18	3	
Bob	Awcock	6	25:19		28	21	25:32		14	2	42	25:19	4	
Simon	Harper	23	22:55		12	3	21:42		30	2	42	21:42	5	
Craig	Hanbury	11	22:06		23	17	22:04		18	2	41	22:04	6	
Barry	Holmes	18	21:59		16	9	21:38		25	2	41	21:38	7	
Stuart	Keen	13	17:43		21	18	17:52		17	2	38	17:43	8	
Andrew	Ralph	31	21:19		6	5	20:03		28	2	34	20:03	9	
Shaun	Flanagan	29	27:27		7	6	26:41		27	2	34	26:41	10	
Adrian	Powell	16	19:40		18	20	19:39		15	2	33	19:39	11	
Nathan	Holmes	7	16:23	PB	32		no run			1	32	16:23	12	
Ian	Burgoyne	8	16:27	PB	31		no run			1	31	16:27	13	
Tony	French	38	27:58			4	26:26		29	2	29	26:26	14	
Mal	Boileau	27	22:50		9	15	22:47		20	2	29	22:47	15	
Loz	Thompson	17	19:44		17	25	20:03		11	2	28	19:44	16	
Nigel	Quaye		no run			7	19:57		26	1	26	19:57	17	
Martin	Turrall	33	25:16		4	14	24:16		21	2	25	24:16	18	
Dave	Clarke	10	17:04		24		no run			1	24	17:04	19	
Chris	Glen		no run			11	20:14		24	1	24	20:14	20	

Kevin	Viner	24	21:59	11	22	22:08	13	2	24	21:59	21
Jason	Nicholson	12	17:40	22		no run		1	22	17:40	22
Richard	French	14	18:36	20	39	20:32	2	2	22	18:36	23
Paul	Kelly	15	17:22	19		no run		1	19	17:22	24
Mick	Duggan	22	21:07	13	34	22:19	6	2	19	21:07	25
Rob	Pool	40	24:19		19	24:07	16	2	16	24:07	26
Tony	Hoy	19	18:32	15		no run		1	15	18:32	27
John	Ralph	32	24:05	5	26	23:19	10	2	15	23:19	28
Dave	Lee	20	18:51	14		no run		1	14	18:51	29
Richard	Hands		no run		24	21:14	12	1	12	21:14	30
Roger	Ladbury	25	23:25	10		no run		1	10	23:25	31
Rob	Barry		no run		27	17:44	9	1	9	17:44	32
Geth	Lines	36	21:41	1	30	21:57	8	2	9	21:41	33
Paul	McGurk	28	21:07	8		no run		1	8	21:07	34
Adrian	Jones		no run		33	21:16	7	1	7	21:16	35
Gareth	Knight		no run		35	21:11	5	1	5	21:11	36
Frazer	Barrett		no run		36	25:45	4	1	4	25:45	37
Gary	Thomas		no run		38	19:29	3	1	3	19:29	38
Steve	Mason	34	21:39	3		no run		1	3	21:39	39
Mark	Donnelly	35	21:48	2		no run		1	2	21:48	40
Tony	Murphy	42	38:56		40	32:14	1	2	1	32:14	41
Eddie	Simmonds	39	22:43			no run		1		22:43	42
Dan	Foulstone				2	22:30		1		22:30	
Martin	McHugh				8	24:34		1		24:34	
Adrian	Eastham				10	24:40		1		24:40	