

Northbrook News June 2004

Start of the Northbrook 10, June 13th 2004



Northbrook's 10K

Another Sunny day for the second Northbrook 10K which the mens team won from Godiva by 1 point, and the ladies team narrowly missing out, beaten into second place by Centurion, just.

A good turn out for the race, numbers were just slightly down on last years race.

Well done to everyone who was involved in organising this. Special mentions to Loretto, Tom Gillon, Tony French and Con McHugh. They put in a massive amount of work and effort to make this race happen.

Thanks to everyone who helped on the race day. Well done to everyone who was involved and ran on this tough 10k course.

This Months Newsletter

Out slightly later than expected (only 2 week late) mainly down to hols and Euro 2004, but now England are out I have some time on my hands. I may even get to see the latest Harry Potter film now, and possibly be able to watch Lord of the Rings on DVD which I have had for 2 months now, but not had any chance to watch

I will not be doing any running for the foreseeable future due to a back problem, I have not been able to run since we qualified at the Midland 12 stage.

To make the newsletter more interesting, I need more race reports, obviously there are lots of people racing at the moment, but not so many writing up a report.

Thanks as usual to Rob Barry and Stuart Keen who I can always rely on for articles, Con for keeping the website so up to date making this very easy to produce. Thanks to Sarah, Nathan and to Tony Hoy.

Northbrook win Hilly Hundred

An excellent result by the Mens A team to win this event, the fourth time in Northbrook's history that we have won this.

Well done to Stuart Keen, Rob Barry, Pete Austin, Ian Burgoyne, Rich French, Mark Baker, Nathan Holmes, Dave Clark, Mick O'Shea and Rich Ansell.

Well done to everyone who ran in this, an excellent race to compete in. Special mention to Loz Thompson who ran the last 2 legs for the B team. Amazing!

Baby O'Shea

Congratulations to Rich and Dawn O'Shea on the birth of the son, Brendan. No doubt a future Northbrook athlete!

Aparently Brendan arrived quite quickly, and there was not much time to spare once Dawn's waters broke. Obviously young Brendan was in a hurry to get here! Maybe a sign of things to come?

We wish Dawn, Rich & family all the best.

Warks Summer Road Race League

Northbrook men are leading the league at this stage of the league.

Runner of the Month:

Nathan Holmes for some excellent race results. Well done Nathan.

If Nathan continues in his current form, we could see some club records fall.

2004 Northbrook 10K Race

Northbrook AC 10K 13/6/4

| | | | | |
|-----|---------|-----|-----------------|-----|
| 3 | 33 : 29 | 1 | Nathan Holmes | SM |
| 8 | 34 : 52 | 454 | Dave Clarke | SM |
| 10 | 35 : 20 | 112 | Paul Kelly | M50 |
| 12 | 35 : 32 | 48 | Ian Burgoyne | SM |
| 14 | 35 : 48 | 86 | Mick O'Shea | M40 |
| 20 | 37 : 01 | 51 | Rob Barry | SM |
| 27 | 37 : 53 | 52 | Stuart Keen | SM |
| 36 | 38 : 28 | 456 | Dave Halford | M40 |
| 38 | 38 : 42 | 413 | Tony Hoy | M40 |
| 46 | 39 : 53 | 53 | Mark Baker | SM |
| 59 | 40 : 37 | 55 | Richard French | SM |
| 70 | 41 : 57 | 125 | Sid Windridge | M60 |
| 74 | 42 : 17 | 60 | Andrew Ralph | M40 |
| 75 | 42 : 24 | 62 | Paul McGuirk | M40 |
| 79 | 43 : 13 | 56 | Tom Jordan | M40 |
| 81 | 43 : 27 | 59 | Tony Mackness | M40 |
| 82 | 43 : 28 | 87 | Adrian Jones | M40 |
| 86 | 43 : 47 | 80 | Danny Faulstone | SM |
| 87 | 43 : 53 | 85 | Kevin Viner | M50 |
| 91 | 44 : 27 | 253 | Lucinda Wilson | SL |
| 94 | 44 : 42 | 58 | Adrian Powell | M40 |
| 97 | 44 : 59 | 54 | Edward Simmonds | M40 |
| 105 | 45 : 34 | 416 | Ian Strain | M40 |
| 106 | 45 : 34 | 215 | Helen Jones | SL |
| 107 | 45 : 35 | 88 | Simon Harper | SM |
| 108 | 45 : 44 | 8 | Charles Jones | M50 |
| 113 | 46 : 18 | 14 | Dennis Carey | M40 |
| 115 | 46 : 28 | 230 | Rebecca Smith | SL |
| 125 | 47 : 21 | 50 | Craig Hanbury | SM |
| 127 | 47 : 38 | 61 | John Ralph | M60 |
| 133 | 48 : 44 | 84 | Richard Hands | SM |
| 135 | 48 : 54 | 238 | Ruth Staff | SL |
| 158 | 50 : 47 | 255 | Emily Ducker | SL |
| 177 | 52 : 12 | 235 | Sarah Edkins | L35 |
| 178 | 52 : 19 | 236 | Sylvia Guthrie | L45 |
| 182 | 52 : 37 | 249 | Lisa Calcutt | SL |
| 184 | 52 : 42 | 213 | Sarah McNaney | L35 |
| 187 | 53 : 21 | 254 | Claire Harrison | L35 |
| 189 | 53 : 24 | 237 | Vicky Ward | SL |
| 201 | 54 : 57 | 57 | Fraser Barrett | M40 |
| 203 | 55 : 21 | 49 | Robert Pool | SM |
| 206 | 56 : 28 | 83 | Sean Flanagan | M50 |
| 219 | 58 : 04 | 202 | Lynne Cook | SL |
| 223 | 58 : 34 | 251 | Andrea Giehl | L35 |
| 230 | 62 : 40 | 262 | Delia Davies | L45 |
| 236 | 66 : 08 | 210 | Angela Allison | L35 |

Report: Con McHugh

Continuing with the feast of sport currently in the press this weekend saw the 2nd Northbrook 10K in Coventry. As with the Local Elections turnout was high with many people participating and spectating in this event. The heat did not put off the quality of the field. There were 2 pbs for male and female. Northbrook's first finisher was Nathan Holmes, who despite being injured still managed to put in a good performance. Northbrook also won the mens team prize by 1 pt from Coventry Godiva.

10K Report: Rob Barry

What an outstanding day yet again. It is really satisfying to see the day run magnificently after also witnessing some of the hard work that has been put in over the year. We should get our event classified because it definitely is a Gold Star event. I haven't seen so many competitors stay after a race for a social and the presentation. The lure of a drink, some food and the video is obviously irresistible.

The small race committee has done a fantastic job and I think that the general membership has helped out as requested. I'm sure that there will be the opportunity to get involved more for next year's event if you want to.

Whether the course was easier anti-clockwise was well debated at the finish. The road closure which allowed people the space to stand and chat about that around the finish was excellent. Once I had got the first 6 k.m. out of the way (and Stuart was still behind me) I came to the conclusion that I preferred this new route!!! Given the heat on the day I was very grateful for the long downhill stretches to the finish.

Congratulations to Nathan, who despite only having 1 ½ feet managed to limp round in third place bringing home our winning team on the day.

But, even better than the two cases of Budweiser that the team won (thanks to The Rainbow) it was great to see all the Jamaica vests out in the sun again. When are we going to change to a white vest? Looking at the results we had 46 runners and I'm sure if we include all the helpers we probably had about two thirds of the club involved. We were slightly out numbered by unattached runners but hopefully we shall be able to attract some of them into the fold shortly.

And just to cap it all I have the pleasure of meeting our youngest new member, Brendan O'Shea. All together now ... aaaaaarrrrr! Thanks to everyone I am proud to run for Northbrook AC.

Rob Barry

p.s. Just in case you should be looking Paul Lawlor, the Team Captain did manage to score in the Warwickshire Road Race League team event for once!

10K Report: Sarah McNaney

What a day!!!! The sun was shining (for another year) and the crowds were out in force. Bob Adams had got a smile on his face and a spring in his step (not enough to help him run though!) and Loretta and her crew were at the ready. Everything looked like it had been organised very well and the comments received by myself from both runners and supporters was that the whole morning ran like clockwork – whether everyone will agree, I'm sure we will find out at the post-mortem at the next committee meeting. For the time being however, I feel that we ought to congratulate all those that spent time organizing, marshalling, running and manning the refreshment stands – it was superb.

On the running front, it was great to see so many ladies turn up to participate for Northbrook. Especially as some had travelled a great distance to do so. Ruth's departure to London had not affected her performance as I only caught a glimpse of her running past me by the Jag, oh, and the sea air in Kent hasn't dampened Andrea's enthusiasm either. Lucinda proved to be a force to be reckoned with as she glided round the course in a spectacular time (Paula Radcliffe watch your back) and Helen, one of our new recruits, is well on course to taking the mantle of 'fastest lady' in Northbrook. I'm sorry to say that my running was well below par (thanks Bob for pointing it out to me!!) so if anyone knows a cure for how to stop running like a three-legged arthritic donkey, I'd be grateful.

Mega thanks to all those that ran, supported and marshalled as you all made the day a big success. Thanks and roll on next year (hopefully the cure for my arthritis will have been found by then!!!!!!)

21 Prizes

Category Who Cat Posn Prize Source

Male U20 Colin Eckloff U20 41 £20.00 Nike Voucher for Footwear at Lorraine Baker Shop

Male 1 Emerson Combstock SM 1 De Walt Cordless Drill Arco

Male 2 Gary Payne M40 2 £50.00 Nike Voucher for Footwear at Lorraine Baker Shop

Male 3 Nathan Holmes SM 3 £35.00 Nike Voucher for Footwear at Lorraine Baker Shop

Male 4 Paul Andrew SM 4 £25.00

Male 5 Aaron Keane SM 5 £20.00

M40 Vince Clisham M40 6 £20.00 Nike Voucher for Footwear at Lorraine Baker Shop

M50 *Paul Kelly* M50 10 £20.00 Nike Voucher for Footwear at Lorraine Baker Shop

M60 Graham Patten M60 17 £15.00

Male 1st Unattached Dave Overton SM 48 Pass for Village Health Club

Male Team Northbrook AC 2 cases of Budwesier Rainbow Inn

Female U20 Jade Holt U20 61 £20.00 Nike Voucher for Footwear at Lorraine Baker Shop

Female 1 Carol Adams L35 28 £50.00 Nike Voucher for Footwear at Lorraine Baker Shop
Female 2 Lucy Amphramor L35 43 £35.00 Nike Voucher for Footwear at Lorraine Baker Shop
Female 3 Eleanor Greenfield SL 49 £25.00 Nike Voucher for Footwear at Lorraine Baker Shop
Female 4 Myshola Kirkham SL 68 £10.00 Nike Voucher for Footwear at Lorraine Baker Shop
F35 Alayne Malkin L35 88 £20.00 Nike Voucher for Footwear at Lorraine Baker Shop
F45 Ann Rollings L45 104 £20.00 Nike Voucher for Footwear at Lorraine Baker Shop
F55 No entries £15.00 Nike Voucher for Footwear at Lorraine Baker Shop
Female Team Centurion 155 Meal for 3 at Rainbow Inn
Female 1st Unattached Joan Carey Pass for Spindles Health Club
Corporate No entries Shield and Meal for 4 at Stonebridge Manor

Hilly Hundred Race Report: Stuart Keen

First of all, I won't be the first to say this and certainly won't be the last...but well done to all of us! Rob said in last years report that we could win the Hilly 100, so that is exactly what we did and we can all feel a bit smug, what a result!

Getting up at 5.30 am is not the easiest thing to do on a Saturday morning when you are used to lazing in bed till 10, but this was important and I had actually woken up before the alarm went off.

And that is when it hit me (no not the alarm), I would be running leg 1 of the Hilly 100 and there would be a team of Northbrook guys relying on me to get them off to a good start, not to mess up and let them down, that's when the nerves kicked in...at about 5.30 am.

I didn't have a lot of choice but to run leg 1 as I already had a long standing day out arranged with my father in law and to do it this way should work out o.k; providing all went to plan.

So having woken up and got kitted out (checked my list!) ready to race; my nerves were slightly eased when I saw a calm overcast morning which was perfect and why should I be worried anyway, I had done the training, leg 1 wasn't too hilly I was told and the conditions looked good, but then the nerves returned, this was the kick off after-all.

We (myself, Rob & my father in law who was the taxi) got to the fountain in Stratford in good time where I was able to do a few warm ups and observe the other runners as they arrived, which was when Rob remarked that they all looked 'a bit smokey', 'so just enjoy it'.

'Great' I thought 'this is the 1st leg and the other clubs have put in their top runners and I'm supposed to enjoy it!?' Bromsgrove & Redditch had put in an A & B team at the 7am start, Graham Patton was running for Sphinx and there was Leamington C & AC, Stratford AC and Kenilworth Runners all lined up and ready to go...in the rain by now, but it was still cool and calm at least.

7am came round and we were off with B'grove and Redditch 'A' and Leam. C & AC off to a flying start; closely followed by Sphinx, K'worth, B'grove & Redditch 'B'; myself then Stratford. And that is how it stayed for the first few miles, up to Luddington in fact.

The B & R 'A' team runner had stormed off, but interestingly the Leam. C & AC runner was dropping back and it was also around this point that I passed the B & R 'B' team runner; still with Sphinx a close 3rd and K'worth a closer 4th. It was when we were back on the main road that things took another turn as Sphinx and K'worth had both passed Leam. C & AC and were neck & neck with each other, I then passed the Leam. Runner (was this the same chap that was flying at the start?) and now had K'worth in my sights as I could see that Sphinx were starting to edge forward.

B & R 'A' team had long since disappeared from view, Sphinx were now a comfortable 2nd, K'worth 3rd and myself in 4th trying my hardest to catch K'worth as we approached the brow of Welford Hill. But try as hard as I could there was still too much distance between us and we were well over half way by now; but at least the only 'real' hill in Leg 1 had passed and it was just a long; flat road to the finish.

Bob Awcock was great with encouragement (and pointing out to me the tallest maypole in Britain...sorry I wasn't more enthusiastic Bob!) and so was my father in law and Rob who would pull over every now and again to shout me on, but K'worth still had plenty left in the tank and as I would close up he would pull away. Graham from Sphinx was still in a comfortable 2nd but seemed to be tiring a bit as he kept looking round over his shoulder and this is how it stayed as we passed through Long Marston for the final couple of miles; until the final 400 mtrs when the finish was in sight at Pitchall Farm and I managed a sprint finish to just catch K'worth at the change over to Rob.

Knackered & elated having just run a PB in 59.29, we'd had a good change over; Rob was on his way and Northbrook were in joint 3rd place. B & R 'A' team had run leg 1 in 54 mins so were clearly in the lead at this time with Sphinx about 5 mins behind; closely followed by Northbrook and K'worth...the day was going to take a few twists and turns! The Leam. C & AC runner had collapsed at the road side further back; we were told and had to taken to hospital but was going to be o.k. B & R 'B' team came in a few mins later; followed by Stratford.

I had done my bit for Northbrook and went on to have a cracking day at The Heart Of England Falconry Centre within Mary Arden's House in Wilmcote on a hawk handling course with my father in law...but made sure I was back in Stratford later on to see the winning team come in!!!

HANDICAP RESULTS - JUNE

First name Surname cat. pos'n actual PB points pos'n actual PB points pos'n actual PB points runs cumulative score

total score

best of 5 best time

Position in

Table

| | | | | | | | | | | | | | | | | |
|-------------------|--------|--------|-------|--------|---------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---|
| Jo Moyse F | 21 | 26:22 | 17 | 29 | 26:55 | 18 | 35 | 26:56 | 15 | 3 | 50 | 50 | 0:26:22 | 1 | | |
| Angela Hands F | 37 | 28:50 | 14 | 37 | 28:52 | 16 | 38 | 28:14 | 13 | 3 | 43 | 43 | 0:28:14 | 2 | | |
| Lynne Cook F | 3 | 24:34 | PB | 23 | 28 | 25:19 | 19 | no run | 2 | 42 | 42 | 0:24:34 | 3 | | | |
| Rebecca Smith F | 1 | 21:29 | 20 | 23 | 21:57 | 20 | no run | 2 | 40 | 40 | 0:21:29 | 4 | | | | |
| Sharon Thompson F | 30 | 23:48 | 15 | no run | 30 | 24:17 | 17 | 2 | 32 | 32 | 0:23:48 | 5 | | | | |
| Vicky Ward F | no run | 32 | 26:09 | 17 | 39 | 26:19 | 12 | 2 | 29 | 29 | 0:26:09 | 6 | | | | |
| Diane Keen F | 41 | 30:42 | 13 | no run | 36 | 30:31 | 14 | 2 | 27 | 27 | 0:30:31 | 7 | | | | |
| Sharon Kehoe F | 1 | 25:13 | 21 | 24:31 | 20 | 2 | 20 | 20 | 0:24:31 | 8 | | | | | | |
| Sarah Edkins F | no run | no run | 27 | 23:35 | 19 | 1 | 19 | 19 | 0:23:35 | 9 | | | | | | |
| Emily Ducker F | 2 | 23:33 | 19 | no run | no run | 1 | 19 | 19 | 0:23:33 | 10 | | | | | | |
| Jenny Lane F | 31 | 27:59 | 28 | 27:24 | 18 | 2 | 18 | 18 | 0:27:24 | 11 | | | | | | |
| Sylvia Guthrie F | no run | no run | 32 | 25:17 | 16 | 1 | 16 | 16 | 0:25:17 | 12 | | | | | | |
| Loretto Denley F | 26 | 22:16 | 16 | no run | no run | 1 | 16 | 16 | 0:22:16 | 13 | | | | | | |
| Suzy Thongsab F | 41 | 28:15 | 15 | no run | 1 | 15 | 15 | 0:28:15 | 14 | | | | | | | |
| Sarah Mcnane F | no run | no run | 41 | 23:47 | 11 | 1 | 11 | 11 | 0:23:47 | 15 | | | | | | |
| Helen Jones F | no run | 33 | 22:20 | 1 | 0:22:20 | | | | | | | | | | | |
| Emma Matthews F | no run | 40 | 25:21 | 1 | 0:25:21 | | | | | | | | | | | |
| Tony Mackness M | 4 | 20:58 | PB | 35 | 13 | 21:00 | 22 | 20 | 20:57 | PB | 16 | 3 | 73 | 73 | 0:20:57 | 1 |
| Alex Marshall M | 9 | 19:18 | 25 | 16 | 19:18 | 19 | 9 | 18:53 | PB | 27 | 3 | 71 | 71 | 0:18:53 | 2 | |
| Bob Awwcock M | 6 | 25:19 | 28 | 21 | 25:32 | 14 | 7 | 24:51 | 24 | 3 | 66 | 66 | 0:24:51 | 3 | | |
| Mark Baker M | 5 | 18:49 | 29 | 12 | 18:39 | 23 | 18 | 18:40 | 13 | 3 | 65 | 65 | 0:18:39 | 4 | | |
| Stuart Keen M | 13 | 17:43 | 21 | 18 | 17:52 | 17 | 11 | 17:27 | PB | 25 | 3 | 63 | 63 | 0:17:27 | 5 | |
| Simon Harper M | 23 | 22:55 | 12 | 3 | 21:42 | 30 | 14 | 21:17 | 17 | 3 | 59 | 59 | 0:21:17 | 6 | | |
| Craig Hanbury M | 11 | 22:06 | 23 | 17 | 22:04 | 18 | 15 | 21:49 | 16 | 3 | 57 | 57 | 0:21:49 | 7 | | |
| Nigel Quay M | no run | 7 | 19:57 | 26 | 5 | 19:08 | 26 | 2 | 52 | 52 | 0:19:08 | 8 | | | | |
| Kevin Viner M | 24 | 21:59 | 11 | 22 | 21:53 | 13 | 6 | 21:19 | 25 | 3 | 49 | 49 | 0:21:19 | 9 | | |
| Martin Turrall M | 33 | 25:16 | 4 | 14 | 24:16 | 21 | 8 | 23:52 | 23 | 3 | 48 | 48 | 0:23:52 | 10 | | |
| Shaun Flanagan M | 29 | 27:27 | 7 | 6 | 26:41 | 27 | 17 | 26:23 | 14 | 3 | 48 | 48 | 0:26:23 | 11 | | |
| Rob Pool M | 40 | 24:19 | 19 | 24:07 | 16 | 3 | 22:58 | 28 | 3 | 44 | 44 | 0:22:58 | 12 | | | |
| Loz Thompson M | 17 | 19:44 | 17 | 25 | 20:03 | 11 | 16 | 19:37 | 15 | 3 | 43 | 43 | 0:19:37 | 13 | | |
| Adrian Powell M | 16 | 19:40 | 18 | 20 | 19:39 | 15 | 23 | 19:33 | 9 | 3 | 42 | 42 | 0:19:33 | 14 | | |
| Andrew Ralph M | 31 | 21:19 | 6 | 5 | 20:03 | 28 | 24 | 20:09 | 8 | 3 | 42 | 42 | 0:20:03 | 15 | | |
| Barry Holmes M | 18 | 21:59 | 16 | 9 | 21:38 | 25 | no run | 2 | 41 | 41 | 0:21:38 | 16 | | | | |
| John Ralph M | 32 | 24:05 | 5 | 26 | 23:19 | 10 | 13 | 23:00 | 18 | 3 | 33 | 33 | 0:23:00 | 17 | | |
| Nathan Holmes M | 7 | 16:23 | PB | 32 | no run | no run | 1 | 32 | 32 | 0:16:23 | 18 | | | | | |
| Ian Burgoyne M | 8 | 16:27 | PB | 31 | no run | no run | 1 | 31 | 31 | 0:16:27 | 19 | | | | | |
| Dan Foulstone M | 2 | 22:30 | 1 | 20:43 | 30 | 2 | 30 | 30 | 0:20:43 | 20 | | | | | | |
| Adrian Eastham M | 10 | 24:40 | 2 | 23:03 | 29 | 2 | 29 | 29 | 0:23:03 | 21 | | | | | | |
| Mal Boileau M | 27 | 22:50 | 9 | 15 | 22:47 | 20 | no run | 2 | 29 | 29 | 0:22:47 | 22 | | | | |
| Tony French M | 38 | 27:58 | 4 | 26:26 | 29 | no run | 2 | 29 | 29 | 0:26:26 | 23 | | | | | |
| Tony Murphy M | 42 | 38:56 | 40 | 32:14 | 1 | 4 | 29:17 | 27 | 3 | 28 | 28 | 0:29:17 | 24 | | | |
| Frazer Barrett M | no run | 36 | 25:45 | 4 | 10 | 24:10 | 21 | 2 | 25 | 25 | 0:24:10 | 25 | | | | |
| Richard French M | 14 | 18:36 | 20 | 39 | 20:32 | 2 | 34 | 19:21 | 3 | 3 | 25 | 25 | 0:18:36 | 26 | | |
| Chris Glen M | no run | 11 | 20:14 | 24 | no run | 1 | 24 | 24 | 0:20:14 | 27 | | | | | | |

Dave Clarke M 10 17:04 24 no run no run 1 24 24 0:17:04 28
 Gareth Knight M no run 35 21:11 5 12 20:44 19 2 24 24 0:20:44 29
 Jason Nicholson M 12 17:40 22 no run no run 1 22 22 0:17:40 30
 Paul Kelly M 15 17:22 19 no run no run 1 19 19 0:17:22 31
 Mick Duggan M 22 21:07 13 34 22:19 6 no run 2 19 19 0:21:07 32
 Richard Hands M no run 24 21:14 12 29 21:13 5 2 17 17 0:21:13 33
 Tony Hoy M 19 18:32 15 no run no run 1 15 15 0:18:32 34
 Dave Lee M 20 18:51 14 no run no run 1 14 14 0:18:51 35
 Paul McGurk M 28 21:07 8 no run 26 20:48 6 2 14 14 0:20:48 36
 Eddie Simmonds M 39 22:43 no run 19 20:56 12 2 12 12 0:20:56 37
 Rob Barry M no run 27 17:44 9 37 18:03 2 2 11 11 0:17:44 38
 Charlie Jones M 22 22:17 10 1 10 10 0:22:17 39
 Roger Ladbury M 25 23:25 10 no run no run 1 10 10 0:23:25 40
 Mark Donnelly M 35 21:48 2 no run 25 20:56 7 2 9 9 0:20:56 41
 Geth Lines M 36 21:41 1 30 21:57 8 no run 2 9 9 0:21:41 42
 Adrian Jones M no run 33 21:16 7 no run 1 7 7 0:21:16 43
 Tom Jordan M no run no run 31 20:56 4 1 4 4 0:20:56 44
 Gary Thomas M no run 38 19:29 3 no run 1 3 3 0:19:29 45
 Steve Mason M 34 21:39 3 no run no run 1 3 3 0:21:39 46
 David New M no run no run 42 25:34 1 1 1 1 0:25:34 47
 Martin McHugh M 8 24:34 no run 1 0:24:34
 Apr-04 May-04 Jun-04

Team Manager's Report

Team Managers' Words

Mens: Rob Barry

First Rob's words of wisdom: -

Urrmmm! Let's think. What shall I talk about this month?

I had a really strange nightmare last Friday night. I was scanning the top shelf of magazines in a newsagent when my eyes dropped onto a copy of Athletics Weekly with the headline...

Weekend Shock – Northbrook don't win anything!

I woke up suddenly lying on a sofa and looked at my watch to discover it was time to get up (5:25 a.m.). By the way I didn't wake up as suddenly as the rest of Stuart's family-in-law when I set the fire detector off in the kitchen making some toast. My apologies! People sometimes claim to have premonitions through their dreams. Well that's bollocks! as it proved to be just another day at the office. Just in case AW are looking for the correct ordering of letters for the next edition, try this...

Unstoppable Northbrook win Cotswold Hilly 100 in Olympic year!

I know most of you jump straight to this article in anticipation of my wise words but I think you will find that this newsletter speaks for itself. However, as Team Manager it would probably be remiss of me not to mention that the WD40 seems to have done the trick for Nathan. I don't think he is feeling too rusty at the moment. Could he be first in our 10K?

Happy Reading and a special welcome to any Sphinx readers. (You had to feel particularly sorry for Graham Patton (ex-Massey F. now of Sphinx) who had more than enough time to contemplate what might have been while he waited for his team to complete).

The future is brighter with a Jamaica vest on Graham!

Nuff said!

D-Day behind enemy lines – Sphinx Handicap (06/06/04)

Roving reporter – Rob Barry

A couple of months ago I read in the CET that guests and non-members were welcome to run in the Sphinx Handicap series. I phoned Paul Bergin on the contact number given and he kindly popped a handicap booklet through my door. What a splendid fellow! Sphinx have 6 handicaps like ourselves but they are held on Sundays, at different venues each month and over different distances. Do you fancy handicapping that one Vinny?

So instead of joining the thousand plus runners at the Two Castles (I've heard that the quality is not what it used to be!!!!) I took my Jamaica sunshine vest along to the third Sphinx handicap. A good opportunity to make sure that they were all doing our 10 K on the following Sunday.

There was a good turnout and I must say that I was made to feel very welcome although the vest took a bit of stick! The distance was 5.6 miles and I got a handicap of 38 minutes which set me off with Graham Patton. His handicap was a 33 mile race in Staffordshire the day before! You would think at his age he might have more sense. I'm just glad to say I didn't come in first as that would have been a bit embarrassing. Not something that I have had to suffer at the Northbrook handicap either. As I made sure Vinny was aware of I would have had to run 15:30 to win our last handicap!

Thanks to Graham for umpteen mugs of tea afterwards, a cutting of honeysuckle and a bag of poppy seeds. (I turned down the bike frame!) Now there lies a story....

I hope that before battle commences in the Brum League Division 2 we can sort out a joint social of some sort with Sphinx as they don't seem too obsessed by training schedules to not be able to squeeze in a couple of lemonade shandies.

Results - June 2004

June, 2004 Results

Harborough 5 mile Road Race – 22/6/4, Coventry Fun Run 20/6/4, Banbury 5, Northbrook AC 10K 13/6/4, Weedon 10K 8/6/4, Lake Vyrnwy on 6/6/4, Two Castles Run 6/6/4
8 events, 83 Runners

Harborough 5 mile Road Race – 22/6/4

| Posn | M/F | Cat | No. | Name | Cat | Time |
|------|-----|-----|------|---------------|-----|----------|
| 1 | 1 | 1 | 384 | Steve Platts | MS | 25:19:00 |
| 4 | 4 | 4 | 202 | Nathan Holmes | MS | 26:15:00 |
| 17 | 17 | 1 | 1503 | Paul Kelly | M55 | 27:58:00 |
| 269 | 205 | 9 | 1473 | AT French | M60 | 43:38:00 |

Coventry Fun Run 20/6/4

Stuart Keen 24m42s

Richard Hands ??

Angela Hands ??

Tony Mackness ??

Charlie Jones ??

Dave New ??

Eddie Simmonds??

Report: Stuart Keen

Finished in 6th place in 24.42, which was almost a minute faster than last years time and a big improvement from last years position of 19th.

Having read yesterdays Cov. Evening Telegraph report of the fun run I also realised that I was only a minute behind the winner; George Hill from Godiva's....so look out Godiva..I'll be even quicker next year!! Diane also ran a PB for 4.5 miles in 42.07 which; had it been a 5 miler would have got her under her target time of 50 mins, but she also lost a bit of time in one of the under-passes when 2 wheelchair competitors were side by side...doh! Other Northbrook entrants were: Richard & Angela Hands, Tony Mackness, Charlie Jones, Dave New & Eddie Simmonds.

Our ever supportive chairman Bob Adams was also on hand to shout us on. phinx were out in full force again in full kit, so perhaps we should take them on next year....but it is only a 'fun' run..isn't it?

Banbury 5 – 15/6/4

| | | | | | | |
|-----|-----|----|------|---------------|-----|-------|
| 2 | 2 | 2 | 202 | Nathan Holmes | MS | 26:17 |
| 24 | 23 | 1 | 1503 | Paul Kelly | M55 | 28:27 |
| 170 | 150 | 31 | 1011 | D Carey | M40 | 35:51 |
| 273 | 212 | 8 | 1473 | AT French | M60 | 40:43 |

Edinburgh Marathon 13/6/4

Julie Neville 4h06m17s PB

Lesley Keighley 4h20m44s

Sharon Thomson 4h41m40s

Catherina Gavin 4h44m PB

Report: Julie

Hard run in heat

<http://www.edinburgh-marathon.co.uk>

Lake Vyrnwy on 6/6/4

Pos Name Cat/Pos Time

23 Sid Windridge V60 1 3:14:37 * 1st in age group well done Sid

43 Chuck Pope V55 5 3:29:49

Two Castles Run 6/6/4

2 Ian Burgoyne Senior Male 34.47
 22 Stuart Keen Senior Male 37.38
 86 Laurance Thomson Senior Male 42.33
 91 Andrew Ralph Male Veteran 40 42.58
 332 Charles Jones Male Veteran 50 49.28
 487 Richard Hands Senior Male 52.11
 520 Julie Neville Ladies Veteran 45 52.54
 545 Gary Nicely Male Veteran 40 53.19
 692 Sarah McNaney Ladies Veteran 35 55.44
 713 Angela Hands Ladies Veteran 35 55.57
 1012 Lynne Cook Senior Ladies 61.19
 1148 Joanne Moyse Senior Ladies 64.15
 1208 Angela Allson Ladies Veteran 35 65.47

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

Weedon 10k - 8/6/4

| | | | | | |
|-----|-----|------|------------|-----|-------|
| 4 | 14 | 1503 | Paul Kelly | M55 | 36:27 |
| 274 | 219 | 1473 | AT French | M60 | 55:04 |
| 290 | 62 | 2248 | L Keighley | F50 | 57:03 |

Results - May2004

Hilly 100 29/5/4, Coleshill Fun Run 2004 Results 23/5/4, Rockingham Motor Speedway 5 mile Race - 26/5/4, 5th Gaddesby Half Marathon and 10km Run 23/5/4, National Vets Road relays 22/5/4, Bedford 6 18/5/4, Halstead Marathon 16/5/4, Eyam Half Marathon 16/5/4, Rugby 6 12/5/4, Kenilworth Hilly 10km Challenge 9/5/4, 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
 17 events entered to date, 98 runners competed (not inc summer handicap)

Hilly 100 29/5/4**A Team**

| Leg | Runner | Overall Time 2004 | Leg Time 2004 | Overall Time 2003 |
|-----|---------------|----------------------|------------------|----------------------|
| 1 | Stuart Keen | 59:29:00 | 59:29:00 | 00:57:33 |
| 2 | Rob Barry | 02:05:19 | 65:50:00 | 02:07:46 |
| 3 | Pete Austin | 03:12:38 | 67:19:00 | 03:13:16 |
| 4 | Ian Burgoyne | 04:13:28 | 60:50:00 | 04:16:18 |
| 5 | Rich French | 05:23:53 | 70:25:00 | 05:24:19 |
| 6 | Mark Baker | 06:29:02 | 65:09:00 | 06:29:24 |
| 7 | Mick O'Shea | 07:27:51 | 58:49:00 | 07:30:46 |
| 8 | Nathan Holmes | 08:21:33 | 53:42:00 | 08:36:32 |
| 9 | Dave Clarke | 09:19:46 | 58:13:00 | 09:40:31 |
| 10 | Rich Ansell | 10:21:33 | 61:47:00 | 10:47:00 |

B team

| Leg | Runner | Overall Time 2004 | Leg Time 2004 |
|-----|-----------------|----------------------|------------------|
| 1 | Andy Rowe | 76:47:00 | 76:47:00 |
| 2 | Tom Gillon | 02:34:46 | 77:59:00 |
| 3 | Andy Rowe (5) | 03:21:43 | 46:57:00 |
| 3.5 | Tom Gillon (5) | 03:58:40 | 36:57:00 |
| 4 | Adrian Jones | 05:23:36 | 84:56:00 |
| 5 | Nigel Quayle | 06:39:52 | 76:18:00 |
| 6 | Helen Jones | 08:04:03 | 84:11:00 |
| 7 | Catherina Gavin | 09:38:31 | 93:28:00 |
| 8 | Lucinda Wilson | 10:52:26 | 73:55:00 |

| | | | |
|----|------------------|----------|----------|
| 9 | Loz Thompson | 12:02:25 | 69:59:00 |
| 10 | Loz Thompson (!) | 13:21:45 | 79:20:00 |

Coleshill Fun Run 2004 Results 23/5/4

21 Gethin Lines 40m05s MV50

49 Fraser Barrett 47m06s MV60

Rockingham Motor Speedway 5 mile Race - 26/5/4

21 Paul Kelly M55 27m32s

263 Tony french M60 39m22s

5th Gaddesby Half Marathon and 10km Run 23/5/4

Half Marathon

33 Adrian Jones 1:36:31

109 Catherina Gavin 2:03:50

139 Delia Davies 2:21:12

10K

1st Nathan Holmes 31m09s

Report: Nathan Holmes

Let's get one thing straight before I give you the result - it wasn't 10km. It wasn't even close. The event web-site <http://www.gaddesby.org.uk/run.htm> says it was ~ 600m short, which sounds about right for my time and how I felt. Anyway, I won in 31:09 (like I said). In summary: I set off with a bloke from OWLS, he slowed down after about a mile and I didn't.

National Vets Road Relays, Sutton Park 22/5/4

Name (over 40's Race) Leg Time

| | |
|-----------------|-------|
| 1 Alex Marshall | 18:26 |
| 2 Paul Lawlor | 18:52 |
| 3Tom Jordan | 19:40 |
| 4Paul Kelly | 16:25 |
| 5Tony Hoy | 17:13 |
| 6Mick O'Shea | 16:41 |
| 7Andrew Ralph | 19:29 |
| 8Tom Gillon | 19:51 |

Report: Tony Hoy

The Vets Relays were held at Sutton Park over a similar course to the 12 Stage 3mile leg. The small loop at the beginning of the leg was dropped in favour of a short "out and back" from the monument and at the pool the course went straight ahead.

From an initial entry of a womens team and mens over 40 and 50 teams we finished up with the Mens over 40 entry. Strong performances from Paul and Mick brought us to within spitting distance of arch rivals Sphinx at the 6/7 change over; however they did finish ahead of us with two stronger legs 7 and 8. Unlike Godiva who failed to complete, retiring after leg 7. This underlines the importance of having a reserve. So, many thanks to Paul McGurk for coming over in this capacity.

Overall, a pleasant afternoon of wrinklies competition. Many thanks to all those who admitted to being a "veteran" or a "master" as they now call us !

Blisworth 5k 21/5/4

5th 16:14 Ian Burgoyne

Bedford 6 - 18/5/4

5 Nathan Holmes MS 31m17s

Halstead Marathon 16/5/4

12 Dave Halford 3h07m14s

63 Tim Wright 3h47m47s (late for start actual 3h25m!!)

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

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

Report: Tim Wright

For those thinking of running their first marathon, I have some tips:

Don't take 2 months off and then do one long run

Check what time the start is and don't start 30 minutes behind the field

If it looks like being the hottest day of the year so far and you have fair (no) hair take some suncream so you don't get sunburn.

Eyam Half marathon 16/5/4

| Pos | Name | Cat | Pos/Cat | Pace/km/mile | Time |
|-----|-----------------|-----|----------|--------------|---------|
| 1 | Nathan Holmes | M | (1/132) | 03.40/05.54 | 1-17.16 |
| 8 | Ian Burgoyne | M | (4/132) | 03.58/06.23 | 1-23.38 |
| 17 | Robert Barry | M | (9/132) | 04.13/06.47 | 1-28.58 |
| 139 | Adrian Jones | M40 | (45/110) | 05.02/08.06 | 1-46.09 |
| 378 | Catherina Gavin | F35 | (41/45) | 06.34/10.35 | 2-18.32 |

<http://www.ukresults.net/2004/eyam.html>

1 Northbrook AC 'A' Total = 26 pts - Positions: 1, 8, 17 - Nathan Holmes, Ian Burgoyne, Robert Barry.

Northbrook have a faster aggregate time of 4-09.52 compared to Hallamshire at 4-12.45

2 Hallamshire Harriers 'A' Total = 26 pts - Positions: 2, 5, 19

Rugby 6 12/5/4

| | | | | |
|-----|------|--------------|-----|----------|
| 10 | 300 | Ian Burgoyne | MS | 33:13:00 |
| 12 | 395 | D Clarke | MS | 33:22:00 |
| 21 | 1503 | Paul Kelly | M55 | 33:54:00 |
| 172 | 1438 | C J Jones | M50 | 43:44:00 |
| 268 | 2248 | L Keighley | F50 | 50:33:00 |
| 280 | 1473 | A T French | M60 | 51:55:00 |
| 139 | 1501 | Mike Duggan | M60 | 42:16:00 |

Kenilworth Hilly 10km Challenge 9/5/4

| Pos | Name | Time |
|-----|---------------|-------|
| 1 | Nathan Holmes | 36:27 |
| 2 | Dave Clarke | 37:37 |

NORTHBROOK ATHLETIC CLUB COMMITTEE MEETING

7th June 2004: 23 Tilehurst Drive, Coventry. Minutes prepared by Mark Baker

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

- 1. Apologies-** S.Guthrie (New Mem Sec), L.Cook (Treasurer), G.Knight (Running Advisor).
- 2. Matters From Last Meeting**—a) Magazine – Recent issue was excellent. Next issue after 10Km race.
b) Subs – Bob Awcock has collected 107 subscriptions. Dave New has printed membership cards.
c) Fixtures – Tony French has produced lists. Tony will also produce latest club road race champ data.
d) Training Night – More speed sessions will be introduced soon.
e) Allesley Festival Marshals – We will provide 10 marshals for the Saturday procession.
f) Race for Life – The club entries have been returned, as the race was over-subscribed.
g) Lake Vyrnwy Half Marathon – Loretto Denley is no longer organising a trip to this event.
h) July Summer Handicap – This has moved to 30th JUNE, to avoid clash with Rowheath 5Km.
- 3. Treasurers Report** – email for details
- 4. Ladies Captain Report** – Sarah McNaney said there had not been many events, but 3 ran in Hilly 100.
- 5. Men's Captain's Report** – Rob Barry said we had an excellent month, culminating in winning the Cotswold Hilly 100 relay for the fourth time (last time 1996). The 'B' team runners were also excellent, some running 15 or 20 miles. Also we are leading the Warks Road Race League, with our 10Km next. Individually, Nathan Holmes has been excellent, winning several races (especially the tough Eyam Half Marathon by over 2 minutes). Also Dave Clarke and Ian Burgoyne have been well placed in recent events. Rob said he may be leaving the area later this year, but suggested Tony Hoy could assist with the mens team until the next AGM, if this occurs.
- 6. Veteran's Captain's Report** – Tony Hoy said that one mens team ran in the National Vets Relays.
- 7. Social Secretary Report** - Stuart Keen is organising a meal at Nando's on 18/6/2003. Future events may be Bowling, Greyhounds, Water-skiing. Also we have 'Grease Night' at Jaguar in November, and Presentation Night at Stonebridge Hotel in January. 'Rainbow' has a beer festival event on 10/7/2004.
- 8. Brose 10Km Race** – Loretto Denley gave extensive details of the event, and discussed final arrangements. We have 150 entries so far. Con McHugh will produce results, and collate data which will be useful in future years. Thanks to Loretto and everyone involved, for organising a great event.
- 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 1.5 mile route is available for U15 runners, starting in Butt Lane, then via Windmill Hill to Allesley Village. Bob Adams says start times have changed to 11am (main run), 11.30am (short run). St. John Ambulance need to be informed of changes. Dave New will be asked if he wishes to be chief marshal. Tony French has a risk assessment of the event.
- 10. Any Other Business**—a) Northbrook Games –This could be re-introduced in 2005: track & field event.
b) Runner of Month – May: Nathan Holmes: won races. (It was noted Loz Thompson also did well)
c) Kit – Sylvia Guthrie will look at re-designs for Northbrook sweatshirts. Also ladies asked about material stretching and fading in new vests. We need better quality if more vests are ordered.
d) Hilly 100 Team Photo – This could be organised at a future event.
e) Training Weekend –Tom Gillon may organise a Youth Hostel based weekend on Aug Bank Hols.
f) Club Events – Good, Bad & Ugly relay, and Hampton race the train. Latter possibly on 11/8/2004.
- 11. Next Meeting** – Monday 5th July 2004, 8pm, at Sarah McNaney's, 23 Tilehurst Drive, Coventry.

Summer Diary 2004

Road Races

Summer Handicap

| <u>Date</u> | | <u>Event</u> | <u>Venue</u> |
|--------------------|------------------|---------------------------|---------------------|
| April | 7 th | 5 kilometre Handicap race | Butt Lane Allesley |
| May | 5 th | 5 kilometre Handicap race | Butt Lane Allesley |
| June | 2 nd | 5 kilometre Handicap race | Butt Lane Allesley |
| | 30 th | 5 kilometre Handicap race | Butt Lane Allesley |
| August | 4 th | 5 kilometre Handicap race | Butt Lane Allesley |
| September | 1 st | 5 kilometre Handicap race | Butt Lane Allesley |

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 |

| | | | |
|------|------------------|--------------------|-------------------|
| July | 22 nd | Harborough 5 | Market Harborough |
| | 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> |
|--------------------|------|----------------------------------|------------------------|
| November | 27th | Christmas Party - Theme "Grease" | Jaguar Sports & Social |
| January | 29th | Annual Club "Presentation Night" | Stonebridge Manor |

Please - check with the Team Captains and Social Secretary, as appropriate, for confirmation of dates and venues; as these are subject to ch