



Northbrook Runner

July 2004



Newsletter Update

First of all, you may notice that I have changed the name of the newsletter, back to it's original name, the Northbrook Runner. It is 20 years this year, that the newsletter first appeared as the Northbrook Runner (editor was then Jerry Murland) and I thought now would be a good time to bring the newsletter back to it's original name.

This month I thought I would get back on schedule for the newsletter and get it out before departing on hols, and possibly watching the Olympics.

If you receive a paper copy of this newsletter then please bear in mind that it cost the club 50p to print and if received by post then another 40p in p&p. There is no current charge for the newsletter but our treasurer will gratefully receive donations. Please let her know that it is to help offset the costs of distribution. If you can access the newsletter via the website, then not only is the club saving money but you are receiving the news when it is fresh. Let Rob (024 7645 1755) know if you do not require a paper copy. Thanks!

Coventry Way Challenge

7th Annual "A Coventry Way Challenge" Walk or run, either solo or in a relay around the 40 mile countryside route on Sunday 5th September 2004. [Entry Form](http://www.acoventryway.org.uk/)
<http://www.acoventryway.org.uk/>

Runner of the Month:

June: Catherina Gavin: for enthusiasm in running many types of races. Well done on some excellent races

Dates to be aware of:

- Race the Metro – Wed 11th August – Tile Hill to Hampton in Arden
- Good, Bad and Ugly – Sat 21st August with BBQ to follow
- Please note the date for the Godiva 5 is September 3rd – this has been shown incorrectly in various places

General News

Currently I am enjoying watching what I consider to be the greatest sporting event in the world, the Tour De France – it is certainly the largest sporting spectacle & it does not cost a single penny to watch! Compare that to prices for the Euro 2004, and the Olympics for that matter.

Another successful event for Northbrook with the Allesley fun run. Well done to everyone who was involved with this. Thanks to the following people who have assisted and contributed to this newsletter:

Rob Barry – usual race reports, captains words
Sarah McNaney – captains words
Bob Adams – the chairmans puts pen to paper again
Stuart Keen – usual excellent race reports.
Dianne Keen – First race report, in fact Dianne's first 10k although frequently mentioned in Stuart's reports.
Con McHugh – keeping the website up to date – makes the production of the newsletter easy.
Adrian Powell – a very detailed London and interesting report/review. Worth the wait!
Mick Hudspth – on the infamous Pike O'Blisco
Eddie Cockayne – more of the same on the P O'B
The mysterious Henry – the final P O'B
Mark Baker – as per usual the club's meeting minutes, never late!
Tony French – Race Championship & diary
Rich French – July handicap results

Apologies if I have missed anyone off.

Finally, the race championship results are at the back of the newsletter. These were very difficult to fit, and may not print too well. I am looking to see if I can present these better in a future issue.

Editor – Dan McHugh

Trip to Peak District

Tom Gillon is organising a trip up to Yougholgreave and Bakewell in the Peak District for the August Bank Holiday (Fri to Mon). Our trips in previous years have been excellent although a little tiring. Obviously, everyone can do as little or as much as they want to do when it comes to running, walking and drinking.

Tom has already a good number of names and he only has about 30 beds booked so if you want to join in then you must let Tom know and furnish him with a £10 deposit.

Tom's number is 024 7640 3518

Chairman's Words

Bob Adams

On a personal note, Sunday 14th of March (the date of my last race) seems a hell of long time ago.

However, I have started jogging again, and I now following Sid's well worn footprints around Coundon Park. I can just about manage 2 laps although the distance seems to be a lot further than it did 6 months ago!

Anyway, before you all decide to skip this page completely, I stop writing about my injuries, and give you a few thoughts about the club.

On the running front, things are looking very good – Nathan seems to be going from strength to strength, including a sub 16 minutes "European member" club record performance for the summer handicap.

The men's team continue to do well in the Warks road race league, and I am sure that they can win the competition overall when the races resume in September. This will hopefully lead to a good performance in the 6 stage relay, especially when the cyclists return to the club.

It was very encouraging, by the way, to see Mick coming back to form at Rowheath where he had an excellent battle with Mr Kelly. Is it true that they were running around holding hands? I thought it was only women who did this?

The only downside is that we are losing Rob as captain at the end of August. Contrary to popular opinion, Rob is not being sacked, in fact his record as club captain is very good – if only the likes of Sven Goran Eriksson could be as successful!

I am sure that we all wish Rob good luck in his new job, and hopefully we'll see him at the cross country races next season.

There's also a very interesting situation developing in the ladies squad with Becky, Lucinda and Helen all battling to be the top do, I am sure that the Weds night speed work sessions are going to become very competitive. It is also good to see Mrs McNaney starting to show a bit of form, let's hope Loretto can start running again soon, to add her class and experience.

The last few weeks have been very busy for the club. Once again, the Northbrook 10k was a fantastic event, with most of the membership running or helping out in some other capacity. On the day it was great to hear so many people complimenting us on the organisation, but we all know that this was actually down to the efforts of the big 4 on the sub committee.

These events don't just happen (I am sure that their respective partners will testify to that), and that the club is truly grateful for all their hard work.

The Allesley festival fun run also went very well. The numbers were slightly down, but obviously the inclement weather did n't exactly encourage people to enter on the day. The good news is that we raised about £250 for our designated charity – the association for Brain Damaged children. The introduction of the junior run seemed to go quite well – I am sure that this is something that next year's chairman will work on. Thanks to everyone who helped out on the day and made my life easy

Enjoy your running, and keep up the training ready for the Autumn road races.

A morning jog around London village

Adrian Powell

Saturday 17th April

Arrived bright and fresh at Coventry railway station, well in time for boarding the 8.55am to Euston. Andrea arrived several minutes later and we sat down to await the arrival of the train. Started panicking when 8.50am arrives without any sign of said train appearing on the departure board. Checked with ticket office only to find that the train had been cancelled due to engineering works at Milton Keynes-great start! Luckily, we were able to catch the Bournemouth train, change at Reading and arrived at Paddington without losing too much time.

On arrival at Paddington we met up Ralph (Andrea's boyfriend) who'd flown in from Germany that morning and set off across London via the 'underground' to the Marathon Expo which was being held at the Excel Exhibition Centre in Docklands.

We registered and collected our race chips and numbers before spending several hours perusing the various stalls and stands displaying their wares. During the time spent here I managed to see Paula Ratcliffe being interviewed on the Nike stand (mainly the back of her head) and also Ron Hill who was signing autographs and dispensing pearls of wisdom on the Asics stand. Neither had chosen to run as I think I heard them say they couldn't face the challenge from the Northbrook team-I'll accept I could've been mistaken!

After several hours of wandering around the show, Andrea, Ralph and I met up with Tony Mac and Rebecca and crashed out on some very comfy leather sofas just inside the foyer of the Expo. By this stage we were all loaded down with various bags and assortments, as they give you a 'goodie bag' full of samples (stuff you'll probably never use in a million years) prior to the race (alas, no T shirt or medal!). Various other runners came over for a chat including an American women who gave us great detail on how good the crowd support is at Boston (to be run the following day). She hadn't yet experienced the London crowd!

After the relaxation, we gathered our bags together and began the trek over towards Greenwich where are 'digs' for the night had been arranged. We had a quick 'shop' at Tesco to get important last minute essentials (more bananas, water etc) and headed off to our respective addresses, having planned to meet up later at the school pasta party.

At this stage I've really got to commended whoever at our club managed to make contact with the school PTA, whose members offer the overnight stay. For £35.00 I got to stay with a friendly family, had a comfy bed, lots of toast and black coffee for breakfast. The house was adjacent to the Park, with a 5 minute walk to the start line! Arranging a hotel in London during this weekend must be very expensive and then you've got the hassle of an early morning trip across the metropolis.

Anyway, I digress. Around 7.00pm I started off for a 10 minute walk to the pasta party. Imagine the scene, Greenwich Park is a huge, flat, grassed area edged by fine Regency-style large houses, magnificent oak trees are dotted randomly about. Add to this scene half a dozen or so families taking advantage of the strong, gusting wind to display their skills at flying kites. One particularly caught my eye, a large oblong-shape, around 6 feet wide and fluorescent green and pink in colour. I made a mental note on how peaceful and relaxed it all looked.

A few seconds later, two bow-legged bull terriers raced passed me and took great delight at running one way, then another and barking their heads off as Mr. Fluorescent Kite-man weaved his creation left, then right, high up in the evening sky. From seemingly nowhere, a couple, striking similar to the Harry Enfield creations 'Wayne & Waynette Slob' appeared (complete with 'bling') with Waynette screeching "Tyson! (I kid you not), Fakin' get back 'ere'". Tyson and his chum were having far too much fun to pay any attention.

Whilst grinning to myself at the contradictions of the scene I thought how funny it would be if Mr Kite-man were to land his kit. Now, I don't claim to be psychic or anything but just as I had this thought, the wind dropped and the huge kit dropped gently towards the ground. The dogs obviously thought today was their lucky day and had virtually ripped it to shreds before it hit the ground. The last I saw of Mr. Kite-man and Wayne & Waynette was them having a heated argument whilst the dogs had turned their attentions to some other kites. If only I had a camera I'd been claiming my cash off Lisa Riley on 'You've been Framed'!

Back at the pasta party, we all met up along with several other running clubs where we enjoyed yet another pasta meal (as much as you could eat) and spent the evening discussing the training we'd done and our plans the following day.

Sunday 18th April

My wife who's back in Coventry (due to collect daughter from first trip away with the school later in the day) sent me a 'Good Luck' text at 6.45am, 15 minutes before I planned to wake up. Unperturbed, I peeked out of the window to be meet with a very grey sky and raining splashing softly against the glass.

After a shower, toast and coffee, I ironed my name onto my vest (letters courtesy of Diabetes UK) collected up my stuff, said 'goodbye' to my hosts and headed out across the common to the 'blue' start. As you'd expect, there were thousands of like-minded runners doing the same and it was easy to break into conversation-everyone seems to like to talk before a marathon.

For those of you not yet having attempted the 'distance' the last hour before the 'off' is desperate. All your irrational fears and concerns suddenly surface, 'have I done enough training? Is my timing chip/number secure? Have I had enough/too much to eat/drink? Is that slight itch on my calf actually a muscle tear? Do I really need the toilet for the third time in 15 minutes? Why does everyone else look so much fitter/healthier and better prepared than me?

Staggering under the weight of all this turmoil I made my way into pen No.2 where at least we could all huddle together against the wind and continuing rain. 9.45am prompt, off goes the hooter and away we go. Then we stop. Then go. Then stop. Then go. Several thousand people are trying to get through the start line which is about 20 feet across all at the same time. Not good and not possible!

The first mile passes slowly in 7.43, at this stage there are simply too many runners to go any faster and you need to make sure you don't get accidentally tripped over. Miles two and three passed by in 7.18 and 6.50 respectively and I start to relax a little and get into my pace.

Along John Wilson Street, just prior to the 3 mile mark, the red and blue starters merge down a dual carriageway and the crowds have started to grow in number. People are shouting out words of encouragement and at this stage it is easy to acknowledge the support by waving and cheering back. The sheer scale of the day and event really hits home and almost overwhelms me and I wipe 'grit' away from my eye!

At the left hand corner of John Wilson Street, turning into Woolwich Road is the first Gospel Church Choir. Around the course there are lots of churches/mosques/temples etc, all of which usually have a band/choir or drums. I try and give them all a wave as I know I'm going to need a little bit of divination intervention later during the race and I'm not fussed from which God it comes from.

I get through 10km in 44:13 and soon I'm running through the crowds at Cutty Sark. This is the first real landmark the race passes and the crowds are huge. I wave hopefully towards a T.V. camera.

Around 9 miles my mind starts to wander and I have serious doubts whether I can carry this on for another 16 miles. I snap back to reality when I see Alex jumping up and down in the crowd like a maniac about 20 feet in front of me. He gets a 'high 5' (which hurts!) and my confidence is restored. (Alex, if your running was anywhere near as good as your cheering ability, you'd be world champion by now!).

10 mile marker comes and goes in 71:04 and we're now heading from Rotherhithe to Bermondsey.

Just after mile 11, I notice a petite woman a few yards in front of me and as I drew level I glanced casually over and noticed it was Nell McAndrew. 'Well done Nell' I called out as I ran past and much to my astonishment she called back 'Well done Adrian'! (obviously she already knew of me and didn't need to read my name on my vest!). Naturally, this put a spring in my step although the lads at work have since suggested I should've slowed and followed her and not run off.

Just after the 12 mile marker there is a sharp turn right which leads up to Tower Bridge. At this stage the field has thinned out from the crush at the start and it is a fantastic feeling for a few minutes as I run in the middle of the road with the crowds cheering and the bridge supports looming large overhead. I get to the other side and momentarily think about turning back and doing it again.

I'm now running out on the circular part of the course which takes you around the Isle of Dogs along the dual carriage way from Shadwell. On the other side of the road the 'lead' women are coming back, some 7 miles in front (well, they did start 15 minutes before the men). I hit the half way stage in 1:33:07 and take stock. I'm soaked through (it hasn't stopped raining all morning) but feeling ok. I also start to realise I've forgotten to apply Vaseline to those all-important parts, but too late now. On the other side of the road, the lead men are positively sprinting through and look so relaxed with it.

From Shadwell, we carry on through Poplar (15 miles) and past a 'pearly' King & Queen. My 'ham and eggs' are starting to ache a bit now (not really but it was the only place I could mention cockney rhyming slang). The crowds are as numerous as ever and everyone seems to be enjoying themselves despite the rain.

Around mile 16 I see Richard hanging half way up a lamppost, cheering and I can't quite decide whether this is due to the marathon or a post-wedding party!

Between mile 17 & 18 the rain comes down like stair rods and my feet are squelching in wet socks. Running through the covered area by the hotels in Crossharbour, the crowds are huge and loud. I try suggesting they venture out in the rain but to no avail. We turn the corner at 30km (2:13:32) in to West Ferry Road and get through 19 miles in 2:16:14.

At this stage I'm desperately trying to mentally compute my finish time. The last few miles have seen me add 10 seconds per mile and I've run 18-19 in 7:28. While I still feel ok, I know the worst is still to come. In training this year, the furthest I'd gone was just over 21 miles and I was very tired at the end. I hoped I could beat last year's time of 03:14:54 and at this stage still think I can do it.

Despite the fantastic crowd support, a strange feeling of loneliness starts to worm its way into my brain. I fight back by remembering that I know this is a passing phase and I'll get through it. I think about happy times, good running moments, positive music ('Move on Up' by Curtis Mayfield always does it for me).

This gets me through the next few miles and I'm now running back along the dual carriage way at Shadwell. The other side of the road is packed with runners heading out to the 'isle' and I take a sadistic grin knowing I've got seven miles or soon them. I run for 10 mins or so with a guy wearing water wings on his arms and swimming goggles on his head. We grunt pleasantries until I lose him in the crowd.

Just before mile 23 you run over the cobbles around the Tower. Although part of this area is carpeted, it is necessary to slow down slightly and concentrate on where your feet are going as they cause even further discomfort.

From the 23 mile marker, I'm feeling cold and my thighs are aching and getting worse with each step. My calf muscles are starting to tighten and I'm hoping they don't cramp up. I know I can and will finish but the battle is all now in my head. I'm slowing down and now only just managing to beat sub 8 minute miles. The crowds are still cheering and people are calling out my name but I haven't got the energy now to even look at them let alone acknowledge their support. Mile 24 comes just before Blackfriars Bridge and I can soon see Big Ben in the distance and the Millennium wheel on the opposite bank of the Thames. The run (ok, slow jog!) along the Embankment seems to take for ever and I've lost the ability to calculate how long it will take and whether I'll beat my time. To be honest, at this stage I don't even care. I just want to get over that finish line and stop.

Big Ben and Parliament come and go without hardly registering and I pass a sign reading 800m to go as I head along Birdcage Walk. Finally, finally, I reach the 'Palace' and the finish is right there, 200m in front. I'd like to say this inspired me to a sprint finish, but it didn't simply because I couldn't. I crossed the line in 3 hours 13 minutes 54 seconds. Exactly 1 minute faster than last year's time.

After having my medal placed around my neck (it feels the weight of a paving stone) and my timing chip removed from my laces I walk along the rows of TNT wagons to retrieve my bag. On the way I meet up again with the guy with the swim goggles and arm bands and we have a quick self congratulatory chat before moving on. I never occurs to me to ask why he's wearing them!

Once I've collected my bag I make my way over to the Queen Elizabeth II Conference Hall to claim my free massage, courtesy of the charity I've run for, Diabetes UK. The only problem is that my map is at the bottom of my rucksack and I haven't got the will to empty it. Luckily there are plenty of police about and they point me in the right direction.

After a cup of tea, sandwiches and the leg massage, I head back down the Embankment towards the 'Sherlock Holmes' in Northumberland Avenue (£16.00 with no houses). There are still hundreds of runners coming through in various states of distress (this is now around 4.1/2 hours from the start). It is still raining heavily but you can easily spot the competitors who've finished- they have their coats open proudly displaying their medal and t-shirt!

The pub is heaving with runners and their entourages and Northbrook are there in force. Bob kindly buys me a pint of lager- normally I don't drink alcohol after a race but as I'm in London I know the alcohol level will be nil- I'm not disappointed.

Richard and Angela kindly offered to drop Andrea and I back off in Coventry as there is still confusion as to whether the trains are running. The traffic was horrendous on the way home. However, the journey was lightened somewhat when, stuck in a jam and not having moved for a while, Andrea's re-hydration tactics kicked in and nature called.

As she disappeared down the embankment, the traffic began moving and a red-faced Andrea had to run up the hard shoulder to catch us back up, much to the amusement of us and the other 4000 motorists!

Back home into a nice relaxing bath and I feel the full force of not using Vaseline- worst than the morning after good curry!

Overall, once again, another fantastic experience and thanks to all the Northbrook members who turned up to watch and cheer, but perhaps the best part is, having written this *magnum opus* neither Bob or Con will ask me for another race report!

Adrian Powell

May 2004

July 2004 Race Results

July, 2004 Results

Rowheath 5k 8/7/4, Milton Keynes 10K 6/7/4, Stratford 6 3/7/4 Eden Valley 10K 4/7/4, Pike O Blisco Dash Fell race 3/7/4, Alvis Grassland 5 4/7/4

8 event 36 runners

Rowheath 5K 8/7/4

5	375	Nathan	Holmes	SM	15:45
14	169	Michael	O'Shea	M40	16:29
15	328	Paul	Kelly	M55	16:30
32	337	Rob	Barry	SM	17:16
34	338	Stuart	Keen	SM	17:21
50	394	Peter	Austin	SM	18:05
66	362	Mark	Baker	SM	18:45
90	549	John	Ralph	M40	19:52
94	94	Rebecca	Smith	SF	20:18
125	538	John	Ralph	M65	22:14
128	229	Sarah	McNaney	F40	22:24
141	232	Julie	Neville	F50	23:27
157	214	Catherina	Gavin	F35	25:27
159	303	Joanne	Moyse	SF	25:36
163	176	Angela	Hands	F35	26:41
164	445	Lynne	Cook	SF	27:20
167	339	Diane	Keen	F40	29:17

Milton Keynes 10K 6/7/4

5 Nathan Holmes 32m29s

184 CJ Jones 45m00s

278 Anthony French 58m0s

Eden Valley 10K 4/7/4

6th Stuart Keen 38m14s

Diane Keen 64m40s

Confessions of a secret 10k or the Eden Valley 10k - report: Diane Keen

Firstly to all those who I told at the weekend that Stuart and I were meeting friends in Darlington I apologise I actually snuck off to do my first 10k in secret. Justice prevailed though for telling porkies and I suppose if you are daft enough to do your first 10k in the Lake District you can expect some degree of undulation (mainly undulating upwards though).

Being in Appleby where the race took place somewhat reminded me of episodes of the Vicar of Dibly although I am slightly smaller than Dawn French. The race was from a small local grammar school with the WI and round table present and well supported by all the locals and a 4k fun run was also on the agenda. As we approached the late entry table I enquired if the course was hilly and was told 'Yes love it's that bloody 'illy thall need ladder at top, would tha like entry fo' fun run instead? I looked across at Stuart and got a very withering sideways look that I think said, you have got to be joking.

I lined up with the 100 or so runners and the local Mayor set us off with ready steady go as the chairman of the local roundtable had put the hooter down and they couldn't find it. Off we shot up hill through the local town round a bend and up hill again and up hill again and up hill again. The 4k race was set off on the same route about 5 minutes behind us and I was soon passed by little tots hurtling past shouting 'come on Granddad' to sprightly grey haired chappies in string vests proudly displaying their numbers and equally as fit as the kids.

By 3k all we had done was climb and at the T junction the race split to 4k down hill back to the town and 10k, yes you've guessed it up another hill. Also the rain had given way to bright sunshine and I was fairly confident now that I was at the back. Marshals sprang up from every corner shouting 'come on love'. 5k appeared somewhat rather quickly, we think whoever provided the distance markers had been on the local brew, but it was beautiful. High up with the sun shining and finally an almost level road through an idyllic village with men leaning on gates smoking pipes, women standing in small groups cheering me on and small

children on bikes shouting ‘come on Mrs runner’ as they cycled along side.

At 7k my legs were aching and so I walked for a couple of minutes while I had a drink and wondered if the next corner where I could see another water station and more bright yellow marshals would yield another hill. I thought to myself Stuart will be at the finish now (lucky sod) and so broke into another slow trot. The corner arrived along with the 8k marker and guess what? It was a fabulous down all the way to the town.

I ran though the streets past people who had long since finished who stopped walking to clap and cheer. I turned the corner onto the school field and could see the finish and Stuart and then the tanoy sprang into life ‘here comes number 344 Diane Keen from Northbrook AC all the way from Coventry completing here first 10k lets give her a big round of applause’ The Mayor was stood at the finish with Stuart and he hung my medal round my neck. The heavens then opened and it poured down but Stuart and I had our photo taken with the Mayor. I had a fantastic time, oh time you say, yes it did take me 64.40 and yes I was third from last but I can truly say it was the taking part that counts and the ladies at Northbrook who have encouraged me especially Sylvia and Sara and Angela who have taken time out to keep me company on my runs, thanks I did you proud.

Ps Stuart came 6th and he can write his own report.

It was the very first 10k race that Diane had entered. Well done! Many more eh?



Stuart & Dianne rub shoulders with the local mayor

Alvis Grassland 5 4/7/4

13th Mark Baker 31m57s

15th Gary Thomas 21m19s

16th Sid Windridge 32m43s

27th Fraser Barrett 40m47s

Stratford 6 3/7/4

88 Helen Jones 45m09s

106 Sarah McNaney 46m19s

112 Sarah Edkins 46m56s

141 Sylvia Gutherie 49m47s

191 Joanne Moyse 55m57s

215 Lynne Cook 51m00s

Pike O Blisco Dash Fell race (2000 ft ascent) 3/7/4 – what a silly name for a race!

Pos	No.	Name	M/F	Time
36	38	Holmes, Nathan	M	00:47:07
94	37	Burgoyne, Ian	M	00:56:26
113	260	Jones, Adrian	M	00:59:50
132	39	Keen, Stuart	M	01:03:24

Pike O Blisco – 5 miles, 2000ft ascent Saturday 3rd July 2004 – Langdales, Cumbria

Report : Rob Barry

This race certainly had a long build up and probably will be the source of legends in the next millennia. Pete Austin is completely to blame as he e-mailed me about 6 months ago informing me that there was a request on the Warwickshire County website for anyone interested in running for the county in a fell race. A Warwickshire vest!! I was salivating instantly! Actually I dallied for at least a month as I thought that there may be some minimum standard that they would be looking for. This seemed to be confirmed when I phoned the contact, Eddie and he told me that he only dealt with the women. Sorry I don't meet that minimum standard (no comments Jordan). So instead of being quizzed over my fell running pedigree I seemed to have become the person responsible for getting a team together. I put the word out carefully only asking people that I thought I could beat! Just for the record that was Nathan (!!), Ian B., Graham Patton and Stuart Keen.

July 3rd. It is a beautiful sunny 6a.m. and we are headed for the hills. I've packed my Northbrook vest as everyone I had carefully selected has miraculously recovered from their injuries or hit a rich vein of form and my training has been minimal.

We met up with the rest of the team, set up camp, drank coffee and craned our necks to view the turn around point at the top of Pike O'Blisco.



From L-R : Rob, Mick Hudspith (Sphinx), Captain Condom, Ian, Stuart, Nathan and Adrian (already in the lead).



From L-R : Catherina, Julie, Celia Mills, Selina Coldicutt, tall man in woolly hat (Jerry) getting a waft of Ian's armpit, Ian and man in cap keeping a good distance. The last three were not part of the ladies team!



Nathan coming in first counter for Warwickshire.
(The high point for my selection policy).

He does look a little thirsty though. No worries that was thoroughly slaked before bedtime.

The course lived up to the fell running norm. That is you walk most of the way to the top because it is too steep and then you walk back down because... it is too steep. The hardest part seemed to be getting over the hump backed bridge at the finish as the legs were jellified. After finishing we gathered on the bridge which afforded a great view of the descent looking forward to seeing Julie and Catherina finish elated by their exertions. We waited...and waited...and waited and then some of us decided to go back up the course and waited. Then a few progressed further up the hill and waited...and waited. Then we thought 'oh sod it they're probably in Coniston by now trying to thumb a lift back and the bars open' so we retreated. As with many races they were giving out drinks at the finish although the choice did seem to be limited to cans of lager, so we waited with a drink. In fact I'm sure I heard one of the organisers tell Stuart to take a whole box of cans while we waited. We were just waiting a bit more discussing the pros and cons of free lager or decent beer in the bar across the way when completely out of the grey 3 figures appeared coming down the valley. Our gorgeous ladies seemed to have picked up a very irate Henry on the mountain and led him astray (floosies!!!!).

All back together at last we then discovered what it takes to be a team manager at County level as opposed to club level. Eddie, without hesitation stood a round for the whole Warwickshire team and the odds and sods. It was extremely impressive. He didn't even flinch at the prospect!

I've heard a few strange tales about what occurred from here on in so I have decided to expose the truth at last. Well, we all had a couple more drinks then returned to the campsite for a wholesome mug of horlicks and enjoyed a brace of incredibly interesting walking yarns from Graham and then, as the sun set, we settled down and slept soundly and silently. We awoke bright and early the next morning had a high fibre, low fat breakfast and ran around the mountains until it was time to drive safely back to our loved ones in Coventry.

If you don't choose to believe this version of events then you will have to come the next time!

Thank you to everyone who placed their faith in this venture it was a great weekend I will not forget it. I wonder where next year's inter-counties race will be hosted. Eddie may be looking for a new team selector.

Report #2: Henry

Hi, I am the famous Pike O Blisco guide, Henry.

Before you give Julie Neville and Catherina Gavin, too much stick about the scenic route down, let me enlighten you a little about this adventurous episode. It was not by choice that this happened, and neither these poor damsels in distress nor I, could have possibly anticipated at the start of this, (Dike O Plisco Bash, or what ever else you want to call it) the events that would follow. We all lined up at the start, with what appeared to be an array of competitors of various ability levels.

Wrong, at the off, it became clearly apparent that the fore runners had been genetically crossed or modified with gazelle, deer, or some other closely related species of that type. Any remote hope that us mere mortals had, of even keeping them within our sights, began to disappear with each stride they took. After about 20 minutes of this all I could see was Julie a little way ahead of me Catherina in the ever-lengthening distance behind me, and bloody rocks everywhere around us.

There wasn't a marshal anywhere to be seen, or even a clue in sight to indicate in which direction to go, except that instinctively one knew it had to be up. Suddenly, something appeared to be hurling towards me, that something was the leading runner on his way back down. Periodically, another runner would appear from a totally different position on the way down, all this added up to confusion and more confusion. At this point I had almost caught up to Julie who appeared to be having a go at mountaineering, but without the correct equipment she came to an abrupt halt. I could see what appeared to be an alternative way up so I beckoned Julie to follow me, which she did, at this stage there was no sign of Catherina.

A group of about 4 or 5 runners popped out from behind a rock, they informed us that we were indeed very close to the summit and the turning back point. After a few hundred yards we came across a guy who was just starting to move away from heaped pile of small rocks in the shape perhaps a stone snowman, or snowperson (to be politically correct). This chap informed us that we had to touch this rocky object and then we could go on our way back down.

Julie touched the object, I kissed it, and off we went on our way down. Hold it! There are many ways down! Which way did we come up? Everyway looks the same, no signposts, no indicators, and no beacons, just rocks, mountain streams, an odd sheep, and an odd per--- oh, sorry it's Catherina there she is! She managed to find yet another way! But, which is the right way down? All I can tell you is that it certainly was not the bloody route we took. Well, folks tune in for: Part 2 – How the hell did they get down?

Report #3: Eddie Cockayne (team Manager)

If success is measured by results alone this race was a failure for Warwickshire. If success is measured by the enjoyment of the athletes involved and the promotion of the Counties name in an event where we were not expected to be victorious I think it was a resounding success.

In true Lakeland fashion the Langdales were subject to the usual torrential downpours which everyone up there tends to ignore. The race was a "simple" 5 mile run out and back, there was a matter of 2000 ft. of ascent however, also we were informed by the cognoscenti that it was no easy matter to descend from the summit without taking a bit of a detour. In this situation A-Z's lose a lot of their usefulness.

Undaunted our gallant teams set off, at least we could actually see the top.

Taking the men's team first I have to admit that most of the work achieving a team was due to the splendid work from Rob Barry from Northbrook AC. without whom there wouldn't have been any representation from the County. However he was far to self deprecating of his own ability as he was second Warks man home after demoting himself from the team!

The Men's team finished 11th led by a splendid run by Nathan Holmes, followed by Ian Burgoyne, and the legend that is Graham Patton. Other runners from Warks. were Mick Hudspith 79th. Ian Coldicott 99th. Adrian Jones 113th. Stuart Keen 132nd.

The women's team was led home by an excellent run from Celia Mills in 13th. followed by Selina Coldicott in 19th. another excellent run. Then it went pear-shaped with Catherina Gavin and Julie Neville going walkabout at 2000ft. and finally reappearing in a time that would have been reasonable for a marathon. Even the best fell runners get lost at times and luckily no harm was done.

I hope those of you who read this think the effort was worth it, the athletes who took part certainly did.

Report #4: Sleeping with the Enemy m.hudspith@tiscali.co.uk

Our weekend started at 6am Saturday morning for the long drive up to the Lake District. Graham Patton, Rob Barry from Northbrook.

The race started at The Old Dungeon Ghyll Hotel in Langdale, once there, the weather was not too good with heavy blustery showers, but at least the cloud and mist was above the summits which would help with route finding. (Or was that a bad thing knowing what lay in store!). Anyway it was difficult knowing what to wear because up on the summit it would be cold and windy. I wore shorts, thermal top and vest, but Graham opted for the Full Monty of blue waterproof trousers and jacket plus balaclava, but decided to carry the balaclava as Rob was winding him up.

When we set off it was a nice steady stretch of road but within 2 minutes the angle of the road got steeper and steeper, then we were off the road and onto the path up the mountain. At first we could jog this but as the angle increased we got slower and slower. It seemed to go on forever. I could see some of our group in front, Nathan Holmes way ahead also Ian Burgoyne, Rob Barry and a man in a blue suit!! About ¾ of the way up it got very steep with a short scramble which we had to climb, this slowed quite a few people so I managed to move up some places. By now the top fell runners were on there way down and came bouncing down as if on springs (probably just mad).

We had to touch the summit trig point and then head down the same way but people were running everywhere and I think this is where I past Graham, the blue suit was no where to be seen. Soon after that I saw Ian Burgoyne what looked like down hill skiing and struggling to stay on his feet. He was wearing his road running shoes which were not ideal for the terrain, he had fell into a deep bog and had cuts and bruises but was OK and kept going down. I got into a good steady pace going down hill, but could not see Rob or Nathan (mountain goat) Holmes who were in front. I was glad to see the finish and before long we had all made it back. There was a can of beer for us at the end which did not last long.

After that we moved across to the Old Dungeon Ghyll Pub still in our running gear and Graham still in his blue waterproof suit. After another drink we went back to the campsite for a shower but Graham decided to stay for more lemonade! We went back an hour or so later to find Graham have a meal still in his blue suit.

In the next few hours I think there were some dirty deeds done by Northbrook!! Graham and myself had our lemonades spiked. Graham had to go back to the tent escorted by Rob who said he was like a pinball bouncing from one side of the road to the other. I was also quite bad and was sick in the tent the only consolation was that Rob was in the tent with me and had to endure the smell.

This was all a ploy so that we were not capable of running next day with the Northbrook lads, but we won't forget.

Anyway that's about it for a great weekend, I hope we can try it again, I'm not sure if Graham had to be hosed down by Pat before being allowed into his house.

Burnham Beeches Half-Marathon & RP

By Stuart Keen

On August 12th my mums cousin who has lived in South Africa for many years will be coming over to England for a few weeks to visit family and freinds, who mostly live in the south of England. He is a very keen runner and takes part in a lot of races in South Africa, most of which are ultra distance. He has taken part in the City to City (Pretoria to Johannesburg) 50k 10 times to date and has competed in over 30 marathons and of course; half marathons (which they call 21k's) & 10k's etc. But apart from being a reasonable runner; he is totally blind and has to have a guide runner whenever he goes out on training runs or races.

His eye condition is known as Retinitis Pigmentosa (RP) and is a de-generative disease that slowly but surely destroys the eye's retina, starting from tunnel vision and night blindness through to total blindness which takes place over a number of years until the person is totally blind. It affects people differently, he is in his 60's now and is totally blind, but others may only be partially blind at that age and go through their 80's and beyond before they are totally blind.

My mum has the same condition as it is a generic disease and she is now partially blind; which means she has restricted vision during daylight or brightly lit areas, but cannot see at all at night or in dimmly lit areas. Fortunately, after numerous tests I was found to have missed the faulty gene that causes this disease, but if me and Diane were to have children then there is a strong chance that they could develop this disease, which becomes noticeable during the persons early to mid 20s.

So when he found out that I was also a keen runner he got in touch and asked if I would find a race for us to take part in while he is over. Naturally, as I was going to be his 'guide' I was looking for a race that would be suitable for us and freindly to his condition. After much searching I came accross the Burnham Beeches half-marathon which takes place on Sunday August 15th at Farnham Common near Maidenhead (M40, J.2 then A355 towards Slough) which is only about an hour & a half away. It seems like an ideal course, (though undulating I have been told by the organiser,) as it is a 'shady' traffic free 2 lap course and has been awarded the Gold Grade (BARR grade) by UK Athletics.

Michael (my mums cousin) is over the moon with this; so I have sent off our entry forms for the race.

We are not running for charity, just a race for us to do while he is over, but if any of you want to come along and take part in the race yourselves, run round with us (his PB for a half is 1.47 which he set in 1990, so I said he should go for 1.45... which is 8 min miling) or just cheer us on then you can find all the details of the race and entry form at:

www.burnhamjoggers.co.uk

The entry fee is £10.

HANDICAP RESULTS

Jul-04

First name	Surname	cat.	actual	PB	points	pos'n	actual	PB	points	runs	cumul ative score	best time	Position in Table
Tony	Mackness	M	20:57	PB	16	14	21:08		22	4	95	0:20:57	1
Mark	Baker	M	18:40		13	13	18:49		23	4	88	0:18:39	2
Alex	Marshall	M	18:53	PB	27	20	19:34		17	4	88	0:18:53	3
Craig	Hanbury	M	21:49		16	8	21:43		27	4	84	0:21:43	4
Stuart	Keen	M	17:27	PB	25	17	17:46		19	4	82	0:17:27	5
Kevin	Viner	M	21:19		25	6	21:09		29	4	78	0:21:09	6
Bob	Awcock	M	24:51		24	27	26:18		12	4	78	0:24:51	7
Andrew	Ralph	M	20:09		8	7	19:57		28	4	70	0:19:57	8
Adrian	Powell	M	19:33		9	9	19:31		26	4	68	0:19:31	9
Nathan	Holmes	M	no run			4	15:57	PB	35	2	67	0:15:57	10
Simon	Harper	M	21:17		17		no run			3	59	0:21:17	11
Rob	Pool	M	22:58		28	24	24:09		15	4	59	0:22:58	12
Nigel	Quaye	M	19:08		26		no run			2	52	0:19:08	13
Tony	French	M	no run			15	26:39		21	3	50	0:26:39	14
Gareth	Knight	M	20:44		19	11	20:42		25	3	49	0:20:42	15
Shaun	Flanagan	M	26:23		14		no run			3	48	0:26:23	16
Martin	Turrall	M	23:52		23		no run			3	48	0:23:52	17
Tony	Murphy	M	29:17		27	16	29:45		20	4	48	0:29:17	18
Loz	Thompson	M	19:37		15		no run			3	43	0:19:37	19
Richard	French	M	19:21		3	18	19:09		18	4	43	0:18:36	20
Barry	Holmes	M	no run				no run			2	41	0:21:38	21
Mark	Donnelly	M	20:56		7	12	21:01		24	3	33	0:20:56	22
John	Ralph	M	23:00		18		no run			3	33	0:23:00	23
Ian	Burgoyne	M	no run				no run			1	31	0:16:27	24
Dave	Lee	M	no run			23	19:56		16	2	30	0:18:51	25
Dan	Foulstone	M	20:43		30		no run			2	30	0:20:43	26
Mal	Boileau	M	no run				no run			2	29	0:22:47	27
Adrian	Eastham	M	23:03		29		no run			2	29	0:23:03	28
Frazer	Barrett	M	24:10		21		no run			2	25	0:24:10	29
Dave	Clarke	M	no run				no run			1	24	0:17:04	30
Chris	Glen	M	no run				no run			1	24	0:20:14	31
Jason	Nicholson	M	no run				no run			1	22	0:17:40	32
Paul	Kelly	M	no run				no run			1	19	0:17:22	33
Mick	Duggan	M	no run				no run			2	19	0:21:07	34
Tom	Jordan	M	20:56		4	25	22:12		14	2	18	0:20:56	35

Richard	Hands	M	21:13	5		no run		2	17	0:21:13	36
Gary	Thomas	M	no run		26	19:28	13	2	16	0:19:28	37
Tony	Hoy	M	no run			no run		1	15	0:18:32	38
Paul	McGurk	M	20:48	6		no run		2	14	0:20:48	39
Eddie	Simmonds	M	20:56	12		no run		2	12	0:20:56	40
Rob	Barry	M	18:03	2		no run		2	11	0:17:03	41
Charlie	Jones	M	22:17	10		no run		1	10	0:22:17	42
Roger	Ladbury	M	no run			no run		1	10	0:23:25	43
Geth	Lines	M	no run			no run		2	9	0:21:41	44
Adrian	Jones	M	no run			no run		1	7	0:21:16	45
Steve	Mason	M	no run			no run		1	3	0:21:39	46
David	New	M	25:34	1		no run		1	1	0:25:34	47
Martin	McHugh	M	no run			no run		1		0:24:34	

Jun-04

Jul-04

First name	Surname	cat.	actual	PB	points	pos'n	actual	PB	points	runs	cumulative score	best time	Position Table
Jo	Moyse	F	56:56		15	22	57:20		16	2	31	0:56:56	1
Rebecca	Smith	F	no run			10	51:33		17	1	17	0:51:33	2
Lynne	Cook	F	no run			28	59:09		15	1	15	0:59:09	3
Diane	Keen	F	00:31		14	5	59:37		19	2	33	0:59:37	4
Angela	Hands	F	58:14		13		no run			1	13	0:58:14	5
Jenny	Lane	F	57:24		18	5.1	57:03		18	2	36	0:57:03	6
Sharon	Thompson	F	54:17		17		no run			1	17	0:54:17	7
Vicky	Ward	F	56:19		12		no run			1	12	0:56:19	8
Donna	West	F				2	57:45		20	1	20	0:57:45	9
Sharon	Kehoe	F	54:31		20		no run			1	20	0:54:31	10
Emily	Ducker	F	no run				no run						11
Sarah	Edkins	F	53:35		19		no run			1	19	0:53:35	12
Loretto	Denley	F	no run				no run						13
Sylvia	Guthrie	F	55:17		16		no run			1	16	0:55:17	14
Suzy	Thongsab	F	no run				no run						15
Sarah	Mcnaney	F	53:47		11		no run			1	11	0:53:47	16
Jenny	De La Salle	Fno				19	00:41			1		1:00:41	
Natalie	Spark	Fno				21	30:51			1		0:30:51	
Helen	Jones	Fno	52:20				no run			1		0:52:20	
Emma	Matthews	Fno	55:21			3	53:55			2		0:53:55	

Team Managers' Wise Words

Ladies: Sarah McNaney

Gentlemen: Rob Barry

As always gentlemen first:

I hope that the current standings in the Warwickshire Road Race League are published in this edition of the newsletter as they should make fairly impressive reading. We seemed to have scared the opposition away at this half way stage. If revenge is sweet then Sphinx had a great evening at Rowheath as Kevin Naughton was on time but the rest of their team didn't show up! Readers, Kevin missed his leg 5 start by a handful of minutes in the Hilly hundred which in case you have been away we WON!.

If anyone could let me have a list of races that are better organised than our 10K. I would be grateful as they must be something really special!

I am pleased to be able to announce that Mick O'Shea will be taking on the role of Team Manager (Caretaker) from September until the AGM. I hope everyone will continue to make this an easy job by being reliable and fast!!!

Come on Ladies! You haven't won anything for a while! Right I'm off now.....

Rob (the sexist) Barry

I may be second to add my words but us ladies are always worth waiting for!!

I am very pleased that the men are doing so well in the league – we ladies will rise to the challenge and prove that, as in the past, we can top the league!!!! Now that Becky and Lucinda have found remarkable form, we really will be up to the challenge!

However, I must use this opportunity to thank Rob for all his support and encouragement over the past 18 months whilst I have been Ladies Captain – it has been very much appreciated. (At least I won't have to buy so many packets of biscuits for the committee meetings anymore!) I am sure that I speak for all of the ladies when I say that he will be sadly missed down the club. However, I am sure that Mick will continue where Rob has left off and take the men's team on to even greater heights (if that is possible).

Sarah

Allesley Festival Fun Run

Pos No Time Name Sex Age Club Cat

1 949 17.14 John McKeown M 40 Godiva O 40 male
2 942 17.47 Lee Munn M 15 Godiva U 40 male
3 962 18.22 Daniel Taylor M 17 Godiva U 40 male
4 966 18.31 Ian Satterthwaite M 34 Centurion U 40 male
5 961 18.48 Steven Sinclair M 12 Godiva U 40 male
6 310 19.04 Josh Newton M 15 Godiva U 40 male
7 482 19.10 George Hill M 16 Godiva U 40 male
8 935 19.37 Oliver Himes M 15 Godiva U 40 male
9 336 19.45 Lucy Aphramor F 36 Kenilworth O 35 female
10 477 19.51 Nigel Bassnett M 39 Nuneaton Harriers U 40 male
11 956 19.58 Mike Garth M 34 Burntwood Tri U 40 male
12 467 20.19 Howard Anderson M 46 Unattached O 40 male
13 484 20.22 Anthony Dunn M 34 Unattached U 40 male
14 492 20.48 Nick Wall M 24 Unattached U 40 male
15 938 20.53 Matthew Tomothy M 13 Saracens U 40 male
16 338 21.08 Myshola Kirkham F 25 Godiva U 35 female
17 957 21.16 Brian Haycock M 44 Unattached O 40 male
18 470 21.30 David Sheppard M 16 Unattached U 40 male
19 961 21.33 Anthony O'Brien M 43 Saracens O 40 male
20 969 21.05 Carey Masterson N 36 Unattached U 40 male
21 971 21.53 Graham Singer M 46 Unattached O 40 male
22 951 22.05 Gary Devall M 46 Unattached O 40 male
23 973 22.18 Tony Bell M 46 Unattached O 40 male
24 490 22.20 Dennis Carey M 42 Northbrook O 40 male
25 953 22.59 Mick George M 40 Saracens O 40 male
26 493 23.16 Richard Hands M 32 Northbrook U 40 male
27 940 24.15 Neil Smith M 39 Road Runners Clu U 40 male
28 498 24.20 Terry Daly M 60 Sphinx O 40 male
29 965 24.40 Louis Satherthwaite M 64 Centurion O 40 male
30 959 24.54 Martin Carter M 36 Kenilworth U 40 male
31 946 25.03 David Laverie M 39 Unattached U 40 male
32 472 25.04 Gerard McGreesh M 44 Unattached O 40 male
33 491 25.06 Phil Anthony M 55 Unattached O 40 male
34 329 25.24 Karen Timothy F 41 Saracens O 35 female
35 478 25.29 Fraser Barrett M 41 Northbrook O 40 male
36 496 25.39 Thomas Johnson M 40 Unattached O 40 male
37 954 25.49 Gary Lindop M 47 Unattached O 40 male
38 960 26.07 Roger Wilkes M 65 Kenilworth O 40 male
39 964 26.13 David Philips M 60 Massey Ferguson O 40 male
40 970 26.19 Peter Estick M 63 Massey Ferguson O 40 male
41 936 26.36 Andy Davis M 43 Northbrook O 40 male
42 495 27.03 Peter Gorham M 66 Midlands Vets AC O 40 male
43 303 27.18 Anne Holloway F 52 Unattached O 35 female
44 929 27.20 John Aylmer M 56 Massey Ferguson O 40 male
45 941 27.25 Paul Adams M 52 Unattached O 40 male
46 333 27.42 Pamela Wilkes F 61 Kenilworth O 35 female
47 330 27.53 Fionna Craddock F 32 Unattached U 35 female
48 958 28.00 Gary Coon M 25 Unattached U 40 male
49 302 28.03 Hillary Winter F 33 Unattached U 35 female
50 955 28.10 Nathan Lindop M 14 Unattached U 40 male
51 321 28.14 Melanie McHugh F 42 Unattached O 35 female
52 322 28.14 Joan Carey F 42 Unattached O 35 female
53 497 28.20 David Johnson M 57 Unattached O 40 male
54 332 28.25 Holly Saunders F 18 Northbrook O 35 female
55 474 28.29 Steve Jay M 49 Unattached O 40 male
56 933 28.40 Ian Luckett M 44 Unattached O 40 male
57 305 28.43 Karen Smith F 37 Unattached O 35 female
58 476 28.57 Karl Langford M 37 Unattached U 40 male
59 475 28.57 Paul Davies M 39 Unattached U 40 male
60 319 29.07 Melanie Henley F 32 Unattached U 35 female
61 500 29.08 Robert Hall M 53 Massey Ferguson O 40 male
62 400 29.22 Bill Livingston M 39 Unattached U 40 male

63 300 29.22 Pam Batchelor F 37 Unattached O 35 female
 64 465 29.25 Fred Holliday M 51 Unattached O 40 male
 65 313 29.21 Natalie Spark-Dil Preez F 28 Northbrook U 35 female
 66 315 29.33 Suzzan Henley F 52 Unattached O 35 female
 67 301 29.50 Jane Tunstall F 39 Unattached O 35 female
 68 311 29.50 Liz Thiebe F 47 Unattached O 35 female
 69 480 29.50 Mark Howarth M 49 Unattached O 40 male
 70 462 29.50 Mark Newbold M 44 Unattached O 40 male
 71 485 29.56 Bob Rainsley M 56 Unattached O 40 male
 72 308 30.03 Sarah Mills F 16 Unattached U 35 female
 73 972 30.10 Philip Richmond M 34 Alvis U 40 male
 74 339 30.10 Amanda Richmond F 32 Alvis U 35 female
 75 304 30.32 Jackui Jarvis F 37 Unattached O 35 female
 76 968 30.48 John Payne M 53 Unattached O 40 male
 77 463 30.51 Barry Winter M 44 Unattached O 40 male
 78 307 30.54 Catherine Mills F 47 Unattached O 35 female
 79 314 31.14 Julia west F 44 Unattached O 35 female
 80 325 31.28 Sheila Johnson F 47 Unattached O 35 female
 81 337 32.04 Sharon Aphramor F 43 Kenilworth O 35 female
 82 331 32.04 Karen Carter F 35 Kenilworth O 35 female
 83 326 32.47 Andrea Daley F 34 Unattached U 35 female
 84 312 33.38 Bev Jay F 39 Unattached O 35 female
 85 335 38.27 Sarah Lewis F 40 Godiva O 35 female
 www.northbrookac.org.uk

Allesley Festival Junior Fun Run 11/7/4

Pos No Time Name Sex Age Club

1 934 7.36 Tom Grimley M 14 Godiva
 2 323 8.24 Georgina Holt F 13 Godiva
 3 466 8.32 Adam Wishart M 14 Unattached
 4 950 8.40 Jamie Cozens M 9 Sphinx
 5 932 8.48 Sam Luckett M 14 Unattached
 6 947 8.59 Michael McKeown M 9 Godiva
 7 488 9.20 Michael McHugh M 14 Unattached
 8 937 9.30 Connor Reidy M 14 Unattached
 9 939 9.31 Andrew Tomothy M 11 Saracens
 10 489 9.39 James McHugh M 15 Unattached
 11 948 9.48 Daniel McKeown M 7 Godiva
 12 930 9.49 Jack Marshall M 10 Northbrook
 13 944 10.08 Andy Palframan M 10 Unattached
 14 468 10.37 David Anderson M 12 Godiva
 15 469 10.46 Peter Anderson M 8 Godiva
 16 319 10.46 Emily McCotter F 10 Unattached
 17 931 11.15 Joe Luckett M 12 Unattached
 18 943 11.16 Adam Dodd M 13 Unattached Guess ??
 19 945 11.20 Callum Laverie M 9 Unattached
 20 324 11.40 Sophie Ison F 6 Unattached
 21 963 11.50 Nathan O'Shea M 6 Northbrook
 22 334 11.50 Lauren O'Shea F 9 Northbrook
 23 481 11.51 Sam Howarth M 8 Unattached
 24 327 12.24 Ella Marshall F 8 Northbrook
 25 952 13.26 Adam George M 10 Saracens
 26 328 13.47 Georgia West F 9 Unattached
 27 499 14.54 Thomas Grantham M 7 Unattached
 28 306 15.16 Jemma Flowers F 11 Unattached
 29 ? 15.17 Brendan O'Shea M 2mths Northbrook
 30 494 18.15 Cain Thomas M 4 Unattached
 www.northbrookac.orh.uk

Race Day Check List

Pre Race

Club kit: Vest , Shorts, Jacket
Race Info: Race Pack , Race Number
Correct Shoes, Decent Socks
Safety Pins (x 4)
Plasters (For the guys...don't want sore nips!)
Vaseline
Watch / HRM
Energy Drink
Energy Food: Bars, Bananas, Gels, Jelly Babies...etc
Name Tag (For baggage)
Running Spikes (X-Country) 2 – 3 sizes of spare spikes
Deep Heat

For Those Cold Days: Hat, Gloves, Long Sleeved Shirt, Tracksters, Decent Socks, Bin Liner (For waiting around when it's wet) , Face Cream, Hand Cream, Lipsil

For Those Hot Days: Sun Lotion, Peaked Cap, Sun Glasses, Mozzie Repellent, Plenty Of Drink

Remember To:

Double check start time / parking arrangements to give yourself plenty of time to warm up & stretch beforehand.

Post Race

Shower Kit: Gel, Soap, Shampoo, Flannel, Flip Flops (Don't want to catch nasty feet!), Towel, Deodorant, Talc, Basic First Aid Kit: Painkillers
Plasters / Blister Plasters
Deep Heat / Deep Freeze
Tubi Grip
Bite / Sting Cream
Piriton Tablets (Anti Histamine...allergies, hay fever etc)
After Sun (For those hot days)
Complete Set Of Dry Clothes: Shirt / Top, Tracksters, Undies, Shoes, Jacket
Post Race Drink (Plenty Of):
Recovery Drink, Lucozade, Water
Post Race Food (Sugar): Chocolate, Biscuits...etc

Don't Forget:

Spending money for race souvenirs, food, drink....etc

NORTHBROOK ATHLETIC CLUB COMMITTEE MEETING

5th July 2004: Minutes prepared by Mark Baker

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

1. Apologies- S.Keen (Social Sec), T.Hoy (Veterans Sec), G.Knight (Running Advisor).
2. Matters From Last Meeting–a) Magazine – New issue is due in a month's time.
b) Subs – Bob Awcock has collected 108 subscriptions. Dave New has printed membership cards.
c) Leaving – Nick Wright is moving away from the area. We wish him well for the future.
c) Fixtures – Tony French has produced lists. Tony will also produce latest club road race champ data.
e) Allesley Festival Marshals – We will provide 10 marshals for the Saturday procession.
3. Treasurers Report –email for details.
4. Ladies Captain Report – Sarah McNaney said lots of ladies ran our 10Km race, including many who had moved from the area. 4 ladies completed the Edinburgh Marathon. Helen Jones was 1st in the Solihull Race for Life 5Km. Many ladies also ran in the Coventry Midsummer 5M and Stratford 6M.
5. Men's Captain's Report – Rob Barry said our 10Km race was successful; Paul Kelly was 1st V55 and we won the team prize (barrel of beer). We lead the Warks Road Race League after 3 races. (1st in Massey 5M & Northbrook 10Km, 2nd in Midsummer 5M). Nathan Holmes ran sub 16 minutes for the Summer Handicap, the fastest ever time (excluding our Kenyan visitors a few years ago). Also, teams featuring Northbrook runners represented Warwickshire at the Inter-Counties Fell Race in Cumbria. Rob will be resigning soon as he moves from the area, but will ask Tony Hoy to assist until the AGM.
6. Social Secretary Report - Stuart Keen sent details. Nando's meal was a great night out. Stuart has details of ten-pin bowling for September (maybe against Sphinx!). The Tile Hill to Hampton-in-Arden race the train event is on Wed 11/8/2004. The Good, Bad & Ugly relay is on Sat 21/8/2004, based at the Scout Hut in Washbrook Lane. This will be followed by a barbeque.
7. Brose 10Km Race Review – The committee thanked Lorretto Denley, and her team for successfully organising an excellent event. Most runners were complimentary about the event, and stayed at Jaguar after the race. Lorretto, however, said that there were some problems behind the scenes. The main factor was with organisation of rooms, catering, costs and parking at Jaguar. It was difficult to agree final arrangements for various reasons. Lorretto was very keen to look at the Stonebridge Manor Hotel as a better base for next year. However, Bob Adams suggested that it would be more favourable to try and get around the problems at Jaguar, as it is a better base for the race. A suitable sub-committee will need to be organised to look at these issues for next year. Other issues were:- some residents did not receive letters about race, no megaphone, police unhappy about parking and runners on roads before they were closed, and REVS intercoms were not working properly. However, the committee emphasised that overall the 10Km race was a fantastic event for the club.
8. Allesley Fun Run – Bob Adams gave final details for this event on 11/7/2004. The Festival Committee have agreed that we can donate profits to a local special needs childrens charity. Dave New is chief marshal. Prizes and medals for junior run are being arranged. The 'Rainbow' are donating some spot prizes. St. John Ambulance are due to attend, but we have had to inform them that the start time has moved by half an hour. Everyone is needed as helpers on the day.
9. Any Other Business –a) Training – Ladies have asked for a schedule of Wednesday speed sessions.
b) Runner of Month – June: Catherina Gavin: for enthusiasm in running many types of races.
c) Kit – Sylvia Guthrie has contacted Acorn Printing about costs for Northbrook sweatshirts.
d) Training Weekend –Tom Gillon is organising a Youth Hostel based weekend on Aug Bank Hols.
e) Trophies – Jaguar may have space to display our Cotswold Hilly 100 team prize.
f) Races – Dates of the Godiva Autumnal 5M and Kenilworth Half Marathon need to be checked.
g) Cliff Franks – The Secretary of the Birmingham XC League sadly passed away recently. Bob Adams has passed on our condolences. At the same time, Bob said that we would be willing to host a Division 2 fixture next season, as the league are seeking possible venues.
10. Next Meeting – Monday 2nd August 2004, 8pm, at Sarah McNaney's.

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>
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
Sept	3 rd	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
	TBA	The Good the Bad and the Ugly	Washbrook Lane
August	11 th	Race the Train(Metro)	Tile Hill Station

Social

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

<u>Date</u>		<u>Event</u>	<u>Venue</u>
June	18 th	Night Out at Nando's	Millennium Place
July	TBA	Water Skiing	Kingsbury
	TBA	BBQ after the Good the Bad and The Ugly	Scout Hut Washbrook Lane
August	11 th	Refreshment drinks after Race the Train	Hampton in Arden
September	5 th	BBQ after Coventry Way Challenge	TBA
Sept/Oct	TBA	Ten Pin Bowling	Forum Bowl
	TBA	A Night at the Dogs	Brandon Speedway
November	27 th	Christmas Party - Theme "Grease"	Jaguar Sports & Social
January	29 th	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 change.

Northbrook Road Race Championship 2004 (Up to end of June)

Female																													
Posn	Name		Cat.	5K			5 Mile			10K			10 Mile				Half Marathon				20 Mile				Marathon				TOTAL POINTS (5 OUT OF 7)
				Time		Pts	Time		Pts	Time		Pts	Time			Pts	Time			Pts	Time			Pts	Time			Pts	
				Min.	Secs.		Min.	Secs.		Min.	Secs.		Hr.	Min.	Secs.		Hr.	Min.	Secs.		Hr.	Min.	Secs.		Hr.	Min.	Secs.		
1	Rebecca	Smith	SF	21	29	20	35	41	18	46	28	18					1	37	50	19	2	44	55	19	3	30	31	20	96
2	Julie	Neville	VF				39	11	16	52	54	11					1	53	1	16	3	0	31	18	4	6	16	15	76
3	Sarah	McNaney	VF	23	47	15	37	58	17	52	42	12									3	7	11	16	4	11	18	14	74
4	Lorretto	Denley	VF	22	16	19	35	7	20								1	35	57	#									59
5	Lesley	Keighley	VF				42	7	13	57	3	7					2	1	41	11	3	11	39	14	4	20	44	13	58
6	Louise	Denley	SF														1	39	59	18	2	38	13	20	3	32	18	19	57
7	Helen	Jones	SF	22	20	18	35	26	19	45	34	19																	56
8	Sharon	Thompson	SF	23	48	14	41	2	14								1	54	55	15					4	41	38	12	55
9	Sylvia	Guthrie	VF	25	17	11	40	26	15	52	19	14					1	56	46	13									53
10	Catherina	Gavin	VF				45	12	9								1	59	15	12	3	11	38	15	4	42	3	11	47
11	Sarah	Edkins	VF	23	35	16				52	12	15					1	56	7	14									45
12	Lynne	Cook	SF	24	34	12	42	20	11	58	4	6					2	30	38	7									36
13	Steph	Berry	SF																		3	1	41	17	4	3	57	17	34
13	Andrea	Giehl	VF							58	34	5									3	15	50	13	4	5	46	16	34
13	Angela	Hands	VF	28	14	7	43	38	10	55	57	8					2	14	57	9									34
16	Emily	Ducker	SF	23	33	17				50	47	16																	33
17	Vicky	Ward	SF	26	9	10	42	12	12	53	24	9																	31
18	Lisa	Calcutt	SF							52	37	13					1	51	0	17									30
19	Joanne	Moyse	SF	26	22	9	45	40	7	64	15	3					2	14	15	10									29
20	Angela	Allison	VF							65	47	2	1	54	12	20	2	32	23	6									28
21	Delia	Davies	VF				45	23	8	62	40	4					2	19	41	8									20
21	Lucinda	Wilson	SF							44	27	20																	20
23	Joy	Wilkinson	VF																						3	52	14	18	18
24	Ruth	Staff	SF							48	54	17																	17
25	Sharon	Kehoe	VF	24	31	13																							13
26	Diane	Keen	VF	29	37	6	51	7	6																				12
27	Claire	Harrison	VF							53	21	10																	10
28	Jenny	Lane	VF	27	3	8																							8
	Sarah	Robertson	VF																										0
	Dawn	O'Shea	VF																										0
	Donna	Dunkley	SF																										0
	Leanne	Thorburn	SF																										0

Northbrook Road Race Championship 2004 (Up to end of June)

Male																																					
P o s	Name		Cat.	5K			5 Mile			10K			10 Mile				Half Mar				20 Mile				Mar												
				Time		Pts	Time		Pts	Time		Pts	Time		Pts	Time		Pts	Time		Pts	Time		Pts	Time		Pts										
				Min.	Secs.		Min.	Secs.		Min.	Secs.		Hr.	Min.	Sec		Hr.	Min	Sec		Hr.	Min	Sec		Hr.	Min	Sec										
1	Paul	Kelly	VM	17	22	17	27	32	17	35	9	17	0	59	23	20	1	18	1	19																	
2	Stuart	Keen	SM	17	27	16	28	58	16	37	35	14	1	2	37	19	1	20	43	17																	
3	Nathan	Holmes	SM	15	57	20	26	15	20	33	3	#					1	17	16	20																	
4	Mark	Baker	SM	18	39	11	30	18	13	39	44	11					1	25	32	13	2	17	40	20	3	25	42	16									
5	Ian	Burgoyne	SM	16	27	19	26	29	19	34	8	19					1	23	38	14																	
6	Rob	Barry	SM	17	44	14	29	1	15	36	37	15					1	20	40	18																	
7	Dave	Clarke	SM	17	4	18	26	51	18	34	52	18																									
8	Andy	Ralph	SM	19	57	4	31	58	7	42	17	8					1	28	44	11	2	29	32	15	3	32	5	12									
9	Los	Thompson	SM	19	37	5				42	33	6					1	33	57	8	2	26	10	17	3	26	44	15									
10	Adrian	Powell	VM	19	31	6	32	4	5	44	42										2	23	10	19	3	13	54	19									
11	Dave	Halford	VM				31	41	8	38	28	13																									
12	Dan	McHugh	VM				30	25	12								1	31	3	9	2	24	12	18													
13	Rich	French	SM	18	36	12	31	18	10	40	37	10																									
14	Adian	Perett	SM																		2	34	35	14	3	22	26	17									
15	Jason	Nicholson	SM	17	40	15	29	31	14																												
16	Sid	Windridge	VM				33	16		41	57	9																									
17	Tony	Mackness	VM	20	57		34	0		43	27	4					1	36	4	5	2	29	7	16													
17	Tony	Hoy	VM	18	32	13				38	42	12																									
19	Andy	Rowe	SM																		2	40	43	13	3	47	40	10									
19	Gary	Thomas	SM	19	28	7											1	22	41	16																	
21	John	Ralph	VM	23	0		37	33		47	38						1	47	35	1	2	59	23	12	4	13	33	9									
22	Dave	Lee	SM	18	51	10	30	39	11																												
23	Tony	French	VM	26	26		39	22		52	33										3	8	50	10	4	48	19	8									
24	Mick	O'Shea	VM							35	48	16																									
25	Simon	Harper	SM	21	17		35	20		45	35						1	37	7	4					3	46	42	11									
25	Pete	Osborn	VM														1	23	13	15																	
25	Alex	Marshall	VM	18	53	9	31	59	6																												
28	Chuck	Pope	VM																																		
29	Ian	Strain	SM							45	34																										
29	Richard	Hands	SM	21	13		35	34		48	44						1	43	27	2	3	5	33	11													
31	Bob	Adams	VM														1	28	2	12																	
31	Andrew	Boardman	SM				32	45	2								1	30	39	10																	
33	Adrian	Jones	VM	21	16		32	49	1	43	28	3					1	35	47	7																	
33	Nigel	Quaye	SM	19	8	8	32	42	3																												
35	Graham	Cramp	VM				31	27	9																												
36	Robert	Pool	SM	22	58		41	18		55	21						2	5	11						5	14	1	7									
36	Paul	McGurk	VM	20	48		33	9		42	24	7					1	56	58																		
38	John	Elliott	SM														1	35	52	6																	
39	Tom	Jordan	VM	20	56		34	31		43	13	5																									
40	Paul	Lawlor	VM				32	17	4																												

41	Steve	Mason	SM	21	39						1	43	3	3	0	0	0	0	3	0	0	3
41	Danny	Foulstone	SM	20	43	1				43	47	2			1	0	2	0	0	0	0	2
41	Chris	Glen	SM	20	14	3	33	51							3	0	0	0	0	0	0	3
44	Gareth	Knight	SM	20	42	2									2	0	0	0	0	0	0	2
45	Kevin	Viner	VM	21	9					43	53	1			0	0	1	0	0	0	0	1
	Jerry	Trill	SM										1	47	36	0	0	0	0	0	0	0
	Fraser	Barrett	VM	24	10		39	17		54	57		1	56	27	0	0	0	0	0	0	0
	Mick	Duggan	VM	21	7		34	13		44	7					0	0	0	0	0	0	0
	Eddie	Simmond	VM	20	56					44	59					0	0	0	0	0	0	0
	Dennis	Carey	VM				35	51		45	13					0	0	0	0	0	0	0
	Charles	Jones	VM	22	17					45	14					0	0	0	0	0	0	0
	Craig	Hambury	SM	21	43		37	22		47	21					0	0	0	0	0	0	0
	Gary	Nicely	VM							53	19					0	0	0	0	0	0	0
	Shaun	Flanagan	VM	26	23		43	9		56	28					0	0	0	0	0	0	0
	Barry	Holmes	VM	21	38		35	30								0	0	0	0	0	0	0
	Mal	Boileau	VM	22	47		36	30								0	0	0	0	0	0	0
	Martin	Turrall	VM	23	52		38	43								0	0	0	0	0	0	0
	Mark	Donnelly	SM	20	56											0	0	0	0	0	0	0
	Gethin	Lines	VM	21	41											0	0	0	0	0	0	0
	Adrian	Eastham	VM	23	3											0	0	0	0	0	0	0
	Roger	Ladbury	VM	23	25											0	0	0	0	0	0	0
	Martin	McHugh		24	34											0	0	0	0	0	0	0
	Bob	Awcock	VM	24	51											0	0	0	0	0	0	0
	Dave	New	VM	25	34											0	0	0	0	0	0	0
	Tony	Murphy	VM	29	17											0	0	0	0	0	0	0
	Rich	Vaughan	SM													0	0	0	0	0	0	0
	Jon	Guest	SM													0	0	0	0	0	0	0
	Rich	O'Shea	VM													0	0	0	0	0	0	0
	Alistair	Gray	SM													0	0	0	0	0	0	0
	Tom	Gillon	VM													0	0	0	0	0	0	0
	Pete	Armstrong	SM													0	0	0	0	0	0	0
	Daniel	Grose	SM													0	0	0	0	0	0	0
	Con	McHugh	VM													0	0	0	0	0	0	0
	Pete	Austin	SM													0	0	0	0	0	0	0
	Paul	McKeeney	SM													0	0	0	0	0	0	0
	Richard	Ansell	SM													0	0	0	0	0	0	0
	Andy	Walker	VM													0	0	0	0	0	0	0
	Neil	Walker	VM													0	0	0	0	0	0	0
	Andy	Whitehouse	SM													0	0	0	0	0	0	0
	Albert	McCosker	VM													0	0	0	0	0	0	0
	John	Bird	VM													0	0	0	0	0	0	0
	Alan	Jones	VM													0	0	0	0	0	0	0
	Andy	Davis	VM													0	0	0	0	0	0	0
	Bill	Weston	SM													0	0	0	0	0	0	0
	Rob	Sharratt	VM													0	0	0	0	0	0	0
	Andy	Houston	VM													0	0	0	0	0	0	0
	Martin	Taylor	VM													0	0	0	0	0	0	0
	Norman	Gilkes	VM													0	0	0	0	0	0	0
	Tim	Wright	SM													0	0	0	0	0	0	0
	Steve	Simpson	SM													0	0	0	0	0	0	0