



# Northbrook Runner

September 2004



## Newsletter Update

This is the fifth newsletter in 5 months, a first for the newsletter for many years, certainly since I have been editor. Thanks to all those who have helped in the production of the newsletter. However I do need more articles from other members of Northbrook. The newsletter is usually produced thanks to a handful of members, it rarely changes in terms of contributors. However, we do have a new contributor this month, Alex Marshall describing his PB in his recent Lake Vrnwy ½ marathon – definitely worth a read.

## Website Search facility

For those of you who access the Northbrook website, and who want to be kept up to date of all website changes automatically, you can use the new tracking feature, identified on the main site web page by following the instructions on the website – click on the following icon on the website.



## X-country season:

The cross country season is about to start, my favourite part of the new

### Cross Country Season:

30 Oct Senneleys Park

27 Nov Northbrook

22 Jan Nuneaton

12 Feb - Malvern

### Winter XC Handicap Coundon Park

24 Oct 12 dec, 6th Feb

## Runner of the Month:

Claire Harrison for a PB in the Half Ironman at Sherbourne. Well done Claire for completing this, it's a tough race. Just for those who do not know, distances Claire completed for this are:

1.2 mile swim

56 mile bike

13.1 mile run

Next year this race is a full Ironman. 2.4 mile swim, 112 bike, 26.1 mile run. Anyone fancy a go at this?

I am currently thinking about competing in this myself, does anyone else fancy having a go at this?.

## General News

### Loch Ness

Due to tremendous response, entry for the Baxters River Ness 10K will close at midnight this Friday 24 September. Entry is online at

[www.lochnessmarathon.com](http://www.lochnessmarathon.com)

A limited number of charity places are still available for the Baxters Loch Ness Marathon and any runners interested in participating in this year's Marathon should contact the charity of their choice direct – see [www.lochnessmarathon.com/charities](http://www.lochnessmarathon.com/charities)

## Events coming up

1. **Kenilworth Half Marathon** Sunday 10/10/4  
10.00 am Castle Farm Sports Centre, Fishponds Road, Kenilworth. (A – Z P150). Entry Fee : £7.00 affiliated athletes; Unattached £8.00. Entries on the day £10.00 & £11.00 only if limit not reached. (Cheques payable to Kenilworth Runners) FREE T-SHIRT if entry before 4/10/4. Entries to Roger Wilkes, 12 Mercia Avenue, Kenilworth, CV8 1EU E-mail: [kenilworthhalfmarathon@krrac.info](mailto:kenilworthhalfmarathon@krrac.info)
2. The 2004 Turkey Trot, organised by Wolverhampton & Bilston A.C will take place on Sunday 5th December 2004, at Aldersley Leisure Village, Wolverhampton.  
[www.wolvesbilstonac.pwp.blueyonder.co.uk/WBAC](http://www.wolvesbilstonac.pwp.blueyonder.co.uk/WBAC)
3. Social Side, Grease Night 27/11/4, Presentation Night 29/1/5, AGM tbc

## This Month's Newsletter – those who made it happen

Sarah McNaney – captains words

Alex Marshall – Lake V half marathon report – a first for the newsletter from Alex and an excellent article – thanks. Stuart & Diane Keen – as reliable and excellent as ever with more entertaining scriblings from them.

Con McHugh – keeping the website up to date – makes the production of the newsletter easy.

Mark Baker – as per usual the club's meeting minutes, never late!

Tony French – Race Championship & diary  
Apologies if I have missed anyone off.

Editor – Dan McHugh

## Fancy a race with a difference?

**The Red Moon North Pole Marathon is scheduled to take place on April 13th, 2005.**

◁ This 26.2-mile annual foot race is growing immensely in popularity and stature. There have been dozens of enquiries from around the globe for the 2005 event, with many of the limited number of places already snapped up. Furthermore, the race has just been accepted as a member of the Association of International Marathons and Road Races (AIMS) for its accurate course measurement and precise timing efforts.



Although this icy slog at the top of the world is fiercely contested up front, athletes of any reasonable fitness are accepted and places are secured on a first come first served basis. The race is run from the drifting Russian camp at the North Pole, and, with twenty-four hours of daylight and heated tents at hand, there is no cut off time employed. Remarkably, these factors make completion of the race achievable for even less experienced marathoners.

Competitors must nonetheless be tough. Temperatures can dip to  $-30^{\circ}\text{C}$  or below with icy winds accompanying. The terrain is also energy sapping, normally comprising small hillocks of ice and soft snow. However, the need to jump over 'leads', or breaks in the ice, should not be a feature of the race as the marked course avoids these particular obstacles.

In addition to raising money for charity, some of next year's participants will also undoubtedly be hoping to join the Grand Slam Club of marathoners, which includes polar explorer Sir Ranulph Fiennes among its ranks. This club is comprised of those who have run a marathon on each of the seven continents as well as on the Arctic Ocean. Others will be hoping to claim the individual and team titles on offer. After covering 26.2 miles, all contestants will certainly look forward to crossing the finishing line at the ceremonial pole and the subsequent award ceremony and photographs at exactly 90N, the precise geographic North Pole.

The entry fee for next year's race is US\$10,000, which covers entry to the marathon, return flights from Svalbard (Norway) to the North Pole, heated tents and food while at the Pole, and helicopter flights around the North Pole region. In addition to it being the northernmost marathon on earth, the North Pole Marathon is the only certifiable distance that is run on any ocean – specifically, on the pack ice that overlays the 12,000 feet of Arctic Ocean at the North Pole.

For more details:

Website: <http://www.npmarathon.com>

### Website Stats Summary

Period: 471 Days

Daily Unique:

Today	19 / 26 Sep, Sun, 2004
Yesterday	3 / 25 Sep, Sat, 2004
Average	21
Highest Day	102 / 16 Jun, Mon, 2003

Weekly Unique:

Current Week	136 / Wk 39, 2004
Last Week	123 / Wk 38, 2004
Average	146
Highest Week	332 / Wk 03, 2004

Monthly Unique:

Current Month	494 / Sep, 2004
Last Month	430 / Aug, 2004
Average	641
Highest Month	1091 / Jan, 2004

Highest Hour of the Day

	12:00 - 12:59
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Highest Day of the Week

	Monday
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Totals:

Unique Visitors	10263 - 85.24%
Visits incl. Reloads	12039
Reloads	1776 - 14.75%
Visitors via Referrers	6596 - 64.26%
Website Referrers	276
Javascript Enabled	10075 - 98.16%

Most accessed:

Browser	MSIE 6
Operating System	Windows XP
Screen Resolution	1024x768
Screen Color	32 Bit (16.7M)
Searchengine	Google
Keyword	northbrook
Domain/Country	.uk / United Kingdom
Continent	Europe

## September 2004 Results

Lake Vyrnwy Half Marathon 19/9/4, Nuneaton 10 19/9/4, Robin Hood Marathon and Half Marathon, Coventry Way 12/9, Calver Wolverhampton Marathon and Half Marathon 5/9/4, Autumnal 5 mile 3/9/4

10 Races, 60 entries

### **Lake Vyrnwy Half Marathon 19/9/4**

79 Alex Marshall 1h25m38s

145 Andrew Boardman 1h29m59s

## Race Report – Alex Marshall

Date: 15<sup>th</sup> Aug 2004

Venue: somewhere on a Warwickshire lane

“Where are we?” wheezed the athlete.

“C’mon C’mon, pick it up, the pace is dropping” barked the coach as she cycled beside.

I tried again. “How much further?”

“Not sure. Bout seven or eight” came the reply I did not want to hear.

I decided not to speak for the rest of the run as my spirit dropped. We were lost in the Over Whitacre / Coleshill area.

My mistake had been about 5 weeks earlier, when I casually suggested to Loretto that I would like to run a half and “ ‘ave a go at a PB.” However it’s not until you follow one of her training schedules that you realise the grit and determination not to mention the drive she applies to her own training.

Date: 19<sup>th</sup> Sept 2004

Venue: Lake Vyrnwy reservoir mid Wales

As we pulled into the car park, ok farmers cow field, I pointed to a small group of athletes & boldly stated, “there’s the winners of the men’s & women’s races.” About 30 metres away were four African runners in identical sponsored kit gathered round the back of a sponsored estate car with the tail gate open tossing twenty pairs of very fast looking running shoes between themselves deciding the best choice for the conditions. I made a mental note that their 63/64 minute pace may be a touch swift for me.

At 12.45pm I made my way to the start line & so began the most farcical series of events I have witnessed at an athletics race as the organisers attempted to squeeze 1300 runners onto a road narrower than Watery Lane by Elkin Wood. (I kid you not.)

To cut a long story short about 400 fun runners & walkers were stuffed on to the front of the start in front of us serious athletes (I include myself in that description) including the Africans & other athletes attempting to run 65-70 mins. My mood lightened when I turned and surprisingly saw another Northbrook vest. I introduced myself to Andy (Dan Mcs mate). We briefly exchanged projected finishing times & Andy told me that he was preparing for the New York marathon in November. Good luck mate.

Without warning the starting gun fired and so began what I can only describe as chaos, as 1300 people wrestled pushed elbowed and trampled their way over the start line. The first mile of the race is steeply uphill as the road climbs the dam wall to the reservoir and after a couple of minutes the natural order thankfully seemed to prevail

Almost without exception I have always found runners to be a friendly group, only too willing to exchange stories about races, offer advice about training or maybe even a pat on the back after a bad one. However one Stafford Harrier is not included. The first gob hit my thigh; the second bit of phlegm was a direct hit on my left cheek. The tossed then tripped me when we were crossing the dam wall. I’m certain that there are laws, which prevent the exchange between us from being published, but I was quite pleased with my grasp of the more basic Anglo Saxon vocabulary. The surge of adrenalin pushed me on to a quick second mile ahead of the “Harrier” and thankfully I avoided him for the rest of the race. Had he chosen to take our discussion further I’m sure it would have been a mismatch as he was about six inches taller than me and had tattoos on his arms & legs?

My race strategy was simple. Run even paced mile splits of 6min 30secs for the whole race and finish in around 1hr 25min 20secs. Every thing was going to plan until about six miles when the heavens opened. After the race I learned that the welsh have a term for this type of rain, “bloody pissin down Boyo.” The rain itself did not have an effect on my pace but after three minutes of the deluge I was horrified when I looked down to see my nice and clean yellow Nike racers soaked and covered in mud. Those of you, who know me well, will know the stress this caused me and I contemplated dropping out to save the trainers. However I could not have stood the shame of having DNF after my name, and my friend Paul (Lawler) returning some of the DNF jokes. I immediately decided to buy a new pair of racing shoes.

The rain abated and I continued churning out the 6.30 miles until the twelfth mile when I slowed and felt tired. I was encouraged however by Mick’s (O’Shea) advice that “ even though you feel bollocksed at 12 miles you know the last mile is all down hill.” This proved to be good advice as the same road that you run up for the first mile is descended back to the finish and my slowest

mile was followed by the quickest of the race. One last shock was in store, when four hundred metres from the finish a member of the large crowd watching jumped on to the road screaming like a banshee “ Go on Alex give it some more.” Loretto was jumping up and down taking photos. I have always wondered how she can shout so loud. I did in deed try to give it some more and pushed on to the finish and stopped my watch at 1hr 25min 25secs a new PB just as my coach had promised.

That evening, feeling pretty pleased and smug with myself, discussing the event with Loretto over a few glasses of wine deep in the Welsh hills I phoned my children. When I had explained to my daughter, Ella 8 years old, that Dad had run 13miles in the rain in Wales in the fastest time he had ever done she asked me a question I could not answer. “ Why would you want to do that?”

Date; 20<sup>th</sup> Sept 2004

Venue: My dining room on the computer

Wisdom to be gained from the above events

1. Do not make casual remarks about how you can break a PB if you wanted to.
2. If an aggressive looking athlete wants to spit in your face and then kick you, let him and then say “thank you.”
3. Do not get too attached to your running shoes. They’re only trainers.
4. Children have more common sense than their parents.

For the record

1<sup>st</sup> male Zachary Kihara 1hr 4min 44secs  
1<sup>st</sup> female Catherine Matwa 1hr 15min 53secs  
79 Alex Marshall 1hr 25min 25secs  
145 Andy Boardman 1hr 29min 59secs  
1296 finishers.

#### **Nuneaton 10 19/9/4**

6 Ian Burygoyne 57m28s  
10 Paul Kelly 58m48s  
14 Mick O'Shea 60m46s  
23 Mark Baker 63m44s  
36 Dave Lee 65m14s  
50 Richard French 67m03s  
52 Pete Armstrong 67m18s  
55 Andrew Ralph 67m41s  
62 Rich Vaughan 68m24s  
66 Sid Windridge 69m16s  
71 Adrian Jones 70m49s  
72 Paul McGirk 71m06s  
98 Simon Harper 75m01s  
105 Bob Adams 76m45s  
115 Becky Smith 79m10s  
121 Lucinda Wilson 80m42s  
122 John Ralph 81m10s  
133 Tony French 86m05s  
138 Sharon Thompson 92m02s  
139 Vicky Ward 92m29s  
142 Donna West 94m38s

#### **Bristol Half Marathon 12/9/4**

3628th Robert Pool 1h53m46s PB

#### **Robin Hood Marathon 12/9/4**

62nd Sid Windridge 3h09m51s

## **Robin Hood Half Marathon 12/9/4**

75th Stuart Keen 1h21m04s

1044 Charles Jones 1h40m12s

5422 Diane Keen 2h28m46s

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

## **Race Report – Diane Keen**

I am feeling a bit stiff as I type this as I have just done my half marathon today. For all of you who regularly run this distance I take my hat off to you all (not my sports bra as it was welded to me by the time I had finished). It was the most fantastic experience to be part of this race/run and I am so pleased I did it. The weather stayed fine; the course was very well supported and the event so well organised.

I actually managed to run the entire 13.1 miles which came as a complete surprise to me although I ran at a fairly slow (even for me) pace. At mile five there was part of the course where you ran the other side of the road to the elite runners who were approaching their mile ten and this is where Stuart and I passed each other which was really great for both of us. I was really comfortable all the way round and the big finish on the field had crowds of people there shouting and cheering including my parents who had turned up as a surprise.

I did come across the line bawling my eyes out as I was so pleased that I had done it. According to my time I did 2.28.46 but I think the official time will be about 2.35 but I don't care this time I was not at the back with some 76 year old grey haired chappie but more respectably with a large group of like minded bods running the same pace as me and this time I was in the car on my way home passing others who had yet to finish.

What a brilliant day and now I am off to the pub to replenish my liquid stores!!!!

Footnote from Stuart: It was a brilliant day and to see Diane come in over the finishing line 'bawling her eyes out' was magical! I did, I must admit, have a couple of niggling doubts that the distance would be too much, but her common sense had already told her to keep the pace down and just get round...and that she did...in fact there were 546 other runners who came in after her...and they weren't all 76 year old men as you will see if you look at the results!

On a personal note 5893 runners came in after me as I came 75<sup>th</sup> overall in 1.21.04 (chip time) and was very pleased that! Just one small gripe was to be had with other runners though, and this is probably something that you have all come across in big races.

Where you have the various starting pens; i.e: sub 1.10, sub 1.30, sub 2.00 etc, why do too many people cram down to the front when they know full well that they aren't capable of the particular pace that is needed for that particular area. This made the 1<sup>st</sup> mile quite a bit slower than I had hoped for, and as everyone was wearing timing chips anyway then they didn't need to cram in near the start. Anyway, with that off my chest, we shall certainly be going back next year as it will be the 25<sup>th</sup> year of the Robin Hood race so should be a good one. In fact, they are now taking online entries for next years race at:

[www.robinhoodmarathon.co.uk](http://www.robinhoodmarathon.co.uk)

Right, well, we're off to Greece for a week now; so will see you all soon.

'Keep on running' Stuart & Diane

## **Coventry Way 40miles 12/9/4**

1st Dave Halford 7h18m

7th Adrian Jones ??

## **Calver Wolverhampton Half Marathon 5/9/4**

39th Mark Baker 1h29m29s

Total Entries 1090 Unatt 771, Attached 310

Total Finishers 944 Unatt 656, Attached 284

## **Calver Wolverhampton Marathon 5/9/4**

34 Charles Pope 3-34.51

82 Paul McGurk 4-05.48

194 finishers

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



**Owls 10m, Leicester, 5/9/4**

14th Paul Kelly 1h00m44s (1stV50)

350th Angela Allison 2h09m34s

**Autumnal 5 mile 3/9/4**

7	0:26:47	HOLMES, N	SM	166
14	0:28:02	BURGOYNE, I	SM	151
15	0:28:13	O'SHEA, M	M40	5
23	0:29:11	BARRY, R	SM	137
31	0:29:53	KEEN, Stuart	SM	381
47	0:30:57	BAKER, Mark	SM	56
65	0:32:13	FRENCH, R	SM	164
73	0:32:43	ARMSTRONG, P	SM	126
76	0:32:52	ANDREW, Ralph	M40	76
90	0:33:38	JORDAN, Tom	M40	71
111	0:35:03	MASON, S	SM	119
112	0:35:04	REBECCA, Smith	SL	304
113	0:35:08	SIMMONDS, Edward	M45	57
141	0:36:55	MACKNESS, Tony	M45	58
143	0:36:58	HANBURY, Craig	SM	34
173	0:39:46	BARRETT, Fraser	M40	61
177	0:40:07	RALPH, John	M65	75
183	0:40:18	KEHOE, S	L40	210
206	0:42:38	THOMPSON, Sharon	SL	391
208	0:42:43	WARD, Vicky	SL	59
213	0:43:19	WEST, Donna	L35	25
222	0:44:31	HANDS, Angela	L35	26
226	0:44:51	KEIGHLEY, L	M50	13
229	0:45:49	SPARK-DUPREEZ, Natile	SL	334
230	0:45:49	DELASALLE, Jenny	SL	353
247	0:50:25	KEEN, Diane	L40	55

**August, 2004 Results**

Dorset Marathon, Isle of White XC Marathon, Trots 10K 29/8/4, Race The train 21/8/4, Good Bad Ugly 21/8/4, 25th Burnham Beeches Half Marathon 15/8/4, Race the Train 11/7/4  
6 events, 12 Runners (not inc club runs)

**Dorset Marathon**

Chuck Pope 4h10m00s

**Isle of White Inaugral Cross-Country Marathon**

1st Dave Halford 3h26m15s (by over 15 mins)

**TROTS 10k 29/8/4**

9	1	STUART	KEEN	00:39:17	OM
35	45	JOHN	ELLIOTT	00:45:38	OM
83	2	DIANE	KEEN	01:08:00	F35

**Race Report – Stuart Keen**

TROTS 10k took place, apart from Pembrokeshire (big county that). Well, it took place from a small town called St Clears which is just off the A40 (Carmarthen - Havorfordwest road) near Carmarthen. TROTS are the local running club and the race was held very near to where Diane's brother lives, so as we were staying there for the bank hols it seemed too good an opportunity to miss.

And would you Adam & Eve it but we bumped into another Northbrook runner, John Elliot who was staying down that way with his wife...it's a small world! Anyway, 5ks of serious up-hill followed by 5ks of serious down-hill. There were trophies for the winners, while the rest of us were given goody bags at the finish with crisps, drink and fruit...now there's lovely is it. It has been

pointed out that Diane seems to like taking part in 10ks that are in the hilliest parts of the country...so we are going to put an end to that and have registered for the Brighton Reebok 10k in November which promises to be totally flat!

**Race The Train 14.75 mile 21/8/4**

198 Richard French 1h55m39s

489 Dennis Saunders 2h17m14s

**The Good Bad Ugly Approx 4 miles 21/8/4**

Start at the Bull and Butcher (Corley) at 3 p.m.

Rob Barry 5	20 35	Mick O Shea 4	45 04 (20 11)	Tom Gillon 8	72 02 (24 24)
Dave Clarke 8	21 05	Gethin Lines 8	47 38 (26 33)	Oliver Lines 3	72 20 (22 08)
Andrew Ralph 1	23 06	Paul McGirk 7	49 45 (23 48)	Adrian Jones 7	73 13 (23 28)
Pete Armstrong 2	23 41	Jason Nicholson 3	50 12 (21 45)	Nathan Holmes 1	74 21 (19 03)
Con McHugh 4	24 53	Lynne Cooke 5	51 58 (31 23)	Fraser Barrett 4	74 59 (29 55)
Steve Mason 7	26 02	Mark Donnelly 6	54 28 (23 55)	Tom Jordan 5	75 49 (23 51)
Sharon Keogh 3	28 27	Natalie Spark-DuPres 1	55 18 (32 12)	Tony Hoy 6	76 02 (21 34)
Steph Berry 6	30 33	J o Moyse 2	56 14 (32 33)	Mark Baker 2	78 48 (22 36)

## **Team Managers' Wise Words**

**Ladies: Sarah McNaney**

**Gentlemen: Mick O'Shea**

Only the ladies this month! I am sure Mick will have some words for October.

### **Northbrook AC**

#### **Ladies Section – Team Managers Words of Encouragement!!!!**

Having looked through the Winter diary, it looks like we are in for a very busy road and cross country running season and I am sure that we are all looking forward to it with great enthusiasm!!

As the ladies section are doing so well in the Warwickshire Road League, I look forward to the next few races and to hopefully regaining our title. Go get 'em girls!!

The cross country season looks like it will be a busy one with plenty of varied venues and ideal opportunities for the ladies to really excel at it this year!

May I just remind everyone though, when running in the evening to ensure you run in groups on well lit streets. Safety is paramount at this time of the year. Make sure that you are visible by wearing light coloured clothing, or even better, reflective bibs. Don't leave any of your fellow runners on their own – stay together!!!

Whatever your aims and goals are, may they all be achieved this year.

Happy Running!!!!

**Sarah McNaney**



# **Northbrook Athletic Club - Coventry**

## **Winter Diary 2004/2005**

### **Road Races**

<u>Date</u>	<u>Event</u>	<u>Venue</u>
September	19 <sup>th</sup> Warwickshire Road Race Championship Nuneaton 10	Wolvey
	25 <sup>th</sup> MCAA 6 stage and women's 4 stage Road Relays.	Sutton Park.
October	10 <sup>th</sup> Warwickshire Road Race Championship Kenilworth Half Marathon.	Castle Farm Sport Ct
	17 <sup>th</sup> Warwickshire Road Race Championship Rugby 10.	Ken Marriot Sport Ct
	23 <sup>rd</sup> AAA of E. 6 stage and women's 4 stage Road Relays.	Sutton Park.
April	2 <sup>nd</sup> MCAA 12 stage and women's 6 stage Road Relays.	Sutton Park.
	23 <sup>rd</sup> AAA of E. 12 stage and women's 6 stage Road Relays.	Sutton Park.

### **Cross Country Races**

<u>Date</u>	<u>Event</u>	<u>Venue</u>
October	2 <sup>nd</sup> Midland Cross Country Relays.	Leicester.
	24 <sup>th</sup> Northbrook Handicap Race (Start 09:30 am)	Coundon Park
	30 <sup>th</sup> Birmingham & district Invitation Cross Country League	Senneleys Park.
	30 <sup>th</sup> Midland Women's Cross Country League.	Senneleys Park.
November	6 <sup>th</sup> ECCA National Cross Country Relay Championships.	Mansfield.
	27 <sup>th</sup> Birmingham & district Invitation Cross Country League.	Coundon Park
	27 <sup>th</sup> Midland Women's Cross Country League.	TBC
December	4 <sup>th</sup> Midland 7 Men & Midland 4 Women Championships.	Leamington
	12 <sup>th</sup> Northbrook Handicap Race (Start 09:30 am)	Coundon Park
January	15 <sup>th</sup> Warwickshire Cross Country Championships.	TBC
	22 <sup>nd</sup> Birmingham & district Invitation Cross Country League.	Nuneaton Harriers
	22 <sup>nd</sup> Midland Women's Cross Country League.	TBC
	29 <sup>th</sup> Midland Cross Country Championships.	Stafford Common
February	6 <sup>th</sup> Northbrook Handicap Race (Start 09:30 am)	Coundon Park
	12 <sup>th</sup> Birmingham & district Invitation Cross Country League.	Worcester AC
	12 <sup>th</sup> Midland Women's Cross Country League.	TBC
	19 <sup>th</sup> ECCA National Cross Country Championships.	Cofton Park, Longbridge

Note: This year, **only** the three Handicap races will count towards the Northbrook Winter Handicap Championship.

### **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	27 <sup>th</sup> Christmas Party - Theme "Grease"	Jaguar Sports & Social
January	29 <sup>th</sup> Annual Club "Presentation Night"	Stonebridge Manor

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

## Some Fun

A beginner's guide to the South African language/culture

### Braai

What is a braai? It is the first thing you will be invited to when you visit South Africa. A braai is a backyard barbecue and it will take place whatever the weather. So you will have to go even if it's raining like mad. At a braai you will be introduced to a substance known as mieliepap.

### Ag

This one of the most useful South African words. Pronounced like the "ach" in the German "achtung", it can be used to start a reply when you are asked a tricky question, as in: "Ag, I don't know." Or a sense of resignation: "Ag OK, I'll have some more mieliepap then." It can stand alone too as a signal of irritation..

### Donner

A rude word, it comes from the Afrikaans "donder" (thunder). Pronounced "dorner", it means "beat up." A team member in your rugby team can get donned in a game, or your wife can donner you if you come back from a braai at three in the morning.

### Eina

Widely used by all language groups, this word, derived from the Afrikaans, means "ouch." Pronounced "aynah". You can say it in sympathy when you see your friend the day after he got donned by his wife.

### Hey

Often used at the end of a sentence to emphasize the importance of what has just been said, as in "You're only going to get donned if you come in late again, hey?" It can also stand alone as a question. Instead of saying "excuse me?" or "pardon me?" when you have not heard something directed at you, you can always say: "Hey?"

### Izit?

This is another great word to use in conversations. Derived from the two words "is" and "it", it can be used when you have nothing to contribute if someone tells you something at a braai. For instance, if someone said: "The Russians will succeed in their bid for capitalism once they adopt a work ethic and respect for private ownership", it is quite appropriate to respond by saying: "Izit?"

### Jawelno fine

This is another conversation fallback. Derived from the four words: "yes", "well", "no" and fine", it roughly means "OK". If your bank manager tells you your account is overdrawn, you can, with confidence, say: "Jawelno fine."

### Klap

Pronounced "klap" - an Afrikaans word meaning smack, whack or spank. If you spend too much time in front of the TV during exam time, you could end up getting a "klap" from your mother. In America, that is called child abuse. In South Africa, it is called promoting education. But to get "lekker geklap" is to get motherlessly drunk.

### Lekker

An Afrikaans word meaning nice, this word is used by all language groups to express approval. If you enjoyed a braai thoroughly, you can say: "Now that was lekk-errrrrr!" while drawing out the last syllable.

### Tackies

These are sneakers or running shoes. The word is also used to describe automobile or truck tires. "Fat tackies" are really wide tires, as in: "You've got lekker fat tackies on your Volla, hey?"

### Dop

This word has two basic meanings, one good and one bad. First the good: A dop is a drink, a cocktail, a sundowner, a noggin. When invited for a dop, be careful! It could be one sedate drink or a blast, depending on the company. Now the bad: To dop is to fail. If you "dopped" standard two (Grade 4) more than once, you probably won't be reading this.

#### Saamie

This is a sandwich. For generations, school- children have traded "saamies" during lunch breaks. In South Africa you don't send your kid to school with liver-polony saamies. They are impossible to trade.

#### Bakkie

This word is pronounced "bucky" and can refer to a small truck or pick-up. If a young man takes his "girl" (date) in a bakkie it could be considered as a not so "lekker" form of transport because the seats can't recline.

#### Howzit

This is a universal South African greeting, and you will hear this word throughout the country. It is often accompanied with the word "Yes!" as in: "Yes, howzit?". In which case you answer "No, fine."

#### Now now

In much of the outside world, this is a comforting phrase: "Now now, it's really not so bad." But in South Africa, this phrase is used in the following manner: "Just wait, I'll be there now now." It means "a little after now".

#### Tune grief

To be tuned grief is to be aggravated, harassed. For example, if you argue with somebody about a rugby game at a braai and the person had too much dop (is a little "geklap"), he might easily get aggravated and say.: "You're tuning me grief, hey!". To continue the argument after this could be unwise and result in major tuning of grief.

#### Boet

This is an Afrikaans word meaning "brother" which is shared by all language groups. Pronounced "boot" but shorter, as in "foot", it can be applied to a brother or any person of the male sex. For instance a father can call his son "boet" and friends can apply the term to each other too. Sometimes the diminutive "boetie" is used. But don't use it on someone you hardly know - it will be thought patronizing and could lead to you getting a "lekker klap".

#### Pasop

From the Afrikaans phrase meaning "Watch Out!", this warning is used and heeded by all language groups. As in: "The boss hasn't had his coffee yet - so you better pasop boet" Sometimes just the word "pasop!" is enough without further explanation. Everyone knows it sets out a line in the sand not to be crossed.

#### Skop, Skiet en donner

Literally "kick, shoot and thunder", this phrase is used by many South African speakers to describe action movies. A Clint Eastwood movie is always a good choice if you're in the mood for of a lekker skop, skiet en donner flick.

#### Vrot

Pronounced - "frot". A expressive word which means "rotten" or "putrid" in Afrikaans, it is used by all language groups to describe anything they really dislike. Most commonly intended to describe fruit or vegetables whose shelf lives have long expired, but a pair of old tackies (sneakers) worn a few years too long can be termed "vrot" by some unfortunate folk which find themselves in the same vicinity as the wearer. Also a rugby player who misses important kicks or tackles can be said to have played a vrot game - opposite to a "lekker" game (but not to his face). A movie was once reviewed with this headline: "Slick Flick, Vrot Plot."

#### Rock up

To rock up is to just, sort of arrive (called "gate crash" in other parts of the world). You don't make an appointment or tell anyone you are coming - you just rock up. Friends can do that but you have to be selective about it. For example, you can't just rock up for a job interview.

#### Scale

To scale something is to steal it. A person who is "scaly" has a doubtful character, is possibly a scumbag, and should rather be left off the invitation list to your next braai.

Janee

"Yes No" in English. Politics in South Africa has always been associated with family arguments and in some cases even with physical fights. It is believed that this expression originated with a family member who didn't want to get a klap or get donnerred, so he just every now and then muttered "ja-nee". Use it when you are required to respond, but would rather not choose to agree or disagree.

## The finest double entendres from British TV

: FW: The finest double entendres from British TV.....

MICHAEL Buerk watching Phillipa Forrester cuddle up to a male astronomer for warmth during BBC1's UK eclipse coverage remarked: "They seem cold out there, they're rubbing each other and he's only come in his shorts."

KEN Brown commentating on golfer Nick Faldo and his caddie Fanny Sunneson lining-up shots at the Scottish Open: "Some weeks Nick likes to use Fanny, other weeks he prefers to do it by himself."

MIKE Hallett discussing missed snooker shots on Sky Sports: "Stephen Hendry jumps on Steve Davis's misses every chance he gets."

JACK Burnicle was talking about Colin Edwards' tyre choice on World Superbike racing: "Colin had a hard on in practice earlier, and I bet he wished he had a hard on now."

Chris Tarrant discussing the first Millionaire winner Judith Keppel on This Morning: "She was practising fastest finger first by herself in bed last night."

WINNING Post's Stewart Machin commentating on jockey Tony McCoy's formidable lead: "Tony has a quick look between his legs and likes what he sees."

ROSS King discussing relays with champion runner Phil Redmond: "Well Phil, tell us about your amazing third leg."

CRICKETER Neil Fairbrother hit a single during a Durham v Lancashire match, inspiring Bobby Simpson to observe: "With his lovely soft hands he just tossed it off."

CLAIR Frisby talking about a jumbo hot dog on Look North said: "There's nothing like a big hot sausage inside you on a cold night like this."

JAMES Allen interviewing Ralf Schumacher at a Grand Prix, asked: "What does it feel like being rammed up the backside by Barrichello?"

WILLIE Carson was telling Claire Balding how jockeys prepare for a big race when he said: "They usually have four or five dreams a night about coming from different positions."

A FEMALE news anchor who, the day after it was supposed to have snowed and didn't, turned to the weatherman and asked, "So Bob, where's that eight inches you promised me last night?" Not only did HE have to leave the set, but half the crew did too, because they were laughing so hard!

PGA Commentator - "One of the reasons Arnie (Arnold Palmer) is playing so

well is that, before each tee shot, his wife takes out his balls and kisses them ... Oh my god!!!!!! What have I just said?!!!!!"

METRO Radio - "Julian Dicks is everywhere. It's like they've got eleven Dicks on the field."

HARRY Carpenter at the Oxford-Cambridge boat race 1977 - "Ah, isn't that nice. The wife of the Cambridge President is kissing the Cox of the Oxford crew."

TED Walsh- Horse Racing Commentator - "This is really a lovely horse. I once rode her mother."

NEW Zealand Rugby Commentator - "Andrew Mehrtens loves it when Daryl Gibson comes inside of him."

PAT Glenn- Weightlifting commentator - "And this is Gregoriava from Bulgaria. I saw her snatch this morning and it was amazing!"

# **Northbrook Athletic Club - Coventry**

## **Winter Diary 2004/2005**

### **Road Races**

<u>Date</u>	<u>Event</u>	<u>Venue</u>
September	19 <sup>th</sup> Warwickshire Road Race Championship Nuneaton 10	Wolvey
	25 <sup>th</sup> MCAA 6 stage and women's 4 stage Road Relays.	Sutton Park.
October	10 <sup>th</sup> Warwickshire Road Race Championship Kenilworth Half Marathon.	Castle Farm Sport Ct
	17 <sup>th</sup> Warwickshire Road Race Championship Rugby 10.	Ken Marriot Sport Ct
	23 <sup>rd</sup> AAA of E. 6 stage and women's 4 stage Road Relays.	Sutton Park.
April	2 <sup>nd</sup> MCAA 12 stage and women's 6 stage Road Relays.	Sutton Park.
	23 <sup>rd</sup> AAA of E. 12 stage and women's 6 stage Road Relays.	Sutton Park.

### **Cross Country Races**

<u>Date</u>	<u>Event</u>	<u>Venue</u>
October	2 <sup>nd</sup> Midland Cross Country Relays.	Leicester.
	24 <sup>th</sup> Northbrook Handicap Race (Start 09:30 am)	Coundon Park
	30 <sup>th</sup> Birmingham & district Invitation Cross Country League	Senneleys Park.
	30 <sup>th</sup> Midland Women's Cross Country League.	Senneleys Park.
November	6 <sup>th</sup> ECCA National Cross Country Relay Championships.	Mansfield.
	27 <sup>th</sup> Birmingham & district Invitation Cross Country League.	Coundon Park
	27 <sup>th</sup> Midland Women's Cross Country League.	TBC
December	4 <sup>th</sup> Midland 7 Men & Midland 4 Women Championships.	Leamington
	12 <sup>th</sup> Northbrook Handicap Race (Start 09:30 am)	Coundon Park
January	15 <sup>th</sup> Warwickshire Cross Country Championships.	TBC
	22 <sup>nd</sup> Birmingham & district Invitation Cross Country League.	Nuneaton Harriers
	22 <sup>nd</sup> Midland Women's Cross Country League.	TBC
	29 <sup>th</sup> Midland Cross Country Championships.	Stafford Common
February	6 <sup>th</sup> Northbrook Handicap Race (Start 09:30 am)	Coundon Park
	12 <sup>th</sup> Birmingham & district Invitation Cross Country League.	Worcester AC
	12 <sup>th</sup> Midland Women's Cross Country League.	TBC
	19 <sup>th</sup> ECCA National Cross Country Championships.	Cofton Park, Longbridge

Note: This year, **only** the three Handicap races will count towards the Northbrook Winter Handicap Championship.

### **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	27 <sup>th</sup> Christmas Party - Theme "Grease"	Jaguar Sports & Social
January	29 <sup>th</sup> Annual Club "Presentation Night"	Stonebridge Manor

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



**Northbrook Road Race Championship 2004 (Up to 12 September)**

Female																																		
Po sn	Name		5K			5 Mile			10K			10 Mile				Half Maratho n				20 Mile				Marat hon				TOT AL POIN TS (5/ 7)						
			Time		Pt s	Time		Pt s	Time		Pts	Time			Pt s	Time			Pt s	Time			Pt s	Time			Pt s							
			Min. n.	Se cs.		Min. n.	Sec s.		Min. n.	Secs.		Hr.	Min. n.	Sec s.		Hr.	Min. n.	Sec cs.		Hr.	Min. n.	Se cs.		Hr.	Min. n.	Se cs.								
1	Rebecca	Smith	20	54		20	35	4	20	46	28	18					1	3	7	50	1	9	2	44	55	1	9	3	30	31	2	0	98	
2	Julie	Neville McNaney				39		11	16	52	54	11					1	5	3	1	6	1	3	0	31	8	1	4	6	16	5	1	76	
3	Sarah		23	47		15	37	58	17	52	42	12					1	9	54	0	1	3	7	11	6	1	4	11	18	4	1	74		
4	Helen Lorretto	Jones	22	20		18	35	26	18	45	34	19					1	5	8	22	2	2											67	
5	Louise	Denley	22	16		19	35	7	19								1	5	3	57	0	1											58	
6	Lesley	Denley Keighley															1	9	59	8		2	0	3	38	13	2	3	32	18	9	1	57	
7	Sharon	Thompson				42		7	12	57	3	7					2	1	5	41	9	1	3	11	39	4	4	20	44	3	1	55		
8			23	48		14	41	2	13								1	4	55	5	5						4	41	38	2	1	54		
9	Sylvia	Guthrie	25	17		10	40	26	14	52	19	14					1	5	6	46	3	1											51	
10	Sarah Catherine	Edkins	23	35		16				52	12	15					1	6	5	7	4	1											45	
11		Gavin				45		12	7								1	9	15	1		3	5	11	38	1	5	4	42	3	1	1	44	
12	Steph Andrea	Berry															2	7	54	8		3	1	41	7	1	4	3	57	7	1	42		
13		Giehl								58	34	5										3	15	50	3	4	5	46	6				34	
14	Emily	Ducker	23	33		17				50	47	16																					33	
15	Lisa	Calcutt								52	37	13					1	5	1	0	7												30	
15	Lynne	Cook	24	34		11	42	20	10	58	4	6					2	3	0	38	3												30	
17	Vicky	Ward	25	46		9	42	12	11	53	24	9																					29	
18	Angela	Hands	27	50		5	43	38	8	55	57	8					2	1	4	57	6												27	
18	Sharon	Kehoe	24	31		12	40	18	15																								27	
20	Angela	Allison								65	47	1	1	54	12	20	2	3	2	23	2												23	
21	Joanne	Moyse	26	22		7	45	40	5	64	15	3					2	1	4	15	7												22	
22	Lucinda	Wilson								44	27	20																						20
23	Joy	Wilkinson																						3	52	14					1	8	18	
24	Ruth	Staff								48	54	17																						17

[illegible]

Northbrook Road Race Championship 2004 (Up to 12 September)																												
Male																												
Pos	Name		5K			5 Mile			10K			10 Mile				Half Marat hon				20 Mile				Marat hon				TOTAL POINTS (5 OUT OF 7)
			Time		Pts	Time		Pts	Time		Pts	Time			Pts	Time			Pts	Time			Pts	Time			Pts	
			Min.	Sec s.		Min.	Sec s.		Min.	Sec s.		Hr.	Min.	Sec s.		Hr.	Min.	Sec s.		Hr.	Min.	Sec s.		Hr.	Min.	Secs.		
1	Nathan	Holmes	15	57	20	26	15	20	32	29	20					1	17	16	20								3	54
1	Paul	Kelly	17	22	16	27	32	17	35	9	17	0	59	23	20	1	18	1	19									
3	Stuart	Keen	17	27	15	28	58	15	37	35	14	1	2	37	19	1	20	43	17									
4	Mark	Baker	18	35	11	30	18	12	39	44	11					1	25	32	13		2		17	40		20	3	25
5	Ian	Burgoyne	16	27	19	26	29	19	34	8	19					1	23	38	14									
6	Rob	Barry	17	44	13	29	1	14	36	37	15					1	20	40	18									
7	Dave	Clarke	17	4	18	26	51	18	34	52	18																	
8	Andy	Ralph	19	42	3	31	58	6	42	17	8					1	28	44	11		2		29	32		15	3	32
9	Los	Thompson	19	37	4				42	33	6					1	33	57	8		2		26	10		17	3	26
10	Mick	O'Shea	17	6	17	28	13	16	35	48	16																	
11	Adrian	Powell	19	31	5	32	4	4	44	42											2		23	10		19	3	13
12	Dave	Halford				31	41	7	38	28	13																3	7
13	Dan	McHugh				30	25	11								1	31	3	9		2		24	12		18		
14	Adian	Perett																			2		34	35		14	3	22
15	Rich	French	18	36	10	31	18	9	40	37	10																	
16	Sid	Windridge				33	16		41	57	9																3	9
17	Jason	Nicholson	17	40	14	29	31	13																				
18	Tony	Mackness	20	52		34	0		43	27	4					1	36	4	5		2		29	7		16		
19	Tony	Hoy	18	32	12				38	42	12																	
20	Andy	Rowe																			2		40	43		13	3	47
21	Gary	Thomas	19	28	6											1	22	41	16									
22	John	Ralph	22	7		37	33		47	38						1	47	35			2		59	23		12	4	13
22	Dave	Lee	18	51	9	30	39	10																				
24	Tony	French	26	17		39	22		52	33											3		8	50		10	4	48
25	Simon	Harper	21	17		35	20		45	35						1	37	7	4								3	46
25	Paul	McGurk	20	48		33	9		42	24	7					1	56	58									4	5
25	Pete	Osborn														1	23	13	15									
28	Chuck	Pope																										
29	Ian	Strain							45	34																	3	28
29	Alex	Marshall	18	53	8	31	59	5																			3	29
31	Bob	Adams	21	50												1	28	2	12									
31	Richard	Hands	21	13		35	34		48	44						1	43	27	1		3		5	33		11		
33	Andrew	Boardman				32	45									1	30	39	10									
33	Adrian	Jones	21	16		32	49		43	28	3					1	35	47	7									
35	Nigel	Quaye	19	8	7	32	42	2																				
36	Graham	Cramp				31	27	8																				
37	John	Elliott							45	38						1	35	52	6									
38	Robert	Pool	22	58		41	18		55	21						2	5	11									5	14
38	Tom	Jordan	20	56		33	38		43	13	5																	
40	Charles	Jones	21	40					45	0						1	40	12	3									
40	Paul	Lawlor				32	17	3																				
40	Pete	Armstrong	19	52	2	32	43	1																				
43	Steve	Mason	21	39		35	3									1	43	3	2									
43	Danny	Foulstone	20	17					43	47	2																	

45	Kevin	Viner	21	9			43	53	1			
45	Rich	Vaughan	20	11	1							
	Jerry	Trill								1	47	36
	Fraser	Barrett	24	8		39	17	54	57	1	56	27
	Mick	Duggan	21	7		34	13	44	7			
	Eddie	Simmond	20	56		35	8	44	59			
	Dennis	Carey				35	51	45	13			
	Craig	Hambury	21	30		36	58	47	21			
	Gary	Nicely						53	19			
	Shaun	Flanagan	26	23		43	9	56	28			
	Chris	Glen	20	14		33	51					
	Barry	Holmes	21	38		35	30					
	Mal	Boileau	22	47		36	30					
	Martin	Turrall	23	52		38	43					
	Mark	Donnelly	20	15								
	Gareth	Knight	20	28								
	Gethin	Lines	21	41								
	Adrian	Eastham	23	3								
	Roger	Ladbury	23	25								
	Martin	McHugh	24	34								
	Bob	Awcock	24	51								
	Dave	New	25	34								
	Tony	Murphy	29	17								
	Jon	Guest										
	Rich	O'Shea										
	Alistair	Gray										
	Tom	Gillon										
	Daniel	Grose										
	Con	McHugh										
	Pete	Austin										
	Paul	McKeeney										
	Richard	Ansell										
	Andy	Walker										
	Neil	Walker										
	Andy	Whitehouse										
	Albert	McCosker										
	John	Bird										
	Alan	Jones										
	Andy	Davis										
	Bill	Weston										
	Rob	Sharratt										
	Andy	Houston										
	Martin	Taylor										
	Norman	Gilkes										
	Tim	Wright										
	Steve	Simpson										