



# Northbrook Runner

December 2004



## Newsletter Update

The final newsletter of the year, just in time for Christmas.

Obviously a busy time for everyone, lots of races and the start of marathon training schedules for those who have entered a marathon in the New Year.

Thanks to those who have helped with the Newsletter over the past 12 months. Your help is much appreciated.

Have a great Christmas, best wishes for the New Year.

## Northbrook AC AGM

Tuesday January 25th 2005, The Jag. Sports & Social Club, Browns Lane

If you have any matters relating to the running club that you wish to be brought up at the AGM, then you can either e-mail them to me and I will pass them on to Bob, or put them down in writing and give them to Bob directly.

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

Andy Boardman – a great article on the New York marathon  
Con McHugh – keeping the website up to date  
Nathan Holmes – Another good contribution  
Mark Baker – an excellent marathon report and as usual the club's meeting minutes, never late!  
Tony French – Race diary, article from the Internet  
Editor – Dan McHugh



## Ingle Corbett

Ingle sadly passed away in November after he finally succumbed to Cancer. Everyone who knew Ingle will appreciate the following words from Shaun Flanagan.

**By Shaun Flanagan**

"My Mate Ingle Corbett" - Shaun Flanagan 10/12/4  
Known for his determination, stubbornness, cussidness, and eating.

A man who loved his sports, his fellow athletes, his environment, his social life with the people he ran with, as well as beer, one arm bandits, and steam trains. He looked after his mates mostly, by telling rubbish jokes and stories about meals he had eaten, sometimes twice!

He showed us videos of comedians such as, Billy Connolly, Jethro, and my favourite, Mike Harding. He also tortured us for hours with steam train videos.

My mate Ingle died with his family by his side after they had looked after him and helped him cope with his awful illness; to them I send my respects.

And I know you (Ingle) must be either running up some great fell, or drinking a pint of Lancaster bomber, because that's your kind of heaven. Shaun

## More News

### X-country season:

#### 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:

Dave Clarke - October  
Robert Pool - November

## Social News

### Website Stats & Summary

### AGM 25/1/05 The Jag. Sports & Social Club, Browns Lane.

If you have any matters relating to the running club that you wish to be brought up at the AGM, then you can either e-mail them to me and I will pass them on to Bob Adams, or put them down in writing and give them to Bob directly at least 2 weeks prior to the AGM.

Presentation Night 29/1/5

Hartington Hall 26-29/8/5

Northbrook's annual fell running/walking trip for August bank holiday 2005 has been booked at Hartington Hall (where Rob works) Dates are Friday 26, Saturday 27, Sunday 28, Monday 29 August 2005.

We have booked 21 beds at £17 per night. A £10 deposit will secure you a bed on this popular Northbrook weekend. Breakfast and evening meals are available at extra cost. If interested see Tom Gillon for more details.

Period: 498 Days

#### Summary

##### Daily Unique:

Today	14 / 11 Dec, Sat, 2004
Yesterday	25 / 10 Dec, Fri, 2004
Average	22
Highest Day	102 / 16 Jun, Mon, 2003

##### Weekly Unique:

Current Week	134 / Wk 50, 2004
Last Week	194 / Wk 49, 2004
Average	149
Highest Week	332 / Wk 03, 2004

##### Monthly Unique:

Current Month	247 / Dec, 2004
Last Month	835 / Nov, 2004
Average	635
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	12076 - 84.79%
Visits incl. Reloads	14242
Reloads	2166 - 15.20%
Visitors via Referrers	8281 - 68.57%
Website Referrers	278
Javascript Enabled	11864 - 98.24%

#### 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

Period: 547 Days

## Grease Night Photo's – Nov 2004





# Northbrook AC Annual Presentation Evening 04/05

**When:** Saturday 29th Jan, 7.30pm

**Where:** Quality Hotel – Stonebridge Manor (fronts A45 , accessed from Windmill Hill )

**Cost:** £10 / head . (£6 for under 15 children) Cheques made out to "Northbrook AC"

- Includes hot buffet, choice of chilli, chicken curry or pasta + selection of sweets
- Bar and disco open until midnight.
- Wine table will be available to pre-order wine.

**Should be good night again.... Please contact:**  
**Tony Hoy (024 76714099) for tickets.**

**Stuart Keen (024 7645 4992) or**

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## Winter running: Helping your feet survive By Christine Dobrowolski

As the days shorten and the weather cools, running becomes more difficult. Many times it may seem more inviting to curl up with a good book and a warm cup of tea as opposed to bundling up and facing the elements. For those who are motivated enough to run through the cold, dark winter days, it is important to know how to protect the feet so they too can survive the winter months.

**1. Wear one pair of light or medium weight (depending on the temperature) synthetic socks.**

Don't wear cotton socks. Synthetic socks wick away moisture and help prevent blister formation and cold feet.

**2. Consider running in a trail shoe.** Trail running shoes will help protect your feet more than lighter nylon running shoes. Trail shoes also tend to have more tread on the bottom to add traction for slippery surfaces.

**3. Make sure your shoes fit.** If your feet tend to swell a little in the summer, then your shoes may be a little loose in the winter. If you tend to wear heavier socks in the winter, this may not be an issue. If not, you may find your cold toes are being jammed against the front of the shoes when running hills and your heel may be slipping and causing blisters.

**4. Avoid tight footwear in cold weather.** Tight shoes may decrease circulation to the toes. The cold weather also will decrease the circulation to the extremities, and the combination can lead to problems.

**5. Pair your socks and shoes.** Don't assume your heavier socks will work with your summer running shoes. The reverse is also true. Your summer running socks may not work with your winter or "muddy" running shoes.

**6. Don't pull out your old shoes for winter running.** You may not want to wear your new running shoes in the rain, but make sure you do not start your winter running in shoes that have 400 - 500 miles on them.

**7. Warm up slowly.** Your muscles will take longer to warm up in colder weather. Without proper warm-up time, you will increase your chance of injury.

**8. Minimize running on uneven ground.** When running on uneven terrain, your body needs to quickly adapt to the rocks, roots or dips. In cold weather, it is more difficult to adjust to uneven terrain because your muscles do not react as quickly. This will increase your chances of developing muscle strains and sprains.

**9. Break in your shoes.** Make sure you have at least 75 - 80 miles of running on your shoes before wearing them in a winter marathon.

**10. Consider cross-training.** If you are feeling more stiff and sore than usual or are experiencing foot, ankle or leg discomfort, take a break from running. Overuse injuries occur more frequently in the winter as runners unconsciously alter their gait to adapt to slippery, hard-to-see surfaces. Consider occasional visits to the gym or embracing the elements on cross-country skis or a bicycle. *Note: For more on cross-training for runners, see Matt Fitzgerald's [six-part series](#) on the subject.*



# Connemara Half and Full Marathon

Some of you may remember that earlier in the year my report on the Connemara half marathon in Ireland. Well it's on again this year, 1/2, full and ultra marathon.

This has got to be one of the most picturesque courses anywhere – it's a tough course but very interesting.

In true Irish fashion, the race finishes at a pub, Peacockes in Maam Cross. For anyone who has seen the Quiet man starring John Wayne and Maureen O'Hara – the location of that film is where the race is on.

This year the race is on Easter Sunday, March 27<sup>th</sup>. I am going over and hope to make my debut at the marathon distance, I have also convinced my wife to do the half marathon!

This is a great race to do, I can recommend it very highly so if anyone is interested, check out the website or get in contact with me.

## ENTRIES LIMITED

Entry limits have been set for 2005 at

1,000 Half Marathon

500 Full Marathon

150 Ultra Marathon



It is expected that the full and half marathons will fill before the booking deadline of March 1st. Once the above limits are hit, no more entries will be taken and our online entry system will be shut down and postal entries after this date will be returned.



[Close Window](#)

. See the following link:

<http://www.connemarathon.com/>

## Race reports

Another excellent article from Dave Halford, ex editor of the newsletter. Well worth a read.

### Through the Eye of the Needles – Dave Halford

An account of the Isle of Wight Needles Cross Country Marathon, August 2004

Pre race preparation had'nt gone well. A bad fall whilst out on a training run had left me bruised and cut with a painful knee and ribs. Wow this is beginning to sound like a Mark Baker report. Get those pre race injuries handy, I nearly decided not to run, but hey I was capable of getting around and The Isle of Wight would make a pleasant Bank Holiday break with the Monday to recover on.

I always intended using this event as a low key warm up for an autumn marathon. The race also appealed as it was "out of the ordinary". There aren't that many cross country marathons about especially in such pleasant countryside. So, with the emphasis on keeping the race stress free, I followed the plan , and the six pints of Hongoblin ale the evening before , helped me relax in a very agreeable manner

Pre race strategy involved a tentative start hanging onto the other runners and making my way through the field in the latter stages. The idea was to keep my personal navigation efforts to a minimum. There were some marshals and the course was marked, but the combination of running and thinking has on occasion led to a short circuit between the legs and the brain!

At the start of the race it was clear that the organisers hadn't exactly been inundated with entries. Thirty three runners on the line and I could sense that they weren't exactly the cream of English distance running. Perhaps it was the walking sticks. I felt that opportunity was knocking at my door, I just hoped the hinges weren't too rusty!

And so the starter fired his pistol, well blew his whistle to be more exact, and the race kicked off. I instantly abandoned my pre race plan. I was bound for glory and no inbred club footed island yokel was going to stop me. I took the lead and stayed in front to the first checkpoint, Victoria fort.

The course followed the coast line with fine views out to the sea, it was possible to make out the needles in the distance, with the second checkpoint on the cliffs above them.

I regained the lead through three steep long climbs, a paddle through the sea and a navigational blunder at Colwell bay, running around and around the holiday homes (still never disappoint ones public). However a red vested runner had caught me up and was on my shoulder at checkpoint two.

The next section was uphill to the Tennyson downs monument which was roughly the ten mile point. We descended into freshwater bay and the car park, checkpoint three. I was greeted by my entourage (mum, brother, sister plus Alsatian dog) howling with excitement (well possibly the dog was) .

Halfway and I'm still feeling good, but second place still looks very strong. The next part follows a gradually climbing track through the golf course. Hopefully everyone has their balls under control! (A double entendre for the editor there, but enough of this flippancia, this is my athletic tour-de-force not a Carry-on film strip).

The second part of the race turns inland and follows the Halstad trail. The ground underfoot is more water logged and overgrown. I can sense that my rival is finding this section hard work and is having trouble staying with me. Sure enough I have "dropped him" by the time we reach checkpoint four, Shallfleet quay.

With a clear lead my confidence increases and I push on through the final sections of the race feeling totally elated. The course follows the coastal footpath dipping and weaving through the pine forests. Back to the road to hit the final checkpoint, the carpark viewpoint looking down on Yarmouth and the bay.

The latter miles are easy running, a down hill section to the River Yar, then a flat section following the old railway line. My supporters meet me and are able to get back to the finish to witness my moment of glory. The organisers aren't exactly prepared: there's no drinks table and more importantly just where is the finish? I sprint across the field I see two youngsters running towards me bearing the finishing banner. A bit surreal this, still nothing that happens to me seems to follow the usual routine format. But what a feeling: first place in a time of 3h26m16s and of course the record

1st Dave Halford 3h26m16s  
2nd Will Ambrosini 3h31m29s  
3rd Pete Young 3h36m18s

Typically a thoroughly biased bitter and twisted country press gave the headlines to (surprise surprise) the local hero "Ambrosini just piped" plus a brief account of his life story. What a cheek. Still I have been able to set the record straight.

# The New York Marathon – Or What I did on My holidays

by Andy Boardman Age 37 and a half.

I arrived in New York for the Marathon almost a year after a drunken conversation with a friend of mine, he fancied running a marathon before he turned forty this November.

After such a hazy and soon forgotten conversation it was something of a shock to be booked, entered and on my way for a two week holiday in the States with her indoors, my friend, and his soon to be Vegas bride. Everything (serious eating drinking) was overshadowed by getting the Marathon under our belts.

To be honest only being back running anything like seriously for a year, and completing every race in some kind of disrepair this was a dodgy proposition. I have run through most injuries in the book this year, including a self inflicted painfully full bladder in the Lake Vyrnwy Half. I've never quite hit my targets on race day.

So to the Marathon start and worried about a few recurring hip and shin problems but convinced I can get round in 3:10-3:25, a 22 mile jaunt on the local canals in 2:55 under my belt.

New York at 5 am heading for a bus to Staten Island, clarifies two things about the City, it is an amazing place from its buildings, its food, nightlife, culture but most importantly it is probably the safest, friendliest City I have ever encountered. I recommend a long weekend to anyone, (but the hotels can be flea pits – trust me cockroaches wouldn't stay in the (The West Park).

After spending 3 pretty chilly hours in the holding area, and watching the toilet queues grow to the size of Glastonbury on Dysentery Sunday, it was start time.

The weather had changed quite dramatically to a pleasant 60 + and we found ourselves on the line behind the 4 hour pacer and about 15000 others.

So a painfully slow first mile running on the metal rim of the Verazano Narrows bridge with a stunning view over the water and a broken ankle in prospect.

Off the beautiful bridge and into Brooklyn this is 8 miles of crowds, and bands, you smile all the way as you weave through the slower runners. The atmosphere and noise is incredible the only quiet place is the Jewish community where the crowds and interest dwindle away.

The Halfway point illustrates 2 factors that make probably make New York slower than a lot of the mass participant city marathons, the bridges and the concrete "steel" hard road surfaces.

After crossing the line with the other walking dead I headed to my baggage car lined out along Central park no. **64, just 63 to go and then the furthest exit**, more swearing, that and the

The polaski bridge at 13 miles though is nothing compared to the covered Queensboro bridge at 16 miles this is a real steep climb and descent at a time when you need to be passing the miles with out undue effort. But the wall of sound you hit at the sharp turn down the off ramp and into Manhattan for the first time sends shivers down the spine.

It was up the long gentle climb of the wide glamorous streets of first avenue that the first signs of trouble ahead began, a slight feeling of cramp in the right calf. To this point all the previous aches and pains had been virtually none existent and I genuinely thought a negative split in the second half and a good turn of speed round Central Park where on the cards. OOPs.

Around mile 19 as I headed into the Bronx cramp struck like I'd never experienced before, first the right calf shot me 2 foot straight up in the air, but not content with this agony the cramp decided the left calf and both thighs should have a go at knotting into tiny balls several inches further up the respective limbs. Now I was in big trouble nearly 7 miles to go and looking like I had a poker up my \*\*\*\*.

N.B. The people of the Bronx where fantastic this is one of the poorest areas of the city but the support was fantastic, the locals set up and funded there own water and feed stations to help people on there way.

But back to my misery and back to Manhattan thanks to a mercifully small bridge, this was 11-12 minute mile times and a desperate attempt to stretch exploding muscles to the finish, I joined a large band of people desperate for trees to push, kerbs to step and stretch on, if you've ever been to cramp land I'm sure you get the picture.

I got a packet of table salt from a medical point at 19 miles or so, but in another lesson learned don't tip the entire contents under your tongue, and realise you have quarter of a mile to hobble to the next water.

I hope my English accent was largely undecipherable to the locals (it was in the bars) as I swore every 2 minutes in very graphic terms to the finish.

The crowds 10 – 15 deep in central park and the scenery where beautiful but all I felt where pain and frustration, full of energy to run but no way to use it. I passed the girlfriend about 600 meters from the finish.

I mentioned the cramp one last time in a flourish of Anglo-Saxon and headed to the finish. It just so happened that Carolyn who has never had any interest in running saw Paula hit the front for the last time just where she stood. The fact that the girls where so transfixed by the atmosphere and the glory that is Paula Radcliffe shows what an occasion this race is.

Sorry I know it's a long rant but I did miss some details like the runner whose bowel control failed..., the laughing Mexicans.....

walk to the hotel the longest of my life.

I didn't say at the finish I'll never do it again but I did say never again unless I was guaranteed no cramp. A frustrating run for me, the legs shot but the lungs ready to roll, but the race, It has to be the best supported, and most fun in the World. Try it once if you can. I recovered with 13 days hard drinking and eating. It only took 6 days before I could walk again, slowly (don't mention subway steps or the \*\*\*\*\* Brooklyn Bridge.

The moral 30 minutes lost in the last 7 miles of grim pain, but from I'll do it for a laugh, to a fierce desire to get it right and get under 3 hours next year. Well you never know with a following wind and someone else's legs.....

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## **NORTHBROOK ATHLETIC CLUB COMMITTEE MEETING**

### **22<sup>nd</sup> November 2004: Minutes prepared by Mark Baker**

**Present:** B.Awcock (President), B.Adams (Chairman), M.Baker (Secretary), T.Hoy (Veterans Sec), T.French (Fixtures Sec), S.Keen (Social Sec).

**1. Apologies-** L.Cook (Treasurer), G.Knight (Running Advisor), S.Guthrie (New Members Sec), M.O'Shea (acting Mens Capt), S.McNaney (Ladies Capt)

#### **2. Matters From Last Meeting-**

a) AGM - Booked at Jaguar for Tuesday 25/1/2005.

b) Winter Handicap Date Change - Now begins at 9.30am on Sunday 19/12/04 at Coundon Park.

c) London Marathon 2005 - 3 Club places received. Expected draw date is Wed 15/12/2004. The AGM ruled that members paid up for 1 calendar year or more, and rejected from race, are eligible for draw.

d) Jaguar Membership - There have been card checks every week. New members need to be signed in.

e) Safety - Reflective tops should be worn and running in groups advised for Winter night runs. Also, it is recommended that any occasional problems during runs are reported to the police.

f) National XC - Tony French said a course has been approved at Cofton Park, Birmingham. Tony is doing a risk assessment. We were asked to supply 4 or 5 helpers on the day, as have all Midland clubs.

g) MCAA Registration - Mark Baker said we will re-register 118 paid members for 2004/05.

**3. Treasurers Report** - Lynne Cook sent a report.

**4. Ladies Captain Report** - Sarah McNaney said that many ladies ran in XC at Senneleys Park.

**5. Men's Captain's Report** - Men ran in National 6-stage relay at Sutton Park. At Senneleys Park XC Div 2 of Birmingham League 'A' team were 5<sup>th</sup>, 'B' team were 2<sup>nd</sup>, 30 men ran. Men did well at Mansfield XC relays. Tony French has latest Road Race Championship list. Next big event is the Birmingham League race at Coundon Park on 27/11/2004, and help is needed from everyone

**6. Social Secretary Report** - 'Grease Night' is at Jaguar on 27/11/2004. Stuart Keen thanked Tony Hoy for all his help with organisation. Presentation Night is on 29/1/2005 at Stonebridge Manor Hotel.

**7. 10Km Race Update** - Next years race will now be on 5/6/2005. This is a week earlier than previously detailed, and was moved after recommendation from Warks County Athletics Association. The WCAA said that the 'Two Castles' race is on 12/6/2005, and accepting 2500 entrants. Therefore, it would increase our chances of hosting the 2005 Warks 10Km Champs if we move to 5/6/2005. Entry forms are being finalised, and have not been distributed yet. The base will be Stonebridge Manor Hotel.

**8. Coventry Half Marathon** - Tony French attended a planning meeting for this event. The date agreed is 25/9/2005. Many different groups attended. Tony is part of a group which is discussing the route. The race will begin in Memorial Park and go through city. Also there will be wheelchair and fun runs.

**9. Any Other Business** -a) Runner of Month - October: Dave Clarke. Nov decision before next meeting.

b) Ingle Corbett - 'Ing', a popular member of Northbrook, sadly passed away recently, but will always be remembered by his many friends at the club. A charity donation has been sent in his memory.

c) Magazine/Website - Dan & Con McHugh are updating these regularly with stories and results.

d) Evening Telegraph - We need to check our contact here, so that more results can be published.

e) Voting Slips - Mark Baker will create these for Clubperson of Year and Most Improved Runner.

f) National XC Night Out - Dave Clarke will be asked if he has suggestions for Birmingham.

g) Xmas Drink - Friday 10/12/2004 starting at 7.30pm at Mills's in Earlsdon. All welcome.

h) YHA Hartington -Rob Barry's hostel is booked for 21 people for 26/8/2005. £10 deposits needed.

i) Allesley Twinning Committee - We were asked if we wished to be involved with Lyon, France.

**10. Next Meeting** - Monday 10<sup>th</sup> January 2005, 8pm, at Bob Adams.



## December 2004 Results

### Bedford Half Marathon 12/12/4

32 Mark Baker 1h21m17s (2nd Vet 40)



#### Report:

This was my first road race as a vet, so I was hoping to set a good time in this new category. As the only Northbrook runner, I was able to concentrate on disciplined pace. It is easy to react when another Northbrook appears alongside! Conditions were cool but ideal and after a mile I found myself in a small group with a local runner. As this was a new course, he told me that I needed to keep to a steady pace, as there were hills halfway. This was good advice, and I worked with other runners until 12 miles, then it was a blast to the finish. Incredibly this was my second fastest ever half. (I did 1h19m08s 8 years ago). Also I was 2nd V40. Perhaps there's even a chance of a PB in the future. A good race to try next year<>!!

### Syned 10m 12/12/4

Ladies 1st Team !!

Lucinda Wilson 71m52

Loretto Denley 72m40s 1stO 50

Becki Smith 75m00s

Mens:

Neil Walker 62m06s

Howard Anderson 63m

Alex Marshall 63m

Paul Lawlor 64m

Gareth Knight 65m

Andy 66m

Bob Adams 71m48s

Tony Mackness 72m50s

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

### Keyworth Half Marathon 12/12/4

20th Paul Kelly 1h18m17s 1st O55

#### Report:

After 20 years I am starting to slow down ( In 1983 I managed 1h15m17s at the Jaguar Half Marathon). My prize was a Turkey for Christmas and a Trophy to add to my collection.

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

### Centurion Grand Prix 5m 5/12/4

44 Con McHugh 33m11s

97 Richard Hands 38m11s

150 Lesley Keighley 45m50s

153 Angela Hands 46m36s

156 Natalie Spark-Du Preez 46m55s

159 Joanne Moyse 47m55s

<http://www.centurions.org.uk/gprix04dec5m.htm>

### Midlands 7's Newbold Common 5/12/4

33 Mark Baker 47m49s

44 Rich French 48m38s

46 Howard Anderson 48m47

72 Rob Pool 57m33s

79 Tony French 65m58s

[http://www.midlandathletics.org.uk/5\\_7\\_xc\\_results\\_2004.htm](http://www.midlandathletics.org.uk/5_7_xc_results_2004.htm)

## November, 2004 Results

XC Race 2 Division 2, 27/11/4 Leicester Marathon 21/11/4,  
Leicester Half Marathon 21/11/4, Brighton Reebok 10K Road  
Race 21/11/4, Hartshill Heartbreaker 21/11/4, Warwick  
University XC Relays 20/11/4, National Cross Country  
Relays 6/11/4, Centurion Grand Prix 5m race 7/11/4, New  
York Marathon 7/11/4

9 Races, 64 Entries

### XC Race 2 Coundon Park 27/11/4

#### [Results](#)

30 runners

### Brighton Reebok 10k Road Race 21/11/4

Stuart Keen 37.01 (pb) 78th (out of the men)

Diane Keen 1.03.17 (pb) 582nd (out of the women...& out  
of 696 women!)

Report: Stuart Keen

A great race this, flat and fast along the sea front and were  
blessed with good conditions also.

### Leicester Marathon 21/11/4

Chuck Pope 3h29m25s

### Leicester Half Marathon 21/11/4

Results as follows:

Sarah McNaney 1.48.13

Helen Jones 1.50.12

Julie Neville 1.51.00

Leslie Keighley 1.56.59

Sylvia Guthrie 1.58.24

Report: Sarah McNaney

Cold, damp, drizzly morning!!! Really good route and well  
marshalled now that they have changed the start. It no longer  
starts at Mallory Race Track which meant that parking was a  
breeze. Apart from a very hilly stretch between 8 and 10  
miles, the rest was quite enjoyable!!! Will do this one again -  
but can we have some sunshine next time!!

### Centurion Grand Prix 5m race 7/11/4

167 Angela Hands 47m37s

170 Joanne Moyse 48m06s

### National Cross Country Relays 6/11/4

65. Northbrook AC 'A' 1:11:31

M O'Shea (95) 18:07

J Guest (87) 18:22

D Clarke (74) 17:37

N Holmes (65) 17:25

<http://www.race-results.co.uk/results/2004/nxrsm04.htm>

Report: [Nathan Holmes](#)

### Hartshill Heartbreaker 21/11/4

Pos	No.	Name	Cat	Time
3	397	Nathan Holmes	SM	1:00:41
27	368	Neal Walker	SM	1:09:07
74	263	Gareth Knight	SM	1:17:47
89	293	Stephen Mason	SM	1:19:22
109	255	Gillon Thomas	M45	1:21:52
149	292	John Elliott	SM	1:27:40
212	192	Tony French	M60	1:41:55
222	191	Fraser Barrett	M40	1:44:59
238	128	Catherina Gavin	L35	1:51:59
240	99	Donna West	L35	1:53:22

### Warwick University XC Relays 20/11/4

A Team 3rd 49m07s

B Team 54m40s

Nathan Holmes 11m10s

Alex Millar 13m20s

MArk Baker 13m01s

Tom Gillon 14m03s

Mick O'Shea 11m46s

Loretto Denley 14m56s

Howard Anderson 13m10s

Gary Thomas 12m21s

### New York Marathon 7/11/4

4812 Andrew Boardman 3h41m 15s M37

10K split 49m17s, Half Split 1h40m29s,

20M 2h35m57s

9350 Paul McGurk 4h06m44s

M44 10K split 48m35s, Half Split 1h45m54s, 20M

2h55m46s

<http://www.ingnycmarathon.org>

## **National Cross Country Relays 6/11/4**

65. Northbrook AC 'A' 1:11:31

M O'Shea (95) 18:07

J Guest (87) 18:22

D Clarke (74) 17:37

N Holmes (65) 17:25

**Report by Nathan Holmes**

<http://www.race-results.co.uk/results/2004/nxrsm04.htm>

The results of our efforts are available on the Internet, at the address below, but for those of you who haven't moved into the electronic age or have stupid bloody indiscriminate blocking software installed at work (me, soapbox... never!) the Northbrook result was as above.

On Saturday 6th November a Northbrook team made the long and arduous journey to Mansfield for the National Cross Country Relays. Well, we'd like to say it was "long and arduous", but the teams from Morpeth, Aldershot, etc. might think we were taking the proverbial. It was, as ever, a hugely enjoyable race run over a true cross-country course with a good mix of hills, woodland and flat grassland, giving us the all too rare chance to see and race against the best runners in the country. I sometimes struggle to understand why there isn't more interest in this event: if the 12-stage moved to Nottingham would we stop going? Come on, next year let's see if we can stretch to a ladies' team and a men's 'B' team.

Good to see Jon getting back to some form and not looking like the living dead at the end of it, although on the down-side he talks more when he runs better, and Dave apparently unaffected by a late night with Dave Lee's wife!

Mick on the other hand was clearly worried about what Joanne was going to say or do to him when they got home, having arrived 'a bit early' and spent two hours of their wedding anniversary standing in a cold, wet, muddy park in Mansfield before the start due to the untimely cremation of the shop they were otherwise going to visit.

Joanne, we're not sure why there couldn't have been a plan B either; we're fairly certain they have shops, pubs and cafe's in Mansfield. As for me, I'd love to see the splits for my two laps, because first time around I very nearly unlapped myself from Blackheath's last leg runner doing his second lap on the way to a sub-16 clocking and I think I might have suffered for that second time around. I'm guessing 8:20, 9:05 or possibly worse.

For anyone with a passing interest in the sort of person who runs more and faster but drinks less and slower, the first three clubs home were Morpeth, Belgrave and Altrincham a little over ten minutes up the road (or within less than a minute a mile if you're looking for a positive slant). Chris Thompson's 14:30 last leg for Aldershot, the fastest leg of the day, could only raise them to 4th. Try harder next time, Chris!

In terms of other local interest, Godiva were 7th, OWLs 16th, Sutton Coldfield 55th and Rugby 67th, completing a fairly dismal turnout for our area...

Of the forty-odd photographs that Jon and I took on the day, around half are in focus. I'm blaming the bad light for long exposure times. Jon has the excuse that he was still recovering from his leg when I gave him the camera and very little by way of instructions, having realised that I'd just taken a photo of Dave starting his second loop and I should probably stop taking pictures and start warming up! As soon as I get time to cut them down to workable file sizes I'll send them on to the electronic McHugh for inclusion on the web-site and hopefully the paper-based McHugh will include this write up in the next newsletter. (Has anyone spotted yet that I really haven't a clue which McHugh is which? Sorry, lads.)

Anyway, as Samuel Pepys once wrote, "and so to bed."

**Race 1****30th October: Senneleys Park**

8, 00:41:14, N Holmes  
 21, 00:42:14, D Clarke  
 36, 00:43:45, I Burgoyne  
 41, 00:43:54, M O'Shea  
 48, 00:44:19, R Barry  
 60, 00:45:24, J Nicholson

65, 00:45:51, P Austin  
 73, 00:46:13, J Guest  
 76, 00:46:45, N Walker  
 85, 00:47:14, A Hoy  
 99, 00:48:03, M Baker  
 100, 00:48:08, P Armstrong

108, 00:49:01, G Thomas  
 115, 00:49:33, R Vaughan  
 119, 00:50:04, A Marshall  
 121, 00:50:06, R French  
 122, 00:50:10, P Lawlor  
 123, 00:50:24, H Anderson

125, 00:50:32, D McHugh  
 128, 00:50:53, G Knight  
 130, 00:51:00, C McHugh  
 149, 00:53:37, R Adams  
 154, 00:54:12, S Mason  
 155, 00:54:18, L Thompson

159, 00:55:01, J Bird  
 162, 00:56:07, A Whitehouse  
 163, 00:56:07, T Gilan  
 165, 00:56:26, J Elliot  
 185, 01:02:39, F Barrett  
 190, 01:09:55, A French

**A TEAM RESULTS**

Pos, Name, Tot  
 1, Severn 113  
 2, Leamington 117  
 3, Wolvs & Bilston 152  
 4, Halesowen 164,  
 5, Northbrook 214  
 6, Trentham 253  
 7, Birmingham Rowheath 258  
 8, Kenilworth 277  
 9, Sphinx 287  
 10, Royal Sutton Coldfield 360  
 11, Solihull 374  
 12, Worcester 470  
 13, Nuneaton 490

**B, TEAM RESULTS**

Pos, Name, Tot  
 1, Halesowen 409  
 2, Leamington 470  
 3, Northbrook 498  
 4, Wolvs & Bilston 531

**Race 2****27th Nov Coundon****(Photos)**

11 Nathan Holmes  
 22 Dave Clarke  
 30 Mick O'Shea  
 41 Tim Wright  
 50 Paul Kelly  
 53 Rob Barry

60 John Guest  
 65 Jason Nicholson  
 74 Neil Walker  
 75 Pete Austin  
 90 Gary Thomas  
 98 Mark Baker

116 Richard French  
 117 Howard Anderson  
 121 Richard Vaughan  
 126 Richard Hands  
 134 Alx Marshall  
 136 Gareth Knight

137 Graham Cramp  
 140 Con McHugh  
 144 Tom Jordan  
 155 Rich O'Shea  
 169 Tom Gillon  
 172 Steve Mason

176 John Bird  
 188 Barry Holmes  
 192 John Elliot  
 201 Robert Pool  
 208 Craig Hanbury  
 212 Fraser Barratt

**A TEAM Posn Overall**

Pos, Name, Today, Total  
 1, Severn 125, 238  
 2, Leamington 122, 239  
 3, Halesowen 121, 285  
 4, Wolvs & Bilston 192, 344  
 5, Northbrook 207, 421  
 6, Birmingham Rowheath 263, 521  
 7, Solihull 148, 522  
 8, Trentham 296, 549  
 9, Sphinx 310, 597  
 10, Kenilworth 277  
 11, Royal Sutton Coldfield 300, 660  
 12, Worcester 519, 989  
 13, Nuneaton 627, 1117

**B, TEAM RESULTS**

Pos, Name, Tot  
 1, Halesowen 320, 729  
 2, Northbrook 462, 960  
 3, Leamington 541, 1011  
 4, Wolvs & Bilston 701, 1232



5, Sphinx 785  
 6, Birmingham Rowheath 786  
 7, Kenilworth 790  
 8, Worcester 833  
 9, Royal Sutton Coldfield 873

5, Birmingham Rowheath 544, 1330  
 6, Royal Sutton Coldfield 758, 1631  
 7, Sphinx 853, 1737  
 8, Kenilworth 947, 1737  
 9, Worcester 963, 1796

## **Northbrook Athletic Club - Coventry**

### **Winter Diary 2004/2005**

#### **Road Races**

<b><u>Date</u></b>	<b><u>Event</u></b>	<b><u>Venue</u></b>
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**

<b><u>Date</u></b>	<b><u>Event</u></b>	<b><u>Venue</u></b>
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.	West Brom AC
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.	Leamington
22 <sup>nd</sup>	Birmingham & district Invitation Cross Country League.	Nuneaton Harriers
22 <sup>nd</sup>	Midland Women's Cross Country League.	Coundon Park
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.	Worcester AC
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.

<b><u>Date</u></b>	<b><u>Event</u></b>	<b><u>Venue</u></b>
November 27 <sup>th</sup>	Christmas Party - Theme "Grease"	Jaguar Sports & Social
January 25 <sup>th</sup>	Northbrook A.G.M.	Jaguar Sports & Social
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.