

## This Months Newsletter

By Dan McHugh

Believe it or not, I started writing this newsletter just after Christmas but due to many different distractions I have not been able to get this completed until now.

I really missed the Massey's festive 5 over Xmas this year, always a good race – it's a shame that it did not happen this year. However, a boxing day run with Jon Guest on Burbage common on a freezing beautiful Sunday morning went some way to compensating for this.

Since the last newsletter we have had the AGM, the club presentation night, the end of our most successful ever X-country season and now we are into the marathon season.

Please keep those race reports coming. Best Wishes for the New Year, and good luck to all those competing in marathons over the next few weeks.

By Dan McHugh

## Up & Coming Events

Here is a list of things that are coming up:

1. 33rd Batavierenrace, 23/4/5.  
(<http://www.batavierenrace.nl/english/funstuff/forum.html>)
2. Hilly 100 Sunday 19th June (Father's Day, well it had to clash with something!) Ashley (for Stratford AC). [ashley.sherren@virgin.net](mailto:ashley.sherren@virgin.net)
3. Beer Festival  
Please let Nathan Holmes know if you would be interested in a weekend of running, drinking and partying (not necessarily in that order) in the Peak District  
[NATHAN.HOLMES@ltsbcf.co.uk](mailto:NATHAN.HOLMES@ltsbcf.co.uk)

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### Allesley Festival Presentation :

Northbrook AC (Chairman, Bob Adams) presents to BrookView. A local charity concerned with the welfare of brain-damaged children & their families in the Coventry area. See the photo below.



## Northbrook 10K News

The 10K is on Sunday 5<sup>th</sup> of June at 10:30

We have managed to secure excellent sponsorship in the form of Go Outdoors, Lorraine Baker Runner, Bruker, Quality Hotel, The Rainbow, Nike, High5. Thanks to all our sponsors for this support.

The race is being used as a major sponsorship opportunity for the Coventry Myton Hospice - 5 million needs to be raised for this so let's get sponsoring now to help raise money for this worth event.

**Up & Coming Events – cont'd**

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.

*We are on the web!*

*Visit us at:*

[www.northbrookac.org.uk](http://www.northbrookac.org.uk)

**WRRC 2005**

Sunday 5th June, Northbrook 10km - WCAA champs

Friday 24th June, NP Aerospace Godiva

Midsummer 5 mile - WCAA champs

Saturday 2nd July 7.30pm, Stratford Upon Avon 6 mile

Thursday 14th July, Rowheath 5km - WCAA champs

Friday 2nd September, Godiva Memorial Park 5 mile

Sunday 18th September, Nuneaton 10 mile - WCAA champs

Sunday 9th October, Kenilworth half-marathon - WCAA champs

Sunday 16th October, Rugby 10 mile!!

**Good Luck to all marathoners in April!**

Good luck to everyone who is doing a marathon in April. Having now completed my first marathon, I now understand what the attraction is for this distance.

I hope everyone achieves their goals, and makes it round safely.

Best of Luck to everyone!

## X-Country Round up for 2004-05

## 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

1, Severn 113  
 2, Leamington 117  
 3, Wols & 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

## 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

1, Severn 125, 238  
 2, Leamington 122, 239  
 3, Halesowen 121, 285  
 4, Wols & Bilston 192,  
 5, Northbrook 207, 421  
 6, Birmingham Rowheat  
 7, Solihull 148, 522  
 8, Trentham 296, 549  
 9, Sphinx 310, 597  
 10, Kenilworth 277  
 11, Royal Sutton Coldfiel  
 12, Worcester 519, 989  
 13, Nuneaton 627, 1117

## Race 3

Jan 22nd: Nuneaton

18, D Clarke, 33:27  
 21, M O'Shea, 33:34  
 29, N Walker, 34:14  
 30, N Holmes, 34:15  
 46, J Guest, 35:05  
 63, R Barry, 35:43

64, J Nickolson, 35:44  
 78, P Austin, 36:19  
 87, R French, 36:33  
 91, M Baker, 36:42  
 94, T Hoy, 36:58  
 118, H Anderson, 38:01

125, D McHugh, 38:19  
 130, R O'Shea, 38:31  
 135, P Lawlor, 38:56  
 146, C McHugh, 39:36  
 159, B Adams, 40:56  
 160, G Knight, 41:08

161, P McGurk, 41:12  
 169, A Whitehouse, 42:08  
 177, J Bird, 43:26  
 188, J Elliot, 44:57  
 200, T French, 49:22  
 204, F Barrett, 54:18

1, Leamington C & AC, 94, 333, 1  
 2, Solihull & Small Heath, 101, 623, 4  
 3, Halesowen AC, 109, 394, 2  
 4, Northbrook AC, 207, 628, 5  
 5, Severn, 230, 468, 3  
 6, Birmingham Rowheath, 279, 800,  
 7, Sphinx AC, 291, 888, 8  
 8, Wolves & Bilston, 331, 675, 6  
 9, Kenilworth Runners, 346, 1107, 11  
 10, Royal Sutton Coldfield, 372, 103  
 11, Trentham, 376, 925, 9  
 12, Worcester AC, 412, 1401, 12  
 13, Nuneaton Harriers, 437, 1554, 13

## Race 4

12th Feb: Malvern

23 M O'Shea 38:11  
 27 D Clarke 38:20  
 44 N Holmes 39:03  
 45 N Walker 39:05  
 71 J Nickolson 40:49  
 73 R French 40:55

86 M Baker 42:16  
 101 R Vaughan 43:07  
 112 H Anderson 43:56  
 115 P Lawlor 44:25  
 131 G Knight 46:09  
 154 J Bird 49:38

162 A Ralph 51:05  
 173 T French 56:39  
 174 R Pool 58:57

1, Halesowen AC, 60, 454, Promoted 1  
 2, Severn, 106, 574, Promoted 3  
 3, Birmingham Rowheath, 155, 955, 6  
 4, Leamington C & AC, 161, 494, Promoted 2  
 5, Solihull & Small Heath, 166, 789, 4  
 6, Kenilworth Runners, 271, 1378, 10  
 7, Northbrook AC, 283, 911, 5  
 8, Trentham, 296, 1221, 9  
 9, Sphinx AC, 324, 1212, 8  
 10, Worcester AC, 337, 1738, Relegated 12  
 11, Wolves & Bilston, 387, 1062, 7  
 12, Royal Sutton Coldfield, 445, 1477, Relegated 11  
 13, Nuneaton Harriers, 754, 2308, Relegated 13

## B team Results

1, Halesowen 409  
 2, Leamington 470  
 3, Northbrook 498  
 4, Wols & Bilston 531  
 5, Sphinx 785  
 6, Birmingham Rowheath 786  
 7, Kenilworth 790  
 8, Worcester 833  
 9, Royal Sutton Coldfield 873

1, Halesowen 320, 729  
 2, Northbrook 462, 960  
 3, Leamington 541, 1011  
 4, Wols & Bilston 701, 15  
 5, Birmingham Rowheat  
 6, Royal Sutton Coldfiel  
 7, Sphinx 853, 1737  
 8, Kenilworth 947, 1737  
 9, Worcester 963, 1796  
 2, Leamington C & AC, 516, 1530, 3  
 3, Northbrook AC, 532, 1492, 2  
 4, Sphinx AC, 689, 2417, 6  
 5, Kenilworth Runners, 705, 2442, 7  
 6, Wolves & Bilston, 716, 1948, 4  
 7, Birmingham Rowheath, 743, 207  
 8, Royal Sutton Coldfield, 867, 249  
 9, Worcester AC, 920, 2716, 9  
 , Solihull & Small Heath, , ,  
 , Trentham, , ,  
 10, Nuneaton Harriers, 1025, ,  
 , Severn, , ,

1, Halesowen AC, 289, 1340, 1  
 2, Birmingham Rowheath, 452, 2525, 4  
 3, Kenilworth Runners, 694, 3136, 6  
 4, Northbrook AC, 699, 2191, 2  
 5, Leamington C & AC, 751, 2281, 3  
 6, Sphinx AC, 751, 3168, 7  
 7, Wolves & Bilston, 805, 2753, 5  
 8, Worcester AC, 810, 3526, 9  
 9, Royal Sutton Coldfield, 822, 3320, 8

## January 2005 Results

Midland Counties, Stafford Common XC 29/1/5 Not the Roman IX 16/1/5, Warwicks 15/1/5, Gloucester New Year 10m 9/1/5, Centurion Grand Prix 2/1/5, Old Father Time Run, Cardiff 2/1/5, Coventry Godiva New Year 5 1/1/5  
9 events, 73 runners

### Midland Counties, Stafford Common XC 29/1/5

Ladies

455 Becky Smity 68 30:21

Senior Men

They missed Mick off the official results!!!

75	44	M O'Shea
127	00:46:54	1037 R French
129	00:47:01	1027 P Austin
166	00:48:26	1028 M Baker
229	00:51:16	1026 H Anderson
342	01:07:42	1030 T French

[http://www.midlandathletics.org.uk/mcaa\\_003.htm](http://www.midlandathletics.org.uk/mcaa_003.htm)

### Ladies XC Coundon Park 22/1/5

### Mens XC Race 3 Burbage Common 22/1/5

[Results](#)

24 runners

### Not the Roman IX 16/1/5

139 Helen Jones 54m21s  
202 Charlie Jones 57m05s  
211 Richard HAnds 57m26s  
350 Clare Muntoni 62m33  
354 Norman Gilkes 62m49s  
465 Lesley Keighley 68m52s  
536 Natalie Spark-Du-Prez 74m23s  
541 Angela Hands 75m10s

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

### Warwickshire County AA XC Champs 15/1/5

Men (2:30pm)

35 J Guest	32 48
51 J Nicholson	33 56
65 M Baker	34 50
66 G Thomas	34 54
67 P Austin	35 00
70 R French	35 10
80 T Hoy	35 46
87 H Anderson	36 21
116 S Mason	39 35
118 P McGirk	39 46
125 R Vaughan	40 30
139 D Lee	42 47
152 T French	50 09

Women (1:50pm)

23 Becky Smith	32m28s
30 Loretto Denley	33m50s
35 Dawn O'Shea	34m43s50
50 Emily Ducker	37m09s
57 Claire Harrison	38m47s

1st Team Leamington 104 (cumulative position)  
9th Northbrook 354

## Warwicks Report: P Austin

A new, shortened course had been organised for the county champs., described as 9.6k, but overall times suggest it was a fair bit shorter. We still ran 3 times up beacon hill, to provide the normal new year XC wake-up call only found on Newbold Comyn. With a week before the Brum league tactics were clearly in force, with effectively Northbrook's 'B' team from the last brum league to the fore. If we'd been at full strength we could have challenged for a podium place, as Kenilworth were fourth. A few days of frost and no rain meant the course didn't cut up, and apart from the dreaded hill and water crossing, offered only fast, easy running. The highlight of the afternoon had to be the manic support from Loretta and Co. The support was so loud, John had to double-check he wasn't leading the race, and the cheers given to Vinnie startled most of the locals. We'll miss their support next week as the womens XC fixture clashes with the men's league race, so replacement cheers, heckles, screams will be required from those not running!

## Gloucester New Year 10m 9/1/5

11th Mark Baker 60m18s

## Centurion Grand Prix results (5m) 2/1/5

Position, Name, Time, Category

15, Michael O'Shea, 29:09:00, MV40

43, Con McHugh, 33:26:00, MV45

55, Paul McGurk, 34:30:00, MV40

161, Angela Hands, 47:45:00, F

162, Joanne Moyse, 47:47:00, F

168, Natalie Spark-Du Preez, 48:20:00, F

## Old Father Time Run, Cardiff 2/1/2005

14th Mark Baker 29.35 PB

(123 finishers)

Report: This is a 'Vets Only' race, so I was eligible for the first time. The race features 2 laps of tarmac path around Pontcanna Park, which is part of the Cardiff Marathon route. The course is quite fast, but heavy rain the previous day had hidden speed bumps under large puddles. Despite a strong breeze at the end of each lap, I was rewarded with a PB by 4 seconds and a bottle of wine. Not a bad result!

## Coventry Godiva New Year 5 1/1/2005

4th Paul Kelly 27.58

19th Richard French 30.16

20th Howard Andersen 30.23

28th Graham Cramp 31.12

29th Alex Marshall 31.32

42nd Bob Adams 33.22

45th Tom Gillon 33.59

92nd Tony French 41.29

101st Lesley Keighley 43.56

112th Thomas Morgan 54.14

## March Results 2005

Connemara International Marathon 27/3/5, Warwickshire Mens relays 26/3/5, Bath Half Marathon 20/3/5, Milton Keynes Half Marathon 20/3/5, Ironbridge Half Marathon 20/3/5, Banbury 15 13/3/5, Ashby 20 13/3/5, Silverstone Half Marathon 13/3/5, Reading 13 /3/5, Gloucester 20 6/3/5  
10 races, 51 runners

### Connemara International Marathon 27/3/5

Dan McHugh 3h28m  
1500 feet of climb  
(Dannie's wife also did the Connemara Half Marathon in 2h15m!!)

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

### Warwickshire Mens relays 26/3/5

9, Northbrook AC,  
Mick O'Shea, 14:57  
Dave Clarke, 17:55 32:52  
Jason Nicholson, 15:49, 48:41  
Nathan Holmes, 14:43, 01:03:2

27 Northbrook AC  
Peter Austin, 16:15  
Howard Anderson, 16:00, 32:15  
Richard French, 15:44, 47:59  
Tom Gillon, 18:34, 01:06:33

41 Northbrook AC  
Robert Pool , 19:02

### Bath Half Marathon 20/3/5

474 Steve Mason 1:31:36 pb  
712 John Elliot 1:36:15  
914 Richard Hands 1h38m56s  
1419 Robert Pool 1h44m57s  
4354 Angela Hands 2h14m34s

### Milton Keynes Half Marathon 20/3/5

Position	Name	Time
12	Mick O'Shea	1:17:09
27	Howard Andersen	1:22:22
56	Pete Armstrong PB	1:25:59
84	Gareth Knight PB	1:28:55
139	Tony Mackness PB	1:32:46
140	Paul McGurk	1:32:51

There were 1196 finishers and Northbrook finished six runners.  
Full results at [www.mkac.org.uk](http://www.mkac.org.uk)

### Ironbridge Half Marathon 20/3/5

12th Richard French 1:21:29 (12) and  
203 Tony French 1:47:18 (203).

#### Report: Rich French

Its a challenging race and a good tester to prepare for London. The race is run along disused railway lines and paths taking in many of the sights of the Ironbridge gorge, including the famous bridge. Its also got plenty of downs and ups to test you and in places it can also be fairly muddy - just the thing for Northbrook runners. Put it on your calendar for next year!

### Banbury 15 13/3/5

190 Tony French 2:03:42  
284 Lesley Keighley 2:19:12  
292 Vicky Ward 2:21:10

**Ashby 20 – Sunday 13th March 2005**

Richard French	2.09
Tony Macness	2.30.08
Lucinda Wilson	2.33
Bob Adams	2.33 (must have been holding hands with above!!)
Steve Mason	2.35
Helen Jones	2.51.00
Richard Hands	2.51.57
Sarah McNaney	2.54.24
Julie Neville	3.11.53
Steph Berry	3.13.10
Sylvia Guthrie	3.13.10 (holding hands with Steph I think!!)
Katarina Gavin	3.28.

**Report: Sarah McNaney**

After last years terrible run, it was with reluctance that I entered this race. Due to all my marathon training partners deciding that this one fitted in quite nicely with our schedule, I filled out my application form with a great sense of trepidation I did do this one last year and it was possible the worst race I have ever done. Not only are there hills and then more hills, we had to battle against the wind, sleet and snow. I decided that this race could not be worse than last years!!

I have been checking the long range weather forecast for the past week or so and was so pleased that when the day finally arrived to see the sun shining and not a rain cloud in sight!!

We were all in very good spirits right up to the start of the race and even during the race. I don't know why but we all seemed to settle in to a good pace quite early on although us Northbrook ladies soon began to find our own pace and parted company!! Once again, the marshalling and drink stations were very well-manned and the support along the way was brilliant. Although it's a tough race, I might just do it again.

**Silverstone Half Marathon 13/3/5**

12 Neal Walker 1h16m41s  
 142 Paul Lawlor 1h25m47s  
 417 Rebecca Smith 1h33m15s

**Reading Half Marathon 6/3/5**

119 Gary Thomas 1h20m00s PB

**Gloucester 20 6/3/5**

As published on Gloucester AC website. ([www.gloucesterac.co.uk](http://www.gloucesterac.co.uk))

106 Alex Marshall 2:23:19  
 169 Lorretto Denley 2:31:38  
 202 John Elliott 2:35:04  
 215 Stephen Mason 2:36:48  
 242 Andrew Whitehouse 2:39:49  
 299 Lucinda Wilson 2:47:20  
 300 Ruth Staff 2:47:22  
 329 Anthony French 2:52:19

Lorretto won prize for first female over 55 - There were 476 finishers.

**BELVOIR CHALLENGE****SATURDAY 26<sup>TH</sup> FEBRUARY 2005 – Sarah McNaney**

This is billed as a multi – terrain challenge and consists of 2 distances, a 15 mile course and a 26 mile course. Those that take part either walk the distances or run part of it but due to the terrain that is covered, is unusual for anyone to run the whole way. Due to the inclement weather, the 15 mile route had to be diverted and the new route turned out to be more like 16.8 miles!!!

Three ladies took part as follows:-

Julie Neville completed the 16.8 miles in 3 hours and 37 minutes  
 Sylvia Guthrie completed the 16.8 miles in 3 hours and 40 minutes

Catarina Gavin completed the 26 miles in 7 hours and 1 minute

All 3 ladies said that it was an interesting course. Sylvia commented that it was like all the worst, muddiest cross country events that you could do all rolled in to one. Apparently she spent a lot of time falling over in the mud although the incentive of hot soup and sponge with custard at the end kept her going!!!! (Apparently the organisers supply hot soup and a variety of puddings in the village hall afterwards!!)

Catarina said that she would have finished a little sooner if she hadn't got lost for about 15 minutes at one point and then had to assist in herding some sheep back in to a field that had got loose!! Julie gets my vote as 'woman of the weekend' as she did this race on Saturday and then went and did the Daffodil Half the following day!!! (must be mad!!)

All details relayed to Sarah McNaney over a few large glasses of Red Wine at the City Arms in Earlsdon!!

## **Daffodil Run, Castle Ashby, Northampton**

### **Sunday 27<sup>th</sup> February 2005 - Sarah McNaney**

Although the weather looked very appealing from the comfort of my bedroom window, I soon realised that it was not. Fortunately the car heater worked and Julie Neville and myself set off for Castle Ashby to take part in the half marathon. As we are both in the middle of our marathon training, this seemed a perfect opportunity to do a half marathon. However, we had not banked on the chaotic start and the inclement weather!

The start was delayed by over 30 minutes due to the amount of people trying to get in to the car park which meant we all had to stand around in the cold winds that were blowing across the fields. My poor feet felt like blocks of ice!!!! Apparently the race started but we were all unsure as to where the start line actually was as they had moved us up and down the pathways and a large number of us didn't even hear the gun go off.

Having got underway we found that there were no mile-makers due to a last minute course change. This meant we were not able to gauge how well we were doing and whether we needed to speed up or slow down (not that it made much difference in any case!!). Some of the route was extremely exposed and I'm surprised that we didn't get blown across the fields!! Oh and don't forget the small snow flurries we had on lap two!!!

All the bad points aside, the water stations were well manned and the marshals were very encouraging en-route. Its nice to do a course that is completely traffic free aswell!! The cheers we received from Neil Walker and Dave Clarke on the home straits were extremely welcome, as was the encouragement from the bloke on the microphone on the finishing line.

All in all, despite it being a cold and blustery day, I was glad that I had made the effort to do it and believe it or not, I would do it again next year!!!!

## **April 2005 Results**

### **12 Stage 2/4/5**

32nd place overall Time: 04:44:19,  
2001,N Holmes,1, Time: 00:31:38, Pos. on leg:32  
2002,H Anderson,2,00:17:46,34  
2003,M Baker,3,00:18:43,36  
2004,M O'Shea,4,00:31:18,25  
2005,L Thompson,5,00:18:47,39  
2006,R Pool,6,00:21:18,45  
2007,P Austin,7,00:33:53,35  
2008,P McGurk,8,00:20:12,36  
,2009,S Keen,9,00:18:06,26  
2010,G Thomas,10,00:32:41,28  
2011,R Ansell,11,00:17:23,14  
2012,T Gillon,12,00:22:34,39  
[http://www.midlandathletics.org.uk/mens\\_12\\_stage\\_result\\_2005.pdf](http://www.midlandathletics.org.uk/mens_12_stage_result_2005.pdf)  
B Team  
Tony French 41m58s  
Fraser Barrett 47m23s (25m26s)



## Summer Diary 2005

### Running

#### Summer Handicap

Date	Event	Venue
April 6 <sup>th</sup>	5 kilometre Handicap race (7:15 start)	Butt Lane Allesley
May 4 <sup>th</sup>	5 kilometre Handicap race	Butt Lane Allesley
June 1 <sup>st</sup>	5 kilometre Handicap race	Butt Lane Allesley
July 6 <sup>th</sup>	5 kilometre Handicap race	Butt Lane Allesley
August 3 <sup>rd</sup>	5 kilometre Handicap race	Butt Lane Allesley
September 7 <sup>th</sup>	5 kilometre Handicap race	Butt Lane Allesley

#### Team Relays

Date	Event	Venue
March 26 <sup>th</sup>	Warwickshire County AA 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.
23 <sup>rd</sup>	Batavierenrace - Speak to Barry Holmes	Nijmegen Holland
May 21 <sup>st</sup>	Veterans Relays	Sutton Park.
June 19 <sup>th</sup>	Hilly Hundred	Stratford/Cotswolds
October 1 <sup>st</sup>	MCAA Men's 6 stage and Women's 4 stage Road Relays	Sutton Park
22 <sup>nd</sup>	AAA Men's 6 Stage and Women's 4 Stage Road Relays	Sutton Park

#### Warwickshire League

Date	Event	Venue
June 5 <sup>th</sup>	Coventry Northbrook 10k	Quality Hotel Allesley
24 <sup>th</sup>	Midsummer 5	Westwood Heath
July 2 <sup>nd</sup>	Stratford Summer 6	Stratford Upon Avon
14 <sup>th</sup>	Rowheath 5k	Bournville
September 2 <sup>nd</sup>	Godiva 5	Memorial Park
18 <sup>th</sup>	Nuneaton 10	Wolvey
October 9 <sup>th</sup>	Kenilworth Half Marathon.	Castle Farm Sport Centre
16 <sup>th</sup>	Rugby 10	Ken Marriot Sport Centre

#### East Midlands Grand Prix

Date	Event	Venue
May 3 <sup>rd</sup>	Silverstone Grand Prix 10k	Silverstone
11 <sup>th</sup>	Rugby 6	Hillmorton
18 <sup>th</sup>	Bedford 6	Bedford
25 <sup>th</sup>	Rockingham Motor Speedway 5	Corby
June 7 <sup>th</sup>	Weedon 10k	Weedon BEC
14 <sup>th</sup>	Banbury 5	Banbury
21 <sup>st</sup>	Harborough 5	Market Harborough
July 5 <sup>th</sup>	Milton Keynes 10k.	Milton Keynes

#### Other Events

Date	Event	Venue
April 10 <sup>th</sup>	Inter Counties Fell Race. (Team Event)	The Wrekin.
July 10 <sup>th</sup>	Allesley Fun Run	Allesley Village
16 <sup>th</sup>	The Good the Bad and the Ugly - See also social below	Bull & Butcher Corley Moor
August 10 <sup>th</sup>	Race the Centro (7:15 start at Tile Hill Station)	Tile Hill - Hampton in Arden
26/29	Training Weekend (Fell run/walk & Drink) - Speak to Tom Gillon.	Hartington Hall

Date		Event	Venue
April	2 <sup>nd</sup>	Night out after the Road Relays (Don't forget to order your grub)	Rainbow Pub Allesley
July	16 <sup>th</sup>	BBQ after the Good the Bad and The Ugly	Rainbow Pub Allesley
August	10 <sup>th</sup>	Refreshment after Race the Centro (You can get the train back)	Hampton in Arden

Record of Races 1<sup>st</sup> January to 31<sup>st</sup> December 2005

DISTANCE	TIME	RACE	DATE	COMMENTS
	Hr. Min. Sec.			(PB; course; weather etc.)

5 Kilometre		Club Summer Handicap	6 <sup>th</sup> April	
5 Kilometre		Club Summer Handicap	4 <sup>th</sup> May	
5 Kilometre		Club Summer Handicap	1 <sup>st</sup> June	
5 Kilometre		Club Summer Handicap	6 <sup>th</sup> July	
5 Kilometre		Club Summer Handicap	3 <sup>rd</sup> Aug	
5 Kilometre		Club Summer Handicap	7 <sup>th</sup> Sept	

[illegible]

## Connemera Marathon Report

By Dan McHugh

The story for me began last xmas (2003) when I was looking around the Internet and found the Connemera Half and full Marathon in Ireland. I was planning to be over in Ireland at the end of Feb with my wife Caroline for her fortieth birthday. As it happened, the race was only about 5 miles away from where we were staying but unfortunately the race was on the end of March.

However, as fate had it we had to cancel our planned celebrations in Feb due to an outbreak of Chicken pox at our daughter's nursery.

This meant I had to reschedule the holiday for March, and as fate had it, I arranged it for the same time as the race.

I completed the half in my slowest half marathon time ever, 1:31 but the course itself although being very scenic was very hilly/mountainous. I finished in the top 30 for the race, my best ever position – there were 600–700 entrants.

This year I decided to enter the marathon, and Caroline decided to do the half – her second ever race and first ever half. What a tough way to start.

I have always feared the marathon, not sure if I could complete the distance without hitting the dreaded wall and falling apart. Last year I tried to enter London but got rejected, I then entered the Stratford Marathon for April last year, but a poor performance in a warm up 20 miler and the start of a chronic back injury after this race meant I did not make my debut at the marathon distance.

I was starting to wonder would I ever do a marathon?

This year after a pretty poor X-country season I was undecided to whether I could make this race. I missed half the X-country races due to illness and recovery from injury. Work was very busy – things were looking tight.



The 2 front runners from 2004

However, late in January my luck started to change – a video analysis of my running style showed my orthotics not to be working very well. A change of shoe to the Asics 2100 made some of the aches and pains I was habitually encountering start to disappear and I finally got some training in.

The last 2 months training went well. For those mileage counters out there, I was running 3–4 times per week, and cycling/swimming 3–4 times per week also. My max running week in terms of hours was 5.5 hours – around 40 miles. My longest individual run was 21 miles – this went ok but I felt pretty tired at the end of it.

The week before the marathon I actually got a cold that had been going around the office. I dosed myself up with various remedies and fortunately the cold started to recede by mid week.

We went over to Ireland on Good Friday via the car ferry. The race is in the West of Ireland so basically there's a drive across Ireland. You can fly into Knock and then hire a car and get to the general race area that is quicker, but I was planning a holiday with the family as part of the trip – my car was essential.

## Connemera marathon Report

Continued from Page 11

The weather was great on the Friday and Saturday.

On the Sat night I watched the Ireland v Israel game down the local pub. I only drank 1 pint of Guinness – it was difficult not to drink anymore. The match itself was a poor game. I went home to bed, ready for an early start. To make things worse the clocks went forward that night.

We had an early start for race morning, passed the children onto some of Caroline's relatives and made our way to the race headquarters. I was dropped off to the marathon start, Lough Inagh and waited nervously for the race to start.

Prior to the start of the race, there was a lot of banter going on with various runners. Obviously I was in the company of some seasoned marathon veterans, many having completed dozens of marathons, some who were into their hundreds!

*When I told them it was my first race, I was looked at as if I was mad, perhaps they thought they knew something I did not?*

I had a very conservative race strategy – to start slowly and aim for a time under 3:30. My main objective was not to stop or hit the dreaded wall. I had 6 energy gels with me to assist in feeding myself around the course. My strategy was to take 1 every 20 mins or so.

The race started. For the first 7 miles or so I was going very well and running 7:21 miles – this put me quite a bit ahead of my race schedule. I was trying to keep my Heart rate down to 160 ish but unfortunately I was hovering around the 170 mark – at the time I thought this was too high and could cause me problems but I could not get it to drop.

I settled into the second group of runners. There was quite a bit of good humoured banter. One of the guys running from down South somewhere in the Kerry region started to have a long and meaningful chat

with me – it seems as I had somehow hit upon the character of the race, I tried to keep talking to him but gave up after a short while.

At mile 10 I got dropped by the second group – I was in no man's land. I tried to focus on a runner about ¼ mile up the road to try and keep him in my view – my race splits were still pretty even at this stage so I just continued on.

There's a down hill section going past Killary harbour which is a Fjord leading into Leenaun. The scenery was superb but the wind was making this descent very hard – the group ahead of me had some shelter, I was feeling it at this stage.

Mile 13 saw me come into Leenaun – this is where they filmed "The Field" for those who have watched this film. It's a lovely town and was also the start of the half marathon. I also know that the first mile of the half was a very steep uphill, so I knew I was in for a tough time.

I kept my head down and kept running. I made it up the hill feeling totally knackered but with another mile completed. At this stage I had no idea whether I was going to make it.

I kept drinking loads of water and continued taking my gels – some of the half marathoners were just ambling along having a great time talking about all the beer they had drank the night before and all the beer they were going to drink after the race – of course I forgot to tell you that the race finished outside a large hotel with a bar to match – I was intending to join them.

Around mile 15.5 I caught up with Caroline my wife. She was moving at a steady pace – I took the car keys off her as I assumed and hoped I would be finished first. Again I just kept running taking each mile as it came.

The profile of the second half of the race is harder than the first part, so my miling had dropped to

anywhere around 7.5 min miling to 8.5 min. The scenary made it slightly easier but I was finding it very hard.

The one thing that kept me going was I was overtaking a lot of the half marathon runners and I could see a lot of runners struggling. After the race when I met up with Caroline she told me she was running with a women who stopped half way through the half for a fag – it seems as though not everyone was taking the race as serious as others!

Miles 22–24 were the hardest. There's a climb after going through Maam Cross heading towards Maam was a killer (anyone remember the Quiet Man, John Wayne/Maureen O'Hara – that was part of the film location). However, at this stage I caught a lot of the second group of runners who had overtaken me. Everyone was really struggling at this point.

There were a few false dawns with this climb, just when you though you were at the top, you went around a bend to find there was more climbing. However I eventually made it to the end of the climb, only another 2.2 miles to go.

The next mile was downhill but I found it very hard indeed on my quadriceps. Each step was now a real struggle and caused me some pain. I was determined to continue on, not to stop and make my time of 3:30.

Somehow I kept going, made it to the last mile and knew I was going to do it. The feeling I had when I crossed the finish line was superb, probably the best feeling I have experienced since running. Suddenly I knew what the attraction was for all those runners who see the marathon as their Holy Grail. There's a sense of achievement you get when you complete a marathon that beats just about every other race. It's not about winning any medals, beating any times its about finishing.

As soon as I finished I checked my time, 3:28:04. Okay, there's no chance of any of the seasoned marathon runners feeling too threatened by that time but I will take that as a debut.

I did not stop once, and made it all the way through – no hitting the dreaded wall thanks to my Go Energy Gels and lots of water!

Afterwards my legs seized up, my quads were very tight and I found it difficult to walk! I take it this is usual after a marathon?

I tried to stretch after the race but at this time I had the flexibility of plank so decided to give it a miss!

I tried to get back to the finish to take a photo of Caroline but somehow I missed her. She finished in 2:15 – an excellent time for such a hard first timers course.

Some stats about the race – only 6 people finished the race in under 3 hours – winning time was 2:50. Overall I finished 40<sup>th</sup>, and 9<sup>th</sup> in my age group. There were 500 marathon runners, 1000 half marathon runners and 150 ultra runners (40 miles, must be mad). During the race I have never heard as much fecks, F\*cks, and god knows what. The course itself has got to be one of the most scenic around and I will be back next year. Lots of beer was consumed after the race, and everyone promised they would be back next year.

My average HR all the way around was 170bpm. Average pace per mile was 7:52, fastest was 6:30, slowest mile 10 mins. I burnt over 3000 cals and there was over 1400 feet of climbing. I completed the first half in a little over 1:38, the second in just under 1:50. The second half was obviously a lot hillier.

Any race that finishes at a pub has to be good – I will be back next year God willing. If anyone from Northbrook fancies a challenge and seeing one of the most beautiful parts of Ireland, give it a go. It's a race you will remember for ever!

The 25 mile drive back to where we were staying was pretty hard but I managed to complete it without cramping too badly.

Both Caroline and myself had a good drink that night – I felt like I had really earned it! Now thinking of getting another marathon in before the end of the year!

**AGM****NORTHBROOK ATHLETIC CLUB ANNUAL GENERAL MEETING****25<sup>th</sup> January 2005: 8pm: Jaguar Social Club, Browns Lane, Coventry. Minutes prepared by M.Baker****Present:** approx 30 members.

1. **Apologies** – S.Edkins,T.Hoy,C.McHugh,R.French,P.Lawlor,D.Clarke,A.Hands,J.Moyse.
2. **Welcome** -Bob Adams welcomed everyone to the meeting.
3. **Matters Arising From Previous Meeting** – a) Road Race Champs Points - covered later.  
b) Track Training - Gareth Knight said this would be on Fridays at Kirkby Corner at 6pm.  
c) Last Years Minutes - These were accepted. (Proposer: Tony French, Seconder: Gareth Knight).
4. **Chairmans Report** - Bob Adams stated : - "The first thing to say is that I wasn't really planning to be presenting this report tonight, as I announced 2 years ago that I would be standing down from the job as Chairman - and I'm still here! I've got to say that I'm glad I was persuaded to change my mind, as there have been a number of events and occasions during the past 12 months that have made me very proud of the club. Firstly, on the running front, the integration of the ex-Masseys runners has been completed very successfully, and they have all contributed to making us a stronger team. This fact was illustrated by our promotion to Division 2 of the mens Birmingham Cross Country League, and victories in the Hilly 100 relay and the Warks Road Race League. We also qualified for the National finals of both the 6-stage and 12-stage road relays. On an individual front, Nathan Holmes, Paul Kelly and Ian Burgoyne occupied the first 3 places in the Warks Road Race League standings. The ladies squad has also continued to develop over the past 12 months. they just missed out on winning the Warks Road Race League, but I'm confident that they can go one better in 2005. I'm also certain that they can field an all ladies team in the Hilly 100 relay, and that they will win it. Only last month they won the team prize in the Xmas Pudding 10 mile race, and their determination to improve is demonstrated by the number of ladies joining the speedwork sessions. Another successful event was the second staging of the Northbrook 10Km race. I know that Lorretto, being a perfectionist, was not totally happy with how things went on the day, but I thought it was extremely well organised, and much appreciated by the runners who took part. Our 10Km race has already become one of the best events held in the area, and has been selected as the Warwickshire 10Km Championship race in 2005. We also successfully hosted the Allesley Festival Fun Run, and a Birmingham League Cross Country race at Coundon Park. Both of these events showed how well things can be done when the club pulls together. I'd like to thank Stuart Keen for his hard work organising the 'Grease Night'. Stuart and Diane certainly showed us how rock-and-roll should be done, and everyone attending had a great night. It is also pleasing that the speedwork sessions have developed on a Wednesday evening. This is a result of the efforts of Gareth Knight and Alex Marshall. I would like to thank last years committee for their support. Some members are standing down, and I thank them for their efforts. Tony French did a tremendous job with his risk assessment work at our races, and has been invited to provide a risk assessment for the National Cross Country races in Birmingham. I'd also like to thank Con and Dan McHugh for their continued excellent work with the website and club magazine. I believe that the club is in good health, but there are always a few challenges. One of these was our presence at the Jaguar Sports & Social Club, when membership fees were changed last year. Prices may go up again, but we need to bear in mind the future of the Jaguar factory. Also, the congestion in the bar area on Wednesday nights is a problem. However, I still believe that we will struggle to find a better location. Please use this opportunity to voice your comments and suggestions. Thanks for listening".
5. **Treasurers Report** – Lynne Cook distributed copies of accounts to everyone present. The accounts are healthy, with many items of kit in stock. We currently have 118 registered first claim members. Jaguar fees are £20 for use of the bar and shower facilities. Bob Adams thanked Lynne for her work.
6. **Subscriptions** - Lynne Cook (Treasurer) proposed Northbrook subscriptions remain at £15, with a £5 late fee payable.  
VOTE – Treasurer's Proposal: 28 for, 0 against. Accepted.  
RESULT – Subscriptions are £15 (with usual concessions). Late fee after 31<sup>st</sup> March is an extra £5.  
NOTE – Bob Awcock will be available at 7.15pm on Wednesday evenings to collect subscriptions.

**7. Club 2004 Award Winners –**

Award	Winner	Second	Third
Men:			
Winter Handicap	JON GUEST	Rob Barry	Alex Marshall
Summer Handicap	ANDREW RALPH	Tony Mackness	Nathan Holmes
Road Race Champs	IAN BURGOYNE	Paul Kelly	Nathan Holmes
Vet Road Race Champs	PAUL KELLY	Adrian Powell	Mick O'Shea
Ladies:			
Winter Handicap	JULIE NEVILLE	Ruth Staff	Lynne Cook
Summer Handicap	BECKY SMITH	Jo Moyse	Angela Hands
Road Race Champs	BECKY SMITH	Sarah McNaney	Julie Neville
Vet Road Race Champs	SARAH McNANEY	Julie Neville	Loretto Denley
Veteran of Year	PAUL KELLY		
Voted Awards:			
Clubperson of Year	TONY FRENCH		
Most Improved Runner	ALEX MARSHALL		



**8. Proposals Received in Writing -**

- a) Wednesday Training Start Time - Proposer: Tony Hoy, Seconder: Dave Clarke  
 PROPOSAL – To move 'actual' running start time to 7.15pm with all speeches/notices at 7.10pm.  
 REASONS - i) increase opportunity to run in countryside, on or off road, during Spring/Autumn.  
 ii) we already run first Summer Handicap in April at 7.15pm with no apparent problems.  
 iii) members finishing runs earlier are more likely to meet up socially in Jaguar bar.  
 AMENDMENT: Proposer: Neil Walker, Seconder: Loretto Denley: From March 2005 begin speeches/notices at 7.20pm, so that 'actual' run starts at 7.30pm. VOTE – Amendment: 18 for, 2 against. Accepted.  
 RESULT – The amendment was accepted by 18 votes to 2. From first Wednesday in March 2005, speeches/notices will begin at 7.20pm, so that the 'actual' run starts at 7.30pm.
- b) Club Races in Constitution– Proposer: Con McHugh, Seconder: Dan McHugh  
 PROPOSAL – Remove format of club races and awards from section 11 of the club's Constitution.  
 REASON - Section 11 of the club's Constitution changes every year. The format should be left to the committee to agree at an AGM or EGM and published separately. Section 11 will refer to this. VOTE: 12 for, 3 against. Accepted.  
 RESULT – The proposal was accepted by 12 votes to 3. A document called 'Club Races and Awards' will be created, and contain details of club championships (currently Road Race, Veterans, 5Km Summer, Cross Country Winter championships). Section 11 of the club's Constitution will refer to this document, which can be changed at AGM/EGM.
- 9. Election of Officers** - All positions unopposed. Ladies Captain role was vacant at the AGM, but a volunteer was found a few days later. The Treasurer will begin her role from Easter 2005.

*We're on the Web!*

*Visit us at*  
[www.northbrook.org](http://www.northbrook.org)

Position	Elected Member	Proposer	Seconder
President	BOB AWCOCK	Sarah McNaney	Bob Adams
Chairman	BOB ADAMS	Helen Jones	Sylvia Guthrie
Secretary	MARK BAKER	Sarah McNaney	Bob Adams
Treasurer	JO MOYSE	Angela Hands	Lynne Cook
Mens Captain	NATHAN HOLMES	Mick O'Shea	Tony Hoy
Ladies Captain	BECKY SMITH	Bob Adams	Mark Baker
Veterans Captain	vacant		
Fixtures Secretary	TONY FRENCH	Bob Adams	Tony Hoy
New Member Sec	ANGELA HANDS	Bob Adams	Jo Moyse
Social Secretary	TONY HOY	Bob Adams	Tony French
Running Advisor	GARETH KNIGHT	Gethin Lines	Paul McGurk
<b>Non Committee</b>			
Summer Handicap	RICHARD FRENCH	Volunteer	
Winter Handicap	TOM GILLON	Volunteer	
Club Magazine	DAN McHUGH	Volunteer	
Web Information	CON McHUGH	Volunteer	
10Km Race Organisers	LORETTO DENLEY / TOM GILLON	Volunteers	
Accounts Auditors	ALEX MARSHALL / CHRISTINE AUSTIN	Volunteers	

**10. Road Race Formats –**

- a) Summer Handicap - Richard French (handicapper) had asked if the PB points awarded, could be compared with best times in the last 4 years. It was decided after discussion that the 'new' course had not been in use for very long (approx 5 years) and therefore any times on this course were to be considered, as long as records were available. Therefore, the format remains the same as last year, with a £5 prize for each race winner. (best 5 races count, 5 extra points for PB's once 5 races completed in past as a guide to form)
- b) Winter Handicap – Last years AGM decided to run 3 races at Coundon Park as the handicap competition. Turnout has again been poor and as discussed last year, this format will not be used after this season. Gareth Knight proposed using all the league races (seconded Loretto Denley). Vote: 17 for, 0 against. Therefore, next season, league races will form the Winter Handicap (Men: 4 Birmingham League Races, Ladies: 4 Midland League Races. All races to count)
- c) Road Race Championship - The format is unchanged. Best 5 from 7 distances count to results. (Handicap 5Km, 5 miles, 10Km, 10 miles, Half Marathon, 20 miles, Marathon). Tony French has been looking at different points scoring systems since last year's AGM, and as agreed last year, his recommendation will be tried for one year, then reviewed. Tony will use the same system, but will award 500 points to the fastest time in a category, then 499, etc, to include more runners.

**11. Any Other Business -**

- a) New Track Facility - Tom Gillon explained that a new running track is planned at Lyng Hall in Wyken. Managers are looking for a club to adopt it as their headquarters, though this could cost £5000 a year (first year would be free). The