

NORTHBROOK NEWSLETTER

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www.northbrookac.org.uk

editor Dan McHugh

From the Editor - Here's the first newsletter for nearly 12 months. Apologies for the delay but I have been busy. It's been a busy time for the club over the past few weeks with the Presentation and the AGM. The AGM was a lively affair, and although I thought that the turnout was lower than previous AGM's, a lot was covered. Personally I was glad to see the amendment about the criteria for the FLM raffle entries. This newsletter will be shorter than previous newsletters, to keep costs down and get it out more regularly.

Club Membership Fees now due:

Please send cheque £15.00 (£7.50 2nd claim) payable to Northbrook A.C. to:
BOB AWCOCK
2 MARLSTON WALK
ALLESLEY PARK
COVENTRY, CV5 9LG
bob.awcock@btinternet.com
Please include note advising name, address ,telephone & email.

AGM Highlights

Subscriptions - Individuals subs still £15, and are now due.

Core Races - A series of core races defined including most of cross country events, Warwickshire road race league and relay races.

London Marathon Club Draw - Rules amended. For eligibility, member must be fully paid up and a member for at least a year, and have proof of rejection from the main London Marathon ballot. In addition the member must have completed 6 races for the club in the year from the list of Core Races plus Summer Handicaps. Also, if a member is successful in the club draw, they are not eligible for another entry to the draw until 3 years time.

Training Nights - Wednesday training nights will begin at 7pm from 1st March 2006.

Track Races - Northbrook will affiliate to the track and Field section of the MCAA to allow members to participate in these events.

fPhysio - Bob Adams is investigating whether the club can obtain a discount for members from a local physio practice.

Club Competitions - The format of the handicaps and road race championship is unchanged.

10 Km Race - This is call the Family 10 Km and incorporates a 2Km kids run. This is on Sunday 4th June 2006.

Newsletter - Dan McHugh will produce a short update sheet for members if he receives articles.

Sunday Runs - These need to be encouraged for all members, and new members, as numbers have fallen recently.

Paris 2006 marathon - I am running this race this year for the Get Kids Going charity. This charity does a lot of superb work with disabled children and young adults, providing wheel chairs, sporting equipment and opportunities for them. I am paying my race fee, flight and all expenses, therefore any money raised goes direct to the charity. Please see the following link to sponsor me. Thanks to all Northbrook runners who have given so generously already - really appreciate this:

<http://www.justgiving.com/DanMcHugh>

Northbrook 10K News

This will be held Sunday 4/6/6 10.30am. There will also be 2km Fun Run. Please put this race in your diary, and if you can help with the organization of this, help would be appreciated.

Runners of the month

Dec: Loretto Denley	Nov: Paul Andrew
Oct: Nathan Holmes	Sep: Stuart Keen
Aug: No results!!!	July: Helen Jones
Jun: Robert Pool	May: Howard Anderson

Social News - Possible Northbrook ten-pin bowling night at 'Bowling International' at the Forum.

I'm looking at organising it for **Sat. 25th of March** (after the Midland 12 stage relays). The cost will be around £10 per person for the 'Bowl 'n' Buffet' which includes 2 games of ten-pin, a finger buffet and a winner's certificate. If this proves to be a success then later on in the year I thought it may be a bit of fun (or serious competition) to challenge Sphinx to ten-pins as I know their social secretary quite well. Looking further on, Make a note in your diaries for Northbrook's Christmas Party on **Saturday 2nd of December** at the Jag. club. Early days yet, but I reckon a theme of 'School Reunion' could be a giggle! Nathan has sent out e-mails regarding the presentation night. It's a long way off, but....we need to know **very soon** your views on this night.

It should be a celebration of your running year, so we need to know at what location you would like it to be, stay at the Quality Hotel, or go back to the Jag. because either of these rooms will need to be booked.

It's your call... Stuart Keen