

# NORTHBROOK NEWSLETTER

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[WWW.NORTHBROOKAC.ORG.UK](http://WWW.NORTHBROOKAC.ORG.UK)

## Great Malvern Triple Run 21/5/2006

The Great Malvern Triple Run is a great day for all the family, with three main events:

- The Great Malvern Run - half marathon
- The Malvern Spring - 5km
- The Chicken Run - 1.1km

Run in association with Worcester Athletics Club.

## New Weds Night Training start time

New Start time 7:05 from Weds 1 March.

### *Rnnner of the Month:*

*January: Jerry Trill*

*December : Loretto Denley*

### Social News – Stuart Keen

1. 25th March (after the Midland 12 stage relays)

Bowling International' on Longfellow Road

2. Following the success of trips arranged in previous years, the club has booked exclusive use of Meerbrook Youth Hostel for the 2006 August Bank Holiday weekend - Friday 25th (evening) to Monday 28th (morning). Timetable 24/02 Let Nathan know you want to come, pay £10 deposit. 23/06 Pay Nathan £20 balance. 25/08-28/08 Run & have fun! 28/08 Get the calculator out and settle the food bill! Nathan Holmes

3. Looking further on still..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!

### Club 10K Race

**Course Record:** 2004 Emerson Combstock, 32m31s, Coventry Godiva, 2005 Carol Adams, 37m39s, Centurion

### 2006 4/6/2006 10.30am, 2kn Fun Run 10am

10K Entry Form

10K Poster

10K Sponsor form for Myton Hospice

### CLUB RACES AND AWARDS

All paid up members are eligible to compete in club events, score points and win awards. Guest runners or lapsed members can compete, but do not score points or win awards.

**Summer Handicap.** This consists of 6 races per season over a designated 5 Kilometre course. The Summer Handicapper calculates handicaps and publishes results in two categories (men and ladies). 30 basic points are awarded to the first member in their category to finish a race. The next member is awarded 29 basic points, etc. If there are more than 30 members finishing in a category, these members do not score any basic points for that race. Extra PB points are awarded for Personal Best performances in a race, provided that the member has completed 5 previous races over the same course. If a member completes all races in a season the best 5 races count to their total. In addition, the first member to finish in each race wins a £5 prize voucher.

**Winter Handicap** – This consists of all the season's League Cross Country races in two categories (Men:All Birmingham League Races, Ladies: All Midland League Races) The Winter Handicapper calculates the handicaps and publishes results. 30 basic points are awarded to the first member in their category to finish a race. The next member is awarded 29 basic points, etc. If there are more than 30 members finishing in a category, these members do not score any basic points for that race. All races count towards a member's total points for the season.

**Road Race Championship** -. This consists of 7 different road race distances in a calendar year. These are the Summer Handicap 5Km, 5 miles, 10Km, 10 miles, Half Marathon, 20 miles, and Marathon. Other than the 5km (which must be a Summer Handicap race), any certified race over the appropriate distance can be included. The Fixtures Secretary will award 100 points to the fastest time in a category, then 99, etc. Categories are All Men, All Ladies, Veteran Men and Veteran Ladies. If a member completes more than 5 distances in a calendar year, the best 5 distances count to their total. It is the responsibility of members to inform the Fixtures Secretary of their results, to ensure that these results are included in the Championship.

## February Results

### English National Cross Country Championships, Parliament Hill Fields on Saturday 25/2/6

198 N Holmes 45:31  
703 H Anderson 54:17  
845 R Vaughan 56:40  
859 P McGurk 56:58  
964 S Mason 58:52  
987 T Hoy 59:18  
1038 G Knight 1:00:25  
1047 A Whitehouse 1:00:39  
1128 S Clayton 1:02:56  
1142 R Poole 1:03:24  
1144 E Simmonds 1:03:27  
1238 T French 1:08:50  
80 4507 — 194 N Holmes 696 H Anderson 837 R Vaughan 851 P McGurk 953 S Mason 976 T Hoy

#### Women:

437 C Gavin 1:01:19

**Tamworth Heart 10K 19/2/6** - Audrajean Elliot-Davies 57:06 Abbe Humphreys 59:47

#### Report:

Too early for a Sunday morning and once again in thick fog (remember the Roman IX) Audrajean and myself ventured out to run the Tamworth Heart 10k on Sunday. The weather was dismal and the cold biting but the atmosphere was pleasant and we were assured that once underway we'd warm up a little. I'd not seen much of Tamworth before and was under the impression that the route was to be quite scenic, given the starting point of the Castle Pleasure Gardens. However it turned out instead to be a canter along a maze of roads and cycle paths in mainly residential areas. It was quite a smooth course really, not too many hilly parts. In the early stages though it was difficult to get any space as the paths were narrow and runners were bunched up. The highlight for me was the obstacle course set up by the locals before the race involving a car, a pedestrian bridge and a lot of burning petrol! Everybody had to tread carefully around the foam left by the emergency services. Audrajean and I finished in respectable times and we were both glad to get back in the car and put the heater on. Once across the finish line every runner was congratulated personally and handed their medal. This held up proceedings but was a nice touch. Overall I enjoyed the race and would do it again. Just hope it's warmer next time.

#### Sidcup 10 Mile, Kent 12/2/6

#### Richard Hands 1h13m22s

Yesterdays Sidcup 10 mile race was wet affair due to the rain and also a burst water main that occurred overnight near the start point. It is a fairly flat 3 circuit route which was well organised. Unfortunately Angela was assisted to spectate due to feeling unwell but I was pleased with the 1 hour 13min , 22 sec achieved due to this being the furthest I have run since September. Well worth a go if in the area but a bit far for the day

#### Wokingham Half Marathon 12/2/6

Helen Jones 1.52.49  
Sarah McNaney 1.53.04

Report: Sarah

I know that this is along way away for a half so it helps if you have relatives that live 5 miles away like I do!! We went prepared for rain as the BBC weather site said it was going to rain all day and it didn't let us down – in fact it poured, from the moment we got up to the moment we went to bed. This amount of rain made the start and finish of the race particularly messy as race headquarters were situated in Cantley Fields where they host many football and rugby matches so there was plenty of very slippery mud about!

The kit bag area was not as secure as we have been previously used to, as it was just a tent that you threw your bag in to and hoped that it was still there at the end of the race – anybody was eligible to wander in and pick up a bag if they so desired. Fortunately, our bags were ok which was good, as I didn't fancy the walk back home.

The start was very congested as the first mile was on a muddy trail through the parkland but once you managed to negotiate that we were taken through some beautiful countryside, which was completely traffic free. The course was fabulous, hardly a hill to be seen!! Marshal's and supporters were everywhere, as were St Johns Ambulance Brigade, which really cheered us on during the rainy weather. Water stations were very well manned, again with very enthusiastic supporters.

Coming back in to the finish area was another awkward experience as the mud, by this time, was everywhere!! However, we waded through, got our bags and managed to take half the field of mud with us in to the changing rooms only to find that the showers were luke-warm – just what we needed after a run in the rain. At least the heaters had been left on in the changing room so we were lovely and warm. The other little god-send was that all competitors were offered free hot drinks which we thought was a lovely touch –

the down side of this being that we had to walk across a huge patch of mud to retrieve them!!

All in all, it was a well-marshalled run with plenty of support. If it hadn't rained all day it would also have been an ideal venue. Fortunately, all the mud has not put me off this one and providing I am still welcome to stay with my relatives, I would definitely do this again.

**Watford Half 5/2/6**

13th 1:14:41 Ian Burgoyne SM \*PB by 4 minutes

988th 1:49:21 Anthony French M60

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

### **Captain's Report – January 2006**

As I sit down to write this it's (a) very late in the evening and (b) quite late in February. As a result, I'm unlikely to be able, or inclined, to remember January in great detail. This could be quite brief, very vague, or most likely both!

I should probably start near the end of the month, with the AGM. The fact that I'm writing this gives the game away on my re-election as Men's Captain, but I also picked up the role of Women's Captain, so you can look forward to unisex reports in future – but not just yet! It must be said that attendance at the AGM was very poor, with only 24 members present (about 20% of the club). A number of motions were debated, the most important being the change in start time from 7.30 to 7.00, effective 1<sup>st</sup> March. I know this has received a mixed reception and I know many people will struggle to attend at the earlier time (myself included), but the motion was carried by the majority of those present and now we should all try to make a success of it. Continuing on a theme of disappointing attendance, the Presentation Night also took place in January. The list of prize-winners is on the web-site and I won't repeat it here – suffice it to say that if anyone knows a good builder, Loretto needs an extension building to store all her trophies! Despite sterling work by Tony Hoy, numbers were down on previous years and, for that reason among others, the evening lacked its usual 'buzz'. The committee is looking at changes in the timing/format of the evening to try to restore it to its former glory and we will keep you all updated as this progresses. I hope you've all seen the questionnaire asking for your opinions. Some good ideas have been put forward, but more responses would be very welcome. Please do take the time to respond. It's *your* club and *your* presentation night – what do *you* want from it? And with that plaintive request for interest, let's talk about running!...

Racing started early in January with a decent turnout at Godiva's New Year 5. This was Paul Kelly's farewell performance before sailing off into the sunset on his round-the-world cruise and he ably led the men's team home into 2<sup>nd</sup> position behind the host club – experience losing out to youth on this occasion! The women also finished a strong 2<sup>nd</sup>, which bodes well for the coming road race season.

The following weekend, a somewhat below-strength squad ran in the third Birmingham League race at Northampton. Given the list of absentees and the health of those present, I was very pleased with our 6<sup>th</sup> place. Everyone who ran can be justly proud of the efforts they put in to keep us there, most notably Jerry Trill, who made his first foray into the scoring six. With Colin Averis just ahead of him, the Lichfield branch of Northbrook AC made a real impact on the result. I just hope it didn't take them too long to get home! In a month dominated by cross-country, we moved straight on to the Warwickshire Championships. In very muddy conditions, a disappointing turnout meant we could finish no better than 8<sup>th</sup> in the team race despite a fine run from Mark Baker, who's finish as second counter must surely be his best ever position for the club. While most of us rested up for the Midland Championships, a few hardy souls turned out for the Not The Roman IX in the otherwise 'free' week. For once the women outnumbered the men (well done, ladies) among the Northbrook finishers, but the five men who did run acquitted themselves well, with Stuart Keen leading us home in 19<sup>th</sup> place.

Finally, the Midland Championships took place on 28<sup>th</sup> January in Leamington. A few 'entries on the day' brought numbers back towards the twenty I had entered and meant we were one of only six clubs to field two complete teams. Thanks to those late entrants – and if you let me know in advance next time you might even get to run as yourselves! Paul Andrew returned from illness to lead the club home in 39<sup>th</sup>, I had my first 'acceptable' run for a while to keep him in sight and behind us Stuart Keen, Mark Baker and Pete Austin had a really good battle for 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> counters. The team finished 12<sup>th</sup>, and I think it's a glowing endorsement of how far the club has come that we can compete at that level in a regional competition.

February will close out the cross-country season with the last Birmingham League race (one more good race and we'll equal our best ever league placing) and the National Championships, and then we'll be heading for the road relays. Keep up the good work!

Nathan Holmes

PS: In all the excitement I've forgotten to mention John Hosie's sub-3 clocking at the Disney Marathon in Florida. Apologies, John, and "Well done!"