

NORTHBROOK NEWSLETTER

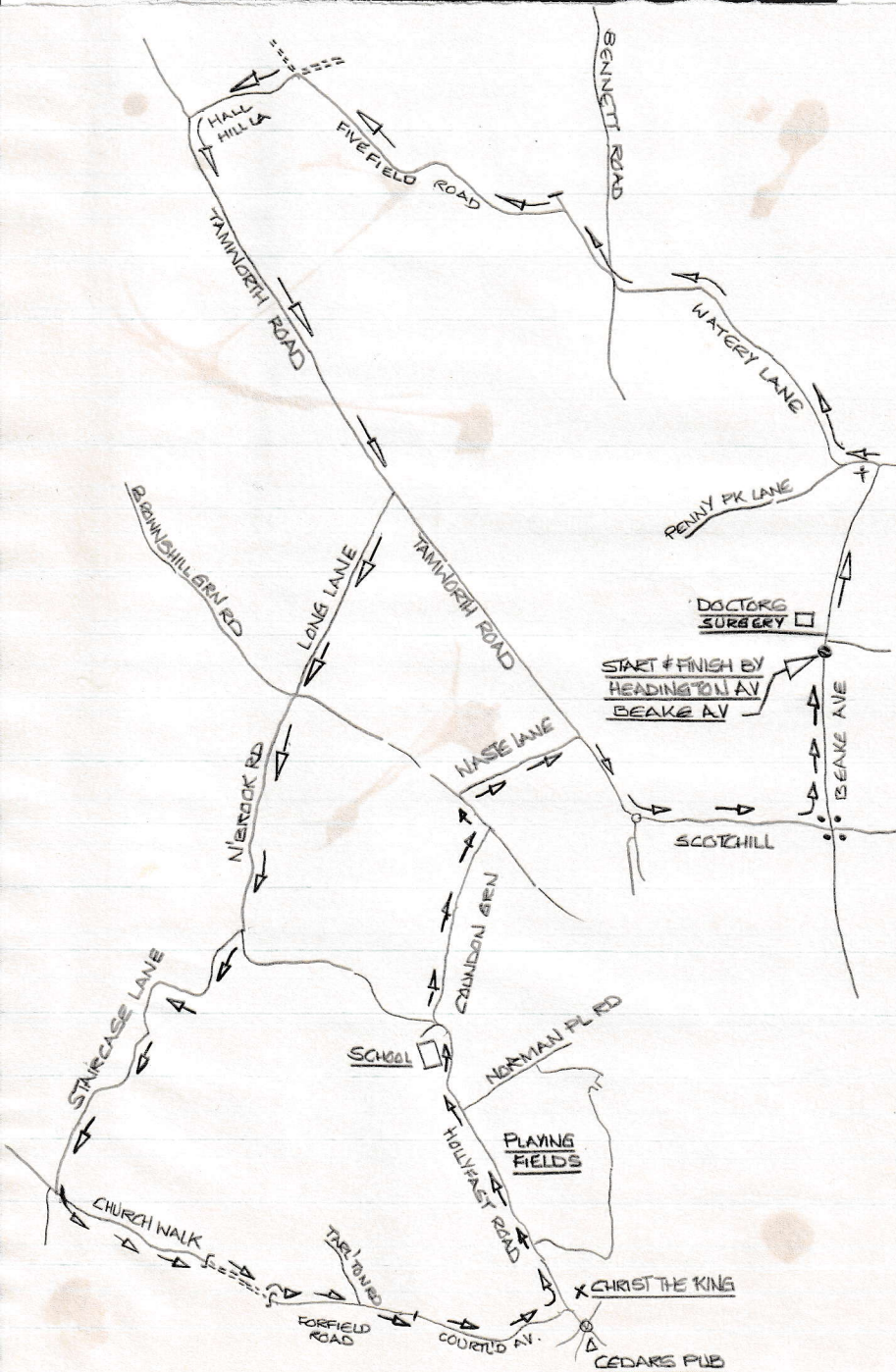
AUG 86

FIXTURES

AUGUST	30 TH	SAT	3PM	1.50	NATIONAL PLASTICS 10KM	COV GRAND PRIX EVENT
SEPT.	4 TH	SUN	10.30	1.00	GULSON PLATING 10KM	COV GRAND PRIX EVENT
SEPT.	20 TH	SAT	3PM	1.00	NUNEATON 10 MILE	WARWICK VETS CHAMPS.
SEPT.	28 TH	SUN	11.00	1.00	RUNNING RACQUETS LADIES 5 MILE RACE.	
SEPT.	28 TH	SUN	AM	-	NOTTINGHAM MARATHON	& 13.1 MILE RUN.
OCTOBER	5 TH	SUN	10.30	4.50	GLOUCESTER MARATHON (190XMOOR, ABBEYDALE, GLOUC)	
OCTOBER	12 TH	SUN	10.30	1.00	NORTHBROOK 10KM	YOUR SUPPORT IS NEEDED
OCTOBER	12 TH	SUN	10.00	2.00	BIRCHFIELD 10 MILE	SUPPORT YOUR OWN INSTEAD
OCTOBER	19 TH	SUN	11.00	1.50	RUGBY 10 MILE (P.6NBS 72 LINNELL RD RUGBY CV21 4AW SAE	
OCTOBER	26 TH	SUN	10.30	1.50	POWERPART 10 MILE	POSSIBLE BLOCK ENTRY

INSIDE WHATS ON..... EDITORS COMMENT..... NOTE FOR SEPTEMBERS
ISSUE YOUR (THATS THE READER) CONTRIBUTION IS NEEDED, SO GET WRITING!

FAVOURITE RUNS NO 9 THE GASKINS : J. KELLY.



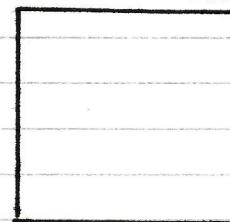
THE ENCLOSED MAP DETAILS THE NOW FAMOUS GASKIN 8.2 MILE RUN. IT HAS BEEN BIKE MEASURED IS SCENIC, THOUGH HILLY. GIVE IT A RUN. WHY NOT CONTRIBUTE YOUR FAVOURITE ROUTE?

THE GOOD THE BAD & UGLY RUN
 ENTER NOW. LIST ON NOTICEBOARD

WELL DONE TO STUART & DAVID HAGAN FOR COMING HOME 1ST FOR NORTHBROOK ~ RACE THE TRAIN. DID ANYONE SEE RAMBO NICHOLSON CHUFFING? WELL DONE ALL.

COMMENTS WANTED ON INTER-CLUB RUN ~ ALVIS DUNLOP & SPHINX

COMMITTEE MINUTES



A PRIZE IF YOU CAN FIND THEM!

NEXT MONTH. RACE THE TRAIN REPORT
 COMPETITION TIME: WIN A T. SHIRT:
 LETTERS?: ARTHRITIS ALERT:
 IAN'S TRAINING TIPS FOR P.B.'S.

WHATS ON? AT NORTHBROOK A.C. WHATS ON?

BLACKPOOL COACH TRIP.

STU WHITEHOUSE IS ORGANISING
A TRIP ON OCT 4TH (SAT) COST
PER PERSON £4.50. LEAVE
CLUB 9:00am RETURN LATE.
SEE STU IF YOU WANT TO GO.

ANNUAL CLUB DINNER & DANCE.

I KNOW ITS ONLY AUGUST BUT
YOU HAVE TO BOOK EARLY. YOUR
SUGGESTIONS ARE REQUIRED
SEE TONY MURPHY ASAP

CLUB SUBS NOW DUE

THE REMAINING £2.50 SUBS
ARE NOW DUE IF YOU HAVE
NOT PAID ALREADY. SIMPLY
SEE JIM GRUMBLEY THE
CLUB TREASURER.

BEST OF LUCK TO ALL

MEMBERS TRAINING FOR A
AUTUMN MARATHON BE IT
GLOUCESTER, NOTTS OR SAINT
ALBANS (R.I.P. COVENTRY)

CLUB AWARDS NITE IN DEC.

WHO'S GOING TO PRESENT
THEM? DALEY? STEVE? SEE?
EVEN TONY? START IMPROVING

VIDEO SPORT: 16 DAYS OF GLORY

THE '84 OLYMPICS ON C.I.C. VIDEO
@ 19.99 OR YOUR LOCAL VIDEO
SHOP.

X-C HANDICAP VENUE BALLOT

THE RESULT OF THE BALLOT
FOR THIS YEARS X-C HANDICAP
VENUE WAS:
34 VOTES LAKEVIEW PARK
21 VOTES COUNDON HALL PK
2 VOTES SPILT: 3 ABSTAIN

MIDLAND VETS

IF YOU ARE 40 YEARS OR
OLDER, THEN WHY NOT JOIN
THE MIDLAND VETS A.A.A.
SEE KEN BUCKENHAM OR

TONY MURPHY FOR INFORMATION
OR WRITE TO: MR E. NICHOLLS
131 WATFORD ROAD, KINGS
NORTON B'HAM B30 1NP

LOTTERY MARATHON TIME

IT WILL SOON BE LONDON
MARATHON 1986 ENTRY TIMING.

FORMS ARE AVAILABLE FROM
1ST SEPT - 30TH SEPT AT ALL
NATIONWIDE BUILDING SOCIETIES
(YOU MIGHT BE LUCKY THIS
YEAR M.W.S). IF YOU ARE

REJECTED THEN YOU WILL
QUALIFY FOR THE CLUB
RAFFLE WHICH HAS 3 AUTOMATIC
ENTRIES.

COV FACTORIES RESULT

IAN LADBROOKE 27.48
IAN GILL 28.08
COUN DEASY 25.52 11TH 6/ALL

NIC MOORE HAS REQUESTED

A LEAVE OF ABSENCE FROM
COMMITTEE BUSINESS.
THE CHAIRMAN'S POST WILL
BE TEMPORARILY FILLED
BY A EXISTING COMMITTEE
MEMBER. NIC WILL RETURN
LATER IN THE YEAR.....

LOUGHBOROUGH RESULT:

AUGUST 2ND IDEAL CONDITIONS
IAN LADBROOKE 1HR 19:03
IAN GILL 1HR 19:57
ROB ADAMS 1HR 24:16
JOHN SHUTTLEWORTH 1HR 25:21
JOHN MCKENNA 1HR 25:28
ALAN FANNING 1HR 29:05
PETER DAVIS 1HR 29:08
MIKE W. SMITH 1HR 36:51
DAVE SWINGLER 1HR 37:00
GLYNN PERRINS 1HR 38:26

WANTED WANTED WANTED

COMMITTEE MINUTES
FASTER H/CAP RESULTS
FIXTURE LISTS
MAGS ENTRIES
NEWSLETTERS MEMBERS
LETTERS & FAVORITE ROUTES
CARTOONS/WISECRACKS
RACE REPORTS
A FULL NOTICE BOARD
MORE SUB 70 MIN 10 MILES

EDITORS COMMENT

MEMBERS REPLY REQ'D FOR SEPT

1986 HAS REACHED ITS HALF-WAY STAGE (REALLY YOU MAY SAY) SO ITS A GOOD A TIME AS ANY TO REVIEW THE LAST FEW MONTHS. YOU MUST ADMIT THAT WITH IT BEEN SUMMER (WHAT SUMMER) AND HOLIDAYS ITS BEEN VERY QUIET. NO NEWSLETTER FOR 2 MONTHS (EDITORS FAULT?) NO CONTRIBUTIONS, CAN I SENSE LOW MORALE? CRITISIM, YACHT HANDICAP APATHY, NOT MANY CLUB MASS ENTRIES, NO COMMITTEE MINUTES, RACE RESULTS, OR WHATS ON. THE SOCIAL SIDE IS MORE THAN THRIVING, TOO MUCH DOMINO'S (SHOUTING!), SUNDAY JOGS, A SUPERB RACE THE TRAIN WEEKEND AND A COMPETITIVE YOUTH SECTION. WE STILL NEED MORE MEMBERS CO-OPERATION, PARTICIPATION AND ASSISTANCE. THE FORTHCOMING NORTHBROOK 10 KM WHICH FORMS PART OF COVENTRY'S GRAND PRIX IS THE MOST IMPORTANT EVENT IN THIS CLUBS YOUNG HISTORY. ITS SUCCESS DEPENDS ON YOUR SUPPORT. IF YOU DON'T RUN THEN MARSHALL SINCE OUR ORGANISATION IS BEING WATCHED BY EVERYONE. DON'T GIVE THE OBVIOUS EXCUSES

"I'M GOING ON A LONG RUN THAT DAY" OR

"I'M RACING SOMEWHERE ELSE" OR

"SUNDAY'S MY LIE-IN-DAY".

LETS ALL TURN OUT ON OCTOBER 12TH, SEE JOHN COX OR GARY CLARK GET INVOLVED SINCE YOU CAN ONLY BENEFIT FROM IT!

THE YACHT HANDICAP WITH ALL ITS FAILINGS SUFFERS FROM

"ITS TOO SHORT I'M TRAINING FOR A MARATHON" OR "I CAN'T WIN ANYWAY 'CAUSE SO AND SO'S GOT IT SEWN UP" "MY TIME IN THE PREVIOUS RACE WAS WRONG" "MY HANDICAPS BAD WHY RUN". THESE COMMENTS

DO NOT STAND UP SINCE THE RACE IS FOR MEMBERS ORGANISED FOR MEMBERS. SO LETS ^{GET} BACK TO THE BIG TURN OUTS AND FIERCE AND FRIENDLY COMPETITION SINCE ITS ALL DOWN TO YOU TO RUN A P.B.

GRIEVANCES: IF YOUR UNHAPPY OR RUFFLED BY SOMETHING, OR WOULD LIKE TO SEE CHANGE OR IMPROVEMENT WITHIN THE CLUB THEN WRITE TO THE SECRETARY OR VERBALLY PLACE YOUR COMMENTS TO HIM, COMMUNICATION WRITTEN OR SPOKEN DOES WORK!

FOOTNOTE: JERREYS CRYSTAL-BALLS COVENTRY FORECAST HAS COME TRUE, WHATS NEXT MIKE WINDSOR-SMITH OBTAINS LONDON ENTRY.....

CLUB COMPETITION ~ AUGUST

OPEN TO ALL NORTHBROOK A.C. MEMBERS.

WIN ~ ONE T-SHIRT & THE LATEST MONTHS RUNNING MAGAZINE.
ANSWERS TO THE EDITOR ~ JOHN MCKENNA BY WED 10TH SEPT.

QUESTIONS

1. NAME THE WINNER OF THE MENS 100 METRES FINAL AT THE 1924 PARIS OLYMPICS. WHAT WAS HIS WINNING TIME?
2. NAME THE WINNER OF THE MENS 1500 METRES FINAL AT THE 1936 BERLIN OLYMPICS. (HE REPRESENTED GREAT BRITAIN)
3. WHO WON THE NORTHBROOK 1982 SUMMER YACHT HANDICAP?
4. WHAT WAS THE WINNING TIME BY ROB DECASTELLO FOR THE 1986 COMMONWEALTH MENS MARATHON?
5. WHO ON THE 20TH JULY 1986 AT THE SAN FRANCISCO MARATHON MADE A MODEST COMEBACK TO TAKE 5TH PLACE IN THE LADIES RACE WITH A TIME OF 2 HRS 43:38?
(SHE HELD THE WORLD BEST MARATHON TIME '1981 & HER MODEL LOOKS SET MANY MALE HEARTS ABEAT)
6. WHAT IS THE DATE SET FOR THE 1986 LONDON MARATHON?
7. WHAT HAPPENED TO VETERAN RUNNER BRIAN LOCKYER WHO RAN A 2 HRS 23:28 MARATHON DURING 1986?
8. NAME THE WINNER OF THE 1986 ABERDEEN MARATHON.
9. WHO FINISHED SECOND TO LAST YEARS HANDICAP YACHT WINNER MARTIN TURRELL?
NOTE: LAST YEARS SECOND MUST NAME THIS YEARS WINNER!
10. NAME THE LOCAL ATHLETE WHO FINISHED 3RD IN THE 1985 COVENTRY MARATHON BUT WAS DISQUALIFIED FOR PACE ASSISTANCE?

WHY NOT RETURN YOUR ENTRY ON THIS QUESTION SHEET BY USING THE SPACE BETWEEN EACH QUESTION.

IT IS INTENDED TO HAVE A COMPETITION PAGE WITHIN EACH NEWSLETTER.
WHY NOT CONTRIBUTE YOUR SPORT QUIZ (LIMIT TO 10 QUESTIONS) FOR OTHERS TO PONDER OVER.