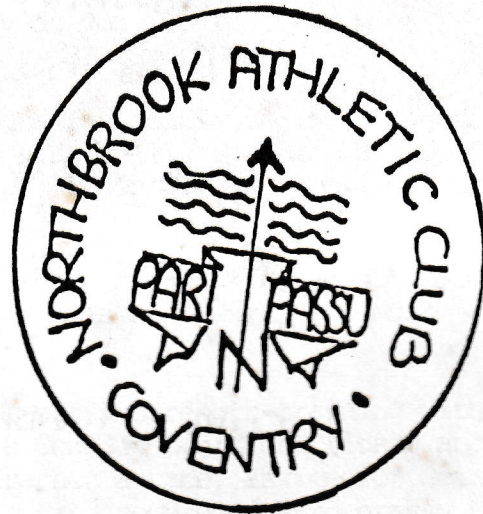


THE NORTHBROOK RUNNER

DECEMBER 1987,
15 pence



JOE COX IN ACTION FROM
THE BIRMINGHAM LEAGUE



MIKE WINSOR SMITH
SPOTTED AT THE START
OF THE SENIOR RACE

In the running



DECEMBER 1987

- 3 EDITORS COLUMN
- 4-6 CROSSWORD - PRIZE BOTTLE OF SCOTCH
- 7 INDOOR MEETINGS
- 8-11 BIRMINGHAM LEAGUE CROSS COUNTRY
RACES ONE & TWO
- 12 CLUB 20km RACE
- 13 MASSEY'S FUN RUN - SHAKE OFF THE
Y/MAS CORNWERS
- 14 CLUB HANDICAP LEG 3
- 15/16 BENIDORM 87 - JUDGE JOHN

EDITORS COLUMN

Well were now half way through the Birmingham League and doing far better than in previous years, having last years Junior League winners in the Senior squad together with some new runners has made a massive difference and when one or two of us older bods get fit again we could be pushing even higher.

Again this month we have various reports from recent races, thanks to those faithful few who continue to help me by putting pen to paper from time to time, not wishing to winge about it but you vets, youths and women don't seem to have much to say do you, wouldn't it be a nice gesture at Xmas to write a line or two?? (Some Hope)

Thanks again to Bob Adams and John McKenna for continuing to organise the X/C handicap, they have a thankless task really because most people feel that their handicap should be better, I don't lad's, well not at the moment anyway.

Were now coming to the time of year for Championship X/C races, remember if you have any hopes of running the Nationals at Newark, you must run some Brum League and County races!

Weve not got some good opportunities for extra strength training with John Cox's Tuesday sessions, circuits at Coundon Court on Fridays and some X/C training on Saturdays when there not a race, ask me for details, by the way does anyone know where we can find some good hard grassy hills for some rep. work.

I hope that everyone is looking forward to Christmas and especially the Club Dinner and Kiddies Christmas Party that is being organised by Colin Nicholson, his wife and Babs Murphy, these events need your support and dont forget the Presentation Evening on December when you get the opportunity to rub shoulders with Dave Long.

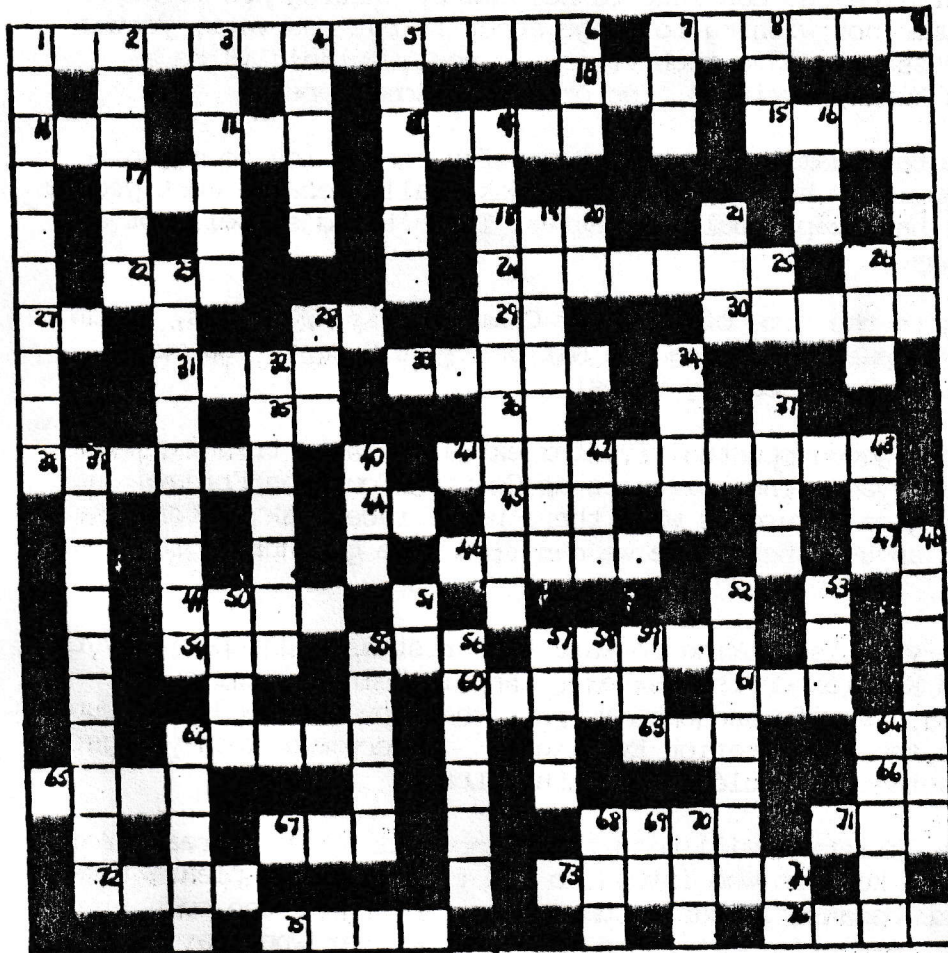
For most people Christmas will mean the chance for a short break from running but these keenies who intend to run right through please take a little more care because it can be dangerous to run off too much rich food and booze, were also getting to the time of year when pavements and roads have a habit of getting slippery and the weather gets colder. Remember to warm up properly, wear extra clothes and take it steady otherwise you might end up with more than a short Christmas Break.

Anyway enough rubbish from me, except to say I hope that you all have a very good Christmas and a Happy New Year, maybe at this years Nationals we could get our six counters in the first 1000, I hope so.

PS A chance to win a bottle of whisky in the Crossword that Colin Deacey has written (Prize courtesy of one of my customer's).

La.

SPECIAL X/MAS
SPORTS CROSSWORD



NAME

PRIZE - BOTTLE OF
WHISKEY

Entries to Ian Lachbrook by
SATURDAY 19TH DECEMBER

ACROSS

- ① HOME OF COVENTRY CITY ?
⑦ MANAGER OF COVENTRY CITY ?
⑩ SCOTTISH FOOTBALL CLUB ?
⑪ TONY - - - DEN, EX W-B-A KEEPER ?
⑫ DENNIS - - - LIE, EX AUSSIE FAST BOWLER ?
⑬ CLARKE, EX NORTHBROOK RUNNER ?
⑮ ROB, BIRCHFIELD INTERNATIONAL HAMMER THROWER ?
⑰ -PS-IC- TOWN FROM PORTMAN RD ?
⑱ DAVID COLEMAN WORKS FOR ?
⑳ TAKE A SHOT AT ?
㉑ ERIC, THE CRAFTY COCKNEY ?
㉒ INITIALS OF LAST OLYMPIC HOSTS ?
㉓ INITIALS OF DAVE LONG'S CLUB ?
㉔ NOT OUT ?
㉕ -ORK C-TY, THIRD DIVISION CLUB ?
㉖ CHARLTON OR MOORE ?
㉗ MUST BE WORN AT THE NATIONAL ?
㉘ DAVE, WINNER OF FIRST COV MARATHON ?
㉙ FOUR ?
㉚ W-ST-AM, LONDON FOOTBALL CLUB ?
㉛ FAMOUS NATIONAL HORSE ?
㉜ THEY PLAY AT TRENT BRIDGE ?
㉝ GREENWOOD OR ATKINSON ?
㉞ JONATHAN, CRICKETER ?
㉟ -AN-OTHAM - ALLROUND CRICKETER ?
㊱ COLOURS MUST BE HERE, BEFORE YOU PLAY A FRAME ?
㊲ FRANCISCO, PLACE NOT PLAYER ?
㊳ REF HAS ONE IN HIS WHISTLE ?
㊴ HUTCHINSON OR KNUDSEN ?
㊵ THEY PLAY AT BASEBALL GROUND ?
㊶ - - - BRIDGE UTD FOURTH DIVISION CLUB ?
㊷ GOALKEEPER FROM NORTHERN IRELAND ?
㊸ PAUL - - - PIN NORTHAMPTON STRIKER ?
㊹ -LD-AM SECOND DIVISION CLUB ?
㊺ THEY SPONDER CRAM ?
㊻ - - - NSFIELD RUGBY LEAGUE CLUB ?
㊼ - - - THROCK, SO EASY EN ?
㊽ AUSSIE WORLD CUP OPENER ?
㊾ WEST FROM UPTON PARK ?
㊿ FORM OF EXERCISE ?
㊿ KEN, EX NORTHBROOK RUNNER ?
㊿ ROSA, LADY MARATHONER ?
㊿ RUNNER STEVE, BUT WHICH ONE ?

DOWN

- ① GEEK PARSONS IS BRITAIN'S TOP?
- ② COVENTRY HARRIERS, WHAT'S MISSING?
- ③ THEY PLAY AT CRAVEN COTTAGE?
- ④ JONES TOP LOCAL WOMAN RUNNER?
- ⑤ COVENTRY RUNNING CLUB?
- ⑥ LEEDS UTD CURRENT KEEPER?
- ⑦ — — — LANKA, PLAYED WORLD CUP CRICKET?
- ⑧ DENNIS, EX MAN UTD AND SCOTLAND STRIKER?
- ⑨ THEY PLAY AT PLAINMOOR?
- ⑩ LIKES TO SHINE, AT DARTS?
- ⑪ W-B-A, W-B-C, AND?
- ⑫ THEY PLAY AT THE GOLDSTONE GROUND?
- ⑬ — ARO — FF, WELSH RUGBY CLUB?
- ⑭ KNIGHTS, OR ADAMS, OR HEWITT?
- ⑮ THE CALEDONIANS FROM SCOTLAND?
- ⑯ — ATF — RD, FROM VILARAGE ROAD?
- ⑰ OUT, IN CRICKET?
- ⑱ BRIAN MOORE WORKS FOR?
- ⑳ STEVE, NORTHBROOK RUNNER?
- ㉑ MICKEY, COVENTRY MIDFIELDER?
- ㉒ ONLY WAY OUT OF A BUNKER?
- ㉓ THEY PLAY AT ST JAMES PARK?
- ㉔ MARINO AMERICAN QUARTERBACK?
- ㉕ PRES — O — NORTH — ND FROM DEEPDALE?
- ㉖ STEPHANO ITALIAN DISTANCE RUNNER?
- ㉗ FORMULA ONE RACING CAR?
- ㉘ GODDARD NEWCASTLE STRIKER?
- ㉙ — — — DONE AT SCHOOL?
- ㉚ WATERPROOF SUIT?
- ㉛ WRIGHT, NORTHBROOK RUNNER?
- ㉜ DAVIS, NORTHBROOK RUNNER?
- ㉝ DALEY THOMPSON IS SPONSORED BY?
- ㉞ COULD GIVE A PENALTY FOR THIS?
- ㉟ B — — WILLIS, CRICKETER?
- ㊱ TOM — — — ATON OXFORD
PLAYED
- ㊲ SEE 33 ACROSS
- ㊳ FRANK IRISH TRACK RUNNER?
- ㊴ EASTERN BULL COUNTRY ABEREATH
- ㊵ — — FALY IRISH COUNTY?
- ㊶ TWO BOOKINGS AND YOUR?
- ㊷ INITIALS AFTER NIKES TERRA?

Well, this season has started in superb style by our lads in the Brum League Div 4

Despite having one or two of our top lads not running or half fit we have achieved the best two positions ever, sixth in the first leg at Whitley Abbey, organised superbly may I add by the Sphinx Club who followed us in a very close seventh place.

John Canavan of Alvis showed his continued improvement with a great second place despite taking wrong turns twice and he was well backed up by Phil (the nightshirt) Bowser. Sphinx poached three in the top 30 places but none of the local clubs could match our 6 in the first 74.

Dave Hogan led the way magnificently with a fighting 10th place and was well backed up by two of our new runners Rob Barry and John Gardner, they were followed by another of our last year juniors Steve Simpson 55th and Bob Adams in a best ever 62nd place. Out top six was finished off by the return of Pete Osbourn, its good to have him back running for us. Ian Carter, John McKenna and myself were all fairly close behind and with Richard O'Shea due to return soon and Tim Wright to call on, things look like getting better and better.

In the junior race Joe Cox was a good second and he followed this up with an easy victory in the second race at Sheldon after dodging the airplanes at the nearby Elmdon.

In the Senior event we went one better and came fifth, Sphinx again breathing down our necks in sixth but we were still without Richard, John Gardner was out with a sprained ankle and Bob Adams was somewhere in the clouds above returning from his warm weather training. Despite these absentees we still piled on the pressure improving by one place and some 45 points (we also increased the gap over Sphinx) Again John Canavan was second to Gary Hewitt and swears that he will beat him before the end of the season.

For us Dave Hogan was 12th (even with a migraine) Tim Wright 20th Rob Barry 24th Steve Simpson 36th (a good improvement) Pete Osbourne 51st and Ian Carter 84th, I picked up 35 places from the first race to come 94th so you counters had better watch out, I'll soon be with you and with the others fit, I reckon we could end up with 9 or 10 in the first 50.

Well done lads let keep it going we could end up 4th this season and then next year promotion wont be far off.

Ian Ladbroke.

	Senior Team Result.	After 1 RACE.
1st. Warwick University	3; 4; 11; 13; 22; 23 =	81points.
2nd. Centurion R.R.	12; 13; 21; 25; 32; 35 =	143points.
3rd. West Bromwich Harriers.	8; 9; 14; 15; 32; 60 =	145points.
4th. Milton A.C.	1; 16; 20; 34; 37; 42 =	157points.
5th. Stafford Harriers.	7; 12; 22; 51; 52; 53 =	211points.
6th. Northbrook A.C.	10; 27; 46; 55; 62; 74 =	274points.
7th. Sphinx A.C.	17; 23; 24; 50; 82; 83 =	237points.
8th. Sandwell Valley R.C.	31; 33; 42; 56; 65; 86 =	313points.
9th. Michelin A.C.	38; 40; 43; 62; 75; 122 =	387points.
10th. Bugeley & District A.C.	6; 47; 61; 82; 106; 118 =	427points.
11th. Alvis R.C.	2; 26; 64; 102; 113; 123 =	437points.
12th. Oak Park Pacers.	30; 70; 85; 88; 95; 107 =	483points.
13th. Aston University.	5; 66; 84; 98; 104; 136 =	423points.
14th. Droitwich A.C.	50; 71; 91; 110; 117; 112 =	558points.
15th. Dunlop Coventry.	45; 80; 112; 148; 153; 135 =	728points.
16th. Royal Doulton A.C.	52; 63; 133; 163; 172; 202 =	792points.
17th. S.P. Fort R.C.	150; 152; 164; 200; 210; 224 =	1128points.

MIDLAND COUNTIES INDOOR PROMOTIONS 1987-88 OPEN MEETINGS

AT THE CENTRE AT 7, BELL GREEN LANE, COVENTRY

NOVEMBER 21st

Senior Men: 50m, 50mH, HJ, LJ
Junior Men: 50m, 50mH
Youths: 50m, 50mH, HJ, LJ
Senior Ladies: 50m, 50mH, HJ, LJ
Inter Ladies: 50m, 50mH
Junior Ladies: 50m, 50mH

DECEMBER 12th

Senior Men: 50m, 50mH, HJ, TJ (11.00m Board)
Junior Men: 50m 50mH
Youths: 50m, 50mH
Senior Ladies: 50m, 50mH, HJ, LJ
Inter Ladies: 50m, 50mH
Junior Ladies: 50m, 50mH, HJ

AT NORTHWOOD STADIUM, STOKE ON TRENT

SUNDAY 22nd NOVEMBER

Pole Vault All Age Groups
Shot All Age Groups
CLOSING DATE: 2nd NOVEMBER

SUNDAY 13th DECEMBER

Pole Vault All Age Groups
Shot All Age Groups
CLOSING DATE 23rd NOVEMBER

OPEN MEETINGS

AT RAF COSFORD, NR WOLVERHAMPTON

JANUARY 30th

Senior Men:
60m, 400m, 1500m, 60mH, HJ, LJ, PV, Shot
Junior Men: 200m, 800m, PV
Youths:
60m, 400m, 800m, 1500m 60mH, LJ, PV, Shot
Senior Ladies: 60m, 400m, 800m, 60mH, HJ, Shot
Inter Ladies: 60mH, Shot
Junior Ladies: 60m, 800m, LJ, Shot
CLOSING DATE: 10th JANUARY 1988

FEBRUARY 20th

Senior Men: 60m, 800m, LJ, PV, Shot
Junior Men: 60m, 200m, 400m, 1500m 60mH (3'6"),
HJ, TJ, PV, Shot
Youths: 60m, 800m, 60mH, TJ, PV, Shot
Senior Ladies: 60m, 800m, Shot
Inter Ladies: 60m, 200m, 400m, 800m, 60mH,
HJ, LJ, Shot
Junior Ladies: 60m, 800m, 60mH, Shot
CLOSING DATE: 1st FEBRUARY 1988

COSFORD GAMES - 8/9th JANUARY 1988

Senior Men: 60m, 200m, 400m, 800m, 1500m 3000m, 60mH, HJ, LJ, TJ, PV, Shot
Senior Ladies: 60m, 200m, 400m, 800m, 1500m, 3000m (WAAA Championships), 60mH, HJ, LJ, Shot
CLOSING DATE: 14th DECEMBER 1987

ENTRY FEES: OPEN MEETINGS: Seniors £1.20 per event. All other age groups 60p per event.
COSFORD GAMES: £1.50p per event.
SPIKES: No longer than 5mm allowed

AGE GROUPS: Junior Men: Born January 1st 1969 or later; Youths: Under 17 on September 1st 1988;
Senior Ladies: Over 15 years at midnight 31st August/1st September 1987;
Inter Ladies: Under 17 years and over 15 years midnight 31st August/1st September 1987;
Junior Ladies: Under 15 years and over 11 years at midnight 31st August/1st September 1987

MIDLAND COUNTIES INDOOR ENTRY FORM

(Under AAA, WAAA & IAAF Laws)

To: Hon Indoor Secretary, MCAA, Devonshire House, High Street, Deritend, Birmingham B12 0LP. Tel: 021-773 1631
Individual entry must be completed in every detail. A separate form must be filled in for each event.

Please enclose SAE for admission ticket and timetable.

DATE OF MEETING: 21st NOV ☐ 12th DEC ☐ 8/9TH JAN ☐ 30th JAN ☐ 20th FEB ☐ Please tick box

MEN/WOMEN

SENIOR

JUNIOR

YOUTHS

INTER LADIES

JUNIOR LADIES

(delete where applicable)

SURNAME (block capitals) _____ FORENAMES _____

ADDRESS _____

POST CODE _____

TEL NO. _____

DATE OF BIRTH _____ CLUB _____

I hereby declare that I am an Amateur as defined by AAA and WAAA Laws and eligible to compete. Please enter me in the following event _____
(A separate form for each event) for which I enclose crossed cheque/PO value _____ in payment of total entrance fees. (Payable to MCAA).
My best recent indoor/outdoor performance in the relevant event _____ Some information must be given.

The Organisers reserve the right to refuse entries in any event where the number of competitors exceeds a manageable amount.

Signature of Entrant _____ Date _____

Birmingham & District Invitation Cross Country League, Division Four.
Results of the first League Race held at Sphinx on Saturday 7th. November 1987.

SENIORS.

1 G.Hewitt.	Milton	23m.05	64 M.Duggan.	Alvis	31m.40
2 J.Canavan.	Alvis	26	65 W.Singh.	Sandwell	40
3 S.Mills.	Warwick Uni.	31	66 A.Casey.	Aston Uni.	49
4 S.Parry.	Warwick Uni.	33	67 J.Stott.	West Brom.	51
5 A.Carruthers.	Aston Uni.	39	68 D.Thomas.	Stafford	52
6 R.McGimpsey.	Rugeley	45	69 C.Baker.	Michelin	54
7 M.Frontford.	Stafford	49	70 G.Rigby.	Milton	57
8 T.Slater.	West Brom.	55	71 R.Haller.	Droitwich	59
9 D.Jones.	West Brom.	59	72 J.Rooney.	Centurion	32m.07
10 D.Hagan.	Northbrook	29m.03	73 C.Johnson.	Centurion	07
11 P.Thompson.	Warwick Uni.	05	74 P.Osborn.	Northbrook	09
12 P.Taylor.	Centurion	06	75 T.Pickering.	Michelin	16
13 J.Morreith.	Warwick Uni.	07	76 D.Edwards.	Milton	16
14 P.Smith.	West Brom.	09	77 B.Chidlow.	Stafford	18
15 P.Powell.	West Brom.	12	78 P.Wilkinson.	Oak Park	19
16 A.Feyer.	Milton	29	79 C.Crutchley.	Harborne	22
17 R.Jones.	Sphinx	32	80 I.Short.	Dunlop	23
18 D.Emery.	Centurion	37	81 S.Hewitt.	Milton	24
19 J.Mulcahy.	Stafford	48	82 W.Ryan.	Sphinx	24
20 A.Edwards.	Milton	30m.02	83 R.Arnold.	Sphinx	25
21 C.Thompson.	Centurion	07	84 A.Fraser.	Aston Uni.	26
22 D.Micmanus.	Warwick Uni.	08	85 A.Roberts.	Bak Park	27
23 K.Binks.	Sphinx	12	86 I.Gardner.	Sandwell	28
24 R.Carey.	Sphinx	24	87 P.Martin.	Stafford	29
25 A.Hayward.	Centurion	25	88 N.Cozens.	Oak Park	30
26 P.Bowser.	Alvis	25	89 J.Tate.	Rugeley	31
27 R.Barry.	Northbrook	25	90 A.Beards.	Sandwell	35
28 J.Griggs.	Warwick Uni.	26	91 G.Wilson.	Droitwich	42
29 I.Gilbert.	Stafford	27	92 H.Duggan.	Sandwell	43
30 M.Dyer.	Oak Park	28	93 D.Clarke.	Sandwell	44
31 S.Smith.	Sandwell	31	94 M.Slater.	Sphinx	46
32 S.Jenks.	Centurion	35	95 P.Line.	Oak Park	50
33 P.Owen.	Sandwell	37	96 M.Wall.	Centurion	51
34 C.Thorley.	Milton	38	97 P.Bosson.	Stafford	52
35 C.Smith.	Centurion	39	98 S.Doyle.	Aston Uni.	53
36 M.Stanton.	Centurion	40	99 A.Smith.	Sandwell	55
37 W.Machin.	Milton	41	100 I.Carter.	Northbrook	55
38 P.Wood.	Michelin	46	101 D.Pearce.	Stafford	56
39 G.Deht.	West Brom.	47	102 S.Draper.	Stafford	58
40 I.Cowie.	Michelin	48	103 D.Huckney.	Sandwell	59
41 D.Laice.	Centurion	50	104 J.Gibson.	Aston Uni.	33m.06
42 W.Hall.	Sandwell	51	105 R.Wright.	Sandwell	08
43 N.Parton.	Michelin	53	106 T.Greenwood.	Rugeley	10
44 B.Duff.	Centurion	57	107 M.Richards.	Oak Park	10
45 G.Crowe.	Dunlop	58	108 M.Simkiss.	Stafford	13
46 J.Gardner.	Northbrook	31m.01	109 T.Smith.	Alvis	14
47 V.Perez.	Rugeley	07	110 P.Jansen.	Droitwich	14
48 T.O'Reilly.	Centurion	12	111 M.Langrish.	Sphinx	15
49 R.Bowditch.	Milton	15	112 M.Short.	Dunlop	16
50 D.Clarke.	Droitwich	17	113 S.Brannigan.	Alvis	17
51 A.Aukin.	Stafford	19	114 R.Lynch.	Centurion	18
52 D.Stephens.	Stafford	20	115 P.Truceman.	Centurion	19
53 A.Hyde.	Stafford	23	116 J.Corbett.	Sandwell	23
54 G.Tustin.	Centurion	24	117 P.Monington.	Droitwich	25
55 S.Simpson.	Northbrook	25	118 K.Gaften.	Rugeley	27
56 T.Allsop.	Sandwell	26	119 N.Wonfor.	Droitwich	29
57 I.Deggs.	Warwick Uni.	29	120 A.Fuller.	Droitwich	31
58 D.Wright.	Sphinx	29	121 M.Poultney.	Sphinx	35
59 P.Axon.	Royal Doul.	30	122 S.Mitchell.	Michelin	37
60 L.Day.	West Brom.	31	123 K.Ryan.	Alvis	37
61 R.Wood.	Rugeley	37	124 J.McKenna.	Northbrook	40
62 B.Adams.	Northbrook	38	125 M.Petch.	Sphinx	41
63 N.McNicholas.	Royal Doul.	39	126 B.Bailey.	Milton.	49

127 N. Carter.	Sandwell	33m.59	184 N. Treadwell.	S.P. Fort	36m.23
128 B. Cooke.	Michelin	34m.07	185 K. Bayliss.	Dunlop	27
129 I. Ladbroke.	Northbrook	09	186 T. Sharkey.	Centurion	31
130 T. Duices.	Michelin	10	187 P. Ward.	Sphinx.	35
131 G. Wheeler.	Centurion	13	188 C. Fitter.	West Brom.	43
132 P. Surman.	B'ham Prison	14	189 M. Cowley.	Dunlop	47
133 M. Shropshire.	Royal Doul.	15	190 M. Thomas.	Sandwell	40
134 K. Tipler.	Droitwich	16	191 A. Townsend.	Sphinx	56
135 L. Fivey.	Sphinx	19	192 M. Gwillam.	Oak Park	37m.01
136 A. Smith.	Aston Uni.	34m.22	193 C. Berry.	Droitwich	01
137 J. Mayne.	Alvis.	23	194 A. Wayne.	Oak Park	04
138 A. Yinkler.	Aston Uni.	24	195 P. Parkes.	Sphinx	06
139 P. Nixon.	Milton	25	196 P. Green.	Dunlop	08
140 G. Edwards.	Milton	26	197 B. Blackshaw.	Milton	19
141 L. Hawkes.	Michelin	29	198 G. Allen.	Stafford	20
142 B. Lewis.	Alvis	32	199 D. Sims.	Sphinx	24
143 P. Woolridge.	West Brom.	34	200 K. Evans.	S.P. Fort	32
144 I. Spedding.	Michelin	38	201 R. Jones.	Centurion	36
145 D. Gardner.	Sphinx	42	202 M. Wood.	Royal Doul.	49
146 M. Pelling.	Sphinx	45	203 T. Dable.	Sphinx	51
147 R. Bamford.	Oak Park	47	204 M. Baker.	Northbrook	57
148 J. Langman.	Dunlop	50	205 C. Alger.	Dunlop	59
149 M. Hughes.	Aston Uni.	52	206 R. Portman.	West Brom.	38m.02
150 M. Dowe.	S.P. Fort	53	207 D. Wardle.	Northbrook	05
151 J. Lee.	Sphinx	56	208 P. Jones.	Michelin	17
152 J. Aylmer.	S.P. Fort.	58	209 M. Insley.	Michelin	18
153 A. Portman.	West Brom.	59	210 N. Austine.	Sphinx	19
154 S. Grady.	Michelin	35m.05	211 F. Haylette.	B'ham Prison	21
155 D. Ali.	West Brom.	05	212 I. Gardner.	Stafford	28
156 G. Perrins.	Northbrook	10	213 J. Johnstone.	Dunlop	33
157 G. Jones.	Sandwell	13	214 D. Baker.	Harborne	35
158 J. Stock.	Dunlop	15	215 H. Jones.	Sphinx	39
159 G. Gayton.	Sphinx	16	216 S. Docker.	Centurion	44
160 P. Clarke.	Stafford	17	217 K. Kendall.	Oak Park	45
161 J. Burns.	Oak Park	23	218 G. Nash.	S.P. Fort	50
162 M. Raffell.	Alvis	25	219 R. Patterson.	Dunlop	54
163 J. Evans.	Royal Doul.	29	220 W. Hill.	Sandwell	57
164 R. Kelly.	Rugeley	30	221 A. Edwards.	Milton	39m.11
165 M. Windsor-Smith.	Northbrook	33	222 B. Jones.	Oak Park	15
166 J. Collins.	Oak Park	35	223 T. Clay.	Michelin	18
167 H. Wilson.	Droitwich	39	224 D. Kennedy.	S.P. Fort	20
168 J. Poole.	Rugeley	40	225 R. Smith.	S.P. Fort	33
169 B. Brandon.	Sphinx	40	226 M. Warwick.	Northbrook	33
170 K. Guy.	Sphinx	41	227 T. Murphy.	Northbrook	54
171 M. Smallwood.	Oak Park	47	228 B. Awcock.	Northbrook	40m.04
172 M. Naylor.	Royal Doul.	51	229 R. Stretch.	Oak Park	09
173 A. Wilcox.	Oak Park	54	230 D. Irons.	Harborne	36
174 P. Duffy.	Alvis	55	231 A. Oakley.	West Brom.	41
175 S. Flannagan.	Northbrook	58	232 S. Davies.	Sphinx	42
176 R. Ferneyhough.	Michelin	36m.04	233 N. Slide.	West Brom.	52
177 P. Henry.	Stafford	06	234 P. Franklin.	Aston Uni.	41m.36
178 I. Shearby.	Sphinx.	07	235 P. Bailey.	Royal Doul.	44
179 C. Walsh.	Centurion	08	236 B. Griegs.	Northbrook	42m.19
180 A. Walters.	Sandwell	11	237 C. Mason.	Michelin	43m.01
181 G. Brixey.	Droitwich	18	238 I. Wedgwood.	Milton	29
182 S. Hawes.	West Brom.	19	239 J. Hawkins.	B'ham Prison	44m.02
183 D. Morgan.	Milton	20	240 W. Melia.	B'ham Prison	10

Young Athletes Race.

1 J. Hadley.	Sandwell	15m.42	9 M. Jones.	Sandwell	18m.14
2 J. Cox.	Northbrook	51	10 C. Wilding.	West Brom.	54
3 J. Uppal.	Sandwell	16m.41	11 R. Davies.	Sphinx	19m.15
4 R. Bhandal.	West Brom.	55	12 K. Hopkins.	Sandwell	21
5 G. Moore.	Sphinx	17m.24	13 S. Austin.	Sphinx	25
6 D. Peczek.	Rugeley	40	14 L. Graham.	West Brom.	20m.24
7 G. Bedford.	Sphinx	49	15 C. Melia.	West Brom.	22m.14
8 M. Moore.	Sandwell.	13m.04			

BIRMINGHAM CROSS COUNTRY LEAGUEDIVISION 4 RACE 2 SHELDON B'HAMSATURDAY 28th NOVEMBERJUNIOR RACE1st Joe Cox NORTHBROOKSENIOR RACETEAM RESULTS

1 st	WARWICK UNIVERSITY	81 pts
2 nd	WEST BROMWICH	127 pts
3 rd	Centurions	128 pts
4 th	Milton	162 pts
5 th	NORTHBROOK	229 pts
6 th	SPHINX	265 pts
9 th	ALVIS	323 pts
14 th	DUNLOP	551 pts

INDIVIDUALS

1 st .	G. HEWITT - MILTON	
2 nd	J. Canavan - ALVIS	
3 rd	B. GRANYA - WARWICK	
12 th	DAVE HAGAN	31-55
20 th	TIM WRIGHT	32-50
24 th	Rob BARRY	33-03
36 th	Steve Simpson	33-33
51 st	Pete Osborn	34-27
86 th	Ian Garter	35-56
94 th	Ian Ladbroke	36-27
110 th	Mark Baker	37-11
134 th	Nike Wunsor Smith	38-35
150 th	Sean Flanagan	40-13
187 th	MARTIN WARWICK	43-46

WELL DONE LADS — NEXT TIME LETS MAKE
IT 4th WITH RICHARD AND
JOHN BACK, I HOPE.

NORTHBROOK A.C. 20 Km SUNDAY 8TH NOVEMBER 1987 ROAD RACE

RESULT

1	DAVID HAGAN	1:15:25
2	MICHAEL DUGGAN (vet)	1:17:32
3	JOHN GRUMBLEY (600m)	1:17:34
4	ROBERT ADAMS	1:19:31
5	ROBERT BARRY	1:20:23
6	TONY HERON (MF)	1:22:25
7	IAN COOPER (-)	1:22:27
8	INGLE CORBETT (NUN)	1:23:22
9	GLYN FERRINS	1:25:31
10	JOHN SHUTTLEWORTH	1:27:48
= 11	SEAN FLANAGAN (vet)	1:28:12
= 11	ALAN FANNING (vet)	1:28:12
13	MIKE WINDSOR-SMITH (vet)	1:28:31
14	ROBERT SUTTON (NUN)	1:31:46
15	MARK BAKER	1:32:17
= 16	COLIN PRESTON	1:34:32
= 16	MARTIN TURRELL	1:34:32
18	MARTIN WARWICK	1:40:16
19	BRUCE WORRALL	1:43:14
20	DENNIS SAUNDERS	1:43:54
21	ROBERT GRIGGS (vet)	1:44:05
22	ROBERT ANCOCK (vet)	1:47:43
23	TONY MURPHY (vet)	1:47:44

PRIZES

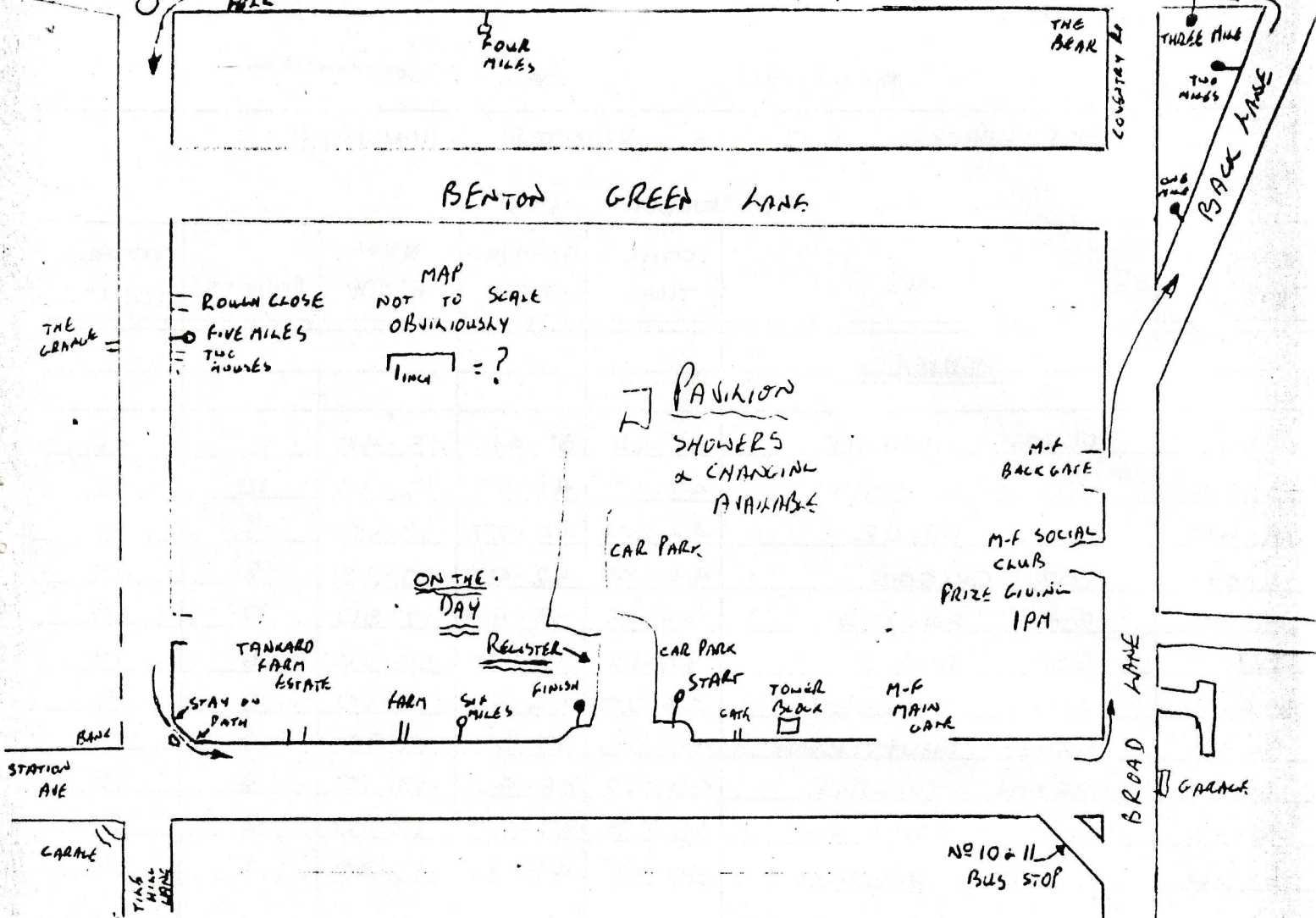
1ST DAVID HAGAN 1:15:25
2ND MICHAEL DUGGAN 1:17:32
4TH (3) ROBERT ADAMS 1:19:31

VETS

0/40 JOHN GRUMBLEY 1:17:34
0/50 ALAN FANNING 1:28:12

MANY THANKS TO ALL RUNNERS
WHO PARTICIPATED AND ALL
CLUB CYCLISTS FOR COURSE
MARSHALLING.

- KEN BUCKENHAM
RACE ORGANISER.



MASSEY-FERGUSON RUNNERS CLUB

PRESENTS

A FESTIVAL FUN RUN 10K & 3M

on MONDAY 28th DECEMBER at 11am

for ALL THE FAMILY

ENTRY FEE:

50p for adults 25p for juniors
(all proceeds go towards the clubs junior section)

START/FINISH: M-F car park, Banner lane.

COURSE:

Banner lane - Broad lane - Back lane
Meridan road (where 3ml point will be)
Tanners lane - Banner lane.

CHANGING SHOWERS:

at PAVILION in M-F SPORTS FIELD.

PRIZES:

for FANCY DRESS runners: Best JUNIOR male/female
Best SENIOR male/female
PLUS lots of "SPOT" prizes

PRIZE GIVING:

will be at M-F Social Club around 1pm
Families welcomed.

THE FUN RUN:

Will start at 11am for 3 milers and 10K runners
at 3ml (those wearing a number beginning with 3)
will have their time/position registered and
taxied back to the start. At the 10K point a
'DISC' system will be operated for the runners.
Fancy dress runners must complete either the
3ml or 10K course to be eligible for a prize.

SEND ENTRIES,

STATING AGE (if 17yrs or under), NAME, CLUB, M/F
to: Terry Lawson, 208, Upper Eastern Green Lane,
Coventry. CV 5 7 DP.
and enclosing entry fee. NUMBERS collected on day

ENQUIRIES: TELEPHONE COVENTRY (0203) 468975

BLOCK entries welcomed

LIMITED entries maybe taken on

NORTHBROOK A.C. - WINTER HANDICAP

6 DECEMBER 1987

PREVIOUS H'CAP	NAME	TOTAL TIME	ACTUAL TIME	NEW H'CAP	POINTS	TOTAL POINTS
<u>SENIORS</u>						
5-00	DEREK WARDLE	41-46	36-46	15-40	11	11
3-30	TONY MURPHY	43-47	40-17	12-10	10	21
9-40	MARK BAKER	44-07	34-27	18-00	9	12
2-00	BOB GRIGGS	44-08	42-08	10-20	8	29
4-30	BOB AWCOCK	44-15	39-45	12-50	7	14
12-00	BOB ADAMS	44-16	32-16	20-10	6	19
SCRATCH	JOHN THACKER	44-20	44-20	8-10	5	9
9-30	JOHN SHUTTLEWORTH	44-33	35-03	17-30	4	21
6-50	MARTIN TURRALL	45-32	38-42	13-50	3	25
8-30	ALAN FANNING	45-53	37-23	15-10	2	2
6-50	MARTIN WARWICK	50-21	43-31	13-30	1	26
<u>PRESENT H'CAP LEADERS</u>						
	IAN LADBROKE	36	PNTS			
	KEN BUCKENHAM	32	"			
	ROB BARRY	29	"			
	BOB GRIGGS	29	"			
<u>YOUTHS</u>						
2-40	S. FLANAGAN	31-33	28-53		3	5
6-30	D. BUCKENHAM	33-54	27-24		2	2
2-30	L. SIMPKINS	34-46	32-16		1	1
<u>LADIES</u>						
	R. WINDSOR - SMITH		29-31		2	7
	B. GOODMAN		30-00		1	3

TOUR 21ST NOV-28TH NOV.

BENIDORM HALF MARATHON NEWS

4TH DECEMBER 1981

THE FOUR OVERSEASERS MET IN THE DEPARTURE LOUNGE AT BIRMINGHAM. 1.15 PM SAT 21ST NOV. SUIT CASES WERE HANDED OVER (RADAMS' 15.7kg) AND THE BAR WAS VISITED FOR PREFLIGHT APERITIFS. BEFORE LONG WE WERE AIRBORNE AND TUCKED INTO A GOOD MEAL WITH WINE. THE FLIGHT LASTED 2HR 35MINS, WE ARRIVED AT ALICANTE AT 7.15 PM. OUR CASES WERE LAST ON THE CAIROSEL. AFTER NEIL HAD ASSISTED NUMEROUS WOMEN WITH THEIR CASES WE EMBARKED AT THE POSEIDON HOTEL AT 9.30 PM. A SUPERB DINNER WAS READY FOR US. AFTER A QUICK WASH WE DECIDED TO FIND THE RACE REGISTRATION. WE VISITED LOS PELICANOS, ROSSAMAR & ORANGE AND AT 12.30 AM WE FINALLY FOUND THE RACE HQ. AT HOTEL MARINA. MAVERICK TOURS ACCEPTED OUR SOB STORY. WE PAID 700 PESETAS AND RECEIVED A NUMBER, VEST & DETAILS. THE SENIOR RUNNERS BECAME SUPER-VESTS. IMAGINE N'BROOK STILL REGISTERING AT 1.00 AM. WE DROPPED OFF OUR RACE PACKS & VENTURED OUT FOR A RELAXING DRINK AT 1.20 AM. THE SAN FRANCISCO NITECLUB BEACONED. WE BOUGHT FOUR BIERES & SAT DOWN. BEING THE ONLY BRITS IT WAS CERTAINLY FOREIGN. YOUNG COUPLES WERE ENGAGED IN A DANCE CONTEST & A DUO KEPT US ENTERTAINED. AFTER 7 BIERES WE WALKED HOME AT 3.40 AM. AWAKE AT 7.30 AM WE HAD BREAKFAST & WALKED TO A 9.30 AM START.

TYPICAL DAY	QUOTE ON QUOTE	HOLIDAY SPECIFICATION
AWAKE 7.45 AM.	"FOR GODS SAKE WEAR YOUR GLASSES"	ALL IN COST £167:
RUN 8.10 - 8.35 BEACH 3 1/2 M	"WHY?"	HOTEL POSEIDON BENIDORM
B/FAST 9.10 - 9.40 CONTINENTAL	"IT'S MORE LIKE 60 NOT 40"	2 POOLS, ONE HEATED INDOOR
BANQUE 10.10 - 10.30	"PULL THE OTHER ONE"	COOKED BREAKFAST.
BEACH 10.30 - 12.20 SHORTS, 68'S	"I CERTAINLY WILL"	LUNCH AND DINNER - SUPERB
INDOOR POOL 12.30 - 1.00 10 LANS/H/BALL	"I'M STILL LOOKING FOR A 33 YR NYMPH"	GOOD SERVICE & WISE CRACKS
APERITIFS 1.15 - 1.20 BAR	(TOM BROWN) "NEVER BEFORE	WEATHER 64 - 67° F. LIKE A
LUNCH 1.20 - 2.00 SUPERB	HAVE I ANNOUNCED 8 ENCORES	JULY DAY.
TOWN WALK 2.00 - 3.00	BUT TONIGHT I SAY IT AGAIN."	MANY BARS, CABERET, AND
OUTDOOR 3.00 - 4.00 POOL FUN	"SOUP SOUP WINKÉ WINKÉ"	NIGHTCLUBS. CLEAN BEACH
BALCONY 4.00 - 5.00 SLEEP	MRS BENDY LEGS: A GRANNY -	& STREETS. GOOD DRINK &
RUN 5.00 - 5.45 6M CUMB	SOPPER AT 6'S BETTER THAN	COMPANY. SUPERB SCENERY
SHOWER 5.45 - 7.00 & CHANGE	THE CABERET HE! HE!	AND TRIPS. GOOD TRAINING
APERITIFS 7.00 - 7.25 ^{EXPLODING} TOMATO JUICE	"THE BEACH HERE IS VERY	RUNS. (MEDAL & FREE VEST)
DINNER 7.30 - 8.20 BRILLIANT	NEAR TO THE SEA"	RACE: FLAT, FAST, 1600 RUNNERS
POOL GAME 8.20 - 9.30 & COFFEE	"THE BLACKPOOL LADIES SING	VALUE FOR MONEY, MEDAL & VEST
MARKS BAR 9.30 - 12.30	THIS SONG DO THEY DO THEY!"	POST RACE PHOTO & VIDEO TWO
NITECLUBS 12.30 - 5.00 2 VISITS.	"JOSEPH LOCK -- MR X"	SLEIGHT HILLS. GOOD BRIT SUPPORT

THE RACE
WINNER: 63 MINS.
R. ADAMS 1HR 23 GOOD RUN
N. BUCKENHAM 1HR 31 MINS
J. MCKENNA 1HR 32 MINS
BOB GRIEGS 1HR 47 A P. BEST
ALL AFTER 2½ HOURS SLEEP

THE JOKERS - LIVELY & LOUD
VALENTINO'S - WILD & KIDS
BAHAMAS - AVERAGE
SAN FRANCISCO - YES ✓
SANDRA'S - GOOD ACTS
BLACK SUNSET - EXPENSIVE

SE 3515
BRANDY & T. 200PTS
BEER LAGER 100/200
COFFEE! 80 PTS
BICARDI 150/200

THE NIGHTLY VISIT

MARRS BAR, CALLE LOS GATOS

BENIDORM, ALICANTE ESPAÑA.

HOSTS: RONNIE & MARILYN MARR

FOR A GOOD ENGLISH WELCOME & GOOD BEER

EXCELLENT SERVICE FROM RON & JULIE.

RON'S TIP FOR LEAGUE DIV 1: EVERTON!

WELL WHAT DO YOU EXPECT FROM A SCouser

AT YOUR LOCAL CINÉMA THIS WEEK

DAMIEN GRIEGS - THE WINKÉ WINKÉ

EXPLODING TOMATO JUICE & SHATTERING

NIGHTCLUB WINDOW PANES ALL DONE

WITHOUT THE AID OF A SAFETY NET

COMMENT FROM BOB ADAMS

"NEXT YEAR - THE MARATHON & A GAME
OF SQUASH ALL BEING WELL"

"EVEN BOB HENITT COULD RUN A P.B. HERE!"

"YOU ENGLISH, ARE A NATION OF ANIMAL LOVERS, SO IF
YOU DON'T FANCY RIDING THE DONKEYS YOU CAN ALWAYS
CARRY THE DONKEYS SI! SI! AM WELL PLEASE YOURSELF."
GAUDALEST IS A FAMOUS TOWN/SPANISH CASTLE WHICH
OVERLOOKS THE AREAS RESERVOIR

NEXT YEAR IT IS HOPED TO RUN A SIMILAR INDEPENDANT
TRIP TO BENIDORM. THIS WILL BE IN ADDITION TO A
4 DAY VISIT TO AMSTERDAM FOR THE ½ OR MARATHON.
BOB, ROB, NEIL & MYSELF WOULD DEFINITELY RECOMMEND
NEXT YEARS SPAIN RUN

COUNTRYSIDE TRIP
VISIT TO THE MOUNTAINS
COUNTRYSIDE AND
GUADALEST.

COACH 9.30 - 10.30

DONKEY RIDE 10.30 - 10.50

FREE BEER & GAMES

FROM 10.50 - 12.00.

DONKEY RIDE 12 - 12.20

COACH 12.20 - 1.00pm

WATERFALLS AND

LUNCH 1 - 2.30pm

GAUDALEST 2.30 - 4.30pm

HOTEL 5.30pm

THE TOUR GUIDE

WAS A SPANARD

WHO GAVE A NON-

STOP CABERET.

FOR EXAMPLE: -

POOL RESULT NEIL & JOHN 7 - BOB'S 5.

J MCKENNA 4/12/87