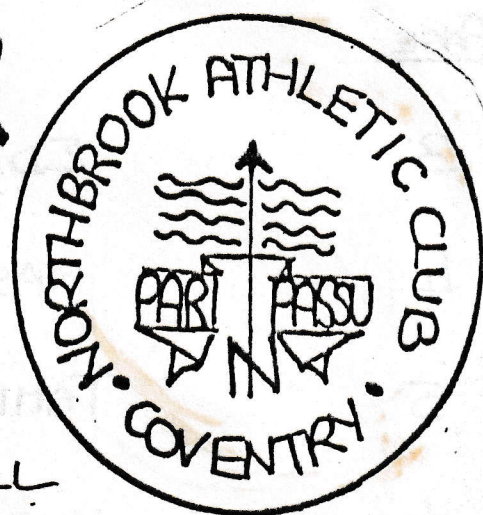


THE NORTHBROOK RUNNER

January 1988
15 pence



HAPPY NEW YEAR TO ALL
MEMBERS & FAMILIES

DATES TO REMEMBER

22/1/88
Committee Meeting
28/1/88
A.G.M.
(all to attend if possible)

7/2/88 or 14/2/88
Club X/C HANDICAP
(LAST RACE)

6/2/88
BIRMINGHAM LEAGUE DIV 4
COUNDON HALL PARK
HELP REQUIRED!!!

20/2/88
NATIONAL X/C CHAMPIONSHIPS
at NEWARK

SUPPORT REQUIRED from those not
running - come and see some of
the best in England (its only 1 1/4 hours drive)

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Editors Column

Well I hope that you all had a good Xmas and New Year and that you are all now back in full training for the forthcoming X/C races. (the Midland Road 12 stage isn't to far away either). With the Nationals coming up in February we have selected the squad of 15 runners and they are listed below:

- | | |
|------------------|------------------|
| 1 I Ladbrooke | 9 M Warwick |
| 2 J McKenna | 10 S Flanagan |
| 3 I Carter | 11 G Perrins |
| 4 R Adams | 12 R Oshea |
| 5 R Barry | 13 H Shuttsworth |
| 6 M Baker | 14 J Bennett |
| 7 D Osbourne | 15 R Awoock |
| 8 M Winsor Smith | |

For the Junior Race we have entered:

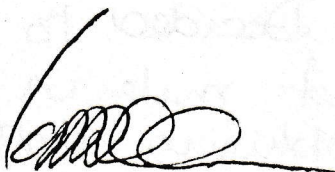
- 1 Dave Hagan
- 2 Tim Wright
- 3 Steve Simpson
- 4 Jasa McConkey
- 5 Neil Walker
- 6 Dave Buchanham

The Nationals this year are at Newark which is only about 1½ hours drive so hopefully we might get some support, it makes a good day out. In the Senior Race only 9 will run and theses will be selected from the 15 named nearer the date so all keep plugging away if your going for selection.

We've done very well so far in the Brum League, remember the last race is ours at Coundon Park and we need plenty of help on the day to set out the course, provide refreshments, registration, Marshalls etc so we will be counting on all members not running to help out and to bring help with them if possible.

Sphinx hosted the first race this year and there organisation was brilliant so lets make sure we dont let Coventry and ourselves down.

The race could also be very interesting the way we have improved this year as we will surely be pushing for a final top 5 place in the league so all you supporters get out there and give the lads a shout especially if Sphinx or Alvis vests are nearby.



IAN LADBROOKE.

Massey Ferguson 10km
28th December 1987

It was great to see a good Northbrook Turnout for this first race after Christmas.

What a way to get rid of the Christmas cobwebs, 10km on a fairly hilly course on a gloomy, windy December morning (it was quite warm though). Some took it seriously and went for a fast time while others decided to make it a social run although a certain Massey's runner dressed as a St. Trinians girl with a hockey stick seemed hell bent on doing as much damage from behind as possible.

Anyway Pete Davis John Gardner Bob Adams and I set off at about 7 minute mile pace (it seemed faster to me but that must have been due to the nurse pies just before the start!).

At half way we passed a knackered Joe Cox who had just come 3rd in the 5km event, all was peaceful until a thudding noise from behind went past at rocket pace, another Massey's greyhound and this was wearing Pit boots!

With a mile to go John decided to go for it and says he ran the last mile in 5-29 the rest of us carried on in oblivion until 20 yards from the finish. Pete Davis in his multi coloured tracksters went for glory and nearly knocked the rest of us flat, you want Pete next time we want want for you!!

TAMWORTH FUN RUN
TURKEY TROT AND PUDDING PLOD
20th December 1987

Three NORTHBROOK RUNNERS John Gardner Mark Baker and Ian Ladbroke decided to travel out and take part in this "Mickey Mouse" run (Pot Hunter's I hear you all say), as it turned out there were some very useful runners taking part, several Tipton and Centurion vests were spotted.

John had a pretty good run to finish 8th in 17-28 for 5km on a testing course round the housing estates and paths of Tamworth, Mark wasn't far behind in 20th place just over 18 minutes but your editor was a further 10 minutes behind, I jogged round with "her indoors", it was her first run of that distance and first organised event and afterwards she even reckoned that she could have gone further so some of you NORTHBROOK LADIES had better watch out.

Overall it was a very good and well organised event, the Turkey's and Puds were great and a good charity "Systic Fibrosis" was probably several thousand pounds better off.

I can well recommend the event as a good social run and Tamworth is only about half an hour away in the car so maybe next year a few more might venture out from the club.

—

Midland Cross Country Championships
Burton - on - Trent
Saturday 9th January

Races took place on a very hilly and extremely muddy course at Burton.

Last years Birmingham League Match there seemed a hell of a lot easier than this.

NORTHBROOK RESULTS

Boys J. Cox D.N.F.

Junior Men 6 miles

Dave	Hagan	27 th L
Steve	Simpson	68 th L

Seniors 8 miles (of murder)

Rob	Barry
Bob	Adams
John	McKenna
Mark	Baker
Sean	Flanagan
Ian	Ladbrooke
Glyn	Perins
Bob Atcock	} DNF
Martin Warwick	

Well - done all of those that turned up, it was our smallest turnout of the season. Let's hope we get more support for the next two Brum League races. Thanks to Tim and the other supporters and to John Gardner for recording the results. /an.

ODDS & SODS

Crossword

There were only two entries for the Christmas Crossword which was very disappointing knowing how much work Colin Deacy had put into it.

Anyway Ray Jones was the winner with a nearly correct entry (Pity about the spelling) and he'll get his bottle of whisky soon.

Clubs Handicap Round 4

Results are in this magazine for the last run, only one race left and its pretty close in the points classification, good to see some of you braving the weather and shaking off New Years hangovers, nobody told me that it was now a biathlon competition, but I saw several people try to swim the river!!

4th BIRMINGHAM LEAGUE Race SAT 6th February
hosted by Northbrook AC.

Held at COUNDON HALL PARK
Young athletes race 1 short 1 long lap 2 1/2 miles (approx)
Senior Race 3 long laps 5 1/4 miles (approx)

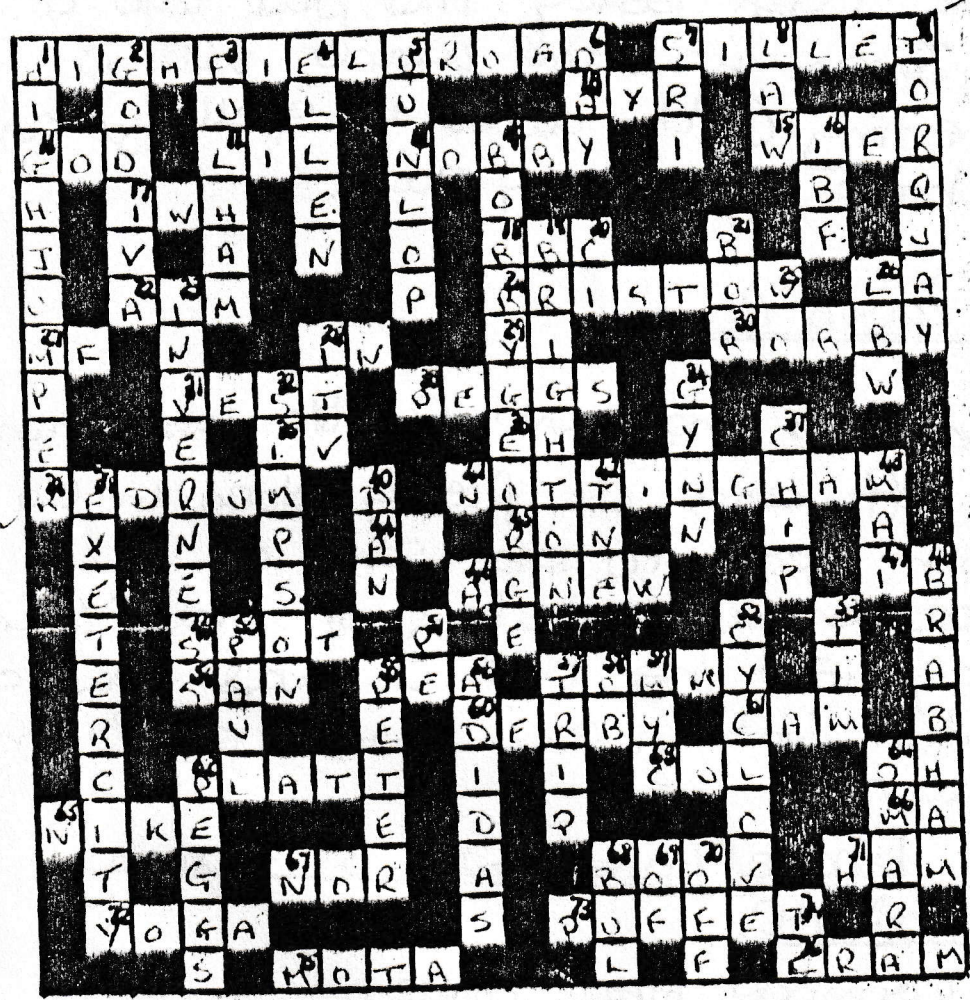
Our race is coming up very shortly and we will require a good number of helpers to

- (1) Set up the course
- (2) Provide refreshments
- (3) Marshalls.

Sphinx made an excellent job of the first race this year so lets prove that we can do the same and keep Coventry's good name going. If you don't run or help out try to come and give the lads some support as they've done very well this year. More details will follow.

SPECIAL X/MAS SPORTS CROSSWORD

SOLUTION



Winner Ray Jones

NAME

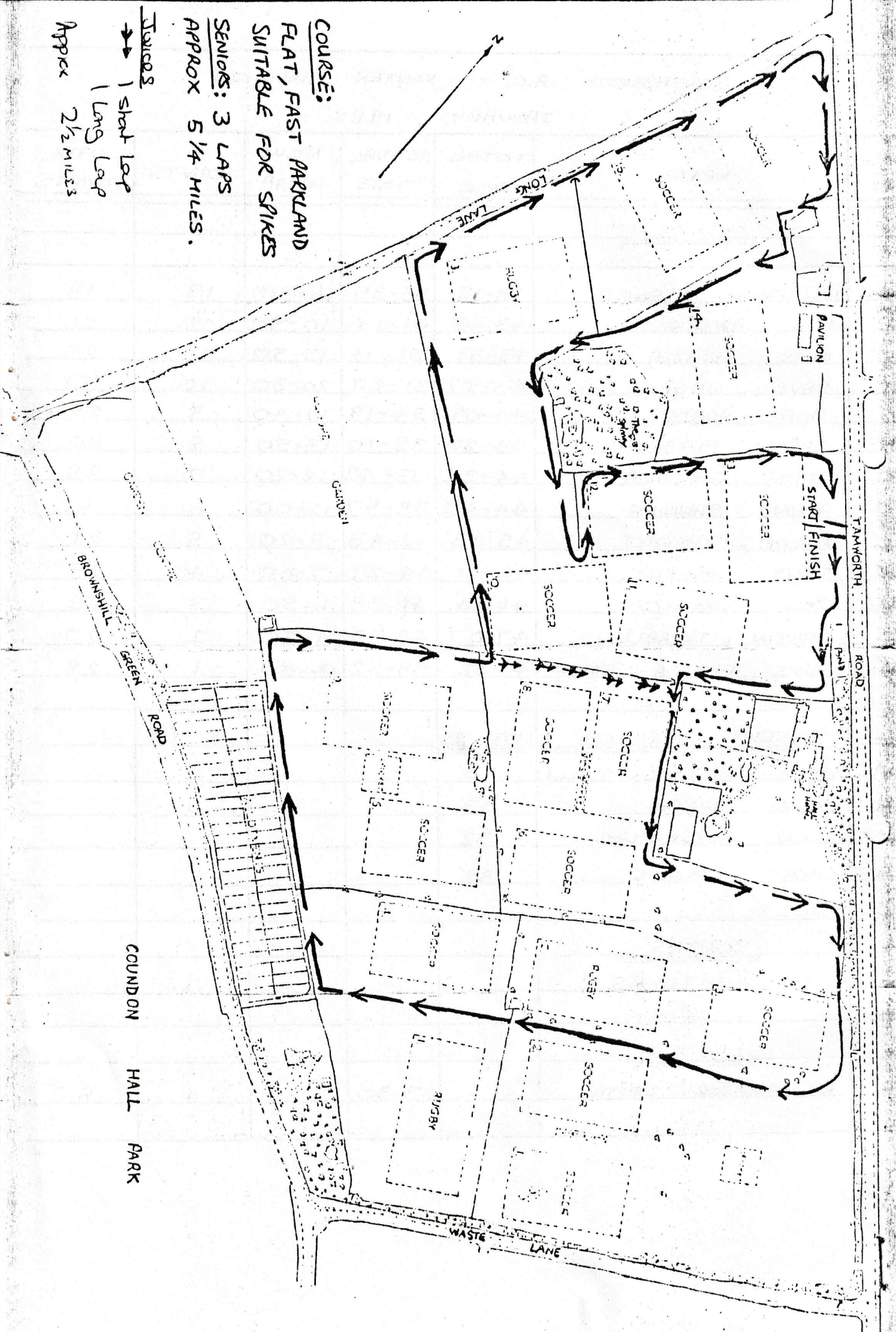
PRIZE - BOTTLE OF
WHISKEY

Entries to Ian Lachbrooke by
SATURDAY 19th DECEMBER

COURSE:
 FLAT, FAST PARKLAND
 SUITABLE FOR SPIKES

SENIORS: 3 LAPS
 APPROX 5 1/4 MILES.

JUVENILES
 → 1 short lap
 1 long lap
 Approx 2 1/2 miles



NORTHBROOK A.C. - WINTER HANDICAP

3 JANUARY 1988

PREVIOUS H'CAP	NAME	TOTAL TIME	ACTUAL TIME	NEW H'CAP	POINTS	TOTAL POINTS
	<u>SENIORS</u>					
-40	RICHARD O'SHEA	43-15	35-35	16-30	13	13
-30	BOB AWCOCK	43-45	41-15	10-50	12	26
-40	MARK BAKER	43-51	36-11	15-50	11	23
-30	DAVE HAGAN	43-57	31-27	20-30	10	33
-50	BOB ADAMS	44-09	34-19	17-40	9	28
-10	SEAN FLANAGAN	44-20	38-10	13-50	8	30
-50	JOHN GARDNER	44-32	33-42	18-20	7	28
-50	ALAN FANNING	44-47	39-57	12-00	6	8
-40	MARTIN WARWICK	45-23	42-43	9-20	5	31
-50	TONY MURPHY	46-11	44-21	7-40	4	25
RATCH	BOB GRIGGS	46-13	46-13	6-50	3	32
-30	MARTIN TURRALL	47-07	43-37	9-20	2	27
-40	MIKE WINDSOR - SMITH	47-32	39-52	13-50	1	28
	<u>PRESENT HANDICAP LEADERS</u>					
1ST	IAN LADBROKE (STILL!)	36				
2ND	DAVE HAGAN	33				
3RD =	KEN BUCKENHAM	32				
3RD =	BOB GRIGGS	32				
	<u>YOUTHS</u>					
	NO FINISHERS !					
	<u>LADIES</u>					
	R. WINDSOR - SMITH		33-30		1	8

CHAIRMAN'S RAMBLINGS

HEARD ONE NIGHT "GEE IT'S QUIET TONIGHT"
"YES I KNOW, BUT JUST MAKE SURE YOU
KEEP OFF THAT MIC!"

CHARITABLE BRIAN

WE ALL KNOW THAT THE ALVIS CLUB HAS A MEMBER CALLED "BRAVE PHIL BOWSER", BUT DID YOU KNOW THAT BRIAN WATERFIELD HAS BEEN RUNNING FOR CHARITY. BRIAN ORGANISED DURING THE HOLIDAY A RUNNING CHALLENGE WITH ONE OF HIS MATES. IT CONSISTED OF BRIAN RUNNING 10 MILES AROUND OUR USUAL FILLONGLEY COURSE AND HIS MATE CYCLING 20 MILES (OR 2 LAPS)

AFTER A VALIENT EFFORT, BY HIMSELF (WITH A LOT OF XMAS PUD) BRIAN RAN JUST OVER 70 MINUTS AND HIS MATE CYCLED 20 MILES IN - 75 MINUTES. THE FINAL TOTAL RAISED BY BRIAN WAS £46.50 WHICH HE DONATED TO THE SNOWBALL APPEAL. WELL DONE EH!

NEW ARRIVAL.

CONGRATULATIONS TO SUSAN AND JOE KELLY ON THE BIRTH OF A DAUGHTER ON SAT 9TH JANUARY. - A SISTER FOR NATALIE. BEST WISHES FROM ALL MEMBERS ON SOME GOOD NEWS.

WANTED COLUMN

ONE PAIR OF RON HILL TRACKSTERS
& ONE PAIR OF GLOVES.

SEE JMC OR I.L.

NOTE: BOTH ANSWER TO ST: OLEN HERE? HERE

NAC RUNNING

NO BOTTOMS



"TALK ABOUT TAKING THE SHIRT OFF YOUR BACK
THIS IS RIDICULOUS"

IF YOU HATE OF LOCAL RACES WHICH WE ALL CAN ADVISE THEN ANVCK BOB
1987 - THE YEAR OF THE ROBERTS ARE NOW YOUR SUBS DUE TO THE TROUBLE TO GET A S.M.
ARE THERE ANY SUBS DUE TO THE TROUBLE TO GET A S.M.
MILTON KEYNES: I HOPE THE NATIONAL AT NEWARKS NOT AS MUDDY KNUT

SUPPORT YOUR CUB 6TH AT GUNTON HAVE YOU THOUGHT ABOUT THIS YEAR'S TRIP? COUNCIL AT GUNTON HAVE YOU THOUGHT ABOUT THIS YEAR'S TRIP? COUNCIL AT GUNTON HAVE YOU THOUGHT ABOUT THIS YEAR'S TRIP?

EASTER 1988

Join John Cox for a long weekend in the beautiful Derbyshire Dales at the Moorside running centre. Run by a runner for runners, the Centre has Alpine style dormitories, showers and laundry facilities. It is close to Buxton and only a few minutes from over 20 miles of traffic free trails ideal for training. The night life may be a little limited but the local pubs have truly "flexible" licensing hours!

Food is included in the price per night and is breakfast, a packed lunch and an evening meal, which I can testify is superb.

The cost is £11.50 per night for adults and £10.00 per night for under 16's. There are two dorms so the place can cater for both men and women. The place is used for training by the Womens National squad, the Mens National 10K squad and quite a few of the more famous clubs, so it comes highly recommended.

So come on you lads and lasses, see John to get your place booked.

* * * * *

WARWICKSHIRE CROSS COUNTRY CHAMPIONSHIPS PRINCETHORPE COLLEGE 12.12.87

A very pleasant day for the event, something of a contrast to 1985 when the course was frozen and it snowed. This year the course had been changed a bit and included more ploughed fields and a rather nasty hill. As I'd got the office bug I decided to play the part of non-running captain and general abuse thrower to those who did take part.

In the Youths event, Joe Cox did well to finish 11th. and gain a squad place for the forthcoming Inter-Counties race-he's having quite a season.

In the Senior event over 6 miles (I reckon it was more like 5-1/2) Dave Hagan had another good run to come 38th (10th junior) and further establish himself as the club's number 1 runner at the moment. Tim Wright seemed to be going quite well but was in some sort of trouble and dropped out after 2 laps. Rob Barry had another useful run in 66th followed by Steve Simpson 81st, Bob Adams 89th, Ian Carter 102nd and John McKenna 104th making up the counters. If John hadn't gone for glory on the sprint start trying to get in the Telegraph photo, he would no doubt have finished higher. John Gardner

had a good run to finish in the 70's but could not count for the Club as Godiva are insisting on him serving a 9 month ban.

The race was won by Alan Salter of Birchfield followed by team mate Steve Mirizovic. Pete Banks had a good run for Godiva to finish 3rd and with Colin Brown 5th it's good to see them both going so well again.

Sadly Masseys were hit by a mystery bug and some of their top runners could not take part.

Several other Northbrook runners completed the course and whilst we were below full strength, the first six were well backed up by Mark Baker 106, John Shuttleworth 109, Sean Flanagan 111, Martin Warwick 114 and Glyn Perrins.

* * * * *

A SHORT STORY by John Cox.

It was raining, the sort of thin, miserable drizzle which soaked right into everything leaving you wet to the skin. I had been running for about an hour. I could still hear the feet of the men that were chasing me. They sounded too close for comfort, too close for me to risk looking around. Any sign of weakness, any slight slowing in my running and they would be on me. For over an hour now I had struggled to stay in front of them while my lungs burned and felt like they would burst. My legs and arms ached as I desperately tried to open up a gap, anything that would take the pressure off me and allow me to take a breather. No such luck! As we twisted and turned our way through the empty streets they slowly began to gain on me. Like the baying of a pack of hounds from hell I could hear the rasp of their breath now as they closed in, so close now that they must almost have been able to reach out and touch me. I made one last effort to break free, hurling myself round a bend in the road. There was still hope! Ahead I saw a group of people. They saw me coming and began waving and pointing, encouraging me to keep going towards the safety of their waiting group. I found fresh strength when I saw at the back of the group other runners similar to me who had made it and were now safe and recovering from their ordeal.

I made it. With inches to spare I ran into the waiting crowd and down a roped off channel leading through the tight packed crowd. I checked my watch: 1 hour 25 minutes! It had seemed an eternity that I had been running

but I had stayed ahead of my pursuers all the way. I doubled over as the pain of my effort returned and as I gasped for breath familiar faces of friends came and went, offering words of encouragement and congratulation along with slaps on the back. I managed to splutter "1:25, a new PB for the half marathon". "You came 121st" they confirmed-my highest ever placing. Ah well! another club run was over for today. Time to go and get showered and then back to the club for a well earned pint.

COMMENTS

The LONDON MARATHON CLUB ENTRIES

I have been asked by our club secretary Tony Murphy to let it be known to all members that contrary to other stories he informed the acting secretary John McKenna that it was necessary to apply for the "Club Entries" as far back as early November 1987 and this discussion was witnessed by other people.