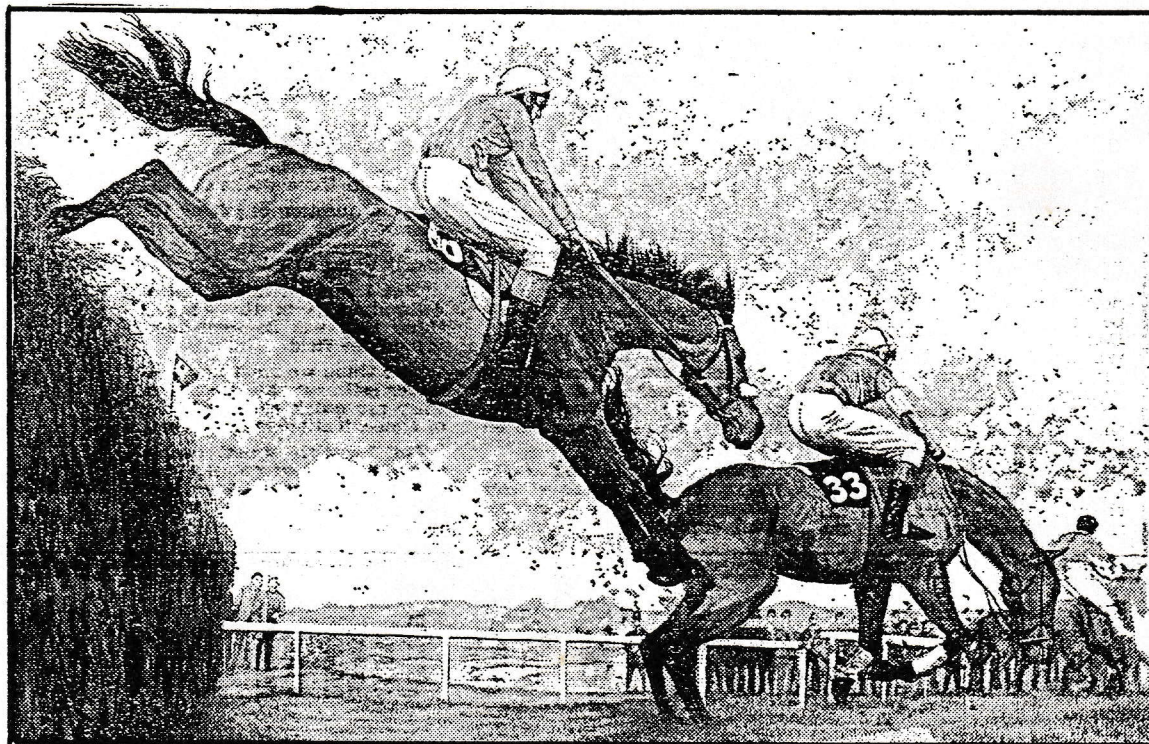

THE NORTHBROOK RUNNER

February 1988

PRICE 20p.



who will win the national?

(Surely shome mistake?
- Ed.)

** PLUS - Events focus
The thoughts of coach Cox
and MUCH MUCH MORE -

**

A Pint of Beer and a Packet of Fags

A club is defined as a group of people banded together for a common purpose. Northbrook A.C. seems to have come to a crossroads where we need to decide what our common purpose is. Do we get together every Wednesday and Sunday to whinge about the club and the people who give up their free time to run it? Or is it that we enjoy running with people of a similar speed and interest in life? The current object of dissatisfaction is the increase in next year's subscription. I would like to point out that this increase is less than the cost of A PINT OF BEER AND A PACKET OF FAGS. If you think this is a lot remember that you will save at least this much if you use your card to obtain the discount on a pair of trainers.

On a lighter note this weekend sees both the National cross country championship and the Warwick University Six. Let's see a lot of support for Northbrook on Saturday and the field packed with green, yellow and black jerseys on Sunday.

Finally, having taken over the newsletter it is my dubious privilege to increase the price to twenty pence. I am sorry to have to do this but it is purely to offset the increased cost of production. So, if you are reading this, I would like to thank you for your continued support.

Martin.

In this month's super soaraway edition:

2. Editorial.
Committee Notes.
3. Cross country.
Nationals preview.
4. League results.
5. File of facts.
7. Entry forms available.
8. Handicap news.
9. Handicap results.
11. Short Story.
12. Sex and the runner.

Noticeboard

Jim Grumbley still
has a few badges
left - fifty p -
and very very sexy.
Just the thing to
go next to your
Beastie Boys
Volkswagen emblem.

Next edition :
Wednesday 16th March

Committee Notes - Friday 12th February 1988

The meeting started with a lengthy discussion on club finances the outcome of which is that the club WILL NOT SURVIVE carrying on in the manner that it has. The big drain on our resources was the 10k. event. If we don't get a sponsor then perhaps we should think of abolishing it, or at least stop giving such lavish prizes.

Other items discussed were the date of the E.G.M. - Wednesday 24th February, a club track and field event and a new members open day. What do you think? Contact a committee member.

CROSS COUNTRY

Birmingham League Division Four
Saturday 6th February 1988 - Coundon Hall Park

Junior Race

Joe Cox ran well despite having a hard schools race in the morning - well done Joe. He did all that was required to ensure overall victory in the league races by coming third on the day.

Senior Race

The day was, I feel, a success for Northbrook. We started at 11.00 a.m. setting out the course and as promised there were at least ten helpers at that time. By 12.30 the course was marked and we retreated to the school, quite relieved that there was not going to be a repeat of last year's chaos. At the school notices were put up, refreshments sorted out and the tea put in to brew before the first runners arrived. By 1.45 all marshalls had been instructed as to their positions and all seemed set for a good afternoon's racing, then someone pipes up with "its all very well having a full set of marshalls but who's going to run?". I looked around and sure enough there were a few of us left to run but where were the stars? Dave and Tim weren't running anyway but what of Rich and Pete Oz? They arrived just before the off and as usual ran their guts out to show again that we are an improving side.

On the day we were eighth, not bad considering we were missing two top twenty runners. For the season we were seventh, a great improvement on last year's thirteenth or fourteenth. Next year we think second or third is a possibility and with the support that we got for the last race I tend to agree.

Thanks to everyone who turned up to make the day a great success for the club which was even commented on by the Birmingham League officials who were still remembering last year's event. They said that we had got our act together properly and were more than happy with the setup. Magic - let's make sure that all our events go this well. It was good to see Ian Gill back running again, not long before he's fit I bet.

Ian Ladbroke.

Event Preview - The National Cross Country Championships
Saturday 20th February 1988 - Newark

The mass start of "The Nationals" is supposed to be one of the most spectacular sights in all of sport as the elite runners try to get prime position in this very large field. This year's race is at the Newark and Notts showground where the event was last held in 1984.

Results

Senior Race

1st	P. Thompson.	Warwick University.
2nd	M. Mountford.	Stafford.
3rd	J. Canavan.	Alvis.
7th	R. Jones.	Sphinx.

Teams

Saturday 6th February

1st	West Bromwich.
2nd	Centurion.
3rd	Milton.
4th	Warwick University.
5th	Sandwell.

Overall - Coventry Teams

7th	Northbrook.
8th	Sphinx.
10th	Alvis.
16th	Dunlop.
8th	Sphinx.
9th	Northbrook. (two points behind).
10th	Alvis.
16th	Dunlop.

Northbrook Positions Saturday 6th February

21st	R. Barry.	130th	I. Ladbrooke.
23rd	R. O'Shea.	163rd	S. Flanagan.
31st	P. Osborne.	166th	J. Bennett.
75th	S. Simpson.	182nd	M. Windsor-Smith.
85th	R. Adams.	184th	D. Wardle.
94th	I. Carter.	205th	I. Gill.
129th	M. Baker.	214th	M. Warwick.

Highlights of the Season so Far

1. Dave Hagan and Joe Cox running in the inter-counties for Warwickshire.
2. Tim Wright's selection for the National schools.
3. Dave's fifth place at Sandwell.
4. Joe's overall win in the league.
5. The return to form of Richard O'Shea.
6. The fabulous team spirit (Hic! - Ed) and support from the loyal travellers that we've had this season.
(Hear Hear - Ed).

Junior Team for the Nationals

This year's junior team for the Nationals is:

D. Hagan. T. Wright. S. Simpson.

File of Facts - by John Cox

Just a few items of news that you might find interesting:

1. There are to be two additional road race distances included in Warwickshire's County Championships from 1988 onwards - details to follow.
2. Your club is doing its best to represent you at all levels, with a club member now on County, Midland and National committees of the A.A.A.
3. Yes its true - the club coach has lost a wheel! John sprained his ankle in the gym on 4th December.
4. The Midland Counties A.A.A. is putting its hand in its pocket to set up Coventry's AT7 Centre with beginners pole vault poles for those who want to learn and is also arranging further "Development Days" at the same venue to attract more youngsters into athletics.
5. At the A.A.A. Annual General Meeting in Cardiff it was agreed that subventions (payments to athletes) would be reviewed so that the money is more equally spread. An end to Steve Cram getting £10,000 a race! This decision follows payments during 1987 of £1.2m in subventions to athletes!
6. Cosford gets a sponsor! The Cosford Games has finally landed a sponsor - OMRON TERMINALS LIMITED - who look likely to expand their sponsorship into other M.C.A.A.A. activities in the future.
7. The long awaited rulebook for road running has finally been published. John Cox has got his hands on one of the first twenty copies off the press. See him for more details.
8. A repeat of the successful Easter training weekend in the Derbyshire Dales is being planned. See John Cox if you are interested.
9. Midland men and women to join forces. The final details necessary for amalgamation of the M.C.A.A.A. and the M.C.W.A.A.A. are being looked at by the executives of both organisations. It looks likely to be finalised during 1988.
10. Its all happening! Warwickshire look set to join with the women's county association during 1988. They are the last of the ten midland counties to take this step.

11. Spare a thought for the hard pressed race officials. You know, the ones who ensure the race is started fairly, timed correctly and run around the correct course. I have just had my summer availability list on which I am expected to declare the events that I will officiate at. It contains 129 events to choose from, of which only four are road races. Include all the road races and the list grows to 184 races needing officials in summer 1988. All run by volunteer officials!
12. According to our letterhead Northbrook is ten years old next year. From our beginnings with four or five blokes going for a short run across Coundon Wedge and then playing "dommies" all night we have grown to a club with youth, junior, senior, veteran and ladies sections. Are we going to mark the occasion? Shall we have a dinner/dance like Masseys or is it time we recognised some of our founder members with a special (annual) competition and award in their honour? How about a "Founders Cup" of some kind?
13. For a club which was unsure if they could cope with the "fierce competition" of the Birmingham League when they first joined we seemed to come to terms pretty quickly and now are in contention for promotion. Keep up the good work.
14. The end of the notorious unattached levy on road races is in sight. A plan is being finalised for the Road Runners Club to take over where the registration scheme left off. They will offer a similar package to the scheme and give "second claim" status to unattached runners who join.
15. For those club members who are worried that the more competitive spirit of some of our faster runners would spoil the friendly family atmosphere of Northbrook can I point out that County honours have been won by two of our members. Both of them still support all the old established club activities and take an active part in the running of the club, particularly in the case of Ian Ladbroke who acts as team manager, helps with team selection and is always ready to lend a helping hand when we are organising events. Richard O'Shea and Ian have proved that it is possible to have that competitive edge and still be friendly, so stop all the worrying and relax you guys - the club is going to be fine!

16. Clubs are to get a chance to improve the way that information is given to them by the A.A.A.. An independant working party is being set up which will include representatives from clubs and officers from the areas. They will examine and look at ways of making our governing body more accountable to its members with better lines of communication. Not before time I think.
 17. In an attempt to improve the standard of officials at road races a separate list of officials is being compiled from those who have proven experience in the field. Once this is complete promoters will be able to arrange officials for their races in the knowledge that the people they get are specialists in road racing disciplines. Nor will this list be in the hands of the existing track and field committees. Road running is getting its fair share of recognition at last.
 18. Some liked them, some disliked them but for the second year in succession we owe our childrens party largely to the efforts of Garry and Lyn Clarke who raised the majority of the money. Garry has in the past pushed himself to the limit, taking on an ultra distance race to raise cash. Lyn has started our 100 club, taking care of the paperwork and the account where the money was kept. They have both given freely of their time and energy. They are no longer with Northbrook but we all owe them a big debt of gratitude.
-

Here are some of the race entry forms which Bob Awcock has available :

February 28th.	Bury-st-Edmunds 20.
	Lickey Hills cross country 10k.
March 13th.	Priors Marston Half Marathon.
20th.	Trumpeter Half Marathon & 9 & 3.
	Dacorum 10 & 6.5 (Hemel Hempstead).
April 3rd.	Birmingham 10k & 5k.
May 2nd.	Bredon Motors Half Marathon.
	Evesham Fun Run.
29th.	St. Neots Half Marathon.
June 5th.	Michelin 10 & 4.
12th.	Blackpool Marathon.
19th.	Oxford Half Marathon.

For further details see Bob.

HANDICAP

Winter Handicap Season

As you will know, this was the first season when the races have been held on a staggered start handicap basis. Although there was some opposition to this system expressed at the A.G.M. mainly by some of the younger members, it has been decided that we should continue to use it next season and it would be nice to see some more runners turning out. Personally, I thought that in spite of the relatively small fields there were some interesting races held this year.

The handicap competition was of course won by our new chairman (no fix honest!), well done Ian, although I'm sure that he would join me in questioning whether someone should be able to win it when only running three of the races. Perhaps the rules need altering, should there be a stipulation that you must run, say, four out of the five races, or is it the scoring system that is at fault? Food for thought at next years A.G.M. Congratulations to Bob Griggs and Martin Warwick and commiserations to Martin Turrall - who knows, with a pair of spikes he may have won it.

The fields were very small in both the youths and ladies sections, although this shouldn't take anything away from Shaun and Rebecca, who turned out for most of the races and were worthy winners.

Other highlights of the season included an excellent run by Dave Hagan in November when he nearly broke the thirty minute barrier (I'm sure he will do it next season in the right conditions) and Mike Windsor-Smith's attempt to make the olympic diving team when crossing the river in January. I believe the degree of difficulty was 2.9!

Thanks to everyone who turned out this season and I would like to give a special thank you to Tim Wright who acted as timekeeper and allowed me to run (I'm not sure whether thats good or bad) and to Ken Buckenham for marking out the course and acting as lifeguard at the first river crossing.

Bob Adams.

Summer Handicap

This coming month (March) is the only month that we will be having a rest as the summer handicap (5 kilometres) starts in April. The summer races will be held on the first Wednesday of every month without exception and excepting April will start at 7.30 p.m. April's race starts at 7 p.m. due to the early nights at this time of year.

This year the scoring will be slightly different followin the A.G.M. Firstly, the scores of the best five races out of six will count and secondly, there will be extra points for P.B.s and points deducted for very slow times.

Results - Sunday 7th February 1988

<u>Handicap</u>	<u>Name</u>	<u>Total</u>	<u>Time</u>		<u>Points</u>
			<u>Actual</u>		
<u>Senior Men</u>					
2.30	M. Turrall.	41.08	38.38		
Scratch	R. Griggs.	42.12	42.12		
2.30	M. Warwick.	43.14	40.44		
8.50	I. Ladbrooke.	43.21	34.31		
7.00	S. Flanagan.	43.32	36.32		
11.30	J. Gardner.	43.48	32.18		
7.00	M. Windsor-Smith	44.14	37.14		
10.50	R. Adams.	44.45	33.55		
12.10	R. Barry.	45.06	32.56		
4.00	R. Awcock.	45.22	41.22		
.50	J. Thacker.	45.27	44.37		
10.20	R. Knights.	45.31	35.11		
9.00	M. Baker.	45.40	36.40		
9.00	J. Bennett.	46.18	37.18		

Youths

Scratch	S. Flanagan	31.20	31.20		1
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Ladies

Scratch	B. Goodman.	29.55	29.55		2
.40	R. Windsor-Smith	31.57	31.17		1

Guests

4.00	J. Nicholson.	40.04	36.04		
10.50	C. Hatwood.	46.51	36.01		

Overall Results

<u>Pos</u>	<u>Name</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>	<u>Jan</u>	<u>Feb</u>	<u>Pts</u>
<u>Ladies</u>							
1	R. Windsor-Smith.	29.35(2)	29.06(3)	29.31(2)	33.30(1)	31.17(1)	9
2	B. Goodman.	34.35(1)	31.12(1)	30.00(1)		29.55(2)	5
3	S. Creamer.		29.13(2)				2
<u>Youths</u>							
1	S. Flanagan.	30.10(1)	30.44(1)	28.53(3)		31.20(1)	6
2	J. Cox.		22.33(3)				3
3=	D. Buckenham.			27.24(2)			2
3=	D. McClelland.		26.17(2)				2
5	L. Simpkins.			32.16(1)			1

Senior Men

<u>Pos</u>	<u>Name</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>	<u>Jan</u>	<u>Feb</u>	<u>Pts</u>
1	I. Ladbrooke.	36.15(22)	34.37(14)			34.31(11)	47
2	R. Griggs.	46.04(4)	43.28(17)	42.08(8)	46.13(3)	42.12(13)	45
3	M. Warwick.	39.23(19)	38.42(6)	43.31(1)	42.43(5)	40.44(12)	43
4	M. Turrall.	39.50(11)	38.45(11)	38.42(3)	43.37(2)	38.38(14)	41
5	S. Flanagan.	36.56(17)	36.56(5)		38.10(8)	36.32(10)	40
6	J. Gardner.	31.58(21)			33.42(7)	32.18(9)	37
7	M. Windsor-Smith.	36.14(18)	35.18(9)		39.52(1)	37.14(8)	36
8=	R. Barry.	32.45(16)	31.09(13)			32.56(6)	35
8=	R. Adams.	33.23(13)		32.16(6)	34.19(9)	33.55(7)	35
10	D. Hagan.	32.16(7)	30.10(16)		31.27(10)		33
11	K. Buckenham.	39.11(20)	37.42(12)				32
12	R. Awcock.	39.53(6)	40.57(1)	39.45(7)	41.15(12)	41.22(5)	31
13=	M. Baker.	35.41(3)		34.27(9)	36.11(11)	36.40(2)	25
13=	T. Murphy.	41.43(9)	42.04(2)	40.17(10)	44.21(4)		25
15	J. Shuttleworth.	37.57(2)	35.59(15)	35.03(4)			21
16	J. McKenna.	35.21(12)	34.39(7)				19
17	R. Jones.	38.07(15)					15
18	G. Perrens.	36.55(14)					14
19=	R. O'Shea.				35.35(13)		13
19=	J. Thacker.		45.30(4)	44.20(5)		44.37(4)	13
21=	D. Wardle.			36.46(11)			11
21=	J. Bennett.		35.20(10)			37.18(1)	11
23	I. Carter.	35.08(10)					10
24=	R. Hewitt.		38.55(8)				8
24=	P. Davis.	37.32(8)					8
24=	A. Fanning.			37.23(2)	39.57(6)		8
27	G. Nicholls.	40.59(5)					5
28	J. Grumbley.	52.51(1)	53.01(3)				4
29	R. Knights.					35.11(3)	3

Events Preview - The Warwick University Six Sunday 21st February 1988

Most people living in Coventry are familiar with the University campus on the Kenilworth edge of the city. It is from the campus that this race - one of the favourites from the very good set of local races that we are lucky to have - starts and finishes.

Although this race can only charitably be described as undulating last year it produced a cracking set of times for those runners who didn't run the Nationals on the previous day.

All this and free entry - what more could we want?

SHORT STORY - by John Cox

There was a crowd of us all nervously huddled together. The man with the gun in his hand stood looking down on us as his helpers kept us back. It was hot and the sweat slowly trickled down my face. I blinked to clear my eyes as the sweat ran into them stinging. I kept asking myself "What am I doing here?". I was nervous and looked around for a way out, wanting only to get free and lose myself in the crowds but the watchful eyes of the man with the gun were everywhere. His helpers hardly spoke, keeping us back by gestures until their leader barked out a sharp command. Then they made us walk forward, directly in front of the gun and line up.

This looked like it, there was nowhere to go except forwards but the way was blocked by his burly helpers. I looked around at the men on either side of me, hoping to see a sign that all would be well yet they all looked as nervous as me. I resolved that I would make a break for it at the first opportunity and checked the faces on either side for a sign that one of them might go with me. Would they go with me? Or would I be left to make this break entirely on my own? My muscles tensed and bunched, my nerves were as taut as bowstrings, I mustn't go too early or I would be spotted for sure.

Time seemed to crawl by until the gunman shouted another command and his henchmen suddenly backed away from in front of us. Slowly he raised his gun, never taking his eyes off us. Quite deliberately he cocked the gun, shouted at us, aimed and fired. The roar of the gun caused a rush from the men in the line. They all ran hard down their only avenue of escape. I tried to follow, tripped and lay dazed.

I lay still, chest heaving, aware of the hard ground under my thinly clad shoulders. I hadn't made it! It was all over now as the gunman's helpers came over and lifted me to my feet. They took my arms and guided me towards the gunman. One of them muttered "tough luck" and bared his teeth in a humourless grin.

I had failed! This was to be the end then, pain and humiliation. Now I was standing before the gunman. He leaned down and his steady eyes looked straight into mine. Through clenched teeth the words stabbed at me angrily "When will you learn. You NEVER look at the gun. Always look straight ahead or you're dead"

The words hit home as I was returned to my position behind the new crowd of men facing the helpers. These sprint start practises were murder until you got used to the starter's gun!!



SEX AND THE RUNNER



Running to the runner is like sex to a certain StuartA powerful drug, stimulating and exhilarating experience.

If you are fortunate and strong enough to sustain both then you are indeed an athlete.

What motivates the runner to go out on a cold wet winters night and run. After all there are many other ways of keeping fit in the dry and warm.

This brings us to the objective of this article and the following advice is offered after extensive research i.e. gossip in the showers, bar tales of club outings near and far etc.

DONT have sex one hour prior to a race. The buckling effect on the legs can effect hill running.

DONT have sex more than ten times a week. This may accelerate weight loss and effect marathon endurance training, ask Judge John.

DONT have sex on the finishing line. This may cause a blockage of the tunnel.

DONT have sex immediately following a race. Severe cramp may set in.

DONT have sex in extreme positions. This is how pulled muscles occur.

DO have sex in moderation. Try adding sensible variety i.e. a FARTlek session.

DO have sex when injured. It provides an alternative way of maintaining all round fitness.

DO have sex prior to cross country races. It conditions you for the undulating terrain.

There will be a darts and dominoes night on Friday March 11th at 8 p.m. It will cost 50p per game proceeds to the childrens Christmas party.

Please support this as it is for your kids. There is a poster on the board, please sign if you are interested or inform Margaret Nicholson or Babs Murphy.

If you are interested there will be a disco on May 7th costing £1.50 per ticket which includes the cost of food. Again profits go to the childrens party.

Please support both events - thanks.

Margaret and Babs.

Northbrook's team for the Nationals is:

Rob Barry
Richard O'Shea
Pete Osborne
Bob Adams
Ian Carter
Mark Baker
John McKenna
Shaun Flanagan
Martin Warwick

Reserves:

Ian Ladbroke
Mike Windsor-Smith