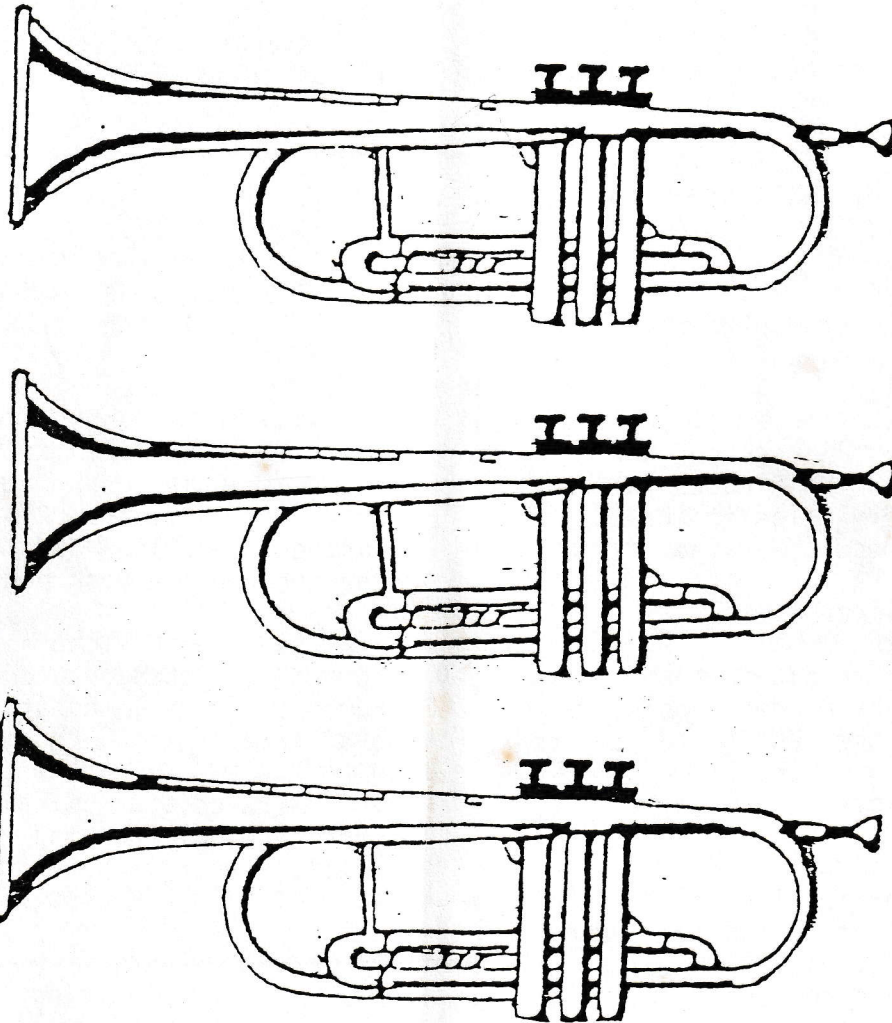

THE NORTHBROOK RUNNER

MARCH 1988

PRICE 20p.



The Trumpeter;
Reveille for the new season,
or the Last Post for those legs?

NOW THAT'S OVER - LET'S DO SOME RUNNING

Well, it's been and gone - the E.G.M. - and in the true spirit of British compromise we've decided to do exactly nothing. So all the harsh words and recriminations added up to not very much in the end. Perhaps now we can get on with the whole purpose of the club - running.

A great day was had by all who ran the Nationals, thanks to everyone concerned. John McKenna points out that he has now run the last four (I think he lost five rolls of wallpaper on the first occasion and has been looking for them ever since).

With the lighter nights comes the summer handicap - look out for fit young individuals claiming to be physical wrecks every fourth Wednesday. Let's get some practice in - all together now - How come he starts two minutes in front of me? He beat me by miles in the Trumpeter/10K/Benbecula Marathon *.

*delete where applicable.

Do you want to get in touch with forty to fifty like minded people very quickly? Then the thing to do is advertise in the NORTHBROOK RUNNER. Costing from 25p. per insertion its very cheap too!

Get that money rolling in! Now that all the kerfuffle has blown over about the subscriptions to the club let's not forget that they are now due. The club cannot run on thin air as has been pointed out ad nauseam recently, so those of you with outstanding subs - get them paid quickly!

Finally, if you would like to see your name and time in the paper when you've run an event then see me at the club on Sunday lunchtime or ring me on Sunday afternoon on 76802.

Martin.

For your delectation contained in this issue is:

3. Letter to the editor.
4. Cross country - The National.
5. The Lickey Hill 10K.
6. Midland Relays.
7. Events Report - The Warwick Six.
8. Events Preview.
10. New Link Road.
Veterans Championship.
11. Committee Notes.
12. Race the Train.

In Brief.....

The darts and dominoes evening advertised in the last issue has been cancelled.

Stuart Whitehouse will again be organising the trip to Race the Train, although this year he will not be attending himself. Please see him for further details. Ted Hatwood describes the race on the back page.

See Colin Nicholson if you want a number in the hundred club as spare numbers are constantly becoming available.

Next edition of the newsletter that they are all reading - Wednesday 13th April.

For Sale

Woolly hats in the eyecatching colours of black, green and yellow. This happens to be the colours of your very favourite running club. As modelled by the gorgeous, pouting Rob Barry. A snip at only £3 (including contribution to club funds) - See Rob now to secure your titfer!

Forthcoming fixtures

With a busy month ahead the start of the road racing season looks like this:

March 20th Trumpeter Half
Stafford 20
26th Chelmesley Wood Relay
27th Rutland Water
April 2nd Midland Twelve Stage
4th Northbrook Easter Egg
6th Summer Handicap
10th Massey's Five

RUNNERS WANTED

Due to the clash of the Midland twelve stage relay and the Vets six stage relay with the training weekend in Derbyshire we are short of runners. Anyone interested in racing please see Bob Awcock.

To get an idea of the spread of events that people want to run in the track and field championship John Shuttleworth would like to know the event in which you would like to compete. See the notice-board for details.

Letter to the Editor

100 Club

It has been said: "Why should we have a 100 club for the kids party at Christmas?"

The 100 club was founded to help provide for the kids party but as £5 is paid out each week to one lucky person in the draw it isn't as if we are asking for money and giving nothing in return. There are other ways that money can be raised as well and nobody is forced to help but most members do it because they want to. Some of the members do not even have children of the age for the party or else they have no children at all.

Also, it was said that all money should be given to club funds, WHY? It has nothing to do with club funds, they do not give to the childrens party in any shape or form and it is purely volunteers helping out when asked. Nobody profits from the 100 club, only the children at Christmas and who but a Scrooge would be spiteful to children up to 11 years old at Christmas?

Margaret Nicholson.

An impassioned plea from Margaret. However, to be fair, I don't think anyone was being Scrooge-like or spiteful. At a time when general finances and belt tightening was being discussed some of the members could see a potential £260 p.a. leaving the club and wondered why. I'm sure this letter will provoke discussion and, somehow, I think this one will run and run. - Ed.

Northbrook Runner's thought for the month is.....

train don't strain

CROSS COUNTRY

The National Cross Country Championships
The Newark and Notts Showground - Saturday 20th February 1988

A very fine day greeted thousands of runners to the Newark showground. Northbrook arrived, nearly two minibuses full (thanks to John Bennett and Bob Awcock for arranging the transport) with nearly as many spectators as runners.

Facilities at the showground were excellent with good refreshments and various stands inside a large covered area, better than last year's muddy Luton. The course was very flat but extremely deceptive as everyone told me afterwards that the ploughed sections were very rough and the clay soil made it very very slippery and sticky.

The junior race was decided after the first mile with Simon Mugglestone leading the way from a very strong field and within a lap he had a lead of at least a hundred metres from Darren Mead of Thetford, no mean runner himself. Dave and Steve ran as hard as they could and were by no means disgraced, Dave was in fact the second Coventry finisher and it must be noted that both of our runners and Tim Wright still have two years in this age group.

The senior race got off to a flying start, with Pete Osborne just making the line before the gun. The predicted sprint from a certain Northbrook runner aiming for the national press didn't take place and the race settled into a pattern with Dave Clarke and Dave Lewis making the running, the former eventually pulling away to a 45 second victory. Godiva packed well and finished a creditable fifth but the best run of the day by a local runner must have been Barney O'Connor's 26th place - well done Barney.

Robbie Jones of Sphinx had a good run for 593rd place and for the first time ever Northbrook had two in the first thousand. Rob Barry was 889th and Rich O'Shea 947th, well done lads a great effort, especially by Richard who was later seen hobbling with a pulled muscle in his bum! The other team members all worked hard and we finished well up on last year's team position. Mark Baker looked pretty gloomy after the race as he had run with a bad foot but the smile returned to his face soon afterwards when he learned that Wales had beaten Scotland in the rugby international (looked like a forward pass to me when they got their last try)!

A great day was had by all and they received plenty of verbal encouragement from Bob, Shaun, Jackie, Sarah, Karen, Tim and Richard, while John Gardner and I ran around parts of the course, it was meant to be a jog but felt more like a sprint interval session.

Next year let's see if we can get more than two in the first thousand and the team in the top hundred.

Ian Ladbrooke.

Results
Junior Race

1st	S.Mugglestone	Westbury	31:13
2nd	D.Mead	Thetford	32:08
3rd	S.Brooks	Bingley	32:21
151st	D.Hagan	Northbrook	36:14
320th	S.Simpson	Northbrook	40:00

Senior Race

1st	D.Clarke	Hercules	44:14
		Wimbledon	
2nd	D.Lewis	Rossendale	45:00
3rd	C.Mochrie	Leicester	45:12

Northbrook A.C.

889th	R.Barry	56:16	1608th	I.Carter	61:43
947th	R.O'Shea	56:36	1736th	J.McKenna	63:03
1235th	P.Osborne	58:36	1962nd	J.Bennett	66:43
1502nd	R.Adams	60:47	2076th	M.Baker	69:45
			2081st	M.Warwick	69:57

Teams

1st	Birchfield Harriers	248	points
2nd	Tipton Harriers	369	
3rd	Blackheath Harriers	516	
5th	Coventry Godiva Harriers	552	
54th	Massey Ferguson R.C.	2880	
177th	Northbrook A.C.	7917	
199th	Sphinx A.C.	8929	

Lickey Hill 10K - Sunday 28th February 1988

Mr. Griggs(Bob) and myself(Bob) met at the Wyken Pippin on a cold Sunday morning. The wind was already building up, it must be all that Guinness. I'm still convinced its for growing spuds, not drinking.

Anyway, back to the painful reality, due to careful planning we arrived two hours early for a comprehensive warm up session.

"Mars bar and a cup of tea twice please love!"

By 11:00 a.m., as Chariots of Fire struck up for the fifth time on the P.A., its time to get serious, a stroll around the park (cutting the corners of course), don't want to overdo it. Its strange how hills look bigger and steeper when you're standing at the bottom, compared with from the car park and there's a couple of crackers on this course of three laps (hills John!) On this thought my hangover makes a sudden comeback but the entry fee is paid so there's no way I'm not running, after all I am a Tyke.

Hysteria was now setting in, we were both walking up the hill saying it looked a superb cross country course, a bit too dry maybe. Bob kept some feeling of realism at setting the finish line as his only target.

11:50 a.m. all ready to go, T-shirt and vest the order of the day for the majority of the 200 or so runners, gloves for the utterly pathetic wimps. At the start we bump into another Northbrook runner, Ted Hatwood, who is ably supported by his wife (or I assume she is.) Nobody told me they were going to walk forward a few yards to the start, I felt a right dick standing on my own at the start (or I would have if it hadn't been so cold.)

12:00 and we're off.....

12:01 I'm wondering why I've not been trampled all over, I'm holding pole position or was I facing the wrong way at the start? After the first kilometre one guy opens out and takes a twenty metre lead. Behind a pack of four is away from the main hordes. Unfortunately, I gradually fell off the back of this group (ah! It was a pack of three! - Ed.), but by now there was no threat from the rear(!?!). The second and third laps involve all the usual nausea, sweating, chills and swearing bouts with no loss or gain positionwise.

12:38 A fifth place and a trophy thrust at me on the finish line. See Ted's wife for poser photographs.

All Northbrook runners finished the course (better than some d.n.f.'s over the season, hey Ed.) The results were as follows:

Rob Barry	37:41 5th male.
Ted Hatwood	41:14
Bob Griggs	50:00.

A white knuckle ride back to the club, a Guinness, two sticky buns and a quick swear from Shaun (a heavy night and a trophy was too much for him to comprehend) and reality seemed not so bad after all.

Rob Barry.

P.S. Does anyone know a remedy for a runny nose while racing, it didn't half make a mess of my gloves! (any more cracks and me and Shaun will fix your nose - Ed.)

Midland Cross Country Relays (4 x 4 miles)
Newbold Common - Saturday 5th March

The intrepid foursome arrived at a very cold and windy Newbold Common to discover that we were the only Coventry team competing. It was a shame that some of our faster runners (especially those from the "elite squad" - Ed.) chose not to take part but we all gave everything and were far from last to finish.

The course was, as usual, tough. The first quarter mile was fast with the wind behind, then it was down to the river and into the mud and wind, follow this with a hill that seemed like Everest and a flat last half mile. Not too bad you might think but we had to do two laps each. Anyway, thanks to the lads who turned up and to John, Ian and Mark for supporting.

Ian Ladbrooke.

Results

1st team Birchfield Harriers Fastest leg N.Appleby Birchfield Harriers

Northbrook A.C.

1.	S.Flanagan	29:15
2.	I.Ladbrooke	26:22
3.	M.Warwick	29:25
4.	R.Adams	26:26
		1:51:28

Events Report

The Warwick University Six - 21st February

Conditions for this year's race were just about perfect and for those who hadn't slogged their way around the National course the day before (well that's my excuse anyway) the opportunity was there for some fast times as can be seen from the results, these were duly delivered, with numerous P.B.s being recorded by Northbrook runners. Its just a pity that John Gardner didn't remember to tie his shoelaces before the start - he might have been even quicker then! Well done to everyone who ran. Next stop the Massey "5" on 10th April. (see events preview - Ed.)

Bob Adams.

Results

Rob Barry	34:00
Alan Fanning	38:05
John Bennett	38:08
Ray Jones	38:57
Bob Griggs	46:34
John Gardner	33:00
Shaun Flanagan	38:56
Mike Windsor-Smith	39:00
Bob Adams	38:15
Ken Buckenham	42:14
Rebecca Windsor-Smith	52:00
Colin Preston	40:11

EVENTS PREVIEW

This month sees the road racing season starting in earnest with some of the favourite long distance events being held. The cool weather and a good many people training for a spring marathon make conditions ideal to test whether all those winter miles have paid off. Unfortunately, this year two of the events clash, so forcing a choice between the Stafford 20 and the ever popular Trumpeter half marathon. The third race previewed this month is the Rutland Water mini marathon which, although quite often held in atrocious conditions, seems to attract the runners year after year.

Stafford 20 - 20th March

Possibly the only road race where one can be lapped in the first quarter of an hour - but don't worry, that's only because there are three short laps of the air base before setting out onto the road. Once out of the air base its three large laps of mainly country roads.

Last years race was held in blustery conditions although when out of the wind it was definately warm (as evidenced by the discarded tee shirts and thermals around the course). The winner was Steve Anders in preparation for his assault on the London marathon, previous year's winner was Coventry's own Dave Long.

As for the course, there is only one hill per lap but its quite a steep sharp one. However, given good conditions I think this is definately a P.B. course..

Trumpeter Half Marathon - 20th March

For those of us that don't like to travel far to races this is the perfect early season half marathon. Starting and finishing at the army camp at Bramcote this event is but a quarter of an hour's travel from Coventry. If you are in good form for March then the journey should be rewarding as the course is relatively flat and fast for this area.

Leaving the army camp the course heads towards Bulkington and heads straight on along Shilton Lane. At Shilton the course takes a sharp left along the A47 Leicester Road and steadily climbs through Wolvey turning sharp left again just before the A5/M69 junction. From then on it's downhill back to Bramcote but watch out for the long run in when you get into the camp.

A good race was had by all last year but the strong wind negated the effects of the downhill sections. Ian Thompson won it in 67 minutes. For the gong conscious this ones a beauty.

Scenic and exposed is the way to describe the course of the Rutland Water mini marathon which winds around this large reservoir in England's smallest county. Starting and finishing in Oakham (home of Ruddie's!) the course undulates gently for the first couple of miles before a drop and a sharp climb. At the top of the climb is a left turn which takes you along past North Luffenham airbase and a long fairly boring stretch. At around the ten mile point is the worst hill of the course, from then its gently downhill all the way.

Massey Ferguson 5 - 10th April

Starting in Massey's the race descends along Banner Lane before taking a left turn onto Broad Lane. This start is very fast so watch out for your time at the first mile marker. Broad Lane then rises steadily to the junction with Benton Green Lane where the course again takes a left turn. The course then drops steadily with the incline getting steeper until just before Tanner's Lane there is a short steep rise. Left again onto Tanner's Lane which then drops, rises and then drops again to the Banner Lane junction. We then have the longest mile in Coventry along Banner Lane up to Massey's again. As a lot of our local races end along this stretch the odds are that you've cursed this particular piece of road before.

9

New Link Road for the Jaguar Factory

I'm sure that you're all now aware of the proposed new road which is going to cross Staircase Lane and pass behind our sports field. This road is of much concern to us mainly because:

- a) Unless a subway or bridge is erected it will mean the end of our 5k summer handicap as we know it.
- b) It will mean the end of our 10k open road race as we know it.
- c) The road crossing the bottom of the sports field could cause drainage problems.
- d) The new road will be an eyesore.

This is a matter affecting all members of the Telepost Club the Rugby and Soccer sections as well as ourselves and it is likely that in due course we will need a meeting to discuss this. We are told that there is money available to make provisions for a bridge or a subway and that local councillors will call at the club on the 16th March to answer questions.

I'm sure that, although it seems certain that the road will be built, many local residents will be unhappy about the situation and perhaps we should find out what type of action they are considering. Your comments would be appreciated. The committee of the Telepost Club will, I'm sure, be pleased to listen to anything that we have to say and put our thoughts along with those of the other sections to the council.

Ian Ladbrooke.

1988 - Northbrook Veterans Championship

This year the veterans championship will be slightly changed in format. No longer will P.B.'s over certain distances be counted but performance in nominated races will score points. The races to count are: one five mile race, two 10K races, two ten mile races and two half marathons from the following list. In addition the best two positions in the club yacht handicap will count plus the club 20K in November as a mandatory race. The races to choose from are:

Five Miles

Massey Ferguson 10th April
Coventry Firms 16th August

10K.

National Plastics 3rd September
Gulson Plating 11th September
Northbrook 9th October

Ten Miles

Bedworth 22nd May
Warwick 5th June
Powerpart 23rd October

Half Marathon

Trumpeter 20th March
Coventry 3rd July
Long Marston 2nd October

Points will be scored on relative positions of the vets plus bonus points for P.B.'s. Any vets who have not given Shaun their P.B. times please collar him as soon as possible.

COMMITTEE NOTES

Discussions kicked off with the E.G.M. which asked the committee to call another E.G.M. in December to review club finances and increase the fees for 1989 if necessary.

The club's finances are currently reasonably healthy. During discussion of this item it was pointed out that if a member does not pay his or her subscription within six weeks of the due date, he or she may not compete in an A.A.A. event until the subs are paid - those intending to run the twelve stage relay please note well!

A monthly raffle, with the prize of a sports voucher for a substantial amount, is to be held starting in April. The draw will be on Wednesday 13th. Other proposed events include a sixties night in July, a new members day in April following the London Marathon and a club track and field championship in July. If you are interested in the last event please see the noticeboard. We also hope to hold a darts and domino evening with the Sphinx.

Because of the dark nights it has been decided to hold the first Summer handicap at 7:15 on 6th April to avoid the slower runners returning in the dusk/dark. It is appreciated that some people might not be able to make it at this time but the safety of our younger members must come first. Don't forget you will be able to discard one event for the purpose of the championship.

Teams are to be entered in the twelve stage and veterans six stage relays at Sutton Park on 2nd April even though this clashes with the Easter training weekend. See Bob Awcock if you are interested.

We would like to update the membership list with up to date addresses, daytime telephone numbers and members occupations. Please give your details to Jim Grumbley.

Regarding the Club Dinner and Prizegiving it has been decided that we will only have a celebrity guest if we can afford it!

There will be an Easter Egg race on Monday 4th April from the club for members only.

The next meeting of the committee will be on the 8th April. If you have any suggestions for fund raising or future events, please see a committee member or put your comments on paper and pass them to Ian Ladbrooke. The committee members are:

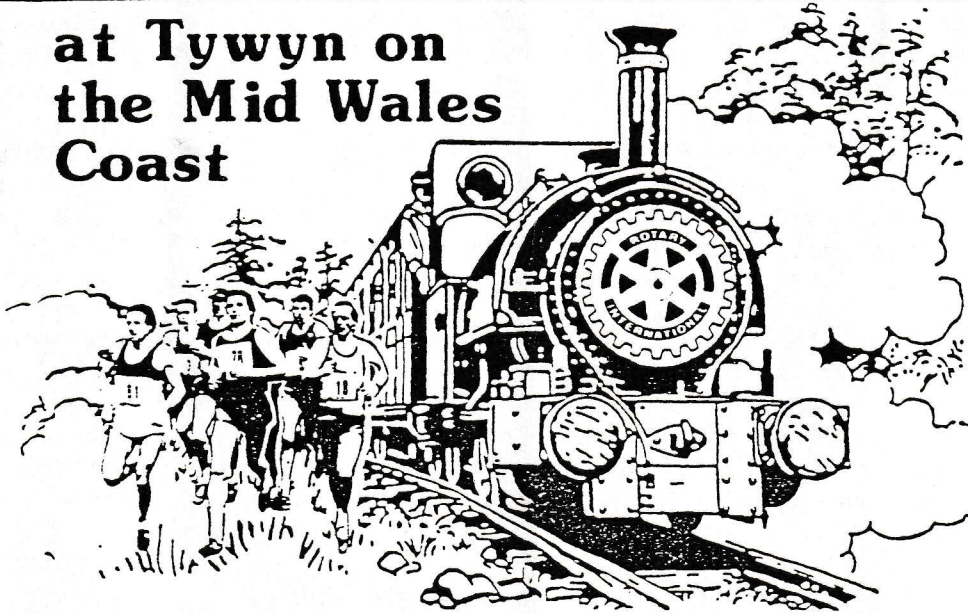
Ian Ladbrooke	Jim Grumbley	Bob Adams	John Shuttleworth
Bob Awcock	Jackie Hart	Ian Carter	Martin Warwick
Shaun Flanagan	Martin Turrall	Joe Cox	Bob Hewitt
			(President)

John Shuttleworth.

5th ANNUAL

RACE THE TRAIN

at Tywyn on
the Mid Wales
Coast



BEAT THE FAMOUS TALYLLYN RAILWAY ON ITS JOURNEY THROUGH
THE WELSH COUNTRYSIDE

For the last couple of years, Northbrook have been well represented in this rather unique event in Mid Wales. We have even had some of our members among the elite few who actually beat the puffer back to Tywyn. We also have some who are still making the attempt, and who are going to make a determined effort again this year.

For the benefit of any new members, or indeed, any of the older one's who are not acquainted with the event, an attempt to put you in the picture may not come amiss - who knows, it may even tempt you into entering yourself... Looking at the main event first, the Senior Race totals just over 14 miles of a good mixture of Cross Country terrain, although the first and last miles are on road - so it's not much good thinking of spikes. It is quite a testing run, mostly over field, slopes and some interesting hills, but nothing that can't be conquered by a reasonable runner. For those who take on the challenge of racing the train, one must be looking at bettering 1 hour 45 mins - which is the norm for the train. As several of our members can well testify, this can be done. Not to worry too much though if you are not one of the 'faster' one's as the time limit is 3 hours, a time which most of us can manage with relative comfort. There is also a Junior Race, and a Fun Run for the 'not so fast'. These are both over the last 5 miles of the main event, and competitors are transported to the start by the train.

Taking all
for money.
finish
medal

things into consideration, this unique event is good value. There are good field attractions during the day in the start/area, Refreshments, Static Displays, and above all a very good medal for the finishers, regardless of whether you beat the train or not.

SATURDAY 20 AUGUST 1988