
THE NORTHBROOK RUNNER

APRIL 1988

PRICE 20p.



NORTHBROOK TRIATHLON RESULTS

16 pints Draught Guinness
1 Fish, chips and curry sauce
10 km Cross Country

He'll Run Through a Brick Wall

Performance of the month this month (and for many months) must have come from Tony Murphy in the Midland Twelve Stage. After turning up to spectate with his kit just in case Tony ensured that we finished a team by putting his heart, soul and stomach into running a leg for Northbrook. No wonder after this very courageous effort the comment that I overheard was "Give him a Northbrook vest and he'll run through a brick wall for you!" to which I concur - well done Tony. We made our mark on proceedings - we didn't half make a mess of the finish area!

It is interesting to note the comparison between Tony's performance at Sutton and the week previous at Chelmsley Wood where some club members who had said that they were going to run didn't even show up. If you can't attend please at least 'phone Ian to tell him.

Are you a member of Northbrook A.C. or do you just think you are? Subs for this year have been due for some time and only 45 members have paid up. This means that there are fifty to sixty members who are going to become ex-members if they are not careful!

After all that moaning I now will make my excuses. Sorry for the late arrival of your newsletter but a few people were a little late with their copy - honest!

Well it's come and it's gone - The London Marathon and a great day out was had by all. Next month's issue will contain the experiences of some of the club members who ran this magnificent race. Let's hope that despite County Hall being sold off this year this race will be an inspiration to runners for many years to come.

Martin.

In this month's scintillating edition is:

2. Editorial
Jogger's Prayer
3. Race Report - Trumpeter Half
4. Bath Half
5. Stafford 20
Warwicks Relay
6. Twelve Stage
7. Fireman's 10
8. Summer Handicap
9. Easter Egg Run
10. Race Report - Rutland Water
11. Committee Report.
12. John McKenna

If anyone discards their arch cookies when buying new shoes please save them for Bob Griggs.

If you have submitted copy for this month's Northbrook Runner and can't find it in the magazine - sorry. Next month's copy will, hopefully, contain it.

The Jogger's Prayer

Oh Lord give me strength to climb the hill,
Without the need for an energy pill.
To endure the downpour of the rain
And ignore the blisters and the pain.
To bear the track shoes as they rub
And give me the will to pass the pub.
But most of all as time drags on,
Please let me complete the MARATHON.

J.Brennan.

RACE REPORTS

Trumpeter Half Marathon Sunday 20th March Bramcote

A lovely early spring morning greeted a large Northbrook contingent arriving at Bramcote Barracks for the annual Trumpeter half marathon. The pre-race chat was the usual moans and groans, people having missed training with colds, bad legs etc, I reckon mine was the best excuse a dose of Russian food poisoning together with a week of cross country skiing, it was only a training run anyway.

Anyway it was good to see so many Northbrook vests creep out of the wardrobe after the end of the cross country season.

The race started promptly at 11:00 and Tim Wright made a good start up with the leading bunch which also included Alvis' John Canavan who had an excellent race to finish third in just over 1 hour 11 minutes (P.B. by 4 minutes) well done John. Slightly further down the field Ian Cooper was having a good first half marathon ending up with a very good 1 hour 21 minutes. Tim was already finished in 1 hour 15 minutes and must have been close to a club record.

The rest of us were trotting along merrily with at least six of us within two minutes. Alan Fanning and Shaun Flanagan went steaming past Pete Davis and myself, soon also to be taken by John Bennett who seemed to be going along nicely after a recent cold. At four miles we went past Dave Halford, Pete's mate who predictably had gone off too fast and wasn't to be seen again until well after the rest of us had finished. You'll learn one day Dave! Pete was getting worried at half way that so many Vets (namely Alan and Shaun) were again going to beat him so I gradually started to push the pace along. The mile markers were inaccurate so he didn't really notice.

At eight miles we caught Shaun who was still well on course for a P.B. by at least five minutes and so the three of us puffed and panted our way along until we caught John Bennett, the hill at 10 to 11 miles was a long drag and seemed to take its toll on both Pete and Shaun but they both battled it out to the finish. Alan, incidentally, was about a minute ahead from about eight miles to the finish. A certain Brian from Alvis disguised in a foreign vest was doing his best to wind up Shaun, I'm still not sure which of them finished first. Anyway we all crossed the line in just under or over one and a half hours. Well done Shaun a good new P.B. next time we'll get rid of the other five seconds.

Results

Tim Wright	1:15:16	Shaun Flanagan	1:30:05
John Gardner	1:19:06	Pete Davis	1:30:11
Ian Cooper	1:21	Neil Buckenham	1:31:54
Alan Fanning	1:29:20	Martin Turrall	1:35:46
Ian Ladbrooke	1:29:47	Brian Waterfield	1:45:10
John Bennett	1:29:57	Bob Griggs	1:50:17

P.S. In the fun run 8.5 miles Jason Nicholson left Steve Simpson trailing in his wake. You'll never live this one down Steve 63 minutes for 8.5 miles in a race! How about training a bit more?

Ian Ladbroke.

Bath Half Marathon - Sunday March 20th

The race day arrived. The Bath half marathon is renowned as fast, two laps with one hill per lap and very popular. Entries closed in October some five months before the race. Ian Carter and myself with our injured supporter (R. Barry) left Coventry at 7:45 and journeyed via the A46. After much confusion trying to negotiate Stratford (them bloody signs) by going around in circles, the morning changed from crisp, sunny and dry to fog as we approached Bath. We arrived at 10:05. Heritage signposts hailed that Bath was a Roman town, funny as we didn't see many locals with togas and sandals - that's another story. After parking we made our way to the Bath campus buildings Ladies and Gents changing rooms were open since lady athletes were in a separate building. The rooms were all full so we spotted an empty squash court. Ian and Bob went in while I visited the bog. On arriving back it was full (I hope the locals don't mind black skids on their courts!)

We walked to the start. The crowds were out. For a class race there were plenty of joggers. Bleeping watches, sweat bands, X4s, Nike socks ("only kids wear Nike socks" - M. Turral) you could spot them. I decided to get close to the start line as usual. Ian was reluctant. "Come on there's nowt to worry about - sub 70 start will be o.k." - Ian decided to move away from the cameras. At 11:00 we were off. A very fast downhill section had me worried. I mustn't go too early, wonder where Ian is? First mile in five and a half but feeling good. At four still moving forward, The joggers are dropping back. The heavens open - damned rain that's all I need. Where's Ian? Suddenly I see him twenty yards in front. Past five miles in 29:02. This is fast, surely he's running too fast, must catch and pass him now. I sused on, the hill at six miles was pretty stiff - ten miles in 60:43. Sub 80 minutes is on. I consciously decided not to look at my watch for the next three miles. With half a mile to go I remembered what a lass told me before the start that the finish is just around the cross from the main start island. I spot Rob Barry shouting me on. I see the clock ticking down and kick on - and finish in 1:20:16. Straight through is the proverbial medal and a Go bar by Cadbury's. I stand at the end of the tunnel and wait for Ian. He finishes in 1:22:33 some two minutes later. My official time comes out at 1:20:25 but who's complaining. Ian is slightly dissappointed and I can sense that with even harder training he is due for a major improvement and he will surprise one or two members in July with the Coventry half.

We journey back to Coventry but not before two pints and a roast meal in a local alehouse and a visit to the Roman Spa and baths/pump rooms. This is a superb underground view of old England. Discovered in 1896 but not excavated until 1976 history is there to be seen. Next time you visit Bath - stop and visit the Spa Baths. The race is worth doing. Thanks to our supporter Bob and Ian for the safe driving.

Results

John McKenna 1:20:16

Ian Carter 1:22:26

John McKenna.

Stafford 20 - Sunday March 20th

The Stafford 20 was held in near perfect conditions - fairly cool and with a wind that had died down from the blustery conditions which prevailed during the week. Despite the anxiety of nearly missing the start due to a flat tyre on the motorway Bob Adams recorded a fine time and shows that he is on course for London.

Results

Bob Adams 2:11:15

Warwickshire Open Road Relays - Saturday 26th March Chelmsley Wood

Unfortunately one or two runners that had indicated an intention to run in this event were not able to turn up on the day, consequently both teams were incomplete and while we felt tempted to allow runners to do two legs we did not wish to risk the name of Northbrook being associated with disqualification and cheating. When the "A" team finished we were placed about 47th out of roughly 80 teams, not bad without some of our best runners. Tim Wright had a storming first leg running sub five minute miling on an accurate 3.25 mile course. We all thought it was short because of our times, Bob and I were both sub 5.5 minute miling. However, the measurment was accurate and we all came home pretty pleased, especially Tim having been faster than Martin Judge, Toby Greaves and Greasy Deacy. It was good to see Ian Gill progressing in his comeback (sub 6's) some of you fast boys better watch out soon the old brigade are on the way back!

The event was very well organised although it was a long trek from the changing rooms to the start (wasn't it lads - well those who walked). The course was undulating with an uphill first half mile, the one and a half into the wind before turning back to the start and finish straight for a fast downhill last mile.

Thanks again to Rob, John and Mark for the vocal support. I can't wait for us to put a team out when all these lads are fit or eligible to run.

Interesting to see Joe Cox running for Godiva, perhaps we should put a nine month ban on him as they won't let John Gardner or Jason Nicholson run for us yet, only joking, seriously it is a good move for Joe because he will get more opportunity to train with lads of his own age. We wish him well and look forward to seeing him continue to improve. Maybe he'll come back to us when he's a senior.

Ian Ladbrooke.

Results

Northbrook "A"

Tim Wright	16:04
Ian Carter	18:48
Ian Ladbroke	17:52
Bob Adams	17:48
Pete Osborne	D.N.R.

Northbrook "B"

Ian Gill	19:09
Martin Warwick	19:59
Bob Griggs	23:31
Glyn Perrins	D.N.R.
Mark Baker	D.N.R.

Midland Twelve Stage Road Relays - Saturday 2nd April Sutton Park

Unfortunately due to a date clash and injuries we were deprived of many of our top runners for this event. This was a shame because had we put out our top lads we might have had a good battle with Massey's "B" and our vets could have run in the vet's event instead of making up the senior side.

Anyway we just managed to scrape together a team of twelve after much arm twisting and bribery (sorry to Mick and Graham about the lack of bar facilities). On the day Spud Murphy turns up to give some welcome support along with John Gardner and Bob Awcock's family. Tony probably wished that he hadn't bothered but as usual he put everything into his run - thanks Tony.

John McKenna got off to a fair start with 31:48 for the 5.6 mile long leg followed by Dave Hagan (together with heavy cold) who gained 12 places with a good 16:20 for 3.1 miles, Ian Gill followed with another good showing on his route to recovery with 18:31 and Bob Adams closed the fourth leg in 31:49, just slower than John.

Next to run was an alcohol filled Mick Grimshaw who did very well to get around in 20:47 followed by a very impressive run by Graham Helliwell in 18:02, some of us better watch out for him in the handicap this year (Glyn beware of bribes). Martin Warwick was next as the weather got a bit cloudy and windy to get around in 35:50 followed by the writer in a pleasing 17:05 (a minute faster than last year but still not fully satisfied). John Vardon had me a little worried as I came up that bloody hill to the handover point because I couldn't see him, anyway he appeared and whizzed around in 19:26 (next time he won't wear a tee-shirt, it was a bit warm). Another newcomer Adrian Eastham ran the last long leg in a commendable 34:39 and at this point we were just in front of Alvis, they however, had kept back Kevin Ryan for the next leg and he took four minutes out of a gritty run by Tony Murphy (23:20) to put Alvis well in front, a position that their last runner kept over Bob Awcock who put in a useful 21:49 - well done Bob and thanks for the help with putting in the team.

Next year, hopefully, we will get more runners out as 12 out of a membership of over 100 is pretty poor.

Total time: 4:49:26.

Ian Ladbroke.

P.S. Well done to Godiva who ran brilliantly to take the overall title from Tipton with Birchfield third.

FIREMANS 10 MILE
RUN & WALK
HEMEL HEMPSTEAD

While the majority of our 'vets', were no doubt enjoying the rigours and undulations of "The Trumpeter", Joyce and I were otherwise engaged in combat down the M1. We were not really "fired" by any "burning" desire for this event - it was more of a good "warm up" for the proper start to our season.

With Joyce still maintaining some connection with the Race Walking scene, it was the 10 Mile Walk that had captured her attention. Lining up for the start, and with that golden oldie - 'Chariots of Fire' ringing in our ears, there was just time for a good luck kiss, and we were off. Being one of the more ancient competitors, I thought I might be in with a bit of a chance of lifting some silverware in the over 50's class, and with this in mind, set off at a fair clip. The first three miles passed uneventfully, and with the usual jockeying for positions in the early stages, I didn't bother much about times. Coming up to four miles - going well - sharp left hand turn up ahead, rather a lot of bunching going on ??? - negotiate the turn okay... 'eh, I thought this was a flat course, oh well, I take hills in my stride. Halfway up and overtaking some poor chap muttering curses to the effect that this was one of those hills of doubtful parentage. Five mile marker coming up. Here was a chance to gauge my time for the Massey '5', and despite the hill, I was quite pleased to clock 31.14. Two more smaller hills, and at the eight mile stage went through a bad patch (not unusual for me), however I did manage to pick up my pace again with a mile to go, eventually crossing the finishing line in a time of 67.03.

Position wise, I came home 2nd. in my class - and 95th. overall of some 353 starters.

Meanwhile, the Walkers were still legging it round the course, and following our usual pattern, I had a jog back to see how Joyce was doing. Very well as it turned out. I 'found' her with about a mile and a half to go, and overtaking the field. Nip back to the finish for the camera, and in time to see her Win her race - a comfortable victory as it turned out.



Ted Hatwood (Vet)

E. Hatwood

HANDICAP

First Summer Handicap - 6th April 1988

It never ceases to amaze me that people who "aren't feeling too well, I'm just recovering from an injury," can, just one week later run a personal best. The worst offender being possibly (and I dare you leave this one in Martin) the editor of the newsletter, followed by a certain Mr Windsor-Smith.

The first handicap of the season was run in less than perfect weather; with a rapid temperature drop and a very fresh wind - however it nevertheless saw some good runs and a sprinkling of P.B.s.

A brief scan through the results sheet shows a few notable runs; Ian Gill, who after a years absence due to illness managed a 19:11; John Gardner a fine 16:59 and Martin Warwick knocking a huge chunk off his previous best. Well done to all concerned.

Anyone wanting a good handicap can assure themselves of such by leaving a blank cheque in my name on the noticeboard (signed of course!) Failing to do that will mean that you will have to stick to the carefully computed and scientifically calculated handicap worked out by yours truly. I think most people will agree however that the new rule change concerning five bonus points for a P.B. and three debit points for a slow time will add a new dimension to this year's races.

On a final note I would like to thank John Shuttleworth, Bev Goodman and Jason Nicholson for their help, both during the race and afterwards. The next race is on 4th May.

Glyn Perrins.

Results

<u>H'cap</u> <u>Name</u>	<u>Time</u>		<u>New</u>	
	<u>Total</u>	<u>Actual</u>	<u>H'cap</u>	<u>Points</u>
<u>Juniors</u>				
0:10 N.Frogget	22:29	22:19	4:10	5
0:10 J.Griffin	22:43	22:33	4:10	4
0:45 B.Buckenham	25:19	24:34	1:45	3
0:45 S.Flanagan	25:20	24:35	1:45	2
4:00 R.Bignall	26:08	22:08	4:00	1
<u>Ladies</u>				
Scr R.Windsor-Smith	25:29	25:29	1:00	5
2:00 S.Creamer	25:41	23:41	2:30	9*
Scr J.Hart	26:49	26:49	Scr	3
Scr J.Hatwood	26:55	26:55	Scr	2
Scr J.Jones	27:26	27:26	Scr	1

<u>H'cap Name</u>	<u>Time</u>		<u>New</u>	
	<u>Total</u>	<u>Actual</u>	<u>H'cap</u>	<u>Points</u>
<u>Senior Men</u>				
4:15 C.Preston	24:18	20:03	5:15	33*
4:50 M.Warwick	24:38	19:48	5:50	32*
7:10 I.Ladbrooke	24:44	17:34	7:55	26
7:50 J.Gardner	24:49	16:59	8:30	25
7:10 I.Cooper	25:06	17:56	8:10	24
5:00 M.Windsor-Smith(V)	25:19	20:19	6:00	28*
7:30 J.McKenna	25:25	17:55	7:30	27*
6:10 I.Gill	25:26	19:16	6:50	21
6:10 A.Eastham	25:29	19:19	6:50	20
4:30 K.Buckenham(V)	25:33	21:03	5:00	19
5:45 S.Flanagan(V)	25:38	19:53	6:00	23*
6:10 D.Murray	25:40	19:30	6:50	17
7:50 R.O'Shea	25:44	17:54	7:50	16
7:30 R.Adams	25:46	18:16	7:50	15
1:40 J.Cox	25:51	24:11	1:40	14
5:45 R.Jones(V)	25:55	20:10	5:45	13
7:50 S.Simpson	25:58	18:08	7:50	12
6:10 A.Fanning(V)	25:59	19:49	6:10	16*
1:40 R.Griggs(V)	26:01	24:39	1:40	10
6:20 P.Davis	26:05	19:45	6:20	9
6:20 D.Halford	26:13	19:53	6:20	8
7:30 I.Carter	26:15	18:45	7:30	7
3:30 B.Worrall	26:22	22:52	3:20	6
4:30 B.Waterfield(V)	26:29	21:59	4:30	5
4:30 B.Garner(V)	27:06	22:36	4:10	4
2:10 J.Thacker(V)	27:14	25:04	1:30	3
0:10 J.Grumbley(V)	27:38	27:28	Scr	2
7:30 M.Baker	27:46	20:16	6:30	1

* Denotes five points added for personal best.

Easter Egg Fun Run

It was the event of the season. The Northbrook A.C. Easter Egg Fun Run was about to commence! White shaking legs were in abundance, serious faces were scarce (except for John McKenna who I suppose was desperate for a Cadbury's Buttons easter egg) and good ole Jackie Hart who was dressed up in her fun run gear. Well she, or rather I am writing this so I'll give my account of the race.

Bob Adams gave a loud GO and we were off! Running up the first mountain (or rather Northbrook Road) I managed to keep up with the stragglers me and wait for it me again. But as I started the descent of the 'orrible 'ill, I was to see the other runners no more. Aaaah! As you can guess the race got a bit boring then but I'll just mention that I did see two friends of mine walking their dogs and one lad cycling and....

Anyway, as Jackie Hart (I like getting my name in the magazine you know) came into the finishing straight she managed to give of her all to finish on a WORLD best time of thirty one minutes. Proudly standing by the club house, Ian Ladbrooke (nice chap you know) presented Jackie with her prize of a Cadbury's Buttons Easter Egg, before she had to give him her 25p for race fees. (To find out how the others did ask Bob Adams, he's got his bread buttered the right side you know). Oh well coming last isn't so bad if you're the only female in the race plus being the only one in fancy dress (Rugby kit). So come on all you WOMEN go out and gets some females for me to race against!

Jackie Hart.

RUTLAND MARATHON WAS ANOTHER RECORD BREAKER

More than 1,400 runners made this year's Rutland Water Mini-marathon the most successful yet.

The event attracted a total of 1,700 entries, and on the day itself, 1,400 runners were at the starting line for the 17 mile trip.

Overall, the run itself was a good one, although like it's predecessors, it had the usual drawbacks. Strong winds again held back the runners. After a comparativeley easy stride up to Manton, and the scenic pleasures of the Empingham stretch, the runners found themselves driving into the cold, fierce easterly winds whipping across from Cottesmore.

It was a bright, clear dry day, but the wind was a killer. All the runners coming back down into the finish had much the same story to tell - it was great for the outward trip, but the last 10 miles were really pretty hard. It was no day for any P.B's, as no matter how hard you tried, everyone was coming in second to that wind.

Rutland has always been a major challenge, and although the last stretch is a real grind to competitors, the event is gaining popularity each year.

Northbrook fielded Five runners in the major event, with the results as follows:-

393rd. Position	-	Ted Hatwood	in a time of 1.54.50
411th.	"	Alan Fanning	" " 1.55.33
512th.	"	Martin Warwick	" " 1.57.53
558th.	"	Sean Flannagan	" " 1.58.48
879th.	"	Dereck Murray	" " 2.08.55

It was interesting to note, that considering their reputation, there were no less than eight Massey runners behind us at the finish, five from Sphinx and three from G.E.C.

RUNNING FOR FUN

In conjunction with the Mini-marathon, the 4 mile Fun Run is also gaining in popularity. Designed for those who do not feel up to the bigger distance, this year's run attracted a field of well over 600 competitors. Starting at Oakham, the run goes up as far as Burghley and back again. Despite the short distance it serves as a good training ground for future "Rutland" hopefuls.

Yes..... we also had a runner from Northbrook in the 4 miler. Joyce Hatwood. Regretfully there were no placings or timings made for the Fun Run, but true to current form, Joyce managed to cross the line in just under 34 minutes.

Ted Hatwood.

Committee Meeting: 8th April 1988

A raffle will be arranged every month or so with a first prize of £20.00 in the form of a voucher. ALL Telepost members, not just Northbrook members will be involved in this raffle, so that a reasonable amount of money can be raised without hitting the running club membership too hard. On the subject of money, the blackout cards are going very well, but there have only been 45 subscriptions received so far. Please help the committee to help you-cough up!

The Open Day on Sunday 24th is going ahead, so if you would like to help please see John Shuttleworth or any committee member or tell or those people at work who keep talking about starting running to come down to the club at 10.30 and we'll see how we can help them.

The Track and Field "Championships" in July has been booked for the Kirby Corner Road Track at 6pm on July 20th. There has been a fair amount of interest shown so far and if you are interested please put your name down on the notice board and we can start to think about a programme. It must be emphasised that this is very much a 'fun' event, a chance for some of the beefier 7 minute milers to show some of these skinny 6 minute blokes what shot putting is all about. Entry will be only £1.00 per person, no matter how many events are entered, so get your name down, come along and have a laugh.

The idea of a Darts and dominoes evening with Sphinx seems to have gone down well with the rank and file membership of Sphinx, so it only remains for us to get in touch with their committee to formalise arrangements.

The information meeting regarding the Jaguar access road seems to have been largely a public relations exercise. Apparently there will not be a subway to take Staircase Lane under the new road which means that the current course for the 10k and all our training runs, are up the spout. So far as the 10k is concerned, we are already looking at new courses, so if you have any suggestions, let's have them. Regarding the subway, there may still be time to do something by writing to the City Engineers Department if you are interested.

Joe Cox has recently resigned and joined Godiva where he will have much more opportunity for track training and racing. We will be writing to Joe to express our best wishes and to emphasise that we will not be insisting that he serves a 9 month ban (which Godiva did impose recently when a reverse move occurred).

A copy of the letter will be sent to Godiva. Regarding the matter of a new youth rep it was decided that, as we seem to have very few youths, the post will not be filled until the number of youths makes it necessary.

The next meeting of the committee will be on Friday 13.5.88. If you wish anything to be raised at the meeting or have any comments, complimentary or otherwise, please make them known to the secretary or assistant secretary Jim Grumbley or John Shuttleworth and we'll discuss them at the next meeting.

Judge John - On the Twelve Stage

The much heralded and eventful twelve stage relay finally arrived on Saturday 2nd April 1988 with Northbrook fielding a team for the fourth year in succession. Due to the number of members (including Tim Wright, Rob Barry, Ian Carter e.t.c.) being unavailable the club drew on experience. Tony Murphy, John Varden, Bob Awcock and Judge John became the men of the moment. The resurgence of the new Ladbroke, Hagan, Grimshaw, Halliwell and Adrian brought a new dimension to team running. I feel that this team was running for each other and the support for each other on the course was very evident.

It was not, unfortunately due to a clash of dates that the twelve stage was at the same time as the Easter vacation. I appreciate that the opportunity for two days to get away does not present itself very often but the twelve stage date has been well known for months. It would only appear that some members put their leisure before the team/club. Fair enough that is their wish. They will need to try even harder now to displace the new team. Every year we say maybe next year we'll have our strongest team out. This will never happen. The fun in Northbrook will always be there. We are not individualists; the elite runners can always be accommodated elsewhere. A member's choice of clubs is his own, that is why some run for Massey Ferguson and some run for Godiva.

The first leg was pushed out by John McKenna there was no wind and it was very warm; he trotted around in 31:48. Dave Hagan kicked a 16:20 into the bag. Ian Gill "returned". Bob Adams returned 31:49 (its only seconds). Graham complete with vest and turbo watch returned an 18:02!! (I didn't realise he was that fast) and Mick the brandy 20 minutes (lack of sleep due to entertaining). Adrian did a gut wrenching 34 minutes. A.Murphy, J.Varden and R.Awcock combined to round off a clear day. We did not finish last.

Comments:

"I miss winning medals, since they always do and I never will with Northbrook."

"We are not a trendy club, they are a trendy club".

New members will join us, members will always come and go but Northbrook will always remain and stride on. Some members can only run three miles due to race fitness and then they speed round sixteen miles on the following day. Difficult to comprehend. I have a dream, victory is sweet, don't judge by appearances. When someone raises his arm it is not always in victory but in support.

John McKenna.