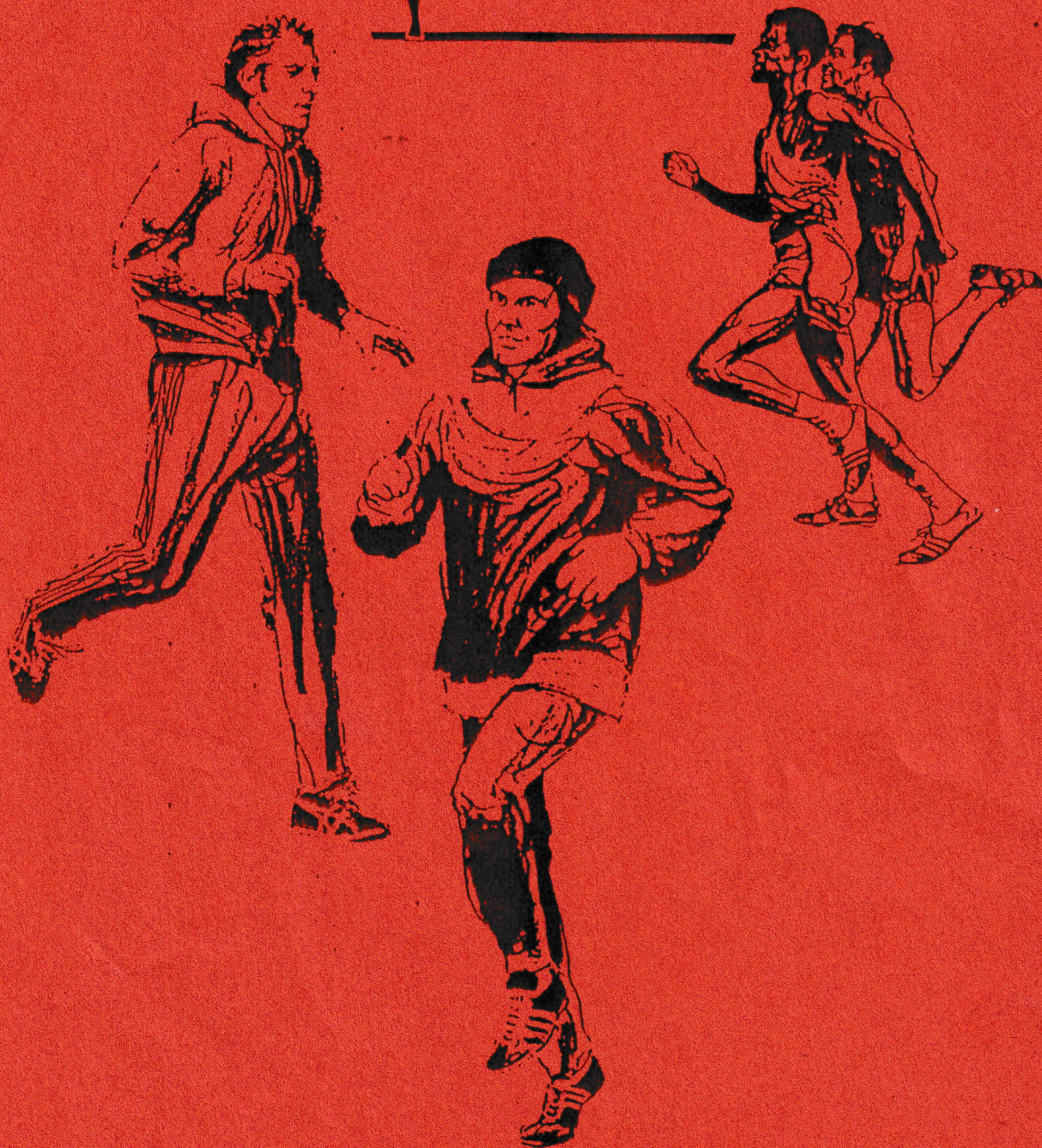


PRICE 50p

NORTHBROOK



**NORTHBROOK: ARE WE READY FOR THE REYNOLD'S
REVOLUTION?**

Dear Fellow Runners,

I would like to take this opportunity to thank you for electing me chairman, and put forward my aims for the coming year.

The most important aspect of any club is obviously the members, and membership is one thing I would like to see increase over the next few months. I think we can all help in this and any particularly good ideas should be passed to Dave Halford, the soon to be hard working new members secretary.

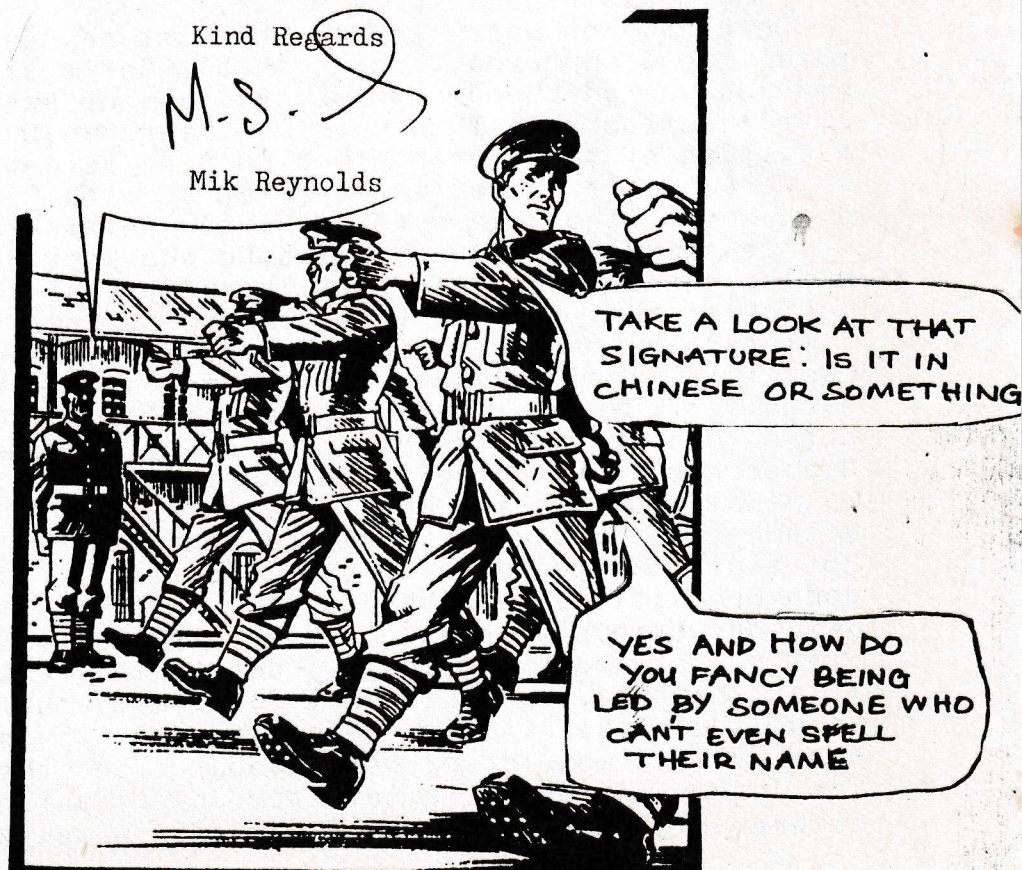
In this magazine you will find a questionnaire from Dawn about the club and what you want from it. Please take a couple of minutes to fill it in and return it, I can assure you, we will do our best to act on anything constructive I aim to make good use of the notice board to keep all members informed of both forthcoming events and committee meetings. If you have anything to say let one of us know.

One of the things that concerns me most is our poor financial standing. We are not in debt, but we have no massive bank account either. To this end I think we can make more of the 10K. Adrian Lawton and John Bird have kindly agreed to start looking at this straight away, and if anyone knows of anyone willing to help with sponsorship or equipment, please let them know, so that we can make this years 10K the most profitable yet. One final point, can I ask all members to take a little time to speak to new people as they come to the club, lets make them feel at home, after all, Coventry is a city of over $\frac{1}{2}$ million people, and we are one of the top 3 running clubs in it, so lets welcome these new people to a succesful friendly club.

Kind Regards

M.S.

Mik Reynolds



DINNER, DANCE AND DANGER. AT THE WINDMILL HOTEL.

There was a last minute rush for tickets for dinner and dance night, as club members, faced with the prospect of a lonely meal staring at one another, threw themselves into hard sell overdrive. Tickets were sold to anyone in a last gasp effort to fill the room. Friends were blackmailed into attending, mothers, fathers, sisters brothers, family pets, anyone in fact who could manage to eat off a plate. Ray Jones even brought his sons along clearly demonstrating the level of desperation, personally I'd have preferred the pets. Even Mick Reynolds and his wife turned up and actually ate the dinner this year, proving that the lessons Micks been taking in the advanced use of cutlery and how to feed yourself are paying off. Good on yer Mick. Mind you a great part of Mick's meal did find itself flying in Ade's direction, but then again so was everyone elses. And wah nart? (Ade speak for: and why not). In fact throughout the earlier part of the evening Ade took more insults, abuse, debri from crackers, and trifle than the poor boy could handle. This was stylishly rounded off by Mick Reynolds flourishing a tee shirt pointing out Ade's numerous short comings during the cross-country season: it was quite a large tee shirt.

I can't really see why this event was so difficult to sell to the membership. As a christmas party its timing was perfect, and considering the organisation involved in booking it and collecting money I think the members might show more enthusiasm and get their money paid in on time. I think I paid mine up an hour before the actual meal, but I believe even this was earlier than Tony Murphy who turned up half way through the dinner and was persuaded by Rich to take a seat at the table. But once Tony was seated at the table he proceeded to dazzle everyone with his manipulation of the cutlery, only let down by sloppiness in the condiment department.

Having finished dinner it was now time to dish out the trophys, and to help us do that Bob Adams, a Guernsey celebrity, had been imported, and too help him, Jackie, the Alsager raver, Hart dishing out the verbal. Rich O'Shea collected the road race award (for about the sixth year in succession) and it was well deserved after his outstanding Hamlet during the Weaversham half marathon.

"My pulse, as yours, doth temperately keep time,
And makes as healthful music."

Dawn and Rob Barry shared the most abused runner...no sorry that should read approved...no, no that's Rob's old school...erm Dawn and Rob shared the "most improved runner" award. The Summer handicap award went to Paul (19th nervous breakdown) Davies, who in the great tradition of these events: "Couldn't be here tonight", and unfortunately we were unable to get a live link up with Paul in his padded cell. Club man of the year went to Martin Warwick for courageous handling of the computer during the 10K. He who kept his head (but not hair) whilst those around him fall. Incredibly he then handed back the award, believing that it "didn't represent the true feelings of most club members". The true club feelings of most members at this time was: "Get this award ceremony over so we can get back to making pigs of ourselves". Eventually the award was thrust back upon him and rightly so; you won the bloody thing, you carry it home! Martin also won the Winter handicap following an inspired Orphelia on ice.

Finally the tables were cleared and it was boogie on down time. with Rob the Bosanova Barry, Ade Travolta and jumping jiving Jackie Hot stuff Hart, burning up the dance floor, and Martin Warwick crashing down upon it (was he pushed or did he fall) I thought he was break-dancing. Obviously he didn't keep his head while those around him fell on this occasion, largely due to the fact he was pissed out of it at the time. Meanwhile that fun family, the Jones Gang were ready to do their thing. Shirts were opened to the navel, pelvic regions were gyrated and tables were stood on. Yes they had mutated into their Tom Jones impression guise. Later Jones junior mangled American pie between his vocal chords: a sure sign the party was over.

THE ANNUAL GENERAL MEETING.

1990 was a good year for Northbrook: we staged a successful, ambitious 10K road race which attracted adequate sponsors and enough competitors to make it worthwhile, a well designed tee shirt to all finishers provided the icing on the cake. Furthermore the crosscountry team was promoted from division four to three and it looks like holding this position. We also won team trophies in the 24 hour relay, in which we entered two teams, and the race-the-train event. There were also two enjoyable training weekends in Derby and the Lake district. But despite these high points during the year there was a growing feeling within the club that overall we lacked cohesion and direction. Membership, once over a hundred had shrunk to half that amount and although this follows a trend seen throughout most clubs in the country it still provides a cause for concern. It has also become apparent to some people that a clique of certain runners was emerging, forming a closed group within the club that made new members feel unwelcome and alienated existing members. Also financially the club was not functioning very efficiently.

All these points were raised at the Annual General Meeting which generally helped to "clear the air". It was acknowledged that the club had lost certain key members like Ian Ladbroke, Bob Adams, and Jackie Hart and that it was proving difficult to replace them with equally committed people. This was certainly clear in the reluctance of members to stand for positions on the committee, which still has three positions left unfilled. Also most of the former committee have decided they no longer wished to serve on the new one. This certainly deprives the club of a good foundation of acquired experience. A general apathy was also apparent in the turnout at the meeting which effectively represented only about half the total membership. This apathy seems to extend to the lack of material being written for the magazine and furthermore to the poor attendance found in the winter handicap, the usual turnout consisting of about a fifth of the club.

However, on a more optimistic note, the turnout at most cross country events in the Birmingham league has been quite high and it is good to see members enjoying and taking pride in the club's first season in a higher division. It was very refreshing to see so many of the weaker runners not being worried by their lower finishing positions at this higher standard of competition. It was also good to see the A.G.M. proceedings conducted in an ordered and positive manner rather than collapsing into petty bickering and fruitless personality clashes; something I was led to understand had been a frequent occurrence in the past.

The main thing to come out of the A.G.M. has been the need of the club to take an objective look at itself and to see how it wishes to develop. With this in mind Dawn has prepared a questionnaire on behalf of the committee. If you would be kind enough to fill this in it would give us some idea of how the membership see the club and what they expect from it.

Lastly I, and I'm sure the rest of the club, would like to thank Bob Awcock and the other members of last year's committee for their administration of the club.

So just who is serving in Mick's committee. Well Rob Barry is secretary and Ingle Corbett veterans secretary. Martin is temporary treasurer until someone else takes this position or Bob Adams returns from exile. Glyn Perrins is is is erm doing something unspecified and Dave is new members secretary (Why did I do it?). Bob Griggs, after refusing to be fixture secretary once, twice, caught trying to tunnel out of the gent's toilets and finally broken down by overwhelming pressure of club opinion and also the application of a couple of thumb screws. Dawn Robinson becomes Ladies secretary, mainly because she's our only lady runner, despite a valiant effort to get Bob Griggs appointed in her place.

'SECS' NOTES

- WELCOME TO :
- : Northbrook's Magazine (courtesy of Dave Halford)
 - : all new readers.
 - : all old readers (who is our oldest "knackered old bugger" ?)
 - : the Road Racing season (Boo Hoo !)

For all those unfortunate enough not to attend the A.G.M. and as a reminder to those that did, I'd like to list the more notable points that were raised. I've selected things that will have a future impact and especially those that need full club participation to succeed. (N.B. a full copy of the A.G.M. minutes is available on request.)

- 1) Membership Fees - these are now due (to Martin Warwick) and have been set at £7-00 for 1991.
- 2) The following Committee posts are vacant :
 - i) Treasurer
 - ii) Assistant Secretary
 - iii) General Committee
- 3) Volunteers looking to get involved in the organisation of the Northbrook LOK are required to form a steering group and should get in touch with Mick Reynolds.
- 4) The club is to try and increase it's membership with an active recruiting campaign.
- 5) The club must ensure that new members are made to feel welcome and not that the club is a closed group.

Personal Secs. Moans etc..

- % Give Dave loads of copy for this Mag.
- \$ Publicise the club whenever/wherever possible.
 - new posters are to be made available.
- £ Club kit order forms are being circulated. Mortgage your wife /husband/other and get kitted out.
- 1/2 Consider those that are doing longer runs on Wednesdays, and use the showers sensibly.
- 1 If anyone has access to photocopying, if we provide the paper, please "have a word".

PART ONE OF
MICK REYNOLDS MASTERPLAN FOR WORLD DOMINATION BY THE END OF THE YEAR.

So Mick Reynolds is now chairman of Northbrook, what next? Obviously this represents a swing away from the moderate leadership of honest Bob Awcock. Mick, who is reputed politically to be just to the far right of the Kray twins, a former sergeant major in the British army plans to run the club with ruthless military precision. Any member now leaving the club will be treated as a deserter and will be shot on sight. Also anyone within the club showing signs of undermining his authority, i.e. anyone with as big a mouth as him, has been known to disappear in mysterious circumstances, ending up in some despicable hole of a place like Alsager. But Mick wants no special treatment due to his new position of power: just a casual tugging of the forelock or a sharp salute (siege heil type please) should suffice.

Anyway Mick's sharp military brain has already come up with one gem of ingenuity. It has been kept a closely guarded secret up to now, but I am now at liberty to reveal Mick's incredibly brilliant scheme to boost club membership. Whenever a new member now materialises were going to... wait for it... be NICE (gasp) to them. Well it's been so long since a Northbrook runner has been NICE to a new member that Mick has asked me to type out some guidelines on what exactly is required. So here they are. I've arranged them as a list of DOs and DON'Ts. Please, please make sure that you don't get them muddled up.

ON MEETING A NEW MEMBER

DO's

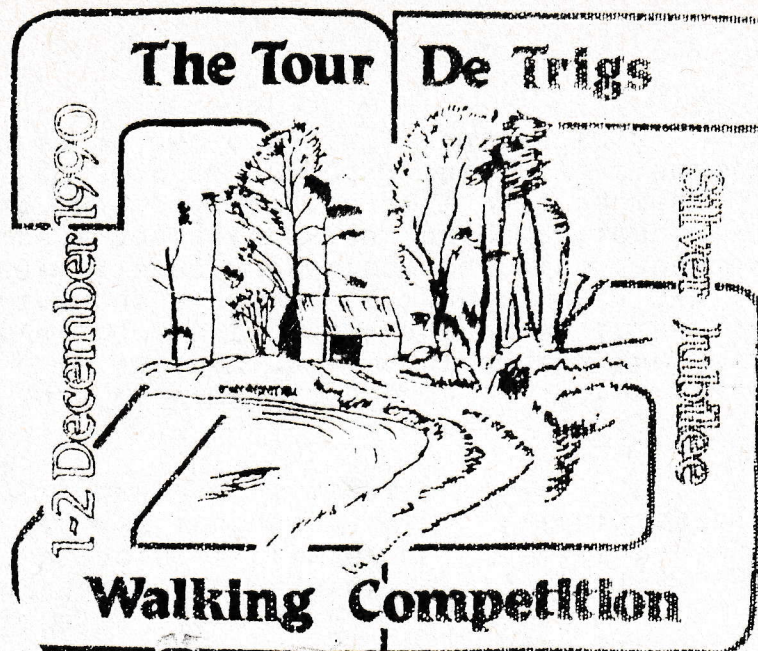
- 1) Offer to buy him/her a drink
- 2) Engage them in pleasant conversation.
- 3) Compliment him/her on their dress sense.
- 4) Borrow them some of your old running magazines.
- 5) Offer to go out on a training run with them one night.
- 6) Offer them a lift home.
- 7) Would you like to sleep with my wife/daughter/mother/sister?"
(This might be going a bit far but if you've just encountered an undiscovered Seb Coe it might be worth it.)

DON'Ts

- 1) "So you've decided to join a running club, you look like you could do with some exercise you fat slob"
- 2) Totally ignore them.
- 3) You look like a right clown in that outfit!"
- 4) Come and meet John McKenna.
- 5) "It must be really embarrassing to have B.O."
- 6) "Those running shoes look cheap and nasty, where did you get them from Oxfam?"
- 7) "The last guy I went round with had just started running too. They buried him last week."

A further idea of Mick's to create an influx of new members is to donate a prize to the person who introduces the most new members complete with £7. So start rounding them up folks. It has been reported though that Mick has a number of these new members lined up and ready.

A poster advertising Northbrook has also been designed and in the near future I would like your co-operation in an advertising blitzkrieg. It is hoped that we will have so many posters up that Coventry will be sick of us, and I think I can safely say that with Mick at the helm we can certainly achieve this.



THE "TOUR DE TRIGS" WALKING COMPETITION.

The "tour de Trigs" is an annual walking event which first took place in 1964. It was devised as a walking competition, equivalent in difficulty to the "tour de France" cycle race. Whether it is quite this tough I doubt, but even in years when there are good conditions less than half the starters complete the course and in some years the numbers finishing are as low as one in five. The walk is 50 miles in length and must be completed inside a 24 hour time limit. It is a team event and a team must consist of three people, all over the age of fifteen. A certain amount of kit must be carried, mainly for the walkers safety and this is stringently inspected before any team is allowed to start. This is one of the drawbacks of the event because getting together all the items stipulated can be quite expensive, particularly for someone who hasn't done much walking. The entrance fee is £21.60 which works out at £7.20 per person. I think that this is a fair price considering that it includes a meal at the end, as much coffee, tea, soup as you can drink on the way round, an ambulance service shadowing the event and radio contact between each checkpoint to monitor each teams progress and make sure no-one gets hopelessly lost.

The exact route changes each year and must be worked out using a map and a compass; so it is not just an athletic event and teams of greater ability in map work can easily beat teams who are faster, but weak in this area. The "Trigs" competition seems to have built up a cult following over the years, with many of the competitors returning year after year to receive the same punishment. It was one of these silly cults, Neil Porter, who first interested me in the event. Neil was hoping to gather together a Northbrook team, but after some initial enthusiasm from Rich and Dawn, this eventually fizzled out; most other club members showing either total apathy or a collective cowardice in the face of anything so bizarre and demanding. I had managed to assemble a team with two polytechnic students (yes this is how desperate I had become), one of these I was already friendly with, but the other I had never met and the way he seemed to avoid training walks didn't fill me with confidence. Thus it came as no great surprise when he decided to 'cry off'. This meant I had a week to try to find someone to replace him.

On the eve of the competition I made one mad attempt to beg, pressgang and bribe any Northbrook runner into joining my team. This led me from Glyn's doorstep, to the Kirby corner running track and the Windmill pub and it was all in vain. Here I was getting up on Saturday morning with a hangover from a nights drinking and sore muscles from the track session. What a great way to start a walking marathon. What it meant was that I had to get to Banbury early and hopefully find another walker whose team had also fragmented.

However, we managed to complete our team, which because of the lateness of the entry form, was dubbed the "latecomers." The walker who made up our team was Simon, I already knew him slightly from our practice walks, so that helped the team gel together a little. The other member of the "latecomers" was my friend Paul Arnell. Because our entry had been so late we were denied our novice starting position and had to start out with the more experienced teams. This meant that we were missing very valuable hours of daylight when navigating was a little easier.

Eventually we were called to the start and our kit was inspected, this was the point when the video camera was turned on us, I wonder if we actually made the final film? I had been warned about these kit inspections by Neil, it appears that one year the examiners were unimpressed by the durability of his trouser material. Neil explained that he was wearing long johns, but a suspicious examiner asked to actually see proof of this. Well Neil dropped his trousers and his appearance was deemed so impressive that he was allowed to continue.

Well we survived the kit inspection and video. We were now given the route and control points, some manned, some unmanned, which we had to locate. Each of these points had to be found and our route tally, a plastic triangle worn about our necks, stamped to show we'd reached that point.

After being given the map reference points to each control, and the route directions we were then given a short time to trace out the route onto the map. We managed to fill in about half the route before being thrown outside into the fray. After reaching control 2 we filled in the rest of the route deciding to do so while it was still daylight and our minds still fresh. Once we had the route settled we made rapid progress to control 3. By this time night had fallen and torches had to be used. Simon had brought with him this massive super torch, the type of beam produced could probably have been used to spot aeroplanes. The trouble was he kept up this disconcerting habit of shining it directly in your face, thereby rendering you blind for a couple of minutes.

We left control 3 ahead of many teams who had arrived there ahead of us and we had no difficulty in finding control 4. Unfortunately Simon needed a rest at this point and he was having problems with a couple of blisters. However, after spraying his feet with ralnex and the application of a couple of plasters and a pair of fresh socks, Simon was ready to set off once more. We made very good time over the next control points being familiar with the route thanks to our practice walks. Simon was also a salesman who sold goods to the local farmers and was especially acquainted with this area. All proceeded well until we came to control 7. Simon's blisters had now achieved epic proportions and the foot as a whole looked particularly unpleasant. They looked so wrinkled and bloodless that they seemed as though they had been soaked in sea water for a week. Simon was very depressed hinting that he might call it a day and retire. Once again the ralnex was unleashed and the plasters applied and reapplied and after borrowing a pair of Paul's socks he seemed to gain new heart.

Control point 8 was a particularly nasty little climb up to highwall spinney, which was the first of the trig points. Its location was easy to find as it was lit up by a huge bonfire, over which the marshals were cooking sausages; I think we could have found this point purely by sense of smell.

The next controls all required some hard walking owing to some demanding hills. Also making our way through the small Cotswold villages, Long Compton and whichford woods in the early hours of the morning was a very eerie experience. Control 10 seemed like a home from home, this is the trouble with some controls: a large warm tent, a couple of cups of coffee and a sit down, and it becomes ever more difficult to tear yourself away. There was one particularly distressing moment when a walker, obviously suffering from dehydration, virtually collapsed seemingly totally oblivious of where he was. I wondered if Simon would eventually reach the same state. It was mine hill that was to ultimately prove too much for him and after carefully bandaging of his knees he finally made control 12 and retired. This meant that, as a team, we were finished; but Paul and I could complete the course as an adhoc team. No adhoc team may consist of more than five and as the team at the control already had four walkers Paul and I had to be split up: making two adhoc teams of three. This was a little sad as Paul and I had come so far together. However I knew the two members I was walking with from practice walks.

Ray and Bob were both in good spirits and clearly enjoying the walk, keeping up a fair pace. This was a marked contrast to the atmosphere of the old team when conversation had dried up and it was just a question of keeping going.

After Shenington the route followed an especially difficult stretch navigation wise, with most of the hedges and fences running across the bearing. However, Bob was one of those veterans of the course and very confident of the route. It was now daylight and I felt mentally very drained, I was more than happy just to follow Bob. Control point 15, Shenlow hill proved no problem and I knew we were going to make it. My legs felt alright, but the soles of my feet began to ache whenever we were on a hard surface. Ray began to show signs of cramping up with about 2 miles to go, but he managed to reach the top of crouch hill, the last control, and make it to the finish. He was especially pleased to finish as he had been forced to retire the year before.

On finishing we handed in our course talleys and were given a meal voucher. After eating my meal (brunch) I was prepared to have a sleep in the sportshall, but on opening the door and witnessing the massed carnage and smell I decided against this. A good spirit is found amongst the walkers and Bob said that I could go back to his house and have a shower if I wished. I declined this offer because I wanted to see how Paul had got on. Paul eventually completed the course in 22 hours 30 minutes, having to walk with a slower team. My own time was 22 hours 17 minutes, 30th place amongst the adhoc walkers. Neil Porter's team also failed to make it as a team, but he managed a respectable 18 hours 11 minutes, the best for an adhoc walker. Simon I heard vowed never to do it again, but then again how many marathon runners have said this?

The weather during the event couldn't have been better and 30% of the teams completed the course, together with 50 adhoc walkers. The best time for a team was the "intrepids" who managed 13 hours 52 minutes. The best time for a novice team (one who hadn't competed before) was 10 hours 04 minutes. The fastest ladies team completed the course in 22 hours 19 minutes. Overall the event was a great experience, and very rewarding, I hope that we can enter a Northbrook team for the 26th "tour de trigs" competition; I'm sure anyone from the club taking part would do well and thoroughly enjoy it.

Book of o shea the lakes



YEA AND IT CAME TO PASS THAT
ONE RICH WAS GIVEN A VISION
UNTO HIM. AND THE NATURE OF
THIS VISION WAS OF A PILGRIMAGE
AND THE LORD SAYETH: "RICH I
HAVE CHOSEN THY CLUB, NORTHBROOK,
AS AN EXAMPLE UNTO ALL RUNNERS
IN THESE DARK TIMES, AND IF
THEE KEEPETH THIS COVENANT
THEN SHALL THE NAME NORTHBROOK
BE BLESSED THROUGHOUT THIS
LAND, AND THY MEMBERSHIP SHALL
GROW TO OVERFLOWING."



AND LO, DIDST RICH PLAN A JOURNEY TO A FAR NORTHERN PLACE.
AND DID HE TAKE ONLY THOSE WITH GOODNESS IN THEIR HEART. AND
THEY CAME TO A PLACE CALLED TALLENTIRE AND RICH SAYETH:
"YEA! THIS IS HOLY GROUND AND IT PLEASETH THE LORD TO ABIDE
BETWIXT THESE SACRED WALLS." AND THE FIRST TO ARRIVE WENT OUT
THAT EVENING TO CELEBRATE THE FINDING OF THIS PLACE. AND LO
THEY MADE MERRY AT THE BUSH INN, RECEIVING THE BLESSING OF THE
LANDLORD UNTO THE EARLY HOURS.

AND RICH HAD CEASED THE WASHING OF HIS CLOTHES FOR TWO MONTHS
AS A SIGN TO THE LORD OF HIS HUMILITY; AND IT LAY IN TWO BLACK
PLASTIC BIN LINERS AND THE SMELL WAS OF WICKEDNESS INDEED AND
WAS AN OFFENCE UNTO THOSE WHO HAD HAD TO SIT IN THE BACK SEAT
OF THE CAR, WEDGED BETWEEN IT, ON THE JOURNEY UP. BUT RICH BEGAN
ITS WASHING IMMEDIATELY UNTIL HIS RAIMENT SHONE IN GOODNESS IN
THE SIGHT OF THE LORD.

AND IT CAME TO PASS THAT RICH TOOK THOSE GATHERED OUT INTO THE
COUNTRY LANES AND LO THEY CAME TO A HIGH MOUNTAIN AND THEY
COMPLAINED: "HOW THEN SHALL WE PROCEED?" AND DIDST RICH SCOFF
AT THEM, SAYING: "HAVE WE COME TO THIS HARSH PLACE TO BE AS
WOMEN? NO! LET US EMBRACE THIS MOUNTAIN WITH OUR LEGS AND CLIMB
INTO THE SNOWY FOLDS OF ITS MILKY BREASTS." (YEA RICH WAS A BIT
OF A PERVERT). BUT LO SOFTNESS CREPT INTO ADE'S HEART AND HE
LISTENETH NOT.

YEA AND ON RETURNING TO TALLENTIRE THEY FOUND NEW ARRIVALS: DAWN
AND IAN. AND THEY BEARETH GIFTS: HOMEBREW AND A GUITAR WITH WHICH
TO EXALT THE LORD. AND THE NOISE THEREOF WAS NOT TO ADE'S LIKING
AND HE DIDST COVER HIS EARS AND MAKETH A MOAN. AND THIS WAS SEEN
AS PUNISHMENT FOR HIS REFUSING TO GO UP INTO THE MOUNTAIN. AND
THEY SAW HOW THE LORD REPAYETH THOSE WHO DOETH NOT HIS BIDDING.



AND ROB BARRY VOWED UNTO THE LORD TO RISE UP IN THE EARLY HOURS AND RUN: THEREBY SHOWING THE LORD HIS WORTH. AND LO ON THE THIRD DAY HE ROSE UP AND RAN WITH ADE AND DAVE, AND THEY FELT GOODNESS IN ITS DOING (BUT NOT QUITE THAT GOOD FOR IT HAD BEEN A NIGHT OF MUCH CELEBRATION).

NOW DIDST RICH TAKE THEM TO CRUMMOCK WATER AND THEY RAN ALONG ITS EDGE AND THEY BECAME BLACK FROM SINKING INTO ITS MUD, FOR IN PARTS IT WAS AS BOG. AND RICH SPEAKETH TO THEM SAYING: "I AM PLEASED WITH THEE, THAT YE MET THIS CHALLENGE AND SHRINKETH NOT." AND IT CAME TO PASS THAT THAT EVENING DAWN PRACTICED HER MASSAGE TECHNIQUES AND THERE WAS MUCH RENDING OF SINEW AND GRINDING OF FLESH. AND THAT NIGHT THEY AGAIN RECEIVETH THE BLESSING OF THE LOCAL LANDLORD AND STAGGERETH BACK IN THE EARLY HOURS.

AND ON THE FOURTH DAY RICH LED THEM ON A WALK INTO A HIGH PLACE NAMETH GREEN GABLE, AND THE ROUTE THEREIN WAS ICY AND TAXED THEM SORELY. AND LO WHEN THEY CAME TO A CHOSEN PLACE THE DIDST STOP AND EAT SANDWICHES, BUT THE BLOODY THERMOS AND ITS COFFEE WAS NOT AMONGST THEM FOR IT HAD BEEN LEFT IN THE CAR. THERE WAS MUCH CRUMBLING AND THE LORD HEARD THEIR MOAN AND WAS ANGRY AND IN HIS ANGER HE POURED CONFUSION UPON THEM SO THEY BECAME LOST. BUT HE RELENATED, TAKING PITY OF THEM AND HE BROUGHT THEM SAFELY BACK DOWN OUT OF THE MOUNTAIN.

AND IT CAME TO PASS THAT ON THE FIFTH DAY ROB DID NOT RISE UP IN EARLINESS AND THE LORD WAS VEXED AT HIS SLOTH. AND LATER DIDST DAWN DEMONSTRATE SHIATSU, AN ANCIENT FORM OF MASSAGE. AND LO DIDST ROB THROW HIMSELF DOWN AT HER FEET IN SUPPLICATION. NOW DIDST DAWN STAND UPON HIS SOLES AND SHAKETH HIS LIMBS SO THAT THE EVIL FLED HIS BODY. BUT SOME SAID SHE DID THIS ONLY IN SPITE. FOR IT WAS KNOWN THAT DAWN LOVED COLLECTING TROPHYS AND SHE WAS SORELY VEXED AT HAVING TO SHARE THE "MOST IMPROVED RUNNER" AWARD, AND DIDST COVET THIS FOR HERSELF ALONE. BUT ROB AROSE SAYING: "I AM NOT AFRAID OF THY RETRIBUTION FOR I AM RIGHTEOUS IN THE FACE OF THE LORD AND I AM USE TO BEING SHIATSUED ON.

AND ON THE FIFTH DAY DIDST THEY RUN AROUND ENNERDALE WATER WHICH WAS DEEMED EXCEEDINGLY FINE, EXCEPT IF YOU WERE WEARING SPIKES AS THE WAY WAS SOMETIMES OF STONE AND AS HARD AS THE HEART OF A SINNER. AND ADE WAS WEARING SPIKES AND HIS CRIES RENT THE AIR; AND IT WAS SAID THAT THIS WAS THE LORD TESTING HIS WORTH. AND DAVE WAS HEARD TO LAUGH HARD AND LONG AND BECAUSE OF THIS WAS HE CAST DOWN INTO THE WATERS TILL HE LAUGHETH NOT. AND LO WHEN DAVE'S TRACKSUIT BOTTOMS WERE IN THE WASH ALL THE OTHER KIT TURNED BLUE. AND THIS WAS SEEN AS A SIGN.

AND THAT NIGHT DID THEY AGAIN RECEIVETH THE BLESSINGS FROM THE BUSH INN. AND THERE WAS MUCH STRANGENESS THAT NIGHT WITH LIGHTS MYSTERIOUSLY SWITCHED ON AND FIGURES DISAPPEARING INTO WARDROBES. AND BEHOLD NEXT MORNING WAS THERE A FRIGHTFUL SMELL AND THE CAUSE OF THIS WAS UNKNOWN. AND LO A MIRACLE WAS THERE FOR RICH'S HELLY HANSEN TOP HAD BEGUN TO MELT. AND THOSE GATHERED WERE IN SILENCE FOR A VOICE TO APPEAR OUT OF THE BURNING SHIRT. BUT NONE WAS THERE HEARD, BUT I'M PRETTY SURE IF THERE HAD OF BEEN IT WOULD SPEAKETH: "GET ME OFF THE BLOODY RADIATOR, I'VE BEEN SMOULDERING ALL NIGHT."

YEA AND ON THE LAST DAY RICH SAYETH TO MARK: "MARK WILT THOU MAKE US A HOLY FEAST TO CELEBRATE OUR STAY IN THIS BLESSED PLACE." AND IT GAVE MARK MUCH PLEASURE IN ITS PREPARING; AS BEFITS A FEAST OF GOODNESS AND THIS WELSH STEW PLEASED THE LORD FOR ITS CONTENTS WERE NOURISHING. BUT ITS COOKING WAS LONG AND HARD AND BARRY MOCKETH THE LENGTH OF ITS MAKING FOR HE WAS HUNGRY. BUT WHEN HE CAME TO ITS TASTING HE FOUND MUCH GOODNESS.

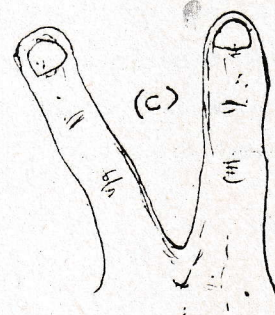
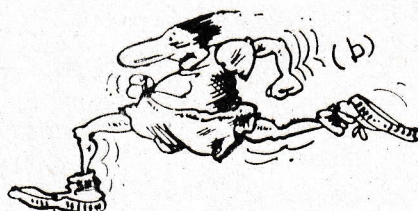
NORTHBROOK RUNNER PROFILE.

MICK REYNOLDS.

SO JUST HOW WELL DO YOU KNOW OUR NEW CLUB CHAIRMAN ?

WHY NOT TEST YOUR KNOWLEDGE BY ANSWERING THE FOLLOWING QUESTIONS.

- 1) You decide to take Mick and his wife for a meal, do you...
 - (a) Take them to Mr. Wong's take it, or leave it, or throw-away restaurant.
 - (b) Invite them to dine at the Standard social club.
 - (c) Prepare a couple of strychnine sandwiches.
- 2) What is Mick's present employment ?
 - (a) He flogs aspros to dodgy back street chemists.
 - (b) He's an international drugs baron.
 - (c) He's one of those snivelling, mealy mouthed sales rep' creeps, living off the backs of the real workers.
- 3) What exactly did Mick do in Germany ?
 - (a) He helped defend the West by running in lots of road races.
 - (b) He was a pimp on the reepervahn.
 - (c) He was a neo nazi antagonist.
- 4) How many times have you heard about Mick's marathon P.B.
 - (a) Once or twice.
 - (b) A couple of thousand times more than you wanted to.
 - (c) I never listen to anything he says.
- 5) Mick has problems in which part of his anatomy?
 - (a) He sometimes has arthritis in his knee.
 - (b) He has problems keeping his mouth closed for more than 20 seconds.
 - (c) His arse, he had a transplant, but the arse rejected him.
- 6) How would you normally greet Mick.
 - (a) Hello Michael sir.
 - (b) Look out here's Rambo Reynolds, I'm off.
 - (c) piss off Mega mouth.
- 7) What rank did Mick hold in the army ?
 - (a) Sgt major
 - (b) A major pain in the arse
 - (c) A general bore.
- 8) Which of the following statements about Mick is true ?
 - (a) No member of the club has ever seen Mick's wallet or its contents.
 - (b) Mrs. Reynolds is almost as in love with Mick as he is himself.
 - (c) He's a raving meglomaniac with a mouth like a black hole.
- 9) How do you think Mick can help Northbrook ?
 - (a) By making it more efficient. Mick has written down all his ideas for helping Northbrook, on a bit of confetti paper I believe.
 - (b) All he craves is power. He's going to turn the LOK into extortion incorporated, and screw the membership for everything they've got.
 - (c) By leaving the club, preferably Britain, hopefully Europe.
- 10) What course of action would you normally take on seeing Mick ?
 - (a)



SO HOW DID YOU SCORE ?

MOSTLY A's: Oh come on, you've obviously never met Mick, or you're Mick's mum.

MOSTLY B's: You think that Mick's an O.K. sort of guy providing you never have to see, hear, or speak to him ever again.

MOSTLY C's: Yes, you make up the bulk of mankind who would personally pay hard earned money for his transportation out of this solar system.

MOSTLY D's: How about becoming a committee member, treasurer perhaps.

BATLEY BIATHLON - Sunday 27th January 1991

This was the first weekend of the year without any cross-country races so I took the opportunity to try something a bit different. A trip up the M1 towards Leeds saw me arriving at the Batley Sports Centre well before the start of the biathlon. This was to consist of a 500m swim in the 25m pool at the Sports Centre followed by a 10k road run. I decided to use the spare time by driving around the 10k route. This was not a great morale booster especially when I had to start changing down the gears on the steeper climbs of the course. However, I told myself that the worst hills would be finished by 5Km and I could look for a fast finish over the final descents. With all this in mind I returned to the Sports Centre to prepare for the swim. I noticed that over 200 people had registered for the event but only about 150 actually turned up. I had given for the swim - they like to start the slower people first - so I hurried to prepare my running kit in the changeover area. Soon I was at the poolside waiting for my call to the end of one of the swimming lanes - the call came about 60 seconds before my start time and everything was a bit rushed, as a marshal explained all the instructions, and told me to wear a cap of a particular colour so that I could be picked out among the other swimmers. He warned me that if I decided to run to the changeover area after the swim that I could be disqualified, then it was on with the goggles and away. I soon completed the 20 lengths in about 11½ minutes of breaststroke then walked deliberately towards the changeover area trying to catch some breath. Within about 2 minutes or so, I was ready and away on the run which went surprisingly well despite the hills. No one actually passed me on the route and I made ground up on quite a few people after a strong finish. I timed the run at 40 mins 58 secs, quite pleasing on the day. As I collected my thoughts at the poolside I noticed that most of the faster swimmers hadn't started yet, but I decided to leave for the long journey home as soon as I could. It wasn't until a few days later that I was pleasantly surprised to find that I'd finished 62nd in an overall time of 54min 44secs - well above expectations.

I'll now be looking for more of these sort of events. I believe there's one at Warwick University on 17th March.

Mark Baker

MORE SEC's NOTES

Committee meetings : February

xx Vets xx Ingle is hoping to field a team in the 6 stage relay and other Vets team events, make sure that he is aware of your availability.

Vets Championship details from Ingle.

xx New Members xx ' Adopt-a-member' , incentives to be provided to members who bring in the most new members. The years target is 100+.

xx Northbrook 10K xx We urgently need a race coordinator. This will purely involve getting everyone else to do their bit.

If your firm is a potential sponsor please have a chat with Mick the Chair.

xx 2nd. Claim xx £4-00 (nuff said)

xx Summer Handicap xx This is to follow the old route except the start/finish will be on opposite sides of the Jag. road. Obviously the safety situation will be monitored continuously.

xx Winter Handicap xx There will be prizes for the first 3 on the day in the last handicap.

xx Competing xx Anyone competing for Northbrook must be a paid up member (more than enuff said)

Please make sure you are represented at the next committee meeting which is 8th March 1991.

Winter Handicap : Sunday 3rd. March - 10-30 a.m.

Brum League : Saturday 2nd. March

--- Rod Barry ---

A WORD FROM YOUR VETERANS SECRETARY ? INGLE CORBETT

(The one with the big hooted !!!)

I think every body knows me by now, as I have been at Northbrook since 1984, except for a break of 2 years.

I would like to hear from all vets, about races they have entered, which were well organised, or the reverse, and any funny incidents that have happened to you.

Please feel free to comment about being a vet at the club, or to make mention any complaints that you feel may be relevant; (oh no! not the cold shower saga again).

I hope we can keep a good supply of material for the newsletter, so we can have a regular vets section.

So all you Northbrook vets support your club, your newsletter, and most of all yourself.

Lets hear it from all of you +!!!!

YOURS FAITHFULLY.

INGLE CORBETT. (vets secretary.)

NORTHBROOK A.C QUESTIONNAIRE

1. HOW DID YOU FIRST DECIDE TO COME TO THE CLUB?

introduced by a friend

newspaper, poster articles

Northbrook organised races

other racing events

other (specify).....

2. ARE YOU A CURRENT MEMBER?

YES

☐

NO

☐

3. WHEN YOU JOINED THE CLUB WHAT WAS YOUR MAIN REASON FOR DOING SO?
(please tick as appropriate)

to make new friends

to socialise

get fit

to compete at highest level

to improve performance

other

4. DO YOU FEEL THE CLUB FULFILLS PEOPLES SOCIAL AND TRAINING NEEDS
yes/no yes/no

5. WHAT ARE YOUR GOALS AT PRESENT?

(suggestions : faster times, selection of events (cross-country, track road, fell etc.), meet new friends run greater distances, increase training)

please specify.....

6. TO WHAT EXTENT DOES THE CLUB HELP YOU TO ACHIEVE YOUR GOALS?

totally ☐ in part ☐ not much ☐ it doesn't ☐



7. WOULD YOU LIKE TO BE GIVEN ADVICE BY A QUALIFIED COACH IF THE OPPORTUNITY AROSE?

yes / no

8. I WOULD LIKE TO GET MORE INVOLVED IN :

cross-country

special trips

fell running

training holidays

road races

track

club relay races

orienteering

other.....



9. DO YOU NEED THE CLUB TO PROVIDE YOU WITH MORE INFORMATION ON YOUR SELECTION IN 8. ABOVE

yes / no

10. DOES THE CLUB INVOLVE YOU ENOUGH IN ITS ACTIVITIES AND EVENTS?

yes /no

11. DO YOU BUY THE NORTHBROOK RUNNER? yes / no

12. DO YOU LOOK AT THE CLUB NOTICE BOARD?

frequently ☐ sometimes ☐ rarely ☐ never ☐



13. HAVE YOU EVER CONSIDERED LEAVING THE CLUB AND IF SO WHY?

.....

14. WHERE DO YOU THINK THE CLUB GOES WRONG IN TERMS OF ITS LOW MEMBERSHIP?

.....

.....

15. IF YOU COULD CHANGE SOMETHING ABOUT THE CLUB WHAT WOULD IT BE?

.....

16. WHAT WOULD YOU LIKE THE CLUB TO WORK TOWARDS IN THE IMMEDIATE FUTURE?

.....

17. WHAT SPECIFIC QUESTION WOULD YOU LIKE RAISED ON YOUR BEHALF AT THE NEXT COMMITTEE MEETING?

.....

.....

18. ANY OTHER COMMENTS ? (please feel free to include an extra sheet of paper !)

THANKYOU FOR YOUR CO-OPERATION.

IT IS HOPED THAT THIS INFORMAT-

ION RECIEVED WILL BENEFIT BOTH

MEMBERS AND CLUB AND PROSPECTIVE

MEMBERS ALIKE.

** *****

NB : ANYTHING YOU HAVE WRITTEN WILL BE TREATED IN THE STRICTEST
CONFIDANCE.

PLEASE RETURN TO R.O'SHEA OR D.ROBINSON :

15. BATHURST ROAD,
COUNDON,
COVENTRY
CV6 1HY