

APRIL 1991

PRICE 50p

NORTHBROOK RUNNER

Cross country results and reports.



**BATTLING BOB GRIGGS SO CLOSE
BUT FLANAGAN WINS WINTER HANDICAP**

BIRMINGHAM LEAGUE DIVISION 3. FIRST MEETING: WARLEY PARK 3/11/00.
INAUSPICIOUS BEGINNINGS.

Considering that this was our first appearance in the third division of the Birmingham league the turn out was a little disappointing. Tim Wright, John Bird and Adrian Lawton were all missing so the team was under strength. However, it was good to see that Steve Simpson was able to represent us again after suffering from glandular fever for so long.

The traditional Northbrook race to see who can get to the event first was won by Bob Awcock, obtaining what must have been a P.B. due largely to some fine pre race planning of the route. Not so Rich who arrived much, much later having treated himself and those with him to an impromptu exploration of Birmingham's suburbs. Then spurning those changing rooms available and walking directly to the park, proceeded to change there, seemingly oblivious to the blushes of local mothers out with their off spring. Pram covers were hastily raised in an effort to avoid the severe mental distress the O'shea buttocks can have on the fragile infant mind.

The park itself provided a very pleasant cross-country course, with a pleasant babbling brook, rows of stately looking trees, the predominance of Autumn browns and ochres; if only some one had given it a good ironing. Still a couple of hills always add interest.

I was half way through my warm up routine when the race was due to start, but managed to get to the line on time. The usual Northbrook support was a bit sparse on this occasion, but Jackie and Dawn more than made up for this by moving to different sections of the course. I'm sure they must have covered more ground than the runners on the first lap, they seemed to be at every corner you turned. There seemed to be no escaping Jackie's howls of encouragement as the unlucky eardrums received yet another pounding.

The course was completed in three laps and the event was won by R. Bradley representing Bridgnorth, in a time of 29.50. Rich was a commendable sixth, with Rob Barry in 30th place. John Gardner was third counter followed by the ever improving George Steele in 69th place. However as a team we had a bad day finishing last with 423 points. It seemed that Steve still isn't running to his true potential and finished only five places ahead of that donkey Mick Reynolds, and if you've got Mick counting you know you've got problems. The Northbrook runner behind Mick was very unlucky not to have got the counting position. At the tail end of the field Glyn, Mark and Bob Awcock had a particularly close battle, Glyn finally finishing five places ahead of Mark, who beat Bob by four places.

RESULTS OF THE FIRST BIRMINGHAM LEAGUE DIVISION 3 FIXTURE:

Winner: R. Bradley (Bridgnorth) 29.50

2nd: E. Mcgraph (Centurion) 30.11

3rd: A. Evans (Rugby) 30.19

Northbrook runners:

6th: R. O'Shea

30th: R. Barry

47th: J. Gardner

69th: G. Steele

133rd: S. Simpson

138th: M. Reynolds

153rd: D. Halford

166th: M. Warwick

173rd: I. James

180th: C. Preston

195th: G. Perrins

200th: M. Baker

204th: B. Awcock

. TEAM POSITIONS:

. 1st. Rugby 88

. 2nd. Centurion 123

. 3rd. Cheltenham 144

. 4th. Bridgnorth 171

. 5th. Sparkhill 204

. 6th. Sandwell Valley 226

. 7th. Solihull 228

. 8th. Sandwell 242

. 9th. West Brom 301

. 10th. Dudley 397

. 11th. Shrewsbury 419

. 12th. Northbrook 423

.

.

D. Halford.

BIRMINGHAM LEAGUE DIVISION 3: SECOND MEETING, COUNDON PARK.
BRINGING IT ALL BACK HOME.

Northbrook was host club for the second league fixture held on the 24th November. Hopefully this would inspire us as a team and allow us to rise from the bottom of the league. It also gave us the opportunity of boosting the club's finances by selling tea, coffee and confectionary after the race. It also meant that we were responsible for organising the event, providing changing rooms, marking out the course and providing an adequate number of marshals.

A number of us gathered on the Saturday morning to set out the course. It was a particularly cold, wet and windy start to the day and only Rob Barry and John Gardner seemed appropriately dressed. Anyway having marked out the route it was critically approved of by Tony, although one miserable old reprobate exercising his dog was upset at us for taping off a public right of way. I must admit after a thorough soaking I certainly wasn't looking forward to the afternoon race.

The rain had stopped by the time the race was due to start, but despite the wet morning the ground was definitely still fairly firm and the wooded section was not as water-logged as in the previous year. I'm sure this disappointed some of our keenest spectators, Shaun and Glyn, who had already claimed a marshalling position at the entrance to the wood; always able to provide at least one small personal catastrophe. Yes, it's inevitable that someones spikes suddenly turn into skis, propelling them face first into the mud bath; a real crowd pleaser, especially when the misfortune befalls a serious athlete or somebody obviously taking infinite pains to keep their socks clean. Still Shaun and Glyn are always on hand to provide sympathy and consolation, well about as much sympathy as a black widow spider spares something caught in its web.

On another part of the course marshal Neil Porter made the mistake of calling Martin Warwick, Shaun. How he ever came to make this error I don't know. I suppose if you were to invert Shaun's face it might be a bit confusing, come to think of it I might be able to get use to the idea. Still I'm sure this had the effect of whipping up some aggression in Martin. Later Neil told a Northbrook runner reporter that he's always thought of Martin as a 'Shaun'!!! (perhaps he meant shorn).

The race was won by G. Brookhouse of Cheltenham in 30.20. Richard was the closest Northbrook runner, finishing 16th. He was followed by Rob Barry in 22nd place. Chris Leeson was fifth counter, finishing 70th in this his first cross-country race for the club. Neil Franklin was also making his debut and came in 108, but he had unfortunately aggravated an injury sustained during the previous weeks half marathon. As a team we did well, all the counters finished in the top 100 and we finished 9th on the day, taking us to 10th position in the league.

Furthermore the food and drink sold after the race, combined with a successful raffle, proved very lucrative and the club extends a warm thankyou to Dawn's mum, Mary Gardner and all other helpers in this respect.

RESULTS OF THE SECOND BIRMINGHAM LEAGUE, DIVISION 3 FIXTURE.

Winner: G. Brookhouse (Cheltenham)

2nd: R. Bradley (Bridgnorth)

3rd: A. Evans (Rugby)

Northbrook runners:

16th: R. O'shea

22nd: R. Barry

55th: J. Gardner

61st: G. Steele

70th: C. Leeson

92nd: S. Simpson

108th: N. Franklin

110th: A. Lawton

112nd: J. Bird

141st: M. Reynolds

163rd: D. Halford

172nd: I. James

180th: M. Warwick

186th: M. Baker

190th: C. Preston

D. Halford.

BIRMINGHAM LEAGUE DIVISION 3:THIRD MEETING:SANDWELL VALLEY.
DAY OF THE D.N.Fs.

Northbrook's hopes of surviving their first season in division three and avoiding relegation were more optimistic after a good performance at Coundon Park,our home venue.We were now lying in 10th place and hoping that we could consolidate this position or even improve on it,thereby ensuring that there was no pressure on us in our last fixture at Princethorpe on February 9th.

The team's confidence was boosted by the return of Tim 'the messiah' Wright.There was an enthusiastic response throughout the club with twenty one runners at the starting line.It was a pity that George Steele was still unfit as he was having such a good season,improving with every race,but he still turned up and gave us his vocal support,most of it completely unintelligible.Mick Reynolds was in,what can only be described as,a particularly buoyant mood.I don't know what he's taking before these races,but I could definitely use some of it.Yes,Mick managed to psyche up everyone present by personally insulting them; what dedication !He promised that on beating Ade,John Bird and Steve Simpson,killing three birds with one stone"as he put it,he would be (and I quote)totally insufferable(unquote).Mick dear,have we ever known you any different.

Well Mick's statement certainly upset John,who probably took the bird part personally,anyway the wily old buzzard finished 23 places ahead of his antagonist:no-one ruffles Birdy's feathers and gets away with it.It also seemed to motivate Ade who finished 89th,our sixth counter.Steve Simpson however was forced to retire from the race, suffering it seems from a badly bruised ego.Also joining those sad,wilted, retiring types was Ian James rumoured to be changing his name to Jessie in future.But the most cowardly and dismal D.N.F. of the day must surely go to Glyn Perrins.Glyn,whos running career now moves off the rocks,plummets 2000 feet,smashes into tiny fragments,is ground into dust and looks like being eaten by tiny amoebic type creatures.Yes it seems that Perrins had the indignity of being overtaken by that rejuvenated road warrior,Shaun Flanagan,and rather than face the indignity of crossing the finishing line after Shaun,the poor boy decided enough was enough and called it a day.Glyn son,when old Flangy guts passes you its not time to give up,it's time to slash the odd wrist or two.Still all credit to Shaun whos running career seems to be moving out of the black,even though it's always been greyish, and we're talking very darkish charcoal grey here.Yes Shaun has had his share of injurys,but he's proved yet again that when it comes down to sheer determination and guts,Shaun's got them in abundance,especially the guts !

The winner of the event was Roger Bradley(Bridgnorth) in 31.12.Rich was 7th and Tim 9th.I was going to make a joke about Rob Barry,a Sheffield Utd supporter,not really knowing how to finish between the goal posts,which made the finishing line in this race,but due to their present championship winning form this joke has been ruined.Thankyou Sheffield.Rob finished 27th.

RESULTS OF THE THIRD CROSS-COUNTRY MEETING:SANDWELL VALLEY.

Winner:R.Bradley(Bridgnorth)31.12

2nd:H.Piotrowaki(is this an anagram)(B of Sand) 31.17

3rd:E.Mcgraph(Centurions)31.22

Northbrook runners:

7th:R.O'shea

9th:T.Wright

27th:R.Barry

53rd:C.Leeson

69th:J.Gardner

89th:A.Lawton

98th:J.Bird

105th:J.Pilling

125th:M.Reynolds

135th:A.Bass

148th:D.Halford

179th:M.Baker

187th:M.Warwick

189th:I.Corbett

192nd:S.Flanagan

196th:T.Murphy

197th:B.Awcock

198th:B.Griggs

D.Halford.

BIRMINGHAM LEAGUE DIVISION 3, FOURTH FIXTURE: PRINCETHORPE COLLEGE. 2/3/91...
SICK AS A PARROT.

Another fine performance courtesy of Richard O'Shea, full of guts and determination, sticking doggedly to the task and only on the run in did his finishing kick let him down. Failing to get to the toilets, his chicken dupeaza with pilau rice staged, what can only be described, as a dramatic come-back, all over the shoes of Ade and John Cox, threatening to overtake an entire restraint in an explosive last burst.

The race itself took place around the grounds of Princethorpe college and the course is known, in Flanagan-speak as "a proper cross-country course" or, as someone else commented, "a real love-maker of a course" (paraphrase).

In the finest Northbrook tradition we had someone shouting support with a mouth of unfathomable depth; as a last minute replacement for Jackie, Mick Reynold's vocal department was exercised to its full capacity. The mind shudders to contemplate what will happen when both Jackie and Mick are combined in an aural assault on the opposition, pray God we never have to resort to this tactic. Mick was unable to compete himself due to a strategic injury (shame on all those who said it was feigned in order to avoid defeat at the hands of Dave Halford). Other Northbrook folk operating in the supportive mode were Glyn "mystery virus" Perrins, Steve "why should I run on my birthday" Simpson, and George "gawn ya durty big wet-brained slop-drodger" Steele.

Our dynamic, new, go getting, far sighted, "you name it, I've tried to sell it some asprins!" chairman, along with those others in support, gamely tried to fix the Northbrook banner onto a suitably impressive piece of ground. Mick stubbornly attempted to hammer the posts into the ground, using the most dispensable part of his anatomy: his head. We've since heard that no permanent damage has been done to the posts. However, we were unsuccessful in this venture: so much for brute force and ignorance. Our dynamic, new, go-getting, far sighted, "you name it and I'll slag it off" chairman then proceeded to denounce us thus: "what a bunch of nobbers".

Meanwhile what about the real 'nobbers', those taking part in the race? Well the Northbrook team were in trouble right from the start with Martin Warwick and Mark Baker involved in a totally unco-ordinated warm up routine which resulted in Mark's hand dripping blood after being 'spiked'. Ah, the smell of blood in the air, this is what cross-country's all about. Once the race was under way Tim and Rich kept pace with the leading group of eight runners, Rob Barry following them in the second group. On the last lap Andy Evans of Rugby opened a gap and the group splintered.

Tim finished a magnificent 5th, Richard 8th and Rob was desperately unlucky to finish only 11th. The gentle cries of "kill", "animal", "go on you big poof" and "slopdrodger" drifted across the finishing area as everyone succumbed to the feverish excitement. It wouldn't be fair to pick out any one person for praise, but a special mention must go to those with long hair, no hair, thinning hair and no hair what-so-ever.

Northbrook once again packed well in the tail-end places and Bob Griggs, who earlier in the week became an honorary member of the 'Dave Halford school of navigational excellence', followed this distinction up with the Northbrook "you should know better at your age" 'daft old bugger' award for a cross-country performance, previously held by Bob 'a thing of antiquit. Awcock.

A Glyn Perrins
Production.

What a crackin good day this turned out. Not only did the club do well in the x-country fixture but a good night was had as well. Keep reading !!

I think most people had a good run ? We had runners all along the field, from Tim leading the Northbrook pack to Bob Griggs following up from the rear. Because I'm writing this article I'm going to take opportunity to say that I had a well good run as well, only just getting beaten by that 'DONKEY' John Gardner. The encouragement we received was superb, how the man upstairs managed to put a gob so big on Mick Reynolds he only knows. Mind you Steve Simpson did a pretty good job and old Jock Strap George was his usual polite self. 'Where was the abuse ?'.

Thats enough of running though what about the evening ?

I'm not going to mention names as the whole club knows about it already (I don't think I've forgot anyone ?). A six mile x-country run, three pints in the Rainbow, one medium sized potato, Three more in the Hen & Chicks, and about five or so more in the Regency - result being a 'little' drunk. Not enough for a Northbrook man though. next comes the Curry house (although which one I can't bleedin remember!), another beer, his fair share of the wine and a Chicken Bhuna. He managed to eat half before putting it back on the plate, floor, my shoes, John's shoes, and finally down the toilet. To put a cap on it the drunken slob pissed all over his bed (too pissed to find the toilet) !!

And after all that we managed to get up next morning (headache an all) and go for a ten mile run.

RESULTS OF B'HAM LEAGUE

5	Tim Wright	122	Ian Carter	
8	Rich O'Shea	133	Martin Warwick	
11	Rob Barry	135	Ian James	
50	Chris Leeson	143	Mark James	
65	John Gardner	144	Ingle Corbett	
66	Adrian Lawton	158	Shaun Flanagan	
95	John Bird	161	Bob Awcock	
107	Alan Bass	165	Bob Griggs	ADE
116	Dave Halford			

Yes it's good to know that your deepest, darkest most intimate secrets are always safe with Ade; well about as safe as leaving a pint with Oliver Reid. But seriously I think that Rich shouldn't be let out in decent company in future with out his handler, Dawn. The lad obviously needs to be supervised by a responsible person.

The final winner of the Birmingham league, division 3 were Rugby with 397 points, with centurion runners up eith 533. Princethorpe provided us with our highest finishing position of the season: 7th, and this bodes well for next season.

Rugby's Evans was the winner on the day in 29.07, with Coote, also of Rugby in second place. The overall winner of the season was E. Mcgraph of Centurions who finished third in this event. Tim Wright did very well to secure 5th position, his time was 29.31. R. Bradley of Bridgnorth, who before this event had won two and been runner up in the other must have had a really bad race to miss out on being the overall winner. In the final run in he was also spiked accidentally by Rich who afterwards appologised. I didn't hear what Mr. Bradley actually said in response, but it was said by a witness to be anatomically impossible. Mr. Bradley was also heard, I believe to respond with, "I hope your next meal finds its way onto the carpet!"

Dave.

BIRMINGHAM LEAGUE, DIVISION 3. PRINCETHORPE COLLEGE. FINAL MEETING.

Winner: A. Evans (Rugby). 29.07
2nd: Coote (Rugby) 29.21
3rd: E. Mcgraph (Centurions) 29.29

Northbrook runners:

5th: T. Wright 29.31
8th: Richard "tired and emotional" O'shea.
11th: Rob Barry
50th: Chris "big boy" Leeson.
65th: "Scrattin" Gardner
66th: "Nancy boy" Lawton

95th: Birdy
107th: A Tardy Bass (anagram)
116th: Long haired git I (AKA space cadet) Halford.
122nd: Long haired git II Carter.
133rd: Slaphead Warwick.
135th: A short person James.
143rd: Taff Baker
144th: Hooter Corbett.
158th: A fat person (of doubtful parentage) Shaun
161st: Bob (saving myself for tomorrow) Awcock.
165th: Bob (a short run around the block) Griggs.

Courtesy of
Glyn

BIRMINGHAM LEAGUE, DIVISION 3. FINAL TEAM POSITIONS.

1st Rugby 397
2nd Centurion 533
3rd Cheltenham 654
4th Bridgnorth 662
5th Sparkhill 807
6th Sandwell valley 869
7th West Brom 1014
8th Solihull 1102
9th Boro' of Sandwell 1125
10th Northbrook 1196
11th Dudley 1554
12th Shrewsbury

NORTHBROOK RUNNERS COMPLETING ALL FOUR BIRMINGHAM LEAGUE EVENTS.

	EVENT NO.	1	2	3	4	: TOTAL PTS
R. O'Shea		6	16	7	8	: 37
Rob Barry		30	22	27	11	: 90
John Gardner		47	55	69	65	: 236
D. Halford		153	163	148	116	: 580
M. Warwick		166	180	187	133	: 666
M. Baker		200	186	179	143	: 708

Have you tried Orienteering?

I have so I'll tell you about it. Basically you start off at one minute intervals and run around with a map trying to find little flags which are shown on the map supplied. This may sound pretty simple but ask Dave Halford what he thinks, he'll put you right.

A small group of us, Dave Halford, Mark Baker, John Cox, Glynn Perrins, a couple of the new lads and myself have been to a few recently (usually the day after a race). The times range from one hour to two hours plus depending how capable one is with a map, and which course is taken.

The courses vary from a string course for children to the MEN's course with many intermediate levels (none of us have yet tried the mens course!).

I think a flavour of the event may be gained from a few recent quotes :-

Ade - Stands in the middle of the forest scratching his head repeatedly quoting Gandhi, 'Oh sh-t!'.

Mark - How come I always seem to be following Ade! Cheating Welsh git!

Dave - Oh no, not again (lost?)

Ade - Damn it, I've lost my compass.

John - Oh Christ I've stung my Donger on the nettles!?

Glynn - Put yer foot down Mark else it'll be dark by the time we start.

Mark - How come I can't even find the forest?

Dave - You couldn't point me to the car park could you ?

Ade - Running through the forest without specs. Where the f-ck did that wire fence come from. Balanced precariously on his grollies.

Glynn - I know I didn't find any of the check points but its bloody good fun.

If you fancy having a go then have a word with one of the above.

Lickey Hills - Grab a Trophy day.

I would like to offer my condolences to John Gardner - he never quite managed to get a trophy and training top !!

ADE

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

It was at the february committee meeting that Mick outlined the second part of his plan to extend the boundaries of the Northbrook empire. Secure in the nerve centre of Northbrook operations, a secret, specially reinforced bunker cleverly disguised as Rob Barry's living room, Mick made it quite clear that his ambitions know no limits. At the moment though the clubs coffers are empty and it is clear that to finance Mick's plans we need more money. Our chairman is confident that the 10 K event will attract sufficient sponsors and in fact if we get the number of sponsors being talked about the tee-shirt awarded to those finishing the event is going to rival Nigel Mansel's for advertising logos. They'll be so much ink on the shirt that it'll probably weigh so much that no-one will be able to wear it for more than twenty yards without collapsing under the strain.

But the 10K event is in the future and we need money now.

Well Mick's incredibly brilliant military mind has come up with another idea. My God this is unheard of, two ideas from a Northbrook chairman, is their no end to this man's genius. Even more incredible was the committee's reaction to Mick's plan: they became, how can I put this, almost enthusiastic. gasp. Two of them woke up and one put his can of beer down, well just for a brief interval.

So just what is Mick going to unleash on the unsuspecting sport's world. Well what our chairman wants to do is invite other clubs down one Wednesday evening and have a social evening which would culminate in the selling of sports-ware, the club taking a percentage of everything sold. Ingle suggested the provision of a small buffet, his own wife providing a quiche. Mick then recommended his own wife's cake and his daughter's biscuits: all of which could be put on sale at reasonably extortionate prices.

The next stage was to invite John Wilkinson, the Telegraph sports' writer, and John Anderson, Dave Moorcroft's coach, along to the same evening. This, it was reasoned, would be good for publicity and if Mr. Anderson was suitably impressed might mean that the club would have the facility of a top class resident coach.

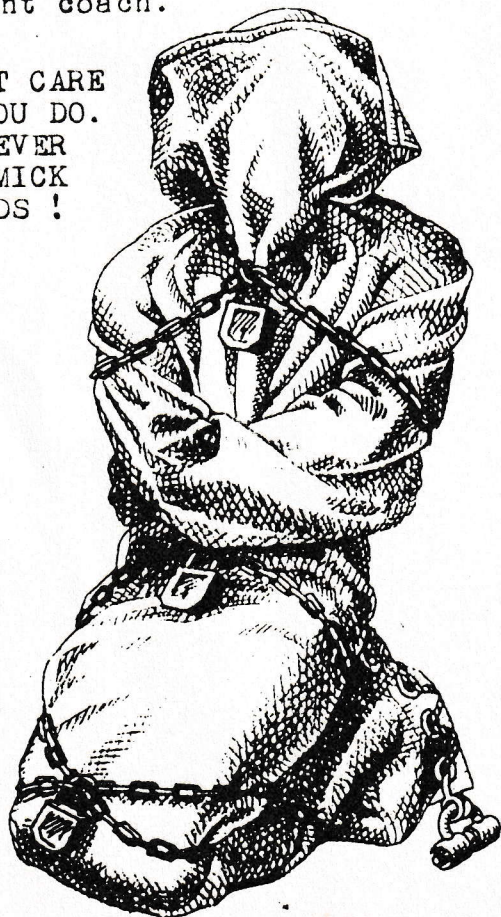
Mick grew very excited at this point, as he's always wanted a personal top class coach.

So to sum up Mick's new masterplan: We invite other teams down to Northbrook, plus special guests, John Anderson and John Wilkinson. We of course allow them to use the showers first so they can enjoy the luxury of a hot shower, thus keeping the mood one of pleasantness. We then ply them with alcohol and Ingle's wife's cake, allow them to beat us at darts and dominos, before taking them into the changing rooms to sell them lots of cheap and nasty running gear,

.Welcome to Northbrook PLC.

NEWS FLASH: John Anderson, presumed to have had a tip off, has now moved to Perth. Mick is reported as being crest-fallen.

I. DON'T CARE
WHAT YOU DO.
I'LL NEVER
COACH MICK
REYNOLDS !



WARWICKSHIRE CROSS-COUNTRY CHAMPIONSHIP.

I was driven to this event by Tony Murphy who gave me all the benefit of his accumulated experiences of the Newbold Comyn course. It was clear that Tony saw the infamous hill as some private demon that had to be excercised to find peace of mind and inner harmony. I must admit that after his description of the course and the dreaded hill I was expecting to run over a scaled down Matterhorn so it was a relief when I actually saw it. The course is 9,500 m and is fairly flat, but the ground over which it is ran is rutted and muddy. Also the route is hemmed in with hedges and trees and this can make overtaking difficult if you have a poor start. As for the hill: well it is certainly a steep climb, but mercifully this is only short and once the top is reached you can pick up speed on the other side. Overall I liked this course and the changing rooms, though basic, were adequate and the showers were hot.

Predictably that undynamic duo: Glyn and Shaun, having made their excuses were unable to take part in the race, but together with those other deviants who enjoy watching suffering, misery and humiliation converged on the top of the hill as their chosen view point. One was reminded of a flock of vultures gathering at a known area of likely carnage and tragedy: and let's face it you can't get much more tragic than Tony Murphy ascending a hill. And from their lofty position they proceeded to berate, heckle, insult and cajole any poor soul unfortunate enough to be within earshot to gallop gamely up the hill into the waiting arms of a cardiac arrest.

The race was won by Coventry Godiva's S. White in 31.27, Hayes, also of Godiva finished 3rd, so it was no suprise that Godiva won the team event. Ten Northbrook runners competed and some of them enjoyed their best runs of the season. The course clearly suited Rob Barry who finished 32nd, only 38 seconds behind Rich in 24th place. Chris Leeson, in only his second race for the club showed what an asset he can be to the club, finishing 67th, third counter ahead of John Gardner who was 80th. Ade was fifth counter in 119th place and only 36 seconds ahead of Mick Reynolds. Ex-Northbrook runners Chris Hatwood and John McKenna were also present, Chris finishing 101st and John 157th. As a team Northbrook finished 10th, 19 points behind Centurion who occupy second place in our division of the Birmingham league.

And as for Tony Murphy, well in his upteenth battle against Newbold comyn Tony again triumphed, completing the course in under 51 minutes. Stumbling into the finishing area, to the cheers of the Northbrook faithful, Tony was heard to mumble to himself (as is his wont) "I'm over the hill, I'm over the hill, over the hill." And no-one was heard to argue the point.

RESULTS OF THE WARWICK'S CROSS-COUNTRY.

COURSE: NEWBOLD COMYN (9,500 m).

WINNER: S. White (Coventry) 31.27

2nd: E. Twohig (well that's what it says here) (Rowheath) 31.37.

3rd: P. Hayes (Coventry) 32.01

24th: R. O'shea 34.04

32nd: R. Barry 34.42

67th: C. Leeson 36.23

80th: J. Gardner 37.19

119th: A. Lawton 39.21

128th: M. Reynolds 39.57

143rd: D. Halford 40.51

171st: M. Baker 43.25

179th: M. Warwick 44.52

186th: A. Murphy 50.47

D. Halford.



THE NATIONALS. ADRIAN LAWTON, 3158, MAKES A DESPARATE EFFORT TO GET INTO THE FOREGROUND OF THE PHOTOGRAPH, PULLING AN INCREDIBLY UGLY FACE, SOMETHING HE'S BEEN PRACTISING A LIFETIME. HOWEVER, ADE JUST MISSED OUT ON THE 'JOHN MCKENNA AWARD FOR ACTING LIKE A WOLLY TO GET YOUR PICTURE TAKEN'. IT'S CLEAR THAT ADE'S BEEN UPSTAGED BY 4877 WHO SEEMS TO BE UNDRESSING ON THE RUN.

THE MIDLAND CROSS-COUNTRY CHAMPIONSHIPS.
WOLLATON PARK, NOTTINGHAM-13/1/91.

This proved to be the hardest of the seasons cross-country events, at 8 miles long and an area of water logged ground plus some nasty hills. Despite this it was also one of the most enjoyable events, Wollaton Park being a very appealing location with wood land, a lake and a country house. Well you know what they say about what happens when the going gets tough? The faint of heart develop mystery viruses and of course Mick Reynolds, in the best Fanny Craddock tradition, had one already prepared. Or was it a case of a particularly nasty outbreak of dandruff? Still the club managed to field twelve reasonably healthy specimens, three of whom were representing the club for the first time that season: Ingle Corbett, a born again Northbrook runner; Ian Carter who had been surgically removed from crossbar, saddle and pedals; and Jason Pilling, the up and coming young prospect making his cross-country debut.

Ever consistent Rich led the Northbrook contingent home in a commendable 94th position, which was an improvement on his position last year. Rich's time of 44.59 was 4 minutes 35 seconds behind the leader, Omega's C. Robinson whose time was 40.24. Second place belonged to another Omega runner, M. King in 40.29, so it was a very close finish.

The second counter for Northbrook was Rob Barry in 223rd place, 2 mins 27 seconds behind Rich, Rob's time being 47.26. John Gardner finished 295th followed by Jason in 344th showing what great potential he has. Adrian Lawton was the fifth counter, followed by Steve Simpson who was narrowly beaten by that Northbrook hero of old, Ian Ladbroke, now running in an Evesham vest. Ian Carter still retaining some of his running ability came in a respectable 497th, but wasn't too happy about losing out in a close fast finish with John McKenna. John seemed to pace the race very well, or so it seemed when he passed me on the last lap. Mark Baker and Martin also had a close battle with Mark managing to beat Martin by three places. In another 'private' battle Ingle finished strongly to gain 623rd place, four ahead of Glyn.

I felt particularly drained after this cross-country, managing to lose my balance and fall over in the final boggy area before the finish. One bad aspect of the race was the length of time we were kept in the finishing funnel.

Omega won the team event with 117 points, making nonsense of their division 5 status. Stourport came second with 184 points, just beating Tipton by one point. Coventry Godiva finished in fifth place with 252 points.



A MARSHAL GOES TO THE AID OF TWO CROSS-COUNTRY RUNNERS WHO DEFINITELY DIDN'T DO AS WELL AS THEY EXPECTED.

RESULTS OF THE MIDLANDS CROSS-COUNTRY CHAMPIONSHIPS.

Winner: C. Robinson (Omega) 40.24

2nd: M. King (Omega) 40.29

3rd: L. Woodridge (Tipton) 40.39

Northbrook runners:

94th: Rich O'shea

227th: R. Barry

295th: J. Gardner

344th: J. Pilling

370th: A. Lawton

481st: S. Simpson

497th: I. Carter

523rd: D. Halford

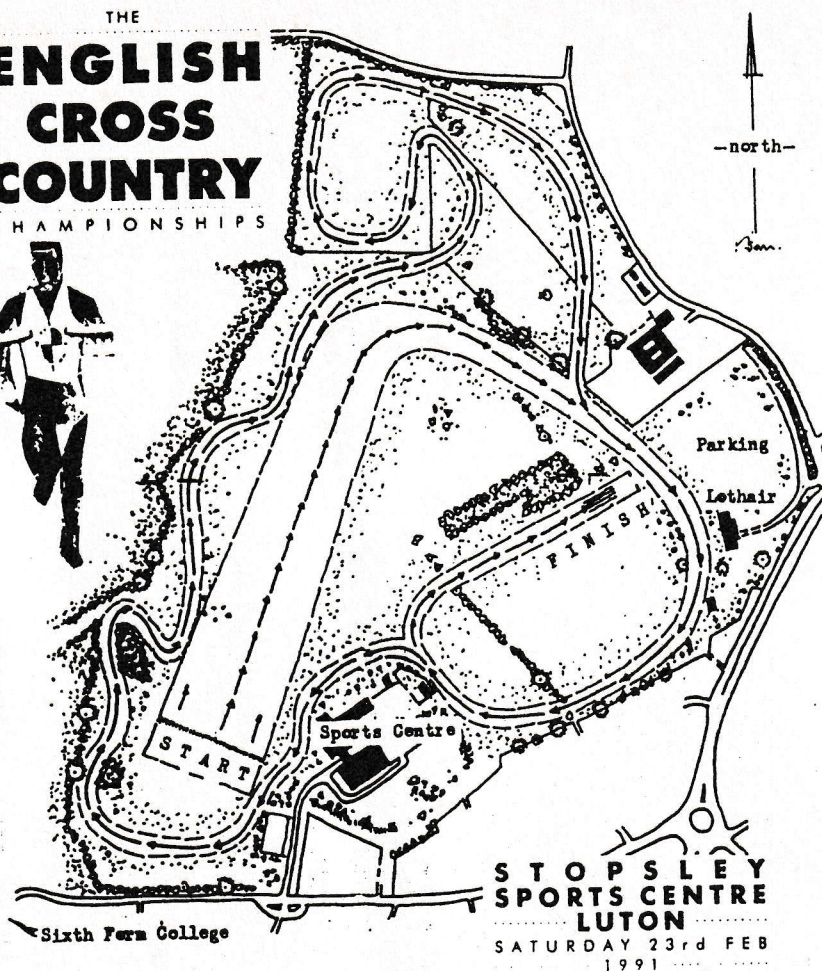
567th: M. Baker

569th: M. Warwick

623rd: I. Corbett

627th: G. Perrins

THE
**ENGLISH
CROSS
COUNTRY**
CHAMPIONSHIPS



BOB ADAMS

REVIEWS

The Nationals

As the bank had kindly insisted that I take an extra day holiday by the end of february this gave me the opportunity to come back and have a spectators view of the national x-country !

I met up with the team (and fellow supporter Karen) in the club car park at 11.30am, thus leaving us plenty of time for a nice 'leisurely' drive down to luton. Mick was first off the grid, very closely followed by martin and Rich. Seemingly in no time at all we were arriving at the course in what must have been a P.B.

From his comments on the way down it was obvious that Mick was quietly confident of finishing well ahead of a certain ex-Chairperson of the club, now running for 'ALVIS'.

Once everyone had found the changing area I had time to watch the youths and juniors, and judging from the lack of mud on the runners legs it was clear that the going was firm and fast. As Shaun would say 'A SPRINTERS COURSE'. However the main difficulty was the very strong wind that was blowing.

It was soon time for the start of the race and Ian Ladbroke and I jogged to the start area. After about 5mins of walking up and down we finally found a Northbrook runner(Mark) who explained that as we had been drawn right on the outside everyone had underestimated how far it was from the changing area to the start position. Eventually five of the team arrived at the right place and it was time for the off (the others joined in where they could).

Ian and I watched the whole field come past after the initial short lap but it was difficult to pick people out. After about three miles the runners had spread out and we were able to shout everyone on. I was trying to take photographs at the same time but David Bailey had nothing to worry about (I'll send them over once I can afford to have the film developed?)

Rich and a certain Tim Wright (running in a Cambridge vest) were well up the field, closely followed by Rob, with the rest of the lads seemingly going well. Even John Gardner failed to wave to the crowd so he was obviously trying hard.

By the start of the last lap Richard had moved up to the shoulder of John McKeowns' so he was obviously having a great run (he was also clear of any Massey runners). Rob was also having a good run and must have been in the top 500. Behind him John had moved clear of Adey who was obviously saving himself for the University 10K the next day (only joking Ade!) Then came Mick (some way ahead of you know who) with Martin completing the counting six. Dave, Ian and Mark were not far behind and going well. It was then time to run over to the finish just in time to see Richard Nerukar sprinting to victory ahead of Dave Lewis.

Tim had had an excellent race to finish just outside the top 200 followed closely by Rich (although I must admit that neither Ian nor I saw him finishing, he must have been going too fast). Rob had a very strong run (just ahead of Alan Dodd) and he was followed in by John.

Although unaware of the fact, Adey was neck and neck with Chris Hatwood about 100yds from the end but, with a little gentle encouragement from Ian and myself, he was able to gain about a dozen places with his much feared kick finish.

Then came chairman Mick and a very excited Martin Warwick, obviously delighted at having made the counters. Dave, Ian and Mark also had good finishes and there were certainly plenty of runners behind them.

Having got changed Mick waited in vain for J.M. to discuss race tactics (he must have been telling Dave Lewis where he went wrong!) So it was decided to make the sprint back to the Rainbow (and woe betide any women drivers (or policemen) who got in Micks way)

All in all an excellent day out for everybody. But how about a few more supporters next year??

NORTHBROOK FINISHERS

237 R O'Shea	1782 M.Warwick
492 R.Barry	1881 D.Halford
1172 J.Gardner	1915 I.James
1451 A.Lawton	2022 M.Baker
1651 M.Reynolds	

(148th out of 236 teams)

Others

211 T.Wright
545 A.Dodd
1463 C.Hatwood
1753 J.McKenna

WINTER HANDICAP 1990/91.

THE TASTE OF SUCCESS: FLANAGAN FLAVOUR (WITH CHILE SAUCE).

The Winter handicap continues to draw only spasmodic support from most club members supplementing the hard core enthusiasts, about six in number, who always seem to turn out. This season only four runners completed all six races. I don't know why this event is proving so unpopular with club members I myself can think of no better way to spend a Sunday morning than to climb out of bed in the early hours, suck in a lung full of cold air while charging through the streams that bisect the Lakeside course. Shame on those who shrink at the thought of getting their socks dirty. Our numbers were also helped along by one or two odd guest runners, perhaps the oddest being Dereck Twedde, a geordie lad who has built a cycle that allows him to lie down in a recumbent position while pedalling furiously. Well I suppose it's quite hard having to live up to a name like Twedde. Still this gives an indication of the type of eccentric attracted to the winter handicap.

Bob Griggs continuing to improve upon his Summer form, made a fine start collecting 20 points from the first event, and leading the overall tables at the close of 1990, gaining 53 points from the first three rounds. Mark Baker was in second place with 52, and Tony Murphy in third with 46. Last years champion, Martin Warwick had made a good start, but seemed to lose form in the middle rounds. This was certainly not true of Shaun, who having been absent from the first round, showed remarkable form in the next four, finishing with three runner-up positions and one winning run. Since only five rounds are counted in the final total this gave him an outstanding chance in the final encounter. Bob Griggs was still the nominal leader at this point with 84, but if he could do no better than 11 points in the last round this would mean that Shaun would only need 8 points to take the championship out-right. Thus all Shaun had to concentrate on was finishing three positions ahead of Bob. Mark Baker still had an outside chance of winning the competition if he were to win the last round. However, Mark was suffering the debilitating effects of a long distance swimming event, plus the day before's cross-country and could only finish 11th in a field of 13 runners. The rest of us were also not feeling our best after the cross-country at Princethorpe and especially so after the celebrations and Steve Simpson's party. Shaun was very upset with his run on the day, being overtaken by John McKenna, Alan Bass and Rob Barry in the closing part of the race. Shaun looked downcast, believing he had thrown away his chance of victory. His face took on the appearance of a disgruntled basset hound, or Jock Stein after Scotland had lost to England. Those near to him heard him mumbling abjectly about chile sauce. Presumably last night's meal had contributed to his down fall. The eight or nine pints before hand were, of course, totally innocent.

However, on returning to the Telepost club, the points were worked out by master of ceremonies, honest Bob Awcock, and it seemed that Shaun's eighth place had been sufficient to secure his triumph. Bob Griggs was but a point away from sharing the title after this his best season.

Dave Halford.

P.S. The ladies Winter handicap was won by Karen Marlow. Karen competed in five events and since Dawn her nearest rival only ran in two, the scintillating finish that crowned the men's event failed to take place.

RESULTS OF THE WINTER HANDICAP CROSS-COUNTRY 1990-91

WINNER: Shaun Flanagan

RUNNER-UP: Bob Griggs

LADIES CHAMPION: Karen Marlow

Numbers in brackets denote points accrued from position gained.
Times underlined and the points gained therein do not count in
the final total. Only the best five results are used.

		TOTAL POINTS.					
		First round October.					
		Second round November 2nd					
		Third round December 3rd					
		Fourth round January 5th					
		Fifth round February 3rd					
		Sixth round March 3rd.					
90	Shaun Flanagan	-	42.46 (19)	39.37 (20)	39.16 (19)	38.26 (19)	38.59 (13)
89	Bob Griggs	43.29 (20)	43.48 (16)	41.39 (17)	43.46 (11)	41.18 (20)	41.26 (16)
86	Mark Baker	38.18 (14)	37.37 (20)	35.16 (18)	35.23 (18)	34.41 (16)	37.10 (10)
79	Martin Warwick	33.53 (18)	36.30 (13)	37.42 (8)	38.00 (16)	39.04 (12)	35.39 (20)
74	Rob Barry	30.13 (17)	32.05 (14)	29.07 (14)	30.22 (14)	29.44 (15)	30.11 (14)
69	Tony Murphy	42.51 (15)	43.34 (15)	42.05 (16)	-	41.59 (14)	45.08 (9)
61	Dave Halford	37.01 (12)	-	-	34.47 (20)	33.53 (17)	34.34 (12)
48	M. Windsor-Smith	34.00 (11)	46.37 (12)	42.58 (19)	49.18 (9)	49.25 (8)	49.25 (8)
56	John Gardner	-	30.48 (18)	31.19 (12)	32.25 (15)	37.56 (19)	37.56 (19)
28	Adrian Lawton	-	37.18 (17)	33.16 (11)	33.13 (17)	35.50 (17)	35.50 (17)
32	Ingle Corbett	-	-	36.01 (15)	39.06 (13)	48.09 (9)	46.20 (15)
32	Glyn Perrens	32.22 (16)	-	32.01 (13)	35.55 (10)	38.31 (18)	38.17 (11)
29	John Bird	-	-	36.09 (9)	41.21 (12)	29.06 (13)	29.06 (13)
27	Alan Bass	-	-	33.30 (10)	31.10 (10)	43.49 (11)	43.49 (11)
27	John McKenna	-	-	-	32.59 (9)	-	-
24	John Cox	-	-	-	24.35 (10)	-	-
19	George Steele	30.58 (19)	-	-	-	-	-
18	Colin Preston	-	-	-	-	-	-
18	R. Jones	-	-	-	-	-	-
12	Martin Turrall	-	-	-	-	-	-
13	Chris Hatwood.	35.01 (13)	-	-	-	-	-
13	Rich O'Shea	-	-	-	-	-	-
11	P. Jones	-	-	-	-	-	-
10	Bob Adams	-	-	-	-	-	-
10	N. Walker	-	-	-	-	-	-
49	Ladies.	28.15 (10)	27.31 (10)	25.27 (10)	32.59 (9)	-	28.46 (10)
19	K. Marlow	-	-	-	-	-	-
17	D. Robinson	-	-	-	-	-	-
17	S. Spiller	30.37 (9)	23.29 (9)	-	24.35 (10)	-	-

SPORTS MASSAGE AND REMEDIAL THERAPY
DAWN ROBINSON L.S.S.M(DIP)

Dear Club Member,
following my recently achieved qualification in Sports
Massage Therapy there is now a sports massage service
available to the athletes of Northbrook Athletic Club.

In brief, Sports Massage can offer the following
benefits :

**** the speeding up of recovery after hard training sessions

**** initial prevention of injury by monitoring physical
stress and controlling it.

**** effective treatment of muscle, tendon and ligament
problems.

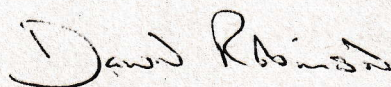
**** a psychological lift for succesful performance.

**** mental and physical relaxation.

If you would like to have sports massage, or wish to know more
please contact Dawn Robinson by phone or on Club nights.
Alternatively, please contact Richard O'Shea in my absence.

It should be noted that until June 1991 a skeleton service
only will be available due to my commitment to passing a
Sports Science degree.

Yours in Sport



Tele: 0203 595541