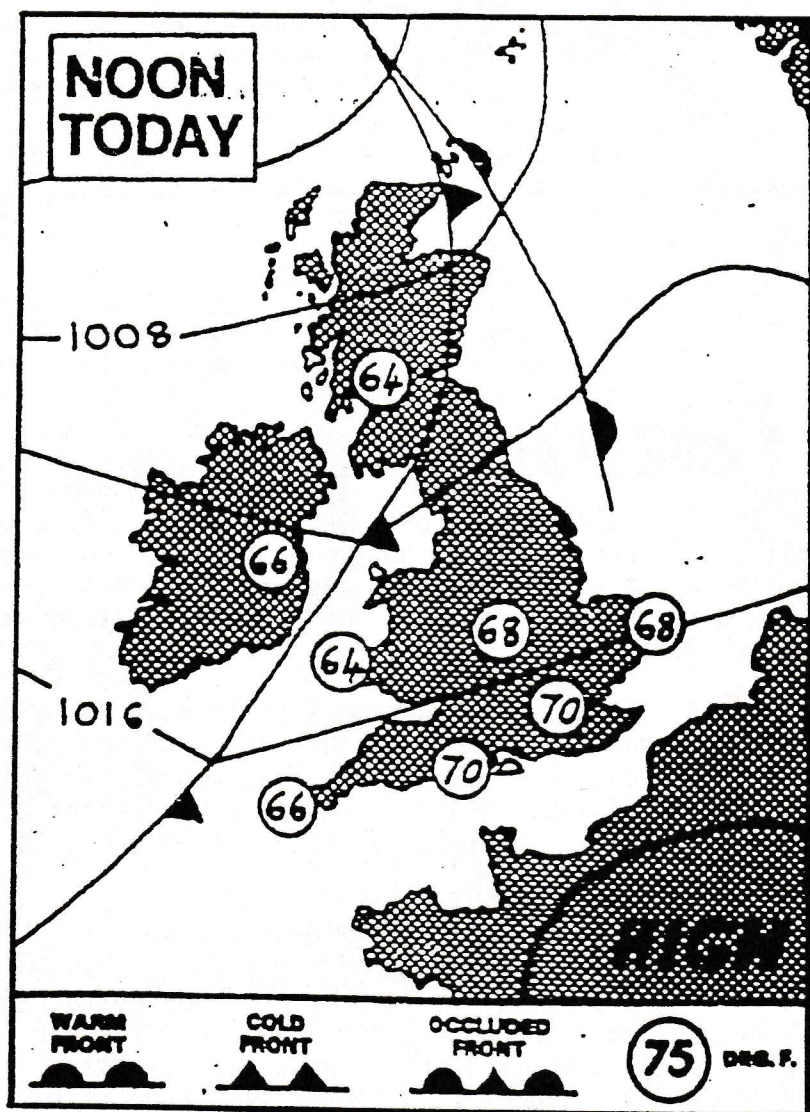

THE NORTHBROOK RUNNER

PRICE 20p.

SPLASH! SUMMER'S HERE



GET OUT YOUR SPIKED WELLIES!

A Northbrook Winner

Due to lack of space in this month's magazine there are only two topics that I would like to mention.

Firstly, congratulations to Richard O'Shea on his win at Rugby and his good place in the Coventry. I think we're all proud to see a club member doing so well.

Secondly, for all those competing in the track and field tonight (20th) - Good luck!

Martin.

In this month's issue:

2. Race Reports - Jaguar Fun Run
3. Newman Six
Coventry Half
4. Handicap Results
6. Financial Situation
8. Twenty four Hour Relay
12. Derby Ramathon

In next month's issue I hope to preview Race the Train. Those who have run it before could think about an article - perhaps!

RACE REPORTS

A shorter than usual events report this month due to space constraints. However, any races that have been missed this month will hopefully be reported upon next month.

Jaguar Fun Run - Sunday 26th June 1988

11:30 a.m. the start, I had forgotten how butterflys felt after being off for so long. Only three miles to go but what about those hills. Down Staircase and I'm sure the hill has got steeper! That's over with, only Northbrook to go, Wow! that's a killer. I wish I was fully fit again, this would not feel so bad, I think.

Back to the run, the Lion is shut so I can't stop for a quick pint and even the bus has gone out, I might as well keep going. Downhill all the way past the Jaguar main gates, nearly there, agony I am going to die, is this what I've been missing? Into the finishing straight and over the line. I complete my first run of 1988 in 22:25, a long way to go. Anyway keep running.

By the way, with all the facilities that Jaguar has to offer why haven't Northbrook made any moves to change their venue? Should you, or do you want to put up with the shoddy facilities that you get at the moment? I myself feel that it would be better to move. So let's ask before the number 2 running club gets its finger in the door. Is their venue 100% safe or more to the point is ours? Talk to the committee with your views.

Stuart Whitehouse.

Interesting point there from Stuart. While we would be reluctant to move from our present venue the committee have been, and are looking, at alternative headquarters as a matter of course. Jaguar is one possibility, there are also others. As Stuart says - What do you think? - Ed.

Cardinal Newman Six - Wednesday 29th June 1988

With the twenty four hour race only days previously and the Coventry half only days hence there was quite a large Northbrook turnout for this local race. The changing facilities and race headquarters being the same as our Birmingham League fixture. The weather, as has been the case for the end of June and most of July was overcast but quite humid.

With a couple of hundred starters lined up in the top field and a blast from a whistle we were off! Considering my state of recovery I'm off to quite a fast start and going down the Tamworth Road pass the first mile marker in sub six (I think the marker was wrong). Lorraine Baker passed me by the Horse and Jockey accompanied by her minders who immediately closed in behind her and slowed me down. Ingrid Kristiansen has a lot to answer for - minders in a local fun run indeed!

Down a steep incline past Corley Rocks and onto Bennets Road past the pit. The four mile marker has been passed and I'm still doing reasonably well. I was not, however, prepared for Fivefield Road and its horrendous incline this slowed me considerably. At five miles Shaun passed me and asked if it was a race, despite my efforts I couldn't catch him back down the Tamworth Road, Sandpits Lane and into the School. Next time Shaun! Down the club to buy him his commemoration pint, an enjoyable Wednesday evening indeed.

Martin Warwick.

Coventry Half Marathon - 3rd July 1988

At last weather in the Coventry half to bear out my claim that its a p.b. course given the right conditions. The usual good Northbrook turnout despite it being a Godiva race. This makes for lots of good natured banter before the start especially as Tim has yet to live down the previous week.

We're off (an overworked phrase in this magazine) and the usual elbow bashing three miles and two circuits of the town. There's lots of good natured support from a large non-running Northbrook contingent. Just as I thought I was off to a flyer I spotted Ray Jones just behind so I had to put in a bit of effort.

After almost being run over by the Wyken Pippin (some kids have got an extra word in their vocabulary now) at the top of Woodway Lane on the M6 bridge I can see a chasing posse of black, green and yellow vests. Another burst of effort but to no avail, the ubiquitous Flanagan is on my shoulder again at nine and a half. After battling down the Foleshill Road for a mile and a half I gave up and concentrated on a steady run in.

Post-mortems completed outside the Devere its back to buy Shaun his pint. Congratulations to Richard O'Shea, Shaun and various others on excellent runs.

Martin Warwick.

HANDICAP

July Handicap - Wednesday 6th July 1988

Relatively cool blustery conditions greeted the runners in this the fourth of the handicap series. Four P.B.s resulted in conditions which, in my view were not wholly conducive to running a good 5,000 metres. Its nice to see Dave Hagan running quite well again after his shin trouble of recent months as it was to see such a strong vets showing this month.

With two months to go things are hotting up although its hard to see where the challenge to Ian Ladbroke is coming from (Ian Gill may be the dark horse). There are, however, quite a number of runners with a good chance of picking up a shield in December.

I have been asked to point out that in future if you don't take a disc, or if you take a disc and don't hand it in you are not guaranteed points in that handicap. Also the date of the first winter handicap will be October 16th (i.e. one week after the open 10K), this is to avoid a fixture clash with one of the veterans championship races (the Long Marston half marathon). We apologise to anyone who has been inconvenienced.

Next handicap - Wednesday 3rd August.

Martin Warwick.

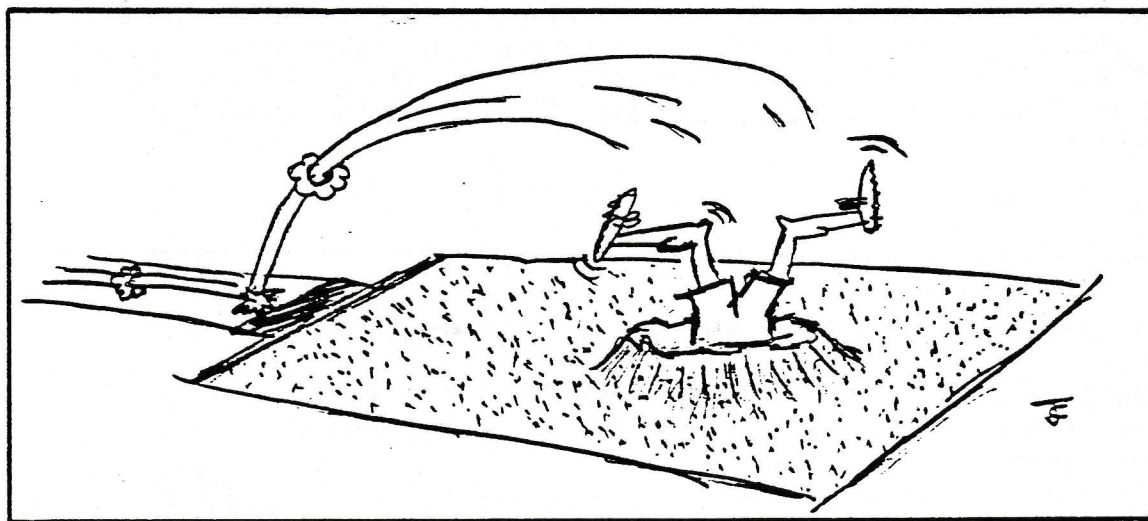
Results

- * Denotes 5 points added for a personal best.
(V) Denotes eligible for veteran's championship.

<u>Handicap</u>	<u>Name</u>	<u>Total Time</u>	<u>Actual Time</u>	<u>New H'cap</u>	<u>Points</u>	<u>Total Points</u>
<u>Juniors</u>						
4:30	N.Froggit	25:34	21:04	5:00	6	22
<u>Ladies</u>						
Scratch	M.Gardner	25:37	25:37	0:30	2	2
Scratch	J.Hatwood	28:46	28:46	Scratch	1	5

Senior Men

Handicap	Name		Total Time	Actual Time	New H'cap	Points	Total Points
1:00	N.Moore	(V)	24:30	23:30	2:30	31	49
3:00	R.Awcock	(V)	24:35	21:35	4:30	30	60
8:00	D.Hagan		24:59	16:59	9:00	29	54
7:30	J.Gardner		25:05	17:35	8:30	28	59
4:00	C.Nicholson	(V)	25:09	21:09	5:00	27	77
8:00	I.Ladbroke		25:12	17:12	8:45	31*	86
8:45	T.Wright		25:34	16:49	9:00	25	58
Scratch	T.Schofield	(V)	25:35	25:35	0:30	24	25
1:00	J.Thacker	(V)	25:36	24:36	1:30	23	31
8:00	S.Simpson		25:40	17:40	8:30	27*	59
6:15	S.Flanagan	(V)	25:41	19:26	6:30	26*	60
7:00	M.Baker		25:43	18:43	7:15	25*	61
5:00	N.Buckenham	(V)	25:46	20:46	5:15	19	40
5:30	M.Windsor-Smith	(V)	25:48	20:18	5:45	18	57
5:30	D.Murray		25:50	20:20	5:45	17	34
7:15	I.Gill		25:58	18:43	7:15	16	67
8:00	R.Barry		25:59	17:59	8:00	15	37
6:00	M.Turrall		26:01	20:01	6:00	14	56
5:00	J.Varden	(V)	26:02	21:02	5:00	13	23
6:00	C.Preston		26:10	20:10	6:00	12	70
7:00	A.Jones		26:11	19:11	6:45	11	11
7:30	J.Bird		26:11	18:41	7:15	10	57
8:00	I.Carter		26:23	18:23	7:30	9	44
6:15	R.Jones	(V)	26:30	20:15	5:45	8	58
5:00	K.Buckenham	(V)	26:42	21:42	4:15	7	47
4:00	R.Garner	(V)	26:45	22:45	3:15	6	15
6:00	A.Fanning	(V)	26:50	20:50	5:15	5	30
7:00	J.Shuttleworth		26:58	19:58	6:00	4	4
6:15	M.Warwick		27:06	20:51	6:30	3	71
1:00	T.Bailey		27:12	26:12	Scratch	2	2
7:00	A.Eastham		31:00	24:00	6:45	1	56



Be sure to shoot the legs through for landing when long jumping.
This will prevent rotation in mid-air!!

Half Year Financial Situation

Well we're half way through 1988 and as promised at the E.G.M. we're happy to print a balance sheet as at 30th June 1988.

Firstly, the monies outstanding to Raynet/St John's are now being paid together with pro-payment for their help at this year's 10K. which John Cox is busy organising, in the next few weeks no doubt he will be looking for some volunteers for various tasks.

The bank balance at present is looking very healthy thanks largely to Bob Adams valiant fund raising efforts with the blackout cards. and monthly raffles, I'm sure most of you are happy to contribute a few pence per week when there are good prizes at stake. Margaret Nicholson mentioned the other week that she has a few numbers available on the 100 club so if anyone's interested in the chance of scooping a "fiver" for 10p. per week let her know.

Whilst the balance looks healthy there is no way that we are going to get complacent and later in the year we hope to organise a sixties night and possibly a barbeque because the bulk of expenses are yet to be paid out.

On the racing scene the last few weeks have seen some excellent efforts on both the road and the track. Richard O'Shea has run a couple of superb half marathons and some of our veterans figured quite prominently in the Stoke Aldermoor 10K. Tim Wright led us to a super third place in a very wet twenty four hour relay, thoroughly enjoyed by all competitors and curry breathing supporters, special thanks to John Cox, John Shuttleworth and Bob Awcock for their help in the early hours. Tim also had a useful run in the Coventry Half and in the race John McKenna (a.k.a. Adrian Eastham) at last cracked the eighty minute barrier with 1:19:04 and Shaun Flanagan also got inside ninety minutes for the first time, well done both and thanks to all who manned the drinks station.

Finally, a few membership fees remain outstanding and a letter will be handed to those people shortly. With the holiday season coming up it sometimes gets harder to fit in the training runs and those who venture abroad should be careful to keep well hydrated as dehydration in hot weather can be most uncomfortable and spoil the family's holiday, so be careful and have a good time, a few days off at this time of year does no one any harm.

Ian Ladbroke.

Thanks to the following helpers on the twenty four hour relay:

John Cox	John Shuttleworth	Bob Awcock
Mary Gardner	Darren Jones	Ian Carter
Mark Baker	Rob Barry	

and all those who turned up on Sunday to support, it was appreciated.

NORTHBROOK A. C.

INCOME & EXPENDITURE ACCOUNT FOR 1/2 YEAR ENDING 30.6.88

INCOME		EXPENDITURE	
Balance Brought Forward			
Cross Country Fixture			
Food Sales	76.40	Food Purchased	61.04
Payment from B'Ham League	<u>20.00</u>	Hire of School	<u>35.00</u>
			96.04
Items Sold		National X-C	
Club Badges	2.87	Bus Hire	64.90
Woolly Hats	<u>15.00</u>	Entry Fees	<u>27.00</u>
			91.90
National X-C Bus Fares Collected	34.00	Other Entry Fees	
Payment from MCAAA re Finish Funnel	50.00	Newbold Comyn X-C Relays	4.00
Raffle Ticket Sales	71.00	Chelmsley Wood Road Relays	3.00
		12 Stage Relays	<u>6.00</u>
			13.00
Blackout Cards	135.40	Raffle	
Subscriptions (58 members)	<u>273.75</u>	Prizes Purchased	36.00
Total	<u>714.65</u>	Tickets	<u>0.88</u>
			36.88
Total Income	714.65	Blackout Cards purchased	7.25
Total Expenditure	<u>382.59</u>	Engraving of Trophies	2.21
		University "6" Refund	12.00
		Purchase of Finish Funnel	50.00
		Midland A.A.A. Affiliation Fee	<u>17.25</u>
Balance Available	<u>332.06</u>		326.53
		Sub Total	
		Other Items Outstanding	
		Payment to Raynet/ St. Johns	20.00
		Tea Urn Monies Reserved	<u>36.06</u>
			56.06
		TOTAL	<u>382.59</u>

WOULD YOU LOOK AFTER A TEAM FOR A RELAY RACE JOHN?

THAT INNOCENT QUESTION WAS HOW IT ALL STARTED, AND I THOUGHT "WELL, WHAT COULD BE DIFFICULT ABOUT THAT", SO I SAID YES. THEN I GOT THE DETAILS - THE RACE WAS AT FORT DUNLOP IN BIRMINGHAM, IT WAS ONE MILE PER LEG AND IT LASTED FOR 24 HOURS!! IAN LADBROOKE WHO HAD ASKED ME TOLD ME THE LIST OF TEAM MEMBERS WOULD BE AVAILABLE NEARER THE DATE.

WHEN I GOT THE TEAM LIST I LOOKED IT OVER AND DID SOME QUICK CHECKING. SOME WERE QUICK, SOME WERE KNOWN MARATHON/ENDURANCE MEN, NONE WERE WHAT COULD BE TERMED BLOWDACHES. THERE WERE FITNESS QUESTIONMARKS OVER SOME OF THEM DUE TO RECOVERY FROM INJURY BUT OVERALL I WAS REASSURED.

I NEVER DREAMT THAT WHAT WAS TO FOLLOW ON THE 26/26TH JUNE 1988 WAS POSSIBLE FOR THE TEAM, OF COURSE FOR ANY TEN MEN FROM NORTHEROCK.

FIRST LET ME LIST THE TEAM IN THE ORDER IN WHICH THEY RAN:-

1. TIM WRIGHT - FAST, BUT COULD HE LAST THE DISTANCE.
2. IAN LADBROOKE - FAST AND IN FORM SO NO PROBLEMS HERE.
3. RAY JONES - STEADY, EXPERIENCED AND WITH A STAYERS TEMPERAMENT.
4. PETE DAVIS - USED TO MARATHONS, DEPENDABLE WHEN IT GETS TOUGH.
5. GLYN PERRENS - A GOOD CLUB SUPPORTER IN THE TONY MURPHY mould, ALWAYS READY TO TURN OUT FOR THE CLUB. HE WAS LACKING FITNESS DUE TO A KNEE INJURY AND MIGHT NOT LAST THE COURSE.
6. DAVE HALFORD - I DIDN'T KNOW DAVE TOO WELL BUT HAD HEARD HE HAD RUN SOME GOOD MARATHONS SO HE SHOULD BE O.K.
7. JOHN GARDENER - ANOTHER SPEED MERCHANT BUT RECENTLY RECOVERED FROM ACHILLES TENDINITIS SO MAYBE LACKING FITNESS.
8. BOB ADAMS - NO DOUBTS HERE - BOB WOULD BE THERE TO THE END.
9. JASON NICHOLSON - FAST BUT SHORT OF TRAINING DUE TO TIME OFF FOR HIS EXAMS.
10. MARTIN HAPWICK - STEADY AS A ROCK AND AS HARD AS NAILS IF THE GOING GETS TOUGH - AGAIN NO DOUBTS THAT HE WOULD ANCHOR THE TEAM TO THE END.

WE TRAVELLED TO FORT DUNLOP BY CAR AND ON ARRIVAL WE PITCHED OUR TENTS AT THE TRACKSIDE TO PROVIDE SHELTER AND WARMTH AGAINST THE NIGHT OR BAD WEATHER. BAD WEATHER? THE SUN WAS BLAZING DOWN AND WHEN I CHECKED A THERMOMETER AT THE START/FINISH LINE IT WAS 84F!! I REGISTERED THE TEAM AND WE ALL GATHERED AT THE START TO WATCH THE FIRST RUNNERS SET OFF AT HIGH NOON. TIM WENT OFF LIKE A ROCKET AND I THOUGHT "CHRIST, IF HE KEEPS ON LIKE THAT HE'LL BE KNACKERED BY MID AFTERNOON". HE HANDED OVER IN FIRST PLACE AND AFTER THE FIRST 10 MILES WE WERE STILL IN SECOND PLACE. IT BECAME CLEAR THAT THE INITIAL IDEA OF DOING THIS FOR FUN, TAKING IT EASY AND JUST ATTEMPTING TO FINISH THE FULL 24 HOURS WAS OUT OF THE WINDOW - THEY WERE GOING TO TRY AND WIN!!

AFTER 20 MILES WE WERE IN THIRD PLACE BY ONE LAP (HALF A MILE) AND SO BEGAN A BATTLE WITH ROYAL BUTTON COLDFIELD A.C. (TWICE WINNERS OF THIS EVENT) THAT WAS TO LAST FOR ANOTHER 19 HOURS. AGAIN AND AGAIN THE LADS HAULED THEM BACK TO WITHIN 100 YARDS ONLY FOR ROYAL BUTTON TO MOUNT A COUNTER ATTACK AND PULL AWAY. THE TEAM WORKED TOGETHER TO KEEP GOING, SHARING FOOD AND DRINK, ENCOURAGING THOSE OUT RUNNING FROM THEIR VANTAGE POINT IN THE TENTS. WE HAD SETTLED INTO A RHYTHM WITH ONE RUNNER WAITING TO TAKE OVER, AND THE RUNNER JUST FINISHING THEN GOING TO CALL UP THE NEXT RUNNER ON THE LIST.

ALL WENT WELL FOR THE FIRST 3 HOURS AND THEN THE FIRST SIGNS OF THE HECTIC PACE BEGAN TO SHOW. JASON CAME AND ASKED FOR SOME PHYSIO ON HIS LEFT LEG AS THE HAMSTRINGS HAD BEGUN TO TIGHTEN UP. I DID THIS BEFORE EACH OF HIS RUNS AND HE MANAGED TO KEEP GOING UNTIL 12 HOURS WERE UP. THEN HIS RIGHT HIP BECAME PAINFUL AND HE AND I DECIDED THAT HE SHOULD MAKE HIS NEXT RUN HIS LAST. SO AFTER RUNNING 14 MILES AND HELPING THE TEAM PAST THE HALFWAY MARK I WITHDREW HIM FROM THE COMPETITION. GLYN HAD BEEN HAVING PROBLEMS WITH HIS BREATHING HAD SEEMED TO GET HIS 'SECOND WIND' AFTER THE HEAT OF THE DAY HAD DIED DOWN AND HE CONTINUED TO PLUG AWAY UNTIL 2 AM WHEN HE BEGAN TO SHOW SIGNS OF REAL DISTRESS. I KEPT AN EYE ON HIM FOR HIS NEXT FEW RUNS BUT AT 4 AM, HAVING RUN 17 MILES I TOLD HIM I WAS GOING TO WITHDRAW HIM FROM THE RACE. HE OFFERED TO CONTINUE UNTIL DAWN IN AN EFFORT TO KEEP THE TEAM IN CONTENTION BUT I FELT THAT HIS WELLBEING MUST COME FIRST, AND HE WAS 'RUNNING ON EMPTY'.

THE REMAINING TEAM MEMBERS, NOW GETTING LESS REST THAN BEFORE STARTED TO DIG DEEP INTO THEIR RESERVES AND STAYED WELL IN THE FIGHT UNTIL 8 AM WHEN RAY FINISHED HIS 22ND MILE. AS HE WALKED BACK TO THE REST AREA I COULD PLAINLY SEE THAT HE WAS NOW RUNNING ON INSTINCT AND GUTS ALONE. I TOLD HIM HE WAS FINISHED FOR THE DAY AND WITHDREW HIM FROM THE RACE. HIS EFFORT HAD HELPED STAVE OFF REPEATED EFFORTS BY ROYAL BUTTON TO PULL AWAY DURING THE HOURS OF DARKNESS.

THE SEVEN REMAINING TEAM MEMBERS NOW RUNNING WITH AN EVEN MORE REDUCED REST PERIOD CONTINUED TO CHASE FOR SECOND PLACE BUT AFTER I CHECKED THE LAP CHARTS I FOUND THAT WE WERE 21 MILES CLEAR OF FOURTH PLACE AND 1.5 MILES DOWN ON SECOND SO I TOLD THE LADS TO BEEF OFF AND MAINTAIN THEIR POSITION, WITH THE HOPE THAT WE COULD TRY DURING THE LAST HOUR TO OVERHAUL ROYAL BUTTON.

AS THE LAST HOUR DREW NEAR SOME OF THE LADS HAD GONE AND CHECKED THE LAP CHARTS AND RETURNED TO ANNOUNCE THAT THEY FELT WE COULD ACHIEVE A DISTANCE BY THE END THAT SEEMED INCREDIBLE CONSIDERING OUR ESTIMATES BEFORE THE START. SO BEGAN THE LAST HOUR WITH ALL THE NONE RUNNING TEAM MEMBERS, SUPPORTERS AND EVEN YOURS TRULY DASHING AROUND THE TRACK URGING THE TEAM ON. THE TIMES RECORDED DURING THAT LAST HOUR WERE REMARKABLE, AND WITH 3 MINUTES TO GO THEY GOT THE DISTANCE THEY WERE AIMING FOR - 240 MILES !! BOB ADAMS WAS THE LAST RUNNER AND MANAGED TO COVER 1002 YARDS BEFORE THE RACE ENDED.

WE HAD FINISHED THIRD AND THE FIRST THREE TEAMS HAD ALL EASILY SURPASSED LAST YEARS WINNING DISTANCE OF 131 MILES. THERE ONLY REMAINED THE PRESENTATION AT WHICH TIM AND JOHN GOT AWARDS FOR 2 OF THE FASTEST MILES RECORDED DURING THE EVENT, AND THE TEAM GOT A THIRD PLACE PRIZE.

IT WAS SUMMED UP BY ROYAL SUTTON WHEN THEY ADMITTED THAT WE HAD PRESSED THEM SO HARD FOR SO LONG THAT THEY HAD FEARED THEY WOULDN'T BE ABLE TO HOLD US OFF ON MANY OCCASIONS, AND FROM THINKING OF US AS A MICKEY MOUSE OUTFIT THEY NOW HAD RESPECT FOR US AND WOULD BE LOOKING OUT FOR US AT RACES IN THE FUTURE.

Twenty Four Hour Relay

The intrepid ten set off from the club at 10:10 together with coach John Cox and John Shuttleworth and the start of our support Ian Carter and Mary Gardner. After missing the turning for the sports ground we eventually found our destination tucked away behind Fort Dunlop building, a rather nice cricket ground.

The sun was out and it was bloody hot, those cans of lager looked very tempting but as planned we got on with the job at hand and set up the tents, registered the team and prepared for what was no doubt going to be a very long twenty four hours. Some of the lads obviously with more energy than sense decided to have a game of soccer before the start, Jason suffered later after straining his hamstring.

The race started at noon very much in the heat of the day, Tim Wright got us off to a cracking start with a 4:38 mile putting us in first place. Ian Ladbroke held on with a 5:03 to retain the lead, yes Northbrook were in front but only for two miles. Everyone was working very hard, the runners were providing vocal support to whoever went past in our vest (Jason gave unwanted support to the rather large women's team with some cutting comments) and Johns Cox and Shuttleworth were busy clocking each mile carefully.

The first "mad mile" was at 3.p.m. and won by a lad from Tunbridge Wells in 5:04 not far in front of John Gardner (5:09) Tim Wright (5:10) and Ian Ladbroke (5:11). I'm sure that one of us would have had it if we'd known it was going to be that slow!

Late in the afternoon and the rabble arrived, Rob and Mark demanding beer and food. Young Darren, Ray's son was already half drowned in lager and was quite happily sunning it on the grass while his dad was running consecutive sub 6 miles. As the beer went down the support got louder and the noises from Northbrook resembled those heard during the winter downhill skiing series.

At 9.p.m. Tim decided to go for the mad mile (these were held every six hours) and with a scorching 4:43 won easily, the rest of the team were still going well with six members running constant sub 6's and the rest very close to 6. The rabble decided at 11:30 p.m. to get curries and duly arrived back to make even more noise and a revolting smell, the company and support, however was much appreciated, especially shortly after half way when it started to rain. At this point we were still going well only half a mile behind second place and a mile behind the leaders, not bad after twelve hours and 125 miles. As the rain increased most of us sought shelter in the pavilion and deserted the tents, around this point Jason eventually succumbed to his bad leg after fourteen very brave miles.

At 3.a.m. John Gardner decided to have a crack at the murder mile and no one got near to his 5:02. Glyn was next to fail, again suffering from a long lasting injury but had also done superbly completing seventeen miles of gutsy running.

The track was now very wet with surface water causing problems at the corners, however our intrepid crew continued to bang out fast miles egged on by Bob Awcock (the early riser) and a seemingly untiring Martin Warwick who was still trying to crack six minutes even on his last mile.

At about 8.a.m. Ray Jones who had been getting more and more tired staggered into the clubhouse after his 22nd mile and we were down to seven runners, again his contribution was superb and much appreciated, some of the members of the club who reckoned that they couldn't do an event like this should take notice of Ray's efforts (not bad for a vet!!)

Karen and Wendy arrived at an amazingly early 8:15 having got up at a most unearthly hour, this meant that Pete Davis and I were going to get much stick if we didn't try hard. Pete and Dave "Linford" Halford had entertained us with a dazzling display of clothing (Pete) and sprint starts (Dave, hence the nickname.)

At just before 11.a.m. it stopped raining, we passed 230 miles (we originally aimed for 220) and we felt that 240 and sub 6's overall was on. Everyone buckled down to the task and at 11:28 we passed 235, the next five miles were amazing after so much effort:

Tim Wright	5:10
Ian Ladbroke	5:13
Pete Davis	6:01
Dave Halford	6:06
John Gardner	5:14

We'd done it 240 and a very knackered Bob Adams trotted round a further 1020 yards to round things off. Bob, who had the original idea and who had been cursed by most of us at least once during the event had done a great job in getting us organised, we all felt a little apprehensive beforehand but afterwards we were united in our verdict that we would be back next year if the event is held, Ray suggests we get a vets team out as well and later that night at the Windmill after several pints of County it was suggested that we try to recruit wives, girlfriends e.t.c. to put a womens team in, what do you think? Let us know.

It had been a truly memorable weekend with some brilliant times, thanks from all the team to the helpers especially John Cox and John Shuttleworth for their twenty four hour support and encouragement.

Ian Ladbroke.

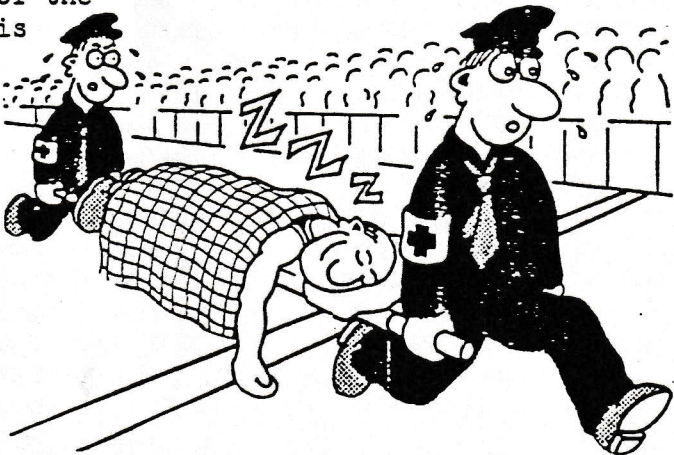
Twenty Four Hour Race - Statistics

<u>Mile</u>	<u>801</u>	<u>802</u>	<u>803</u>	<u>804</u>	<u>805</u>	<u>806</u>	<u>807</u>	<u>808</u>	<u>809</u>	<u>810</u>	<u>Miles</u>	<u>Time</u>	<u>Average</u>
1	4:38	9:41	15:25	21:22	28:05	33:49	38:51	44:47	50:25	56:30	10	56:30	5:39
	4:38	5:03	5:44	5:57	6:43	5:44	5:02	5:56	5:38	6:05			
2	1:01:33	1:07:00	1:12:43	1:18:38	1:25:01	1:30:43	1:36:03	1:41:32	1:47:33	1:53:51	10	57:21	5:44
	5:03	5:27	5:43	5:55	6:23	5:42	5:20	5:29	6:01	6:18			
3	1:58:48	2:04:18	2:10:03	2:15:58	2:22:36	2:28:20	2:33:36	2:39:03	2:44:56	2:51:17	10	57:26	5:45
	4:57	5:30	5:45	5:55	6:38	5:44	5:16	5:27	5:53	6:21			
4	2:56:13	3:01:34	3:07:24	3:13:16	3:19:56	3:25:38	3:30:52	3:36:29	3:42:21	3:48:31	10	57:14	5:43
	4:56	5:21	5:50	5:52	6:40	5:42	5:14	5:37	5:52	6:10			
5	3:53:41	3:58:52	4:04:40	4:10:28	4:16:57	4:22:38	4:27:47	4:33:10	4:39:11	4:45:32	10	57:01	5:42
	5:10	5:11	5:48	5:48	6:29	5:41	5:09	5:23	6:01	6:21			
6	4:50:23	4:55:46	5:01:33	5:07:19	5:13:39	5:19:16	5:24:21	5:29:49	5:35:44	5:41:57	10	56:25	5:39
	4:51	5:23	5:47	5:46	6:20	5:37	5:05	5:28	5:55	6:13			
7	5:46:50	5:52:10	5:58:01	6:03:59	6:10:31	6:16:11	6:21:27	6:26:54	6:33:15	6:39:24	10	57:27	5:45
	4:53	5:20	5:51	5:58	6:32	5:40	5:16	5:27	6:21	6:09			
8	6:44:39	6:50:00	6:55:57	7:01:48	7:08:32	7:14:14	7:19:37	7:25:17	7:31:43	7:38:08	10	58:44	5:52
	5:15	5:21	5:57	5:51	6:44	5:42	5:23	5:40	6:26	6:25			
9	7:43:03	7:48:19	7:54:08	8:00:03	8:06:32	8:12:22	8:17:40	8:23:07	8:29:26	8:35:43	10	57:35	5:45
	4:55	5:16	5:49	5:55	6:29	5:50	5:18	5:27	6:19	6:17			
10	8:41:02	8:46:24	8:52:17	8:58:14	9:04:43	9:10:39	9:15:41	9:21:17	9:27:27	9:33:46	10	58:03	5:48
	5:19	5:22	5:53	5:57	6:28	5:56	5:02	5:36	6:10	6:19			
11	9:38:29	9:44:08	9:50:06	9:56:00	10:02:44	10:08:55	10:14:21	10:19:52	10:26:23	10:32:59	10	59:13	5:55
	4:43	5:39	5:58	5:54	6:44	6:11	5:26	5:31	6:31	6:36			
12	10:38:15	10:43:51	10:50:10	10:56:16	11:03:03	11:09:20	11:14:47	11:20:30	11:26:56	11:33:13	10	60:14	6:01
	5:16	5:36	6:19	6:06	6:47	6:17	5:27	5:43	6:26	6:17			
13	11:38:14	11:43:50	11:50:14	11:56:21	12:03:07	12:09:31	12:15:03	12:20:39	12:27:52	12:34:21	10	61:08	6:07
	5:01	5:36	6:24	6:07	6:46	6:24	5:32	5:36	7:13	6:29			
14	12:39:29	12:44:59	12:51:22	12:57:23	13:04:10	13:10:29	13:15:53	13:21:41	13:29:44	13:36:06	10	61:45	6:10
	5:08	5:30	6:23	6:01	6:47	6:19	5:24	5:48	8:03	6:22			
15	13:41:25	13:47:01	13:53:30	13:59:42	14:07:01	14:13:14	14:18:51	14:24:37		14:31:16	9	55:10	6:08
	5:19	5:36	6:29	6:12	7:19	6:13	5:37	5:46		6:39			
16	14:36:35	14:42:09	14:48:39	14:54:57	15:03:40	15:10:05	15:15:05	15:20:55		15:27:41	9	56:25	6:16
	5:19	5:34	6:30	6:18	8:43	6:25	5:00	5:50		6:46			
17	15:32:53	15:38:32	15:45:37	15:51:48	16:00:36	16:07:23	16:13:31	16:19:33		16:25:16	9	57:35	6:24
	5:12	5:39	7:05	6:11	8:48	6:47	6:08	6:02		6:43			
18	16:31:31	16:37:14	16:44:38	16:50:53		16:57:32	17:03:15	17:09:23		17:16:14	8	50:58	6:22
	5:15	5:43	7:24	6:15		6:39	5:43	6:08		6:51			
19	17:21:37	17:27:18	17:34:43	17:41:04		17:47:43	17:53:29	17:59:35		18:06:14	8	50:00	6:15
	5:23	5:41	7:25	6:21		6:39	5:46	6:06		6:39			
20	18:11:34	18:17:02	18:24:18	18:30:27		18:36:59	18:43:08	18:49:05		18:55:49	8	49:35	6:12
	5:20	5:28	7:16	6:09		6:32	6:09	5:57		6:44			
21	19:01:21	19:06:47	19:14:34	19:20:59		19:27:33	19:33:45	19:39:41		19:46:14	8	50:25	6:18
	5:32	5:26	7:47	6:25		6:34	6:12	5:56		6:33			
22	19:51:39	19:57:11	20:05:20	20:11:37		20:18:06	20:23:43	20:29:31		20:35:56	8	49:42	6:13
	5:25	5:32	8:09	6:17		6:29	5:37	5:48		6:25			
23	20:41:32	20:47:11		20:53:35		21:00:01	21:05:30	21:11:35		21:18:09	7	42:13	6:02
	5:36	5:39		6:24		6:26	5:29	6:05		6:34			
24	21:23:58	21:29:37		21:36:26		21:43:00	21:49:27	21:55:41		22:02:11	7	44:02	6:17
	5:49	5:39		6:49		6:34	6:27	6:14		6:30			
25	22:08:09	22:13:47		22:20:19		22:26:46	22:33:03	22:39:19		22:46:03	7	43:52	6:16
	5:58	5:38		6:32		6:27	6:17	6:16		6:44			
26	22:51:45	22:57:20		23:03:46		23:09:59	23:16:16	23:22:29		23:28:52	7	42:49	6:07
	5:42	5:35		6:26		6:13	6:17	6:13		6:23			
27	23:34:02	23:39:15		23:45:21		23:51:22	23:56:36	(1020 yds)			5.6	31:08	5:34
	5:10	5:13		6:06		6:01	5:14	3:24					
Time	2:21:05	2:27:58	2:21:16	2:45:27	1:57:20	2:46:28	2:29:50	2:33:54	1:28:49	2:47:53			
Distance	27	27	22	27	17	27	27	26.6	14	26			
Average	5:14	5:29	6:25	6:08	6:54	6:10	5:33	5:47	6:21	6:27			

DERBY RAMATHON

Since I fractured my knee the week prior to "London", it has been a six week period of pain and frustration, more so, as I had already laid down a pretty heavy commitment for May. However, it was a case of champing at the bit, and making the best of a bad job. As the weeks passed, I felt I had to set myself a goal - something to aim for. I had already booked places for Joyce and I in the Derby, - so what the hell - that was to be the target.

May 22nd dawned bright. Weather forecast - hot... We arrived at our destination, and in due course changed and moved to the start area. It was a great feeling to be back in running gear, and even if I did not feel the part, at least I looked it. With two minutes to go, I decided that the three mile mark would be my make or break point - would I be able to carry on, or would it be a graceful exit and return to the start - after all, my leg had only been out of plaster a week, and there had obviously been no road work for quite a spell. A whistle blew and I was committed. I had already told Joyce to "do her own thing" as no way was I going to run in the true sense of the word, it would be merely be a case of getting to the finish - perhaps even on the same day.... A shambling half jog, and with the first mile gone, I actually thought I might make it. 2 Mile marker, and still no real problems and shortly afterwards came a feeding station. I didn't know at the time but that was the 3 mile stage - my make or break point, and I went through still feeling O.K. although not making any great headway. Five miles, and the leg was complaining that enoughs enough - "sod it", I won't pack up. Despite my pleas, Joyce had stayed back with me, probably to pick up the pieces if I fell down, and I must say I was grateful for her moral support. Near the halfway stage, and I was reduced to, and accepted the fact, that I would be walking the rest of the way. I had visions of the finish looking a bit like this



what with the heat and a knackered leg, but I was pleasantly surprised to find that there were still people behind us. After all, I had resigned myself to the dubious honour of being the last to finish.

The crowd support along the route was great, even for us tail enders, and I began to get a bit of a lift to the old moral. With the stadium now in sight, we were actually overtaking others, and we got quite a reception as we hit the track to the finish line. The time was immaterial (it took me $2\frac{1}{2}$ hours) but at least I had completed the distance, which I must admit I hadn't expected to do. I was pleased that Joyce didn't finish empty handed - with a possible P.B. well within her reach, she stuck with me all the way round, and was rewarded with a spot prize of £10 as she crossed the line. As a point of humanity, at the 12 mile stage a guy outside a pub held out a pint of bitter to me - and I took it.....