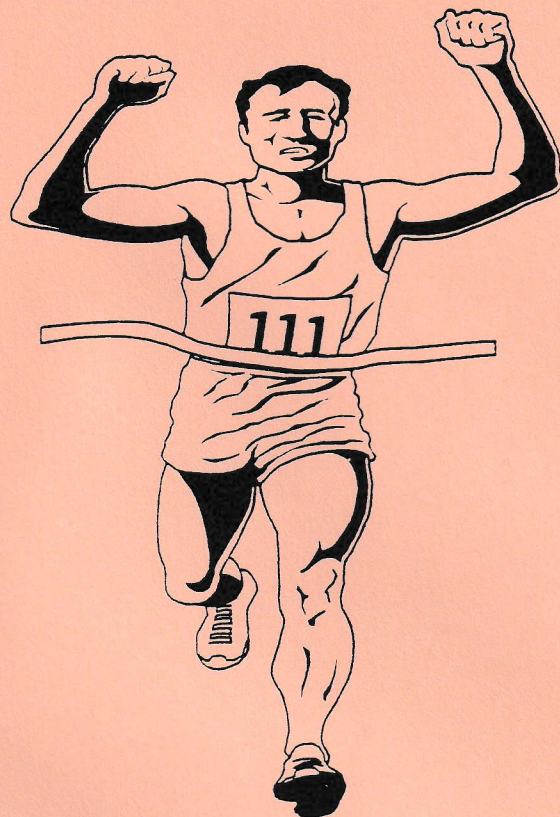


 Northbrook AC, Coventry Sponsored by
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**NORTHBROOK A.C.
NEWSLETTER**

The thoughts of a non-runner.

On a personal note, its becoming a recurring theme - you know, mid-summer (although you'd never guess from the weather), nice long evenings and an injury. No wonder Dawn can afford to go to Hawaii !

Never mind, I'll try to use this enforced break to improve my cycling technique.

The past few weeks have been fairly busy for the club, and there have been some very encouraging performances. There was an excellent turnout at the May Day 5 mile race (held in my front garden). It was great to see so many club jackets on show, and there was some pretty impressive running from the club members, especially from the resurgent Gary Thomas and the club's 'new find' ,Ian Burgoyne. The ladies were also very much in evidence, and I'm sure that they will have consolidated their position at the head of the Warwickshire Road Race league.

A couple of weeks later there was the 'Old Boys relay' at Sutton Park, and once again the club ran really well. It was just unfortunate that the standard was so high - I didn't realise that you could push a zimmerframe so fast! Anyway, the team managed to finish in the top 40 (out of 75 teams), and we certainly won the prize for the noisiest club of the day (no change there, then) . The sight of Mick giving his all to try and beat Paul's time had us all cheering and shouting, much to the bemusement of the other , slightly more civilised teams.

Everyone who ran seemed to enjoy themselves at the Hilly 100 relay (hopefully, Mr French has recovered from falling off my bike - I'll put the stabilisers on next year, Tony!).

The 'A' team were in the lead early on, but they eventually settled for a solid 4th place finish. The 'B' team also ran well, with Gary Thomas enjoying himself so much that he decided to add on an extra mile to his leg.

Well done to John Bird, for ruling the 'A' team with an iron rod, and I'm sure that they would like me to thank Bob 'Lance Armstrong' Awcock, who guided them around the whole 100 mile circuit.

I'd also like to mention the excellent turnout at the Rowheath 5k race- to get 17 members to travel over to Birmingham on a wet Thursday night for a 3 mile run was very good. It was also encouraging to see so many Northbrook vests towards the front of the field, ably led home by the ever improving Mr Kelly (54!). Ian continues to improve, and the sprint finish between Gary and Daniel really had the crowd on their feet (all 5 of us!).

Well done also to the ladies, especially Catherina, who seems to be able to run fast and smile at the same time (a bit like Mark Baker!).

You might wish to know that Paul Kelly has been voted club runner of the month (no cash prize, I'm afraid).

The next big event is the Powergen 5 mile race on 26th june- I'm sure we'll have a good turnout for that one.

Finally, just a reminder that the Fun Run is on Sunday 14th July- I know I can rely upon your support to ensure that the event is a success.

Enjoy your running.

BOB

Welcome to another edition of the Northbrook Newsletter.

A lot of races have taken place since the last edition, hopefully most times have been included in this edition.

The report from National XC Championship featured in the magazine comes from "Runners World". Any of you that were there will certainly agree with the comments.

Congratulations to all those runners who competed in Paris and London Marathons - a report follows inside from Tom Gillon.

Races come thick and fast during the Summer, hence a structured training regime has been hard to organise for Wednesday or Monday nights, but hopefully we can target the Autumn 10 milers and Half marathons.

Keep on running!

Gareth

The View From English National Cross Country Championships

at Ashton Court Estate, Bristol on Saturday 23rd February 2002

Full results at: <http://www.race-results.co.uk/results/2002/natxc02.htm>

PROVISIONAL RESULTS

Senior Women

385 runners winning time:

1 L Yelling Bedford & County AC 27:36

Conditions: Sunny and Windy

Northbrook results:

169 H Forrester 36:16

244 A Giehl 38:31

267 S McNaney 39:20

312 J Neville 41:37

357 A Roebuck 45:23

39 teams completed.

34 Northbrook AC 977 points

166 H Forrester

241 A Giehl

263 S McNaney

307 J Neville

Senior Men

1220 runners winning time:

1 S Haughian Windsor Slough Eton & Hounslow 39:26

Conditions: Hail, Windy and very cold

Northbrook Results

285 R Barry 46:42

411 M O'Shea 48:09

517 R French 49:46

572 D Grose 50:28

591 C Banks 50:42

640 T Gillon 51:14

753 M Baker 52:48

821 G Knight 54:09

876 B Adams 54:57

883 R Vaughan 55:06

1090 T French 1:01:27

1135 Terry Wilson 1:03:44

92 Teams completed

50 Northbrook AC 3016 points

285 R Barry

411 M O'Shea

517 R French

572 D Grose

591 C Banks

640 T Gillon

CRITICAL CONDITIONS

A report from Runners World on the 2002 National XC

The consensus was that Bristol witnessed the worst 'National' weather conditions since the famed 1972 event at Sutton Coldfield when rumour has it that even two Eskimos failed to finish because of the snow.

Initially, conditions didn't seem too bad 30 years later, as close to 1300 senior male runners charged along the start of a 12k journey around the firm grassland of the Ashton Court Estate into a strong, biting wind. After the customary discomfort of the mad rush at the start subsided, I began to move through the field, and once again relished taking part in an event that has an atmosphere that only the Flora London Marathon or Great North Run can come close to matching. Then the weather changed dramatically.

As I was knocked sideways by hail, snow, sleet and icy gale-force blasts, I forlornly remembered that only a few years earlier I had promised myself that I would give up on the National to focus on Veteran-only competitions. How I wished I had remembered that before boarding the train to Bristol. As I entered the last lap, I had already lost control of my hands, arms and mouth and was struggling to maintain the will to live. Somehow my legs kept going, even sprinting past other frozen souls in the last 200 metres. As I shivered uncontrollably in what was the 'changing area' (a non-too-large tent perched on the grass on top of a hill) a few minutes after the finish, part of me -although not my frozen extremities - was glad that I had been persuaded to be part of my club's strongest-ever team at the National.

I later discovered that I had achieved a positional PB by 100 places, which while it may have been down more to the dropping standards and icy winds, seems a good way to bow out of an event that I first ran in 1975. But then again, next year's race will be held at Parliament Hill - one of my favourite courses.

Steve Smythe

Cross Country

Year	Mens	Ladies
2001/2	Results to date	Results to date
2000/1	Last Year	Last Year

Birmingham and District, Division 3 2001/2

Rob Barry - Northbrook, 3rd overall individual well done Rob



Race 1

Senneleys Park
Birmingham
3th November

[Magazine Robs view on Senneleys \(html .pdf\)](#)

Winner Rob Barry - Northbrook

1 [Rob Barry](#), 38m32s [p2.p3.p4](#)
5 [Mick O'Shea](#), 39m16s [p1](#)
13 Paul Kelly, 40m27s
46 [Kolyn Banks](#) 42m36s
59 Vinny 43m34s
63 Pete Austin 43m42s
68 Jon Guest 43m56s
77 Rich O'Shea 44m36s
81 Daniel Grose 44m53s
92 Tom Gillon 45m31s
109 [Alex Marshall](#) 46m47s
110 Mark Baker 46m51s

111 [Tim Wright](#) 47m00s
113 [Gareth Knight](#) 47m02s
115 [Con McHugh](#) 47m04s
123 [Paul Lawlor](#) 47m30s
134 [Richard Vaughan](#) 49m06s
159 Andy Houston 53m33s
166 Terry Wilson 54m29s
169 [Tony French](#) 55m31s

Race 2

Coundon Park
Northbrook AC
2nd December

[individual \(.pdf\)](#)
[team \(.pdf\)](#)

2 Rob Barry, 36m23s
9 Mick O'Shea, 37m47s
30 Paul Kelly 39m27s
39 Kolyn Banks 40m05s
44 Pete Austin 40m22s
64 Rich O'Shea 41m07s
77 Rich French 42m03s
80 Jon Guest 42m21s
87 Chris Leeson 42m43s
100 Gary Thomas 43m41s
102 Tom Jordan 43m50s
103 Tom Gillon 43m51s
105 Dan Mchugh 43m56s
109 Mark Baker 44m06s
116 Con McHugh 44m19s
119 Paul Lawlor 44m28s
120 Gareth Knight 44m28s
129 Richard Vaughan 45m38s
153 Dennis Carey 47m41s
156 Eddie Simmonds 48m13s
157 Ian Carter 48m21s
158 Glyn Perrins 48m25s
168 Tony French 50m11s
179 Ingle Corbett 52m53s

Race 3

Princethorpe
Rugby AC
January 12th

[individual \(.pdf\)](#)
[team \(.pdf\)](#)

7 Rob Barry
23 Mick O'Shea
54 Kolyn Banks
62 Pete Austin
63 Rich French
65 Mark Baker
70 Daniel Grose
82 Tim Wright
88 Tom Gillon
91 Paul Lawlor
92 Alex Marshall
96 Con McHugh
99 Richard Vaughan
114 Bob Adams
126 Tom Jordan
136 Dennis Carey
142 Eddie Simmonds
164 Ingle Corbett
169 Tony French

Race 4

Malvern
Gloucester AC
16th March

[Overall results \(.pdf\)](#)
[individual results \(.pdf\)](#)
[individual team results \(.pdf\)](#)
[Photos \(.html\)](#)

14 Mick O'Shea
45 Rich O'Shea
49 Rich French
55 Kolyn Banks
56 Pete Austin
66 Tim Wright
72 Mark Baker
77 Gareth Knight
84 Dan McHugh
105 Tom Gillon
111 Con McHugh
112 Bob Adams
115 Eddie Simmonds
139 John Bird
149 Tony French
150 Glyn Perrins
DNF:
Daniel Brose
Paul Lawlor

Team Race 1

Race 2

Race 3

Race 4

	Rugby 102	Rugby 100	Worcester 133	Wolverhampton & Bilston 95
	Worcester 141	Gloucester 146	Rugby 145	Worcester 111
	Gloucester 160	Worcester 182	Wolverhampton & Bilston 148	Rugby 124
	Northbrook 187	Northbrook 188	Gloucester 163	Dudley and Stourbridge 206
	Newcastle 226	Warwick University 223	Kenilworth 167	Newcastle 215
	Dudley and Stourbridge 226	Dudley and Stourbridge 256	Dudley and Stourbridge 200	Gloucester 266
A Team	Kenilworth 239	Wolverhampton & Bilston 259	Northbrook 274	Stourbridge 281
	Royal Sutton Coldfield 267	Centurion 312	Warwick University 282	Northbrook 288
	Warwick University 309	Newcastle 317	Royal Sutton Coldfield 283	Centurion 293
	Centurion 336	Royal Sutton Coldfield 351	Stourbridge 291	Warwick University 298
	Sphinx 350	Sphinx 362	Centurion 325	Royal Sutton Coldfield 344
	Stourbridge 405	Kenilworth 374	Newcastle 422	Kenilworth 412
	Wolverhampton & Bilston 416	Stourbridge 444	Sphinx 456	Sphinx 473
			Rugby 515	
			Northbrook 519	Worcester 420
			Gloucester 552	Rugby 540
			Worcester 623	Northbrook 561
B Team			Dudley and Stourbridge 650	Wolverhampton & Bilston 577
			Kenilworth 709	Centurion 615
			Wolverhampton & Bilston 760	
			Sphinx 804	

Overall League Position

Team Race 1

Race 2

Race 3

Race 4

	Rugby 102	Rugby 202	Rugby 347	Rugby 410
	Worcester 141	Gloucester 306	Worcester 456	Worcester 567
	Gloucester 160	Worcester 323	Gloucester 469	Gloucester 735
	Northbrook 187	Northbrook 375	Northbrook 649	Dudley and Stourbridge 888
	Newcastle 226	Dudley and Stourbridge 482	Dudley and Stourbridge 682	Wolverhampton & Bilston 917
	Dudley and Stourbridge 226	Warwick University 532	Kenilworth 778	Northbrook 937
A Team	Kenilworth 239	Newcastle 543	Warwick University 814	Warwick University 1112
	Royal Sutton Coldfield 267	Kenilworth 613	Wolverhampton & Bilston 822	Newcastle 1189
	Warwick University 309	Royal Sutton Coldfield 618	Royal Sutton Coldfield 911	Kenilworth 1197
	Centurion 336	Centurion 648	Newcastle 964	Royal Sutton Coldfield 1255
	Sphinx 350	Sphinx 712	Centurion 971	Centurion 1264
	Stourbridge 405	Wolverhampton & Bilston 712	Sphinx 1136	Stourbridge 1417
	Wolverhampton & Bilston 416	Stourbridge 849	Stourbridge 1165	Sphinx 1638
				Worcester 2006
			Rugby 1559	Rugby 2069
B Team			Worcester 1586	Northbrook 2172
			Northbrook 1611	Wolverhampton & Bilston 3138

REPORT ON THE PARIS MARATHON

All the training had indicated a sub 3 hour time for the marathon, now I would find out. On the start line with Daniel (fussing over his shoes - he has a thing about shoes) I made my final race preparation:

- i) Check trainers are not too tight or indeed too loose
- ii) Finish energy drink, always Lucozade
- iii) Refill empty Lucozade bottle, with bodies' own waste.
- iv) Hand bottle to some French bloke next to me and ask him to pass it towards the edge, hoping that no-one takes a quick swig.

The barriers are removed and I move forward towards the start line. Fun sounds, shouts from the runners and we all start to run. A hand on my back urging me on faster, faster. How can I run faster is beyond me, the runner in front can't move yet. The pace increases. Daniel moves off through the crowd never to be seen again by myself or our supports around the course. The pace picks up and I find some space to run in, just getting in to my stride when a voice from behind starts abusing me (Dawn). I try desperately to explain that it wasn't my fault that we did not meet as arranged, while still trying to maintain the ever increasing pace. After five or six miles I give up, a lost cause at the moment. Dawn and I run together for a while and I start to ponder the prospect that I might beat Dawn for the first time ever in a race. With this in mind I increase the pace and will not see Dawn again until the 30k mark.

Slowly, I caught the sub 3 hour pace men and slowed to their pace, it wasn't that much slower. The first drinks station was upon me before I knew it. Located on the left-hand side of the road, on a roundabout so one could not see it properly. As runners came upon the water station they en-mass move from the right-hand side of the road to the left-hand side and almost came to a stop right in front of me - thanks guys! I snatched a drink and ran on. A kicked heel, a water bottle hitting the side of my leg, a runner falling over and having to almost jump him, runners cutting me up, runners stopping in front of me, all in all an average marathon race.

The first energy drink's station was superbly organised, located after the second or was it the third? Meaning that when a runner took water and then started to run again, they had to stop again to obtain an energy drink, which could not be consumed on the run, because with brilliant french consideration for the athletes, the drinks were provided in cups and not in bottles or sachets. First energy drink consumed, the pace quickly returned to the sub 3 I had trained for.

The KS (miles to you lot still living in the past) passed and I realised

that to maintain the pace and therefore my predicted time I would need extra energy drinks, (the french stuff's crap) in the form of Lucozade. The half way mark appeared and I was bang on time for my sub 3. "Come on Tom, (a shout from my energy drink), brilliant running, brilliant running", feeling tired and knowing that I'm going to need Lucozade, I move towards the drink. Holding out my hand with anticipation, I receive a handshake from Loretto. Handshake!, bloody handshake, I don't want a handshake. Crushed, rejected, shattered, totally pissed off I run on towards pain, pain and despair.

Approaching the 30k, a voice from behind (Dawn). "Hi Tom, you struggling as much as me?" Me struggling! -Thanks Dawn, I really needed to be told that with only 12 long lonely kilometres to go. However some words of encouragement "just keep running, just keep running" Dawn said and so I did. Down the underpasses, long and dark with hills at the far ends and each underpass longer, darker and steeper than the previous one. As I ran on, I lose sight of Dawn as she increased her pace and disappeared ahead of me.

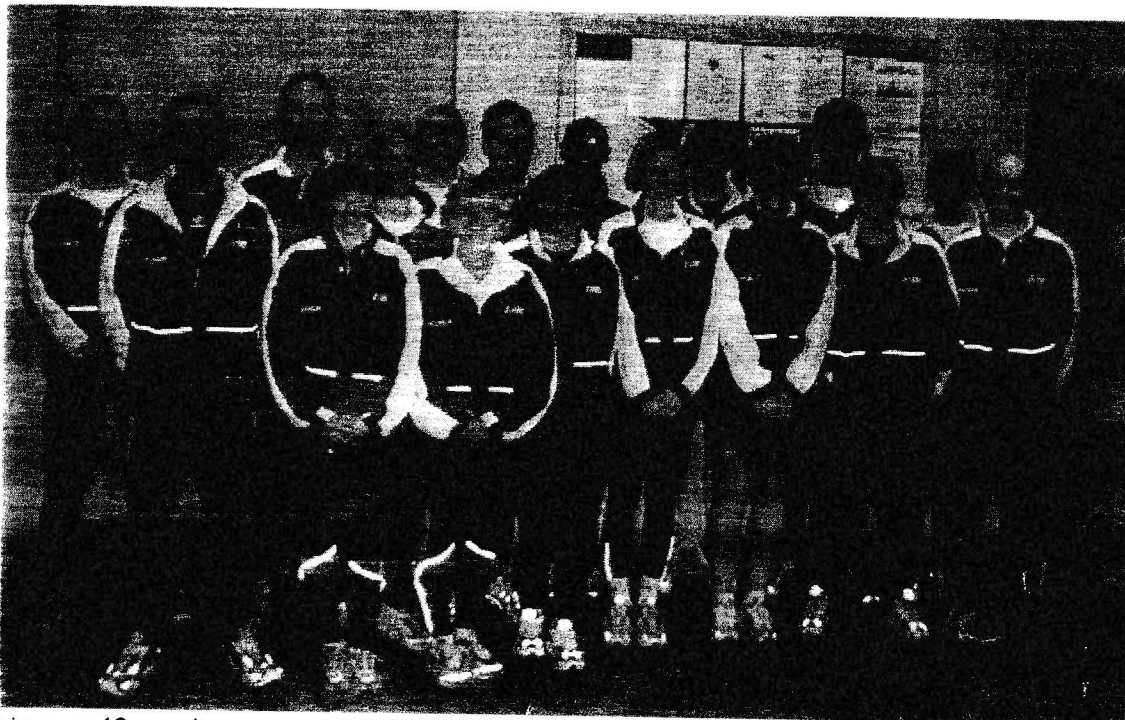
32k, just 10 to go, and then the WALL. Smash straight in to it, I start running backwards with every forward step. Pain in the legs, pain in the arms, pain in the neck. Feet on fire, just keep running slower and slower. Predicted time goes out of the window, just keep running - thanks Dawn. Take a drink, just keep running. Runners passing me both left and right, some fast, some slow, but all still passing. A young lady passes me slowly. Nice legs. Oh nice arse. I increase the pace trying to enjoy the view, it's not long before fatigue reminds me of it's presence and I slow to a more comfortable pace. Concentrate, just keep running, nice arse is too fast for me to keep up with, shame I have no choice but to let her go. Just keep running. 40k, I can still do a PB, just keep running, and try to increase the pace. Legs screaming at me to stop, arms refusing to lift, feet burning, mind over matter now, just keep running. 41k and a last big effort increase paces fight the fatigue, ignore the pain all over my body a PB still achievable.

The finish came and went, no great feeling of achievement too tired. A medal in a plastic bag, gee thanks. Drinks, food, space blanket, and a friendly voice from behind (Dawn). Did I beat her, did I xxxxxx!

Report by Tom Gillon.

Northbrook AC April 2002 Marathon Runners

Team Photograph



This year 19 members are competing in 2 marathons. Richard Vaughan, Daniel Grose, Paul Lawlor, Sarah Edkins, Richard French, Tom Gillon, Sylvia Guthrie, Mark Baker, Dawn O'Shea, Gareth Knight, Sarah McNaney, Tony MacNess, Sharon Thomson, Graham Cram, Helen Forester, Tony French, Alan Jones. Missing from the photograph is Andrea Giehl, Andy Walker

Paris Marathon 7/4/2



Paris Marathon

Name, Position	Number., Official Time, Starting Time, Finish Time	Real Time
Daniel Grose, 1225	8061 02:59:13 09:00:44 11:59:09	02:58:25
Dawn O'Shea, 2712	8063, 03:13:42 09:00:41 12:13:38	03:12:57
Tom Gillon, 2848	8064 03:14:25 09:00:45 12:14:21	03:13:35
Richard Vaughan, 6101	8035 03:33:15 09:01:00 12:33:11	03:32:11
Claire Harrison, 7146	15874 03:38:08 09:00:59 12:38:04	03:37:04
Andrea Giehl, 9942	36180 03:50:14 09:05:00 12:50:10	03:45:09
Helen Forester, 9793	23584 03:49:36 09:03:55 12:49:32	03:45:37
Gareth Knight, 9729	18674 03:49:19 09:01:36 12:49:15	03:47:38
Graham Cramp, 9533	8098 03:48:22 09:01:02 12:48:18	03:47:16
Tony French, 12900	15654 04:02:55 09:00:42 13:02:51	04:02:09
Sarah Edkins, 9265	33963 04:34:41 09:03:47 13:34:37	04:30:49

Under sunny conditions, the 26th Paris Marathon has been an extraordinary success, marked by three amazing achievements.

Men Race

Today winner, 25-year-old Frenchman Benoît Zwierchlewski, nicknamed Benoît Z., after many serious injuries, is at last rewarded for the great sacrifices he made. He could have established the new record of the Paris Marathon, but he arrived seven seconds too late. Not a problem: Benoît Z. is a promising talent and could become a star of the International Marathon. Behind him, the Estonian Pavel Loskutov @35" and the Italian Migido Bourifa have defeated the contenders of the race, the likes of Moses Tanui who gave up at the Km-25 mark.

Woman Race

The Woman Race was very exciting, with a new record and an international line-up. Winner in 200, the Belgian Marleen Renders has run alone all race long, establishing a new record in 2:23:04. Behind Renders, Matsuoka finishes second (@ 1'28") and Kiplagat third (@ 2'24"). As for the French Champion, Chantal Dallenbach, fourth, she establishes a new French record in 2:28:26 ; the previous one has been detained by

Maria Lelut-Rebello for twenty years (2:29:04).

11:36 - Less than Three Hours

More than 1.300 people covered the 42.195 km in less than three hours, which is a new world record in the Marathon history. Well done, guys!

London Marathon

<http://www.london-marathon.co.uk/>

<http://www.thetimes.co.uk/>

Name	Place	Number	Time
R. French	865	626	2:56:25
M 33			
M. Baker	1572	50340	3:05:20
M37			
P. Lawlor	2134	23035	3:10:46
M 42			
A. Mackness	4586		3:28:27
5458 M 45			
A. Jones	7555		3:43:39
37545 M 47			
J. Wilkinson	6688		3:39:50
50547 F 39			
A. Walker	9177		3:50:05
21700 M 39			
S. McNaney	12927		4:03:47
23034 F 42			
S. Guthrie	14245		4:09:25
11900 F 51			
S. Thomspen	22732		4:42:41
9284 F 31			

Men

1	00002	KHANNOUCHI, KHALID (USA)	M18	2:05:38
2	00011	TERGAT, PAUL (KEN)	M18	2:05:48
3	00010	GBRSELASSIE, HAILE (ETH)	M18	2:06:35

Women

1	00111	RADCLIFFE, PAULA (GBR)	W18	2:18:56
2	00103	ZAKHAROVA, SVETLANA (RUS)	W18	2:22:31
3	00106	PETROVA, LYUDMILA (RUS)	W18	2:22:33

NORTHBROOK ON THE RUN

Nine members of Northbrook Athletic Club ran 26 miles on a running machine in Cannon Park Shopping Centre on Saturday 20th March.

The runners ran from 10am till 4pm doing 30 minutes turns, we also had a volunteer runner, Derek Morley who had entered the London Marathon to raise money for Children with Leukaemia.

The Northbrook runners taking part were: Tony Mackness, Julie Neville, Rob Sharratt, Sarah Edkins, Maria Murphy, Richard Hands, Angela Curtis, Alan Jones, Sylvia Guthrie. Their magnificent effort raised £576.00 for The Tiny Tim centre in Coventry which provides remedial treatments for disabled children.

Each runner received an easter egg after their run to top up their energy levels. Many thanks to you all.

Sylvia Guthrie



FITNESS QUERIES

WHY DO MY MUSCLES ACHE AFTER I'VE BEEN FOR A RUN?

This is the result of damage done to the muscles on a cellular level, which can linger on for up to 48 hours. If they're stiff, have a hot bath, stretch and gently massage them, but stop at the first sign of pain. "You have to warm up and warm down religiously, especially if you're trying out a new type of exercise or you haven't exercised in a while" says Jonathan Lewis.

Ensure you complete around 15 minutes of light jogging interspersed with stretches, focusing on the main muscle groups you'll be using (most commonly the calves and hamstrings).

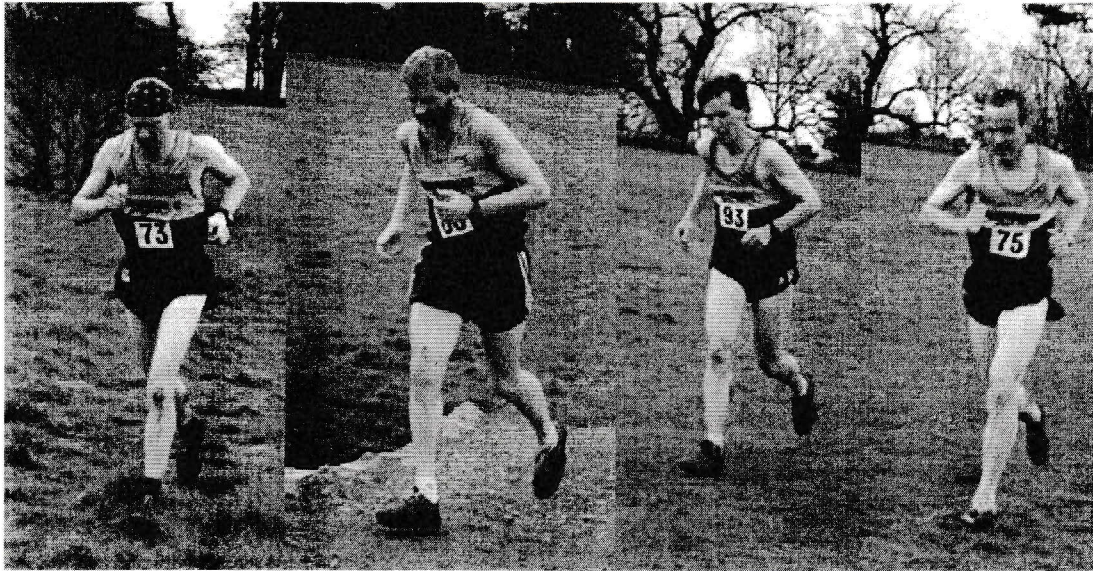
HOW CAN I GET RID OF A STITCH?

They're caused by the bouncing movement of the stomach stretching the ligaments that attach to your diaphragm. "The first step is to avoid making your stomach heavier, by not eating or drinking for an hour before exercising and, while exercising, sip rather than gulp any fluid", says exercise physiologist Ed Eyestone.

To get rid of a stitch while running, tighten your abdominal muscles to support your stomach, and if it's on your right side, exhale each time your left foot hits the ground and vice versa to balance the stress being put on the ligaments.

TRUE OR FALSE?

Train for Distance, then Speed



Yes. You need to lay some fitness foundation before attempting anything intense. Most athletes make the mistake of wanting to run too fast, too early and too often. - GEORGE GANDY, DIRECTOR OF ATHLETICS AT LOUGHBOROUGH UNIVERSITY.

"I think it's the best way to go about training. Build up a good base of endurance running at least six months - before moving on to the fast stuff" - DR PATRICK MILROY, MEDICAL ADVISOR

"It's vitally important to put down aerobic foundations before making greater demands on the muscles. Training for time on your feet is as relevant as distance. I say hurry slowly and be patient. The absence of an endurance background and over-reliance on speed work-outs will produce injuries". - BUD BADARO, ELITE COACH

"If you are used to one type of training, new variations will put new demands on the body. So, in order to minimise the risk of injury, you should introduce any new exercise gradually. The body will adapt, but it needs time." - GREG RYAN, PHYSIOTHERAPIST

"I believe that training for both works best for me. At no time of the year do I neglect one or the other." - PAULA RADCLIFFE

Feedback From Julian on malvern XC (received 18/3/2)

Some excellent photo's, i see someone had the common sense to hide behind the camera and not run. (Rob Barry)

John Bird, proves there is life after 60, Glynn Perrins has helped me come to terms with no running in my life, he should consider the same. Tony French had the sense to take his time and smile for the camera, Mick O'Shea's head is a dazzling example and maybe should have borrowed Gareth Knights scarf. The last time i saw that head scarf the Queen was wearing it, while out walking her corgi's. One queen to another queen ? Talking of queens, Bob Adams looked well positioned for completing one lap. Who is the old man with the grey beard ?

More important did the beer taste good afterwards ?

Ashby 20 (17/3/2)

Nick Wrighty 2h27m47s
Richard French 2h12m 4s
Andy Walker 2h 41m35s
Tony French 2h50m27s

Race Report

Three members of Northbrook tested out the new course for the popular Ashby 20 mile race. Although the weather conditions were almost perfect for the 611 runners, the revised route appeared just as testing as the old one.

Banbury 15 (17/3/2)

Julie Neville 2h04m24s
Sarah McNaney 2h06m49s
Sylvia Gutrherie 2h12m43s
Sharon Thompson 2h34m03s

Results for 24/3/2

Stafford Half Marathon

Paul Kelly 11th overall, 1st ove 50 1h17m34s

Wilmslow 1/2 marathon

Andy Walker 1h35m12s

Ironbridge Half Marathon

Results of Ironbridge Half Marathon. Sunday 24th March 2002 at 10:30 am

13th	Richard French	1hr 22mins 10secs
18th	Mark Baker	1hr 23mins 51secs
145th	Tony French	1hr 41mins 48secs

Race Report

438 finishers in the Ironbridge Half Marathon enjoyed a scenic tour of the Severn Valley and the famous Iron Bridge. Northbrook fielded 3 runners on the day. Running over a mixture of roads, paths and old rail tracks Richard French (1hr 22min 10sec) came in at 13th, followed by Mark Baker (1hr 23min 51sec) at 18th. Tony French (1hr 41mins 48sec) completed the trio in 145th place. Definitely one for next year's diary.

Marie Curie Daffodil Half Marathon & 10k - Allthorpe Park, Northamptonshire

Half Marathon

Ralph Collins
1h30m45s
Helen
Forester
1h39m39s
Andrea
Giehl
1h45m10s
Sarah
McNaney
1h45m10s
Sarah
Edkins
1h46mm04s
Julie Neville
1h48m01s
Sylvia
Gutheriue
1h50m23s



MASSEY FERGUSON COVENTRY CITY

EASTER 5, 31 MARCH 2002

Position No. NAME CAT. AFFILIATED CLUB min sec

14 272 PAUL KELLY V50 28m03s
24 295 RICHARD O'SHEA V40 29m17
54 2 GRAHAM CRAMP V40 31m47s
57 447 BOB ADAMS V40 31m55s
72 454 ALAN JONES V45 33m24
75 463 EDWARD SIMMONDS V40 33m 36
95 466 ROBERT SHARRATT V40 35m52
101 411 RICHARD HANDS SM 36m28s
110 465 JOHN RALPH V60 38m12s
118 464 JULIE NEVILLE LV45 38m52
126 467 ANTHONY FRENCH V55 40m10s
148 410 ANGELA CURTIS SL 45m 5s
149 421 JOANNE MOYSE SL 45m 35s

TEAMS

MEN Counters POINTS

PLACE 1 2 3 4 TOTAL

1 KENILWORTH RUNNERS 12 17 21 32 82
2 MASSEY FERGUSON 7 25 28 36 96
3 SPHINX 27 33 35 50 145
4 NORTHBROOK 14 24 54 57 149
5 BOURTON ROADRUNNERS 2 29 58 66 155
6 CENTURION 18 37 44 59 158
7 NUNEATON HARRIERS 23 47 53 62 185
8 BIRCHFIELD HARRIERS 48 64 80 81 273
9 STRATFORD 41 61 98 104 304
10 ROYAL SUTTON COLDFIELD 22 116 121 134 393

LADIES Counters POINTS

PLACE 1 2 3 TOTAL

1 BOURTON ROADRUNNERS 99 139 140 378
2 NORTHBROOK 118 148 149 415

21st Shakespeare Half and Full Marathon

Sunday 21st April 2002 at 01:00pm

<http://www.shakespearemarathon.org.uk>

Half Marathon, 1325 runners

9th Paul Kelly M53 1:18:33
41st Daniel Grose M33 1:25:48
120th Adrian Powell M39 1:34:06 (PB)
133rd Bob Adams M44 1:34:52
337th Norman Gilkes M54 1:44:55
435th Julie Nevilee F49 1:49:33
443rd Louise Denley F30 1:49:51
574th David New M53 1:54:37
642th Sarah McNaney F42 1:56:50
855th John Ralph M63 2:04:58

Full Marathon, 395

231st Anthony French M57 4:15:13

Report:

Was v.v. hot for running but some good times. Lots of support from others, mainly from the vantage point of the Dirty Duck beer terrace!!

10K Wakefield Hospice 7/4/2

Rob Sharatt 44m05s
Julie Neville 47m47s

Weekend 28/4

Bournemouth Half Marathon 28/4/2

R. Sharatt 1h45m02s

J.Neville 1h49m44s

Sheffield Half Marathon 28/4/2

S.Berry 1h54m PB

National Championships 27/4/2 Sutton Park

6 Stage Ladies Results

Distance =2.995m

33 Northbrook AC 2h14m05s

Helen Forrester (41) 21m13s

Louise Denley (37) 21m16s

Sarah McNaney (36) 22m01s

Sarah McNaney (36) 22m01s

Julie Neville (34) 22m48s

Sylvia Guthrie (33) 23m07s

Brackla 10K - Wales Sunday 5/5

MBaker 37m34s PB

Great Weston Multi Terrain 5m Sunday 6/5

Con McHugh 33m10s

Dennis Carey 34m45s

Memorial Park 5m Sunday 6/5

Mick O'Shea 27m12s

Paul Kelly 27m20s

Rich O'Shea 28m46s

Ian Burgeon 29m05s

Gary Thomas 29m13s

Daniel Grose 29m24s

Richard French 30m00

Gareth Knight 31m35s

Eddie Simmond 32m52s

Alan Jones 33m01s

Rob Sharrett 34m03s

Joy Wilkinson 34m22s

Tony Mackness 35m59s

Richard New 36m01s

Louise Denley 36m13s

Tony French 6m46s

Julie Neville 37m46s

John Ralph 37m54s

Martin Turrell 38m06s

Katherine New 39m15s

Sylvia Guthrie 39m23s

Andrea Giehl 39m59s

Maria Blackwell 42m09s

Angela Curtis 46m50s

Silverstone 10k Tuesday 7/5/2

Paul Kelly 33:57 winner by a big margin (3mins 25 seconds) of the mens 50+ age category

Richard French 36:14

Nick Wright 38:00

N Gilks 46:15

Paul McKeeney 46:42

Dave Willacy 47:04

Kingsbury Classic 10K Wednesday 8/5/2

Rob Sharratt 43m16s

Julie Neville 47m46s

Mount Famine Fell Race Saturday 11/5/2

Tim Wright 58m50s
Gareth Knight 58m38s
Rob Sharatt 67m16s
Mick O'Shea 50m31s
Rich O'Shea 53m01s
Dawn o'Shea 59m28s
Tom Jordan 61m12s
Richard Vaughan 57m45s
Andy Lawson 71m24s
John Trill 63m20s

Hinckley Half Marathon Sunday 12/5/2

Julie Neville 1h46m53s
Katalina Gavin 1h52m53s

Kenilworth 10k Hilly Challenge on Sunday 12/5/2

Eddie Simmonds 46mins 17secs
Tony French 51mins 31secs

Race Report: Tony French

With most of Northbrook encamped in Derbyshire for the weekend; only two members

joined just over a hundred enthusiasts in Abbey Fields for the 13th running of the Hilly Challenge. The sun shone; the ground was firm; but the hills were still quadding and calf wobbling. After three tough laps Eddie Simmonds finished in 46mins 17secs and Tony French followed on, as usual, in 51mins 31secs. However the day's honours go to Eddie's lad, Adam, who completed the preceding fun run in 6mins 57secs to take 5th place overall. This fantastic result is even more remarkable when it is revealed that Adam had to carry a handicap of having his arm in plaster.

Tewksbury Half Marathon Sunday 12/5/02

Paul Kelly 1h16m23s 6th overall, 1st Over 50

15th National Veterans Road Relays, 18th May 2002

2h20.32m, 38th

Richard O'Shea	16.44m
Dan McHugh	18.23m
Paul Kelly	16.04m
Paul Lawlor	18.32m
Kolyn Banks	17.54m
Tom Jordan	18.16m
Mick O'Shea	16.01m
Tom Gillon	18.38m

Race Report - Tony French

Eight of the more mature Northbrook members formed a team to participate in the "National Veterans Relay Championship," at Sutton Park.

Any thoughts that the event would consist of dodderly old men, complete with zimmer frames, were soon dispelled; when we arrived early to watch the end of the Over 60 race. Would you believe that a 70 year old ran the 3 mile leg in 17 1/2 mins

Undeterred, our team competed in the Over 40 event and everyone ran fairly well.

Special mention should go to both the old man of the team. 54 year old Paul Kelly, who completed his leg in just over 16 mins and also Tom Jordan, who was delighted to hear someone comment that he did not look old enough to be running the race! I think that person was in a minority of one.

The overall standard of the race was very high so our eventual position of 38th out of 70 teams was a fairly creditable performance.

The Club jackets were much in evidence and we will, of course, be sending team photos on as soon as possible.



Rugby 6 Race on Wednesday, 15 May 2002

15th Paul Kelly 33:26 1st over 50

40th Richard French 35:41

111th Mick Duggan (Running for Alvis) 40:16

164th R Hands 44:09

182nd Norman Gilkes 45:08

189th Tony French 45:31

263rd Angela Curtis 54:12

Race Report: Tony French

The Rugby 6 miler is the second race in this year's East Midlands Grand Prix series. The evening was warm with hazy sunshine and with just a slight wind was ideal for a summer run. In spite of cart hill Paul Kelly managed to, not only finish first in the over 50's, but did a PB of 33:26 and finished 15th overall. He was followed in by Vinney French (35:41); Mick Duggan, Displaying his Alvis loyalties, (40:16 and 2nd V60); R Hands, "must get his first name", (44:09); Storming Norman (45:08); Tony French (45:31); and Angela Curtis, not only our first lady but she did a PB as well, (54:12). There were 280 finishers but due to lack of support we did not figure too highly in the team lists.

Sinfin Classic 10k, 19th May 2002

28 40.23 J Trill

45.24 Robert Sharratt M40

Corby 5 Mile at the Rockingham Motorsport Centre on 22 May

2002 at 7:45 PM.

Paul Kelly 27:19 1st V50 (19th overall)

Richard French 29:02

Norman Gilkes 35:41

Tony French 37:19

Race Report - Tony French

The magnificent new Motor Racing Stadium, at Corby, with its "Indy" style banked oval and enormous hemisphere of stands, formed an impressive background for this the third race of the East Midlands Grand Prix series. The strong winds put a slight chill to an otherwise fine evening, but the excellent running surface of smooth new tarmac and the gentle rise and fall of the course (The banking was only used for the start line) make this a candidate for a good PB 5 miler. Well worth another visit.

Hilly 100, 26th May 2002

A Team - 7am start	B Team - 6am start
R French 62m06s	T French 77m17s
P Kelly 62m03s	G Trill 75m26s
M O'Shea 59m10s	S McNaney (34m10s) S
D Grose 66m13s	Gutherie 47m06s
D McHugh 70m03s	R Vaughan 73m20s
R Barry 63m03s	R Sharratt 82m27s
M Baker 64m27s	G Thomas 69m02s
T. Gillon 66m31s	J Neville 80m18s
K Banks 61m32s	A Giehl 79m45s
P Austin 67m21s	E Simmonds 70m32s
	H Forester 84m38s
10h41m30s, 4th	12h53m01s 6th

Report: The Cotswold Hilly 100 is a relay race which starts and finishes near Stratford-upon-Avon and follows a scenic route around the Cotswold villages. Each team has 10 runners who run 10 miles for each leg. Northbrook entered 2 teams this year. The 'A' team would start at 7.00am, but the 'B' team started an hour earlier, so that they would finish in the early evening. Northbrook 'A' team were in the lead early on, thanks to some strong performances. However the eventual winners, Leamington, took the lead at the end of Leg 4, on one of the steepest hills in the race.

Northbrook retained second place until leg 9, despite some unwanted problems — Mark Baker was struck a glancing blow on the arm by a van on Leg 7, but was able to continue. Then Tom Gillon had to stop briefly on Leg 8 due to leg cramps. On Leg 9, Kolyn Banks ran Northbrook's second fastest time of the day, but this was not enough to stop us moving to 4th place, as Bromsgrove and Massey Ferguson sent out their fastest runners on this leg. Pete Austin led the 'A' team home in 4th place, not far behind Bromsgrove and Massey Ferguson. The 'B' team had an enjoyable day a few navigation problems, and finished about an hour later. Next year hoped that a "ladies only" team will try to win the ladies team trophy.

Bedford 6m 28th May 2002

Paul Kelly 33m08s PB and 1st over 50

Alvis 5 mile, 27th May 2002

Mark Baker 33m45s, 6th

O'Shea continues fine Ironman form

COVENTRY TRIATHLON CLUB member Dawn O'Shea has been showing impressive form in her build-up to the world long-course Ironman event which takes place in Hawaii later this year.

O'Shea, who qualified for the Hawaii showpiece - comprising a 2.4-mile sea swim, 112-mile bike ride and full marathon run of 26.2 miles - by winning her age group at the Llanberis half-

Ironman last October, had a superb run at the Paris Mara-thon, finishing in 3 hr 12 min.

And she followed up by winning the Weymouth half-Ironman, beating her closest rival, Erica Fogg, for the women's prize by just 25 seconds after nearly four and three-quarter hours of competition.

Lying sixth after the 1,900-metre sea swim (32-59), O'Shea pulled up to third with an

excellent performance in the 55-mile cycling leg (2-42-39) over an undulating course and run off in heavy rain and high winds.

Overtaking the leader after six miles in the 13-mile run, O'Shea then retained a narrow lead all the way to the line to complete the leg in 1-28-12 for an aggregate time of 4-43-50.

O'Shea finished 65th in the overall field of 360 competitors,

and - coached by her husband and fellow athlete Richard - will continue her preparations with a 100-mile cycling time trial and the Rutland Water Olympic-distance triathlon over the next few weeks.

Coventry clubmate John Stather finished a fine 23rd (33-33, 2-31-03, 1-23-10) with Steve Howes 40th (31-57, 2-32-46, 1-32-35) and Martin Bower 130th (35-22, 2-44-10, 1-46-36).

THURSDAY, JUNE 27, 2002

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Thomas in fifth for Northbrook

By ANDY TURNER

NORTHBROOK members took to the roads in the new Nuneaton five mile road race which suffered from a lack of numbers due to a clash with Coventry Fun Run.

Gary Thomas took advantage of the relatively fast circuit, which includes a number of gentle undulations, finishing in a highly commendable fifth place in the 100-strong field in 29 mins 25 secs, followed 10 minutes later by Tony French in 39 mins 44 secs.

Meanwhile, teammate Paul Kelly 27-27 finished 16th in the Banbury Five to win the 50+ category while Richard French recorded a personal worst in 30-36 but finished ahead of Normal Gilkes (36-29).

The event was won by Steve Platt (Morpeth Harriers) in 25-29 with Rugby and Northampton AC's Brian Summ-

ers (26-34) finishing fastest of the local athletes in sixth place.

Other local times: Garry Payne (George Eliot Harriers) 26-43, Martin Smith 33-04, Roger Ladbury 35-35, Hugh Doherty 35-35, Barry Holmes 36-21, Lesley Keighley 41-10 (PB) and Dave Phillips 42-31 (all Massey Ferguson).

Row Heath 5K, Thursday 14th June

<http://ittcsrvr.bham.ac.uk/bhamrow/results.htm>

Men

Paul Kelly 16m24 1V050
I Burgoyne 16m20 12th
R Barry 16m55s 17th
G Thomas 17m17s 25th
D Grose 17m18s 26th
R French 17m43s 34th
J Guest 17m50s 36th
D McHugh 18m25s 45th
R Vaughan 18m47s 57th
M Baker 19m12s 64th
R Sharratt 19m43ss 71st
T French 22m58s

Women

H Forester 21m12s 81st
S McNaney 21m23s
A Giehl 21m46s 89th
C Gavin 23m16s 99th
S Edkins 23m42s 102nd

Female																																		
Name	Cat.	5K				5 Mile				10K				10 Mile				Half Marathon				20 Mile				Marathon				TOTAL POINTS (5 OUT OF 7)				
		Min.	Secs.	Mins.	Pts	Min.	Secs.	Mins.	Pts	Min.	Secs.	Mins.	Pts	Hr.	Min.	Secs.	Mins.	Pts	Hr.	Min.	Secs.	Mins.	Pts	Hr.	Min.	Secs.	Mins.	Pts						
A Giehl	SF	23	32	23.53	16	37	49	37.82	15				0.00	1	18	57	78.95	20	1	45	6	105.10	19	3	5	2	185.03	19	3	50	14	230.23	16	90
H Forrester	SF	21	55	21.92	20			0.00				0.00					0.00		1	39	44	99.73	20	2	47	50	167.83	20	3	49	36	229.60	17	77
J Neville	VF	23	34	23.57	15	37	46	37.77	16	47	46	47.77	20				0.00		1	46	53	106.88	16								0.00		71	
S McNaney	VF	22	10	22.17	19	35	27	35.45	19				0.00				0.00		1	45	10	105.17	18									0.00		52
S Edkins	VF				0.00			0.00					0.00				0.00		1	46	4	106.07	17	3	5	2	185.03	19	4	34	47	243.78	15	49
S Guthrie	VF	24	29	24.48	14	39	23	39.38	13				0.00				0.00		1	50	22	110.37	14									0.00		42
C Harrison	VF	22	11	22.18	18	36	53	36.88	17				0.00				0.00															0.00		37
L Denley	VF	23	1	23.02	17	36	13	36.22	18				0.00				0.00		1	49	51	109.85	15									0.00		32
C Gavin	SF	24	49	24.82	13	38	42	38.70	14				0.00				0.00		1	52	53	112.88	13									0.00		26
S Thompson	SF	26	5	26.08	10	43	44	43.73	10				0.00				0.00															0.00		22
D O'Shea	SF			0.00				0.00					0.00				0.00															0.00		20
J Wilkinson	VF			0.00		34	22	34.37	20				0.00				0.00															0.00		18
L Thorburn	SF	25	26	25.43	12			0.00					0.00				0.00															0.00		12
S Berry	SF			0.00				0.00					0.00				0.00		1	55												0.00		12
S Thongsab	SF	25	34	25.57	11			0.00					0.00				0.00															0.00		11
J Moyse	SF	26	23	26.38	9	44	56	44.93	8				0.00				0.00															0.00		9
A Curtis	SF	29	29	29.48	8	44	24	44.40	9				0.00				0.00															0.00		8
S Weaver	SF	29	34	29.57	7								0.00				0.00															0.00		7
S Taylor	SF	29	59	29.98	6	41	37	41.62	12				0.00				0.00															0.00		6
M Leake	VF	30	5	30.08	5	48	30	48.50	7				0.00				0.00															0.00		5
A Roebuck	VF			0.00				0.00					0.00				0.00															0.00		0
C Pratt	SF			0.00				0.00					0.00				0.00															0.00		0
F Spence	VF			0.00				0.00					0.00				0.00															0.00		0
L Marsden	SF			0.00				0.00					0.00				0.00															0.00		0
M Blackwell	SF			0.00		42	9	42.15	11				0.00				0.00															0.00		0

Northbrook Road Race Championship 2002 (Provisional Interim Table at 30th June 2002)

Male

Name	Cat.	5K			5 Mile			10K			10 Mile			Half Marathon			20 Mile			Marathon			TOTAL POINTS (5 OUT OF 7)		
		Min.	Secs.	Mins.	Pts	Min.	Secs.	Mins.	Pts	Min.	Secs.	Mins.	Pts	Hr.	Min.	Secs.	Mins.	Pts	Hr.	Min.	Secs.	Mins.		Pts	
R French	SM	17	55	17.92	15	29	2	29.03	15	36	14	36.23	18	1	22	10	82.17	19	2	56	25	176.42	20	91	
M Baker	SM	18	23	18.38	13	32	8	32.13	7	37	34	37.57	17	1	23	51	83.85	18	2	3	5	20	185.33	18	86
D Grose	SM	18	1	18.02	14	29	18	29.30	13	33	57	33.95	20	1	25	48	85.80	17	2	59	13	179.22	19	81	
P Kelly	VM	16	55	16.92	19	27	19	27.32	19	33	57	33.95	20	1	16	23	76.38	20				0.00		78	
I Burgoyne	SM	17	23	17.38	18	29	5	29.08	14	35	50	35.83	19				0.00					0.00		51	
R Sharratt	VM	20	55	20.92		34	3	34.05	1	43	16	43.27	13	1	45	2	105.03	10				0.00		44	
G Knight	SM	19	14	19.23	6	30	34	30.57	12	40	25	40.42	14				0.00		3	49	19	229.32	11	43	
M O'Shea	VM	16	41	16.68	20	27	12	27.20	20								0.00				5	230.08	10	40	
A Walker	SM																0.00		3	50	5	242.92	9	39	
T French	VM	24	8	24.13		36	46	36.77									0.00		4	2	55			36	
R Barry	SM	17	28	17.47	17	28	18	28.30	18								0.00							35	
R O'Shea	VM	17	32	17.53	16	28	46	28.77	17								0.00							33	
N Wright	SM			0.00				0.00		38	0	38.00	16				0.00		2	27	47	147.78	17	29	
B Adams	VM	19	11	19.18	7	31	55	31.92	8					1	34	52	94.87	14						28	
G Thomas	SM	18	27	18.45	12	28	48	28.80	16								0.00							27	
P Lawlor	VM	18	59	18.98	10			0.00									0.00		3	10	46	190.77	17	26	
R Vaughan	SM	19	39	19.65	1	31	38	31.63	11								0.00		3	33	15	213.25	14	25	
T Gillon	VM	19	0	19.00	9			0.00									0.00		3	14	25	194.42	16	25	
A Powell	SM	19	20	19.33	4	32	10	32.17	6					1	34	6	94.10	15				0.00		25	
N Gilkes	VM	21	34	21.57		35	41	35.68	0	46	15	46.25	12	1	44	55	104.92	11				0.00		23	
G Cramp	VM			0.00		31	47	31.78	9								0.00							21	
T Mackness	VM	21	18	21.30		32	28	32.47	5								0.00		3	48	22	228.37	12	20	
J Ralph	VM	23	23	23.38		37	54	37.90		50	34	50.57	11	2	4	58	124.97	8	3	28	27	208.45	15	19	
J Trill	SM	19	28	19.47	2			0.00		40	23	40.38	15				0.00					0.00		17	
R Collins	SM			0.00				0.00						1	30	45	90.75	16				0.00		16	
D McHugh	VM	19	15	19.25	5	31	41	31.68	10								0.00		3	43	39	223.65	13	15	
A Jones	VM	20	7	20.12		33	1	33.02	2								0.00					0.00		11	
J Guest	SM	18	36	18.60	11			0.00									0.00					0.00		9	
D New	VM	22	54	22.90		37	43	37.72						1	54	37	114.62	9				0.00		8	
T Jordan	VM	19	6	19.10	8			0.00									0.00					0.00		4	
M Duggan	VM			0.00		32	33	32.55	4								0.00					0.00		3	
E Simmond	VM	19	58	19.97	0	32	52	32.87	3								0.00					0.00		0	
G Mason	SM	19	20	19.33	3			0.00									0.00					0.00		3	
N Walker	SM			0.00				0.00									0.00					0.00		0	
K Banks	VM			0.00				0.00									0.00					0.00		0	
A Marshall	SM			0.00				0.00									0.00					0.00		0	
G Perrens	SM			0.00				0.00									0.00					0.00		0	
C McHugh	VM	20	7	20.12				0.00									0.00					0.00		0	
K Viner	SM	22	0	22.00				0.00									0.00					0.00		0	
C Hambury	SM	22	12	22.20				0.00									0.00					0.00		0	
B Awcock	VM	24	3	24.05				0.00									0.00					0.00		0	
T Murphy	VM	27	7	27.12				0.00									0.00					0.00		0	
R Hands	SM			0.00		36	0	36.00									0.00					0.00		0	

Northbrook Road Race Championship 2002 (Provisional Interim Table at 30th June 2002)

Male

Name	Cat.	5K			5 Mile			10K			10 Mile			Half Marathon			20 Mile			Marathon			TOTAL POINTS (5 OUT OF 7)		
		Min.	Secs.	Mins.	Min.	Secs.	Mins.	Pts	Time	Min.	Secs.	Mins.	Pts	Time	Hr.	Min.	Secs.	Mins.	Pts	Time	Hr.	Min.		Secs.	Mins.
M Turrall	VM	23	16	23.27	38	6	38.10			0.00															0
S Mason	SM	21	25	21.42			0.00			0.00															0
T Simmons	SM	22	9	22.15			0.00			0.00															0
M Taylor	SM	23	0	23.00			0.00			0.00															0
A Whitehouse	SM	23	9	23.15			0.00			0.00															0
B Weston	SM	25	53	25.88			0.00			0.00															0
S Flanagan	VM	26	49	26.82			0.00			0.00															0

HANDICAP RESULTS

JULY

First		M/F	pos'n	actual	PB	points	cumulative		
First name	name						Races run	score	best time
Sarah	Mcnaney	F	2	21:43:00	yes	24	3	55	21:43:00
Suzy	Thongsab	F	6	26:31:00		15	3	53	25:34:00
Leanne	Thorburn	F	4	25:50:00		17	3	50	25:26:00
Catherina	Gavin	F		NO RUN			3	50	24:49:00
Julie	Neville	F		NO RUN			3	47	23:34:00
Sharon	Thompson	F	8	28:55:00		13	3	42	26:05:00
Andrea	Giehl	F	7	26:50:00		14	3	40	23:32:00
Stephanie	Berry	F	1	25:36:00		20	2	39	25:36:00
Sarah	Weaver	F		NO RUN			2	27	29:34:00
Sylvia	Guthrie	F		NO RUN			2	25	24:29:00
J	Moyse	F		NO RUN			1	20	26:23:00
Joy	Wilkinson	F	3	21:17:00		18	1	18	21:17:00
Maria	Murphy	F	5	25:52:00		16	1	16	25:52:00
Claire	Harrisson	F		NO RUN			1	16	22:11:00
Helen	Forrester	F		NO RUN			1	15	21:55:00
A	Curtis	F		NO RUN			1	13	29:29:00
Sue	Taylor	F		NO RUN			1	13	29:59:00
Loretto	Denley	F		NO RUN			1	8	23:01:00
Meryl	Leake	F		NO RUN			1	7	30:05:00
Alina	Roebuck	F		NO RUN					
Sarah	Edkins	F		NO RUN					
Fiona	Spence	F		NO RUN					
Dawn	O'Shea	F		NO RUN					
Kevin	Viner	M	7	21:22:00		29	4	99	21:22:00
Richard	Vaughan	M	10	19:28:00	yes	26	3	83	19:28:00
Craig	Hambury	M	4	21:59:00		27	4	82	21:59:00
Ian	Burgoyne	M		NO RUN			3	81	17:23:00
Tony	Mackness	M	18	21:53:00		13	4	71	21:18:00
Gareth	Knight	M	8	18:53:00	yes	28	3	70	18:53:00
John	Ralph	M	6	23:05:00	yes	30	3	65	23:05:00
Eddie	Simmonds	M	13	19:55:00	yes	23	3	63	19:55:00
Paul	Kelly	M		NO RUN			3	63	16:55:00
Steve	Mason	M	12	21:19:00		19	3	61	21:19:00
Adrian	Powell	M	15	19:16:00		16	4	60	19:16:00
David	New	M	16	23:06:00		15	4	59	22:54:00
Shaun	Flanagan	M	3	25:52:00		28	2	57	25:52:00
Bob	Awcock	M	34	26:12:00		7	4	56	24:03:00
Tony	French	M	5	23:48:00		26	3	55	23:48:00
Richard	French	M	19	18:25:00		12	4	54	17:55:00
Mick	O'Shea	M		NO RUN			3	52	16:41:00
Gary	Thomas	M	11	17:59:00		20	3	49	17:59:00
Martin	Turrall	M	21	24:21:00		10	3	48	23:16:00
Tony	Murphy	M	23	28:35:00		8	3	47	27:07:00
Daniel	Grose	M	14	17:59:00	yes	22	3	43	17:59:00
Rob	Sharratt	M		NO RUN			2	43	20:55:00
Tom	Jordan	M		NO RUN			2	42	19:06:00
Mark	Baker	M	20	19:39:00		11	3	41	18:23:00
Jerry	Trill	M		NO RUN			2	40	19:28:00
Bill	Weston	M	1	24:17:00		30	2	37	24:17:00
Dan	Mchugh	M	9	18:54:00		22	2	35	18:54:00
Alan	Jones	M		NO RUN			2	34	20:07:00
Rob	Barry	M	17	17:38:00		14	3	30	17:28:00
Tom	Gillon	M	22	20:11:00		9	2	29	19:00:00
Paul	McGurk	M	2	22:07:00		29	1	29	22:07:00
Norman	Gilkes	M		NO RUN			1	26	21:34:00
Bob	Adams	M		NO RUN			1	26	19:11:00
Paul	Lawlor	M		NO RUN			2	26	18:59:00
Jon	Guest	M		NO RUN			1	24	18:36:00
Andy	Whitehouse	M		NO RUN			1	23	23:09:00
Con	Mchugh	M		NO RUN			1	18	20:07:00
Martin	Taylor	M		NO RUN			1	13	23:00:00
Gary	Mason	M		NO RUN			1	11	19:20:00
Tony	Simmons	M		NO RUN			1	7	22:09:00
PJ		M	35	24:52:00		6	1	6	24:52:00
Richard	O'Shea	M		NO RUN			1	3	17:32:00

Northbrook Athletic Club - Diary 2002

Road Races

<u>Date</u>		<u>Event</u>	<u>Venue</u>
March	31 st	Warwickshire Road Race Championship Easter 5	Massey Ferguson
April	6 th	MCAA 12 stage and women's 6 stage Road Relays	Sutton Park
May	6 th	Warwickshire Road Race Championship May Day 5	Memorial Park
	25 th	Hilly Hundred - 10 Stage (100 mile) Road Relay	Cotswolds area
June	13 th	Warwickshire Road Race Championship Rowheath 5k	Bournville
	26 th	Warwickshire Road Race Championship Midsummer 5	Westwood Heath
July	14 th	Allesley Fun Run.	Allesley Village
August	30 th	Warwickshire Road Race Championship Godiva 5	Memorial Park
September	15 th	Warwickshire Road Race Championship Nuneaton 10	Wolvey
	28 th	MCAA 6 stage and women's 4 stage Road Relays	Sutton Park
October	6 th	Warwickshire Road Race Championship Kenilworth Half Marathon.	Castle Farm Sport Ct
	20 th	Warwickshire Road Race Championship Rugby 10	Ken Marriot Sport Ct

Social

Contact: Sylvia Guthrie the Social Secretary For Details of Social Events.

<u>Date</u>		<u>Event</u>	<u>Venue</u>
July		Bowling Night	TBC
August		Quiz Night	TBC
November	29 th	Christmas Dinner	Village Hotel Canley
January	18 th	Presentation Night	Jaguar S.& S.Club.
(2003)			