

THE NORTHBROOK RUNNER



NUMBER 1. NOVEMBER 1984.

COMMENT.....

Massey Ferguson Runner's Club have one, Godiva Harriers have one, and it makes sense for Northbrook to have one as well. A regular monthly news sheet for all members to keep them informed of what's going on in and around the world of Northbrook running.

Race reports, new members, your comments and moans, reviews of the latest running books, reports of the Committee meetings, cartoons, future events etc. etc. to name but a few of the items that should be using the pages of this News-sheet.

However, without your support in contributing write ups of races and local 'mickey mouse' events (Pete Osborne please note), plus other items, the newsletter will fail in its main purpose, to provide a focal point of information for club members and an opportunity to 'sound off' in print if the need arises.

CLUB PERSONALITY OF THE YEAR

Remember all those cups and other treasures that were discovered last year while a certain club member was searching the dustbins?(he never has let on what he was doing there in the first place). One of these has been renovated to provide an annual award to the club member who has made the most progress in improving his or her personal running, and at the same time has made an all round contribution to other aspects of the club. The award will be made to the person who collects the most votes. Further details are on the club notice board and a voting slip has been supplied at the bottom of this page. Slips to be handed in to Tony Murphy by December 1st.

VOTING SLIP FOR CLUB PERSONALITY OF THE YEAR

I propose

Signed Date

RUNNING NEWS

Winner of the Glasgow Marathon was John Boyes, 2.14.54. A big turnout of 10,173 runners put Glasgows event at number 7 spot in the world' biggest marathon table. To date the top five marathons are as follows:
London 1984 16,992 runners.

New York 1984 17,814 runners.

GLASGOW'S SCOTT'S PORAGE MARATHON

Paris 1983 13,000 runners.

September 30th 1984.

Stockholm 1984 11,469 runners.

1st. John Boyes 2.14.54.

Montreal 1982 11,000 runners.

2nd. Andy Girling 2.15.41.

LONDON MARATHON.....LONDON MARATHON NEWS.....LONDON MARATHON.....

Over 60,000 applications made the Nationwide Building Society, reports indicate some 40,000 will be disappointed.

Paul Thomphson from Rhode Island has concluded, after a 7 year study, that the chances of dying while running work out at one death in 396,000 hours. Nice work if you can get it !!!!



New York Marathon, 28th October 1984.

Won by Orlando Pizzolato aged 26, in 2.14.52. Conditions were described as 'hot', 65 degrees of heat and 88 percent humidity !!

Second was Dave Murphy of Liverpool in 2.15.02. The Women's race was won by Grete Waitz in 2.29.29, second was Veronique Marot.

Rod Dixon the favorite dropped out at 22 miles. Mike Gratton, winner of the 1983 London Marathon, was 40th. in 2.26.46.



Windermere Marathon. 28th. October 1984.

Won by Ian Thompson in 2.27.07.

Steve Jones, winner of the Chicago Marathon and new World Record Holder, was equal first in the first of the Armed Services X-Country League races. Race was held at Oxford on 28th. October, the R.A.F. won the team prize.

.....STOP PRESS.....STOP PRESS.....STOP PRESS.....STOP PRESS.....

Chicago Marathon course found to be 79 feet overdistance!!!! Steve Jones could have been the first man to break 2hours 8 mins.

The I.A.C. have announced plans for a televised city-centre road race series in Britain in May '85. Will Coventry star in this ?

Alan Pascoe Associates appointed to sell the sponsorship and marketing rights for 19 of the A.A.A. and B.A.A.B major athletic events.



.....CLUB NEWS.....CLUB NEWS.....CLUB NEWS.....CLUB NEWS.....

Results...BRUM LEAGUE X-Country DIV 4. Saturday Nov' 3rd.

TEAM RESULT.

INDIVIDUAL RESULTS.

1. Potteries R.C.	49 points.
2. Burton A.C.	82 "
3. Centurion Runners	122 "
4. Sandwell Valley	157 "
5. Aston University	198 "
6. Alvis R.C.	252 "
7. Northbrook A.C.	331 "
8. West Brom' R.C.	394 "
9. Brum Prison	427 "
10. Royal Dalton R.C.	436 "
11. Harbourne Runners	554 "
Droitwich	Incomplete Teams.
Lozell	

39....1	MacFarlane
48	J McKenna
51	R Hewitt
54	K Buckenham
67	C Nicholson
72	J Shuttleworth
73	I James
74	S Watson
75	D Wardle
76	G Nichols
85	G Clarke
93	M Windsor-Smith
98	J Lee
102	J Hyslop
105	N MOORE
112	J Murphy

YOUTH RESULTS

- 1st. ANO Potteries R.C.
2nd. D. Buckenham
3rd. R Goodman
4 Ran.....

....CONGRATULATIONS TO ALL THOSE WHO RAN.....LETS DO BETTER NEXT TIME...

NEXT RACE....November 24th.

Coach leaves the ALVIS car park at 1.00 pm.

We need maximum turnout from the club for this race. Names to Tony Murphy as soon as possible. Watch the club notice board for any change to these arrangements.

Congratulations to MIKE WINDSOR-SMITH ON BECOMING A 'VET', will he start to slow down with age ?

....FORTHCOMING EVENTS.....FORTHCOMING EVENTS.....FORTHCOMING EVENTS....

Sunday 11th. November
Sunday 11th. November
Saturday 24th. "
Sunday 25th. "

First club HANDICAP X-Country.
Tipton 10
Second Brum League X-Country.
Friendly 10k. with ALVIS R.C. No prizes, but an opportunity to get to know the ALVIS lads. VENUE, Club 3.2 Handicap course. 11.00 start.

PLEASE SUPPORT THIS EVENT

.....FORTHCOMING EVENTS CONTINUED.....FORTHCOMING EVENTS.....

December 13th. Club Presentation Night at the Clubhouse. ROGER DRAPER of the EVENING TELEGRAPH to give the awards. Should be a good night.
December 18th. Kid's CHRISTMAS PARTY at the clubhouse.
December 22nd. ANNUAL DINNER & DANCE at the POST HOUSE. 8.00 for 8.30.

CLUB A.G.M. (date to be fixed)

Proposals are invited for the following posts:

Club Secretary, Club Treasurer, Club Chairman, Fixtures Secretary, Press Secretary. Proposals in writing to the Secretary with names of seconders.

CLUB COLOURS.....

At the last Committee meeting it was decided that club colours must be worn by club members while racing, not only is it good for other clubs to see a strong NORTHBROOK turnout in club colours, but it's also a big morale booster for individual club members to be part of a big group of runners on the start line wearing club vests. It is infact illegal to wear the colours of any other organisation or club while you are a first claim member of NORTHBROOK. (Second claim clubs excluded)
For runners new to racing and the club, having the support of the club turned out in club vests is important.

RUNNERS LOGBOOKS.....

Steve Watson has proposed that we get a number of runners logbooks made up for the club. The approx' price will be about £1.75 with a card cover and the whole thing properly bound. 52 pages of weekly logs and 2 pages on which to record races. See Steve for further details.

If you are not keeping a running log or training diary it is an idea to get started, not only are they useful to record and plan training, but injury problems can often be tracked down by referring back through previous training.

A.A.A. REGISTRATION SCHEME.....

There seems to be a general air of dissatisfaction about the scheme especially as the promised 50p. for each club member joining has not turned up from A.A.A. Are the so-called benefits really worthwhile? If you are a member of the scheme please give your name and registration number to Jerry Murland and we'll try to find out where these 50p.'s have got to.

Any items for this news-sheet to Jerry Murland before November 30th.