

THE NORTHBROOK RUNNER



DECEMBER 1984
NUMBER 2.

COMMENT.....

Competition among club runners is an essential ingredient in any successful club, in many cases personal best times have been achieved by runners trying to beat a rival's time !

However, as we all know, there are as many bad runs recorded in the average running log as there are good ones. A cold, working over, a night on the ale or just feeling rough can drastically effect performance, not only this, but family ties and commitments are also known to take their fair share when it comes to putting pressure on a runner's ability to turn out and run well.

So the next time a club runner has to drop out of a race or does not run to expected standards lets see a little more understanding by certain people and an appreciation of other people's feelings. After all, one of the attractive aspects of NORTHBROOK AC is the lack of pressure it places on individuals. Only since joining the Birmingham League have we seen a change in this attitude, it is time we reminded ourselves why runners are wanting to run with us in preference to other clubs.

WEAR SOMETHING BRIGHT AT NIGHT..... Steve Watson.

With the shorter days and longer nights upon us once again our thoughts should be turning to how safe we are when out on training runs. At this time of year it is inevitable that some or all of our training will take place in the dark.

How can we reduce the risk of being injured or even killed ?

- Wear a bright coloured vest or top, better still a Run-a-Brite type vest. If you must wear club or similar dark colours pin a bright patch or even the last page of this news letter to the back of your vest.

- Use traffic free routes or footpaths, if running on the open road face the oncoming traffic.

- When interval or Fartleg training do the fast section where there is a long line of sight for you and the drivers.

- Be Alert, look for traffic when crossing road junctions, be considerate to pedestrians... they may not expect to see someone in their vest and pants looming out of the night !!!!!

REMEMBER.. BE SAFE...BE SEEN... BE ALERT.....

CLUB CHRISTMAS DINNER.....December 22nd.

Are you going ? Have you paid up in full to Viv ? Please make sure that Viv has the balance of all outstanding cash owed by Tuesday 18th or Wednesday 19th December.

OUTSTANDING CASH OWED ON CLUB VESTS?

A short note from Ken who asks that members settle up with him as soon as possible as we are nearing the end of the financial year.

A new feature starting this month is the FAVORITE ROUTES item, where members can describe their favorite training runs. We all get a little bored by the same old routes so this is an opportunity to try someone elses. We'll start with one of mine (Jerry's)

THE A45 ROUTE.

First run 24th. July 1984

Distance. 7.4 Miles

Fastest Time recorded 52.01 (6.9.84)

Route description. Starting from my house in Stoney Road it is only 0.2 of a mile to the Leamington road. I'll start the route from the Kenilworth Court Flats at the Junction of the Leamington rd. and the Kenilworth Rd.

From the junction continue down Warwick Road

until the subway by Parkside Garage is reached. Follow the subways until

the bottom of the Holyhead Rd. is gained after a short steep slope.

Run the length of the Holyhead rd.

turning left into Grayswood Ave. Up

the hill, over the lights at the bottom

and up Glendower Ave to the junction with

Broad La. Turn right to the Highway

and then left to run the full

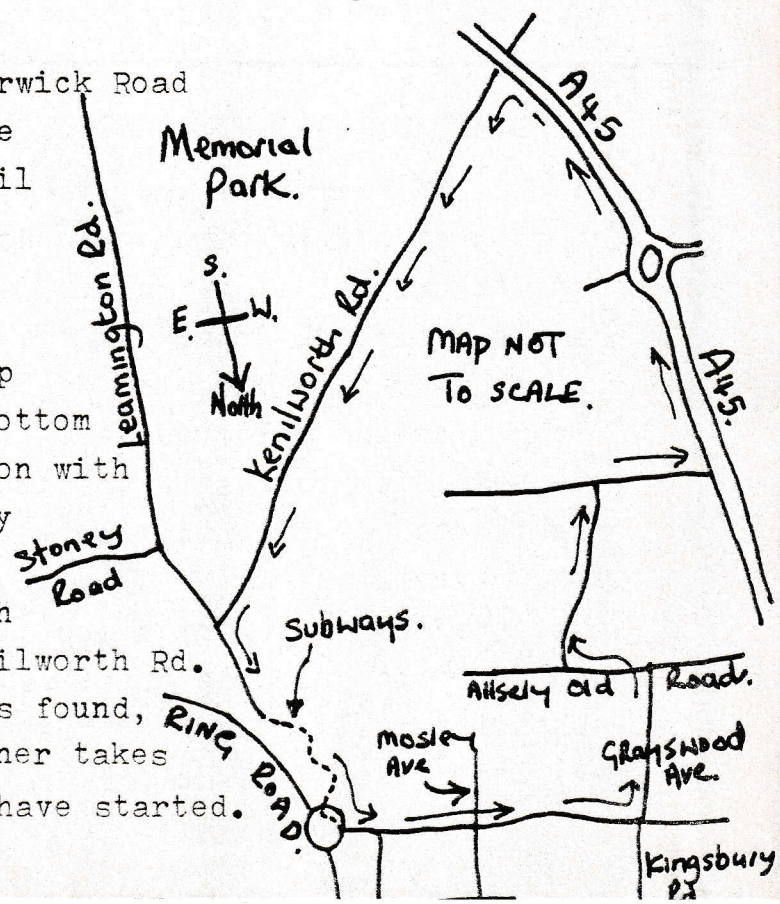
length of the A45 to the Kenilworth

Rd. lights. Turn left down the Kenilworth Rd.

until the Leamington Rd Junction is found,

For me , a short run round the corner takes

me home, for you the run may only have started.



Tipton 10 mile Road Race. P. Osborn 56.12.

J. McKenna 60.28

J. Murland 68.19.



Midland Vets 10k. Leamington Spa. 5th. K. Buckenham. (Winalot sponsored)

Nene Valley 10 mile Road Race. J. McKenna 60.46.

J. Shuttleworth 61.36.

K. Buckenham 63.25.

I. James 64.08.

P. Osborn 66.36.

W-Smith 68.51.

T. Murphy 72.31.



Birmingham League Second Round ..Stoke on Trent.

Overall positions after two races: 1. Potteries 96.

2. Burton AC 179

3. Sandwell 374

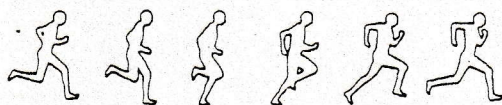
4 Centurion 448

5. Aston Uni' 516

6. Alvis RC 607

7. Northbrook 797

THIRD RACE AT BURTON ON
JANUARY 26th. 1985.



Individual placings:

45 J. Solan

71 K. Puffet

79 J. McKenna

83 R. Adams

93 J. Shuttleworth

95 J. Crabbe

96 D. Roberts

101 S. Watson

108 K. Buckenham

109 G. Nichols

113 C. Nicholson

122 J. Hyslop

129 M. W-Smith

133 N. Moore

135 A. Murphy



INVITATION 10K. Sunday 25th. Northbrook v Alvis RC.

Team Result. Northbrook 40

Alvis RC 66

Winner. J. Solan 36.04.



Northbrook A.c. Sponsored Run

£184 was raised by the club during the sponsored run. The Headmaster and some of the school staff will be coming to receive the cheque from the club on the 13th December. This is also the Club Presentations night when Roger Draper will be Here. It is hoped to have a Evening Telegraph Photographer to record the event.

What the Papers say.....

At the double

TIM HUTCHINGS led practically all the way to win the Presto International 8,000 metres cross-country event at Gateshead, yesterday, retaining the individual title and leading England to an emphatic victory.

Hutchings, the 1983 national champion, won in 24 min 44 secs, followed home by team mates Dave Lewis and Julian Goater. Only the Olympic steeplechaser, Julius Kariuki - who led a jet-lagged Kenyan team to fourth place - offered any resistance to the leading trio after the first of the four hilly laps. His team mates found the effect of the long journey from Nairobi and the mud did not help them produce the form of which they are capable.

For Hutchings, whose excellent 1984 campaign included second place in the world cross-country championships and fourth place in the Olympic 5,000 metres, it was merely part of a hectic racing programme which precedes his departure for warm-weather training in New Zealand in the New Year. As such, he does not expect to



by Cliff Temple

be part of the England cross-country scene at the time of the National Championships, but will concentrate instead on the track for 1985.

Despite England's dominance, they will still have to wrestle with the problem of how to field their strongest team for the World Championships in Lisbon next March, just three weeks after the National Championship. With so many more demands on athletes' time, it is a problem they must face realistically in the near future.

CROSS-COUNTRY CHAMP: Results:
1. T Hutchings (Crawley) 24 min. 44 sec.;
2. D Lewis (Rossendale) 25.01; **3. J Goater**
 (Shaftesbury) 25.12; **4. J Kariuki** (Kenya)
 25.21; **5. J Buckner** (Charnwood) 25.27; **6.**
A Wilson (Staffs Moorland) 25.27. **TEAM:**
 1. England A. 17pts; 2. England B. 65; 3.
 Scotland A. 77.

ATHLETICS: Mike McLeod, Britain's Olympic 10,000 metres bronze medallist, was deliberately tripped in a 12 kilometres road race held in the outskirts of Madrid yesterday, writes Jane Walker. Chaos set in after the organisers tried to recall the runners in the annual event - first prize, a £12,000 car - after a false start. The Portuguese team refused to accept the recall and continued running.

Two thousand metres from the finish, McLeod overtook the leading Portuguese, but a spectator rushed from the crowd and pushed and tripped McLeod before disappearing. The organisers decided to annul the race, which finished with scuffles and punches as the Portuguese tried to cross the finishing line.