

THE NORTHBROOK



runner

editor. Jerry murland

Number 5. March 1985.

THE NATIONAL, WHAT THEY ALL SAID.

Extracts from the TELEGRAPH, ATHLETICS WEEKLY, THE GUARDIAN.

Mud and blood

THE sound of sirens filled the Buckinghamshire air as ambulance personnel were kept busy.

There was a mounting casualty list with spiked victims being whipped from the

course to receive a patch-work of stitches.

Roger Draper in the Cov' Telegraph.

Muddy pieces of eight

EIGHT men, good and true, slogged their way through nine mile of glutinous mud to take the leading placings in the English National cross-country championships on Saturday and win selection for the world championships in Lisbon on March 24. Rather like crossing the Sahara by camel in preparation for an assault on the North Pole.

The lucky man was Julian Goater, who had a cold and stayed at home. The selectors gave him the ninth and final place for Portugal on merit. Two other leading runners, Mike McLeod and Tim Hutchings, have opted out.

Indeed, Dave Lewis, the 23-year-old Rossendale runner who won the race, is not certain he wants to compete in Lisbon.

This Saturday he runs

against the United States at Cosford in the 3,000 metres. "If my time is over eight minutes I won't go to the world championships. It takes a lot out of you running in these conditions."

This was real cross country; mud up to the armpits; sheer, bloody hell. The track men quaked at the sight. Never mind the speed, feel the stamina. Eamonn Martin, the pre-race favourite, lollied in 20th.

In Portugal, on a hard, true seven-mile course, Martin might have been in his element, but the mudlarks have the say. One day, perhaps, the England Cross Country Union selectors might wake up to the fact that it's a bit daft to have what amounts to your trial just three weeks before the big event.

They might also ponder

that selecting on a first-past-the-post basis in a race that bears no relation to the next one is a bit naive.

"Pre-selection," the form men cry, but the ECCU lend a deaf ear. Never mind. Take nothing away from Saturday's race. As a spectacle it was marvellous, with nearly 2,000 running in the senior event among the trees and fields of Milton Keynes's outskirts. If indeed Milton Lewis and Dave Clarke quickly opened up a lead with another Dave, the Murphy who finished second in the New York marathon, trying desperately to haul them back. And that's how they finished, Lewis sinking to his knees in triumph as he crossed the line in 44 minutes 30 seconds, six seconds clear of Clarke, and 20 seconds up on Murphy.

NORTHBROOK and Alvis have struck up a friendly rivalry after joining the booming Coventry running scene.

They made their first appearance at an English National Championship and came away all the wiser, better and wetter for the experience.

Alvis just got the better on the day and now hold a 3-2 advantage over their Coundon opponents. They couldn't have been happier had they won the title.

Incidentally, Alvis, Northbrook and Massey Ferguson RC joined forces to share the cost of a coach. That has to be the way to do it!

NOT RENOWNED for its harsh geographical location, the 'lego town' of Milton Keynes nevertheless gave David Lewis the opportunity to win his first Senior ECCU 'National' cross country title last Saturday, on a course that would warm the heart of any cross country enthusiast. It certainly wasn't a day for the faint-hearted, but the severity of the course, due entirely to the treacherous, glue-pot conditions, didn't detract from an excellent race, although, to be honest, Lewis looked every inch a winner from early on in the proceedings, as early as the start gun in fact, when he was already 30m up the course, but more of that later!

Daly (Lon.I); 360, P. Froggatt (S&SH); 362, D. Clarke (Mass.F); 382, M. Cunningham (C.le S); 385, P. Grubb (Bed); 387, J. Crabbe (N'brook); 395, R. Heath (Bigg); 398, D. Rainbow (Frisk); 410, R. Massey (C'ley); 421, C. Rainbow (Frisk).

470 finished

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How they finished

YOUTHS

Coventry Godiva — 119 Glynn Tromana, 303 Dave Watson, 310 Dave Collins, 347 Richard Docherty, 392 Martyn Home, 502 Mike Lee. Leamington — 287 David Wright, 579 Sirjit Singh, Nuneaton — 238 Murray Parkin, 456 Paul Saunders, 632 Mark Franklin, 572 Gary Shilton, 574 Simon Ewington. Rugby — 218 John Gera, 280 Simon Monger, 545 Kevin Smith, 587 Mark Powell-Bevan, 589 Alan McCulloch.

JUNIORS

Coventry Godiva — 40 Roland Owen, 57 John Wilkinson, 75 Mal Smith, 79 Dave Ramsden, 214 Wayne Slaymaker, 396 Nick Kendall. Nuneaton — 106 Anthony Richards. Massey-Ferguson — 362 Dave Clarke. Northbrook — 387 Jason Crabbe. Rugby — 26 Mike Jacobs, 260 Simon Caldwell. Leamington — 343 Andy Davis.

SENIORS

Coventry Godiva — 68 Tim Redman, 153 Peter Banks, 167 Martin Slevin, 206 Ray Maule, 228 Colin Ridding, 278 Neil Smith, 287 Dave

Hobley, 325 Pete Miller, 419 Dave Dix. Leamington — 539 Paul Muddeman, 654 Cavin Woodward, 801 Paul Turner, 1010 Graham Williams, 1245 Ian Juba, 1295 Dave Potter, 1507 Bob Gittus-Smith, 1727 Pete Hart. Massey Ferguson — 229 Adrian Ward, 334 John Peavoy, 490 Terry Meechin, 509 Martin Glassborow, 626 Graham Patton, 633 Graham Cutting, 760 Mick McCann, 787 Martin Riley, 815 Dave John. Nuneaton — 604 Bob Wills, 625 Cyril Routledge, 754 John Graves, 804 Nick Wilson, 1120 Steve Casey, 1167 Paul Chilton, 1290 Barry Allen, 1354 Pete Coventry, 1546 Rob Suddens. Rugby — 246 Steve Childs, 600 Mick Pickard, 699 Bryan Axford, 921 Barry McHugh, 1182 Bob Mitchell-King, 1191 Gerry Faherty, 1302 Richard Bruce, 1385 Eric Covill, 1686 Colin Hughes. Northbrook — 997 Pete Osborn, 1517 John McKenna, 1545 James Solan, 1603 Ian MacFarlane, 1623 Ken Puffett, 1670 Robert Hewitt, 1672 Steve Watson, 1688 Geoff Nicholls, 1718 Colin Nicholson. Alvis — 1074 Mick Duggan, 1425 Phil Bowser, 1462 Seamus Brannigan, 1526 Liam Crowe, 1674 Bob Knights, 1790 Phil McCarthy.

We weren't LAST either !

186. Alvis — 1074, M. Duggan; 1425, P. Bowser; 1462, S. Brannigan; 1532, K. Ryan; 1656, N. Chattaway; 1674, R. Knights; 8823. 1790, P. McCarthy.

187. Northbrook — 997, P. Osborn; 1517, J. McKenna; 1545, J. Solan; 1603, I. MacFarlane; 1623, K. Puffett; 1670, R. Hewitt; 8955. 1672, S. Watson; 1688, G. Nicholls; 1718, C. Nicholson. 188. Chiltern Striders — 1081, M. Heryett; 1422, P. Roberts; 1475, S. Podbury; 1664, G. King; 1710, A. McDonnell; 1755, M. Cartwright; 9107. 1767, D. Walker.

189. Maidenhead — 873, D. Stevenson; 1409, A. Crump; 1645, D. Hardwell; 1759, A. Rose; 1763, M. Cowlin; 1773, N. Rose; 9222.

190. SKF — 1343, K. Baird; 1454, D. Twyford; 1486, B. Blackeby; 1510, S. Manning; 1722, A. Taylor; 1732, M. Mullany; 9247. 1734, P. Dellar. 191. Surrey FB — 1220, W. Welsh; 1344, M. Grimes; 1496, M. Price; 1741, J. Tyler; 1775, A. Fryer; 1801, G. Knight; 9377. 1805, B. Steward.

192. Cheshire Tally Ho — 1152, G. Stanton; 1463, M. Eastwood; 1596, A. Taylor; 1669, M. Burston; 1745, G. McDonald; 1795, R. Huddy; 9420.

193. Trowbridge — 1138, T. Northwood; 1511, B. Powell; 1567, M. Holland; 1716, P. Morgan; 1743, T. Dickenson; 1803, I. Farr; 9478.

194. International Harvesters — 1522, M. Hill; 1618, J. Grainey; 1630, P. Swaby; 1689, J. Padgett; 1761, R. Veal; 1772, R. Wallace; 9992. 1776, M. Penn.

Harlow were disqualified for running 11 men — 833, J. Williams; 954, K. Wordsell; 1033, C. Parish; 1064, A. Eaton; 1247, B. Concannon; 1482, M. Leechmere; 1491, A. Rhodes; 1548, D. Cameron; 1577, R. Parsons; 1594, D. Harris; 1608, K. Hall.

1806 finished

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COMMENT.....

At last the COVENTRY MARATHON is acknowledging the efforts of Coventry runners to improve the numbers of participants on 'marathon day'. The new Coventry 10 kilometre race is one of the suggestions made by NORTHBROOK A.C. in a letter to the Telegraph last year. The race should prove a great success and give a large number of people the chance to take part in what could prove to be the event that 'saved' the COVENTRY MARATHON.

A reduced size entry form is enclosed with this issue of 'The Runner',

Marathon 'offspring'

THE fifth Coventry People's Marathon on Sunday, October 6, has attracted a promising offspring.

The Coventry 10K event has been added to a special package with the organisers, the Coventry Outward Bound Association, anticipating as many as 3,000 new recruits.

Says race organiser Colin Crisp: "We see the 10K event as a valuable addition to what has become a prime fixture on

the local sporting calendar.

"It could be said that the marathon bubble has burst. We are anxious to cater for all needs and the shorter distance could attract excellent support."

Numbers for the People's Marathon fell below 1,000 for the first time last year, and officials are already anticipating no more than a "stay as you were" entry.

But they are confident that thousands will turn out to cover the 10K route

— they are anxious to play down the "race" aspect with a view to attracting family and jogging support.

"There will be times given to the first 100 finishers and everyone will receive a badge," says Crisp. "We will start the race 15 minutes before the marathon, use a different course and get everyone back to the War Memorial Park for the finish. It could make for a really great day."

THE NATIONAL, a few facts and statistics.

1907 starters in the 1985 Senior race, 1806 finished, this is a record number of runners in this important event.

536 started in the Junior race, 470 runners finished.

634 youths started of which 590 reached the finish line.

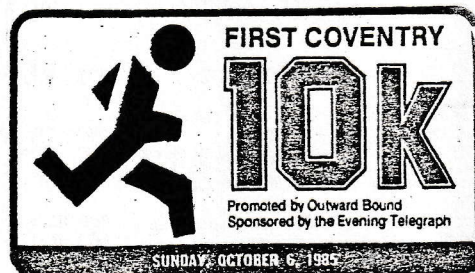
In the Senior race, of the first 50 finishers 8 were from Midlands clubs, 4 of these were from Tipton and Birchfield.

Team positions: 1. Aldershot. 2. Birchfield. 3. Tipton.

Of the first 50 clubs, 12 were Midland clubs including Massey's.

Birchfield won the Frank Christmas Trophy for the first Northern club, and the Charles Otway Memorial cup. (lowest score for nine runners).

4 runners were disqualified for not wearing club colours, 23 runners had to be 'stitched up' after being spiked, cut or otherwise injured.



HOW TO ENTER

Entries will not be accepted after September 1, 1985.
Entries with entry fee and stamped, self-addressed envelope, should be sent to Entry Secretary:

T. Shepherd,
26 Newbold Road, Wellesbourne,
Warwick CV35 9QE.

ENTRY FORM

1st COVENTRY 10 KILOMETRE

SUNDAY, OCTOBER 6, 1985
10.30 am

Entry fee £2.50. Cheques and postal orders payable to Coventry and District OBA. A stamped, self-addressed envelope at least 4in x 5in must be included. Acknowledgements will not be despatched until August 1985. If receipt is required a second, small, stamped, self-addressed envelope should be included.

All runners must be 14 or above on October 6, 1985. Runners aged under 18 on October 6, 1985, must have the full support of a parent or guardian who must sign below on their behalf.

ENTRANT DETAILS (Please use block capitals)

SURNAME

FORENAMES

ADDRESS

.....POSTCODE

Male or female..... Age on 6/10/85

Club, organisation or other point of interest

IF ENTRANT IS 18 OR OVER —

I wish to enter the 1st Coventry 10 Kilometre. I certify that I am fit enough to enter this event and I absolve the organisers from all liability in connection with my entry.

IF ENTRANT IS UNDER 18 —

I,, the undersigned parent/guardian of the above entrant, fully support their entry, certify that in my opinion he/she is fit enough to enter, understand that the run will take place on public roads and footpaths, and absolve the organisers from all liability in connection with this entry.

Signature of Entrant (if 18 or over)

Signature of parent/guardian
(if entrant under 18)

THE NORTHBROOK RUNNER



Information about the Northbrook Runner magazine, including details about its content and how to obtain it.

Spare copies of The Northbrook Runner available at reduced size.

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

Midland X-Country Champs. February 9th. 1985. Wollaton Park. 8 miles.

SENIORS. 1st. C. Buckley (Westbury Harriers) 43.01.

1st. Team. TIPTON (66points)

Club result. 200. J. Crabbe, 202. J. McKenna, 203. R. Hewitt, 210. I. James, 215. S. Watson, 216. G. Nicholls, 224. C. Nicholson.

NORTHBROOK X-COUNTRY CHAMPIONSHIP 1985.

Seniors: 1. P. Osborne 34 points. 2. J. Solan 25 points. 3. J. Crabbe 23 point

Ladies : 1. M. Straiton 25 points. 2. B. Goodman 21 points.

3. N. McKenzie 12 points.

Youths : 1. R. Goodman 30 points. 2. D. Buckenham 15 points. 3. C. Brook 9 points

SOLIHULL 10 MILE ROAD RACE 10th March .

Word has it that it was a short course although those who ran it are claiming it was 10.6 miles !!!! Never mind lads we understand, I would do the same if I pulled a bad time for a fast FLAT, SHORT COURSE.

Results: P. Osborne 59.00, J. McKenna 64.00, J. Crabbe 63.40.....need I go on?

BIRMINGHAM LEAGUE FINAL RESULT 1984/5.

1. Potteries..... 189
2. Burton 448
3. Sandwell 876
4. Centurion 926
5. Aston Uni' 1147
6. Alvis 1288
7. Northbrook 1452
8. Royal Dalton 2078
9. Brum Prison 2216

Not a bad result for our first season in the league. Congratulations to all those who took part in the series of races.

FINHAM PARK HAVE MAJOR CHAMPIONSHIP SUCCESSES IN COVENTRY SCHOOLS X-COUNTRY CHAMPIONSHIPS ON 9th MARCH.

Winners of the Junior boys' Championships, and the Junior Girls' Championships in an unprecedented 'double'. Also Andrew Lee the Junior Boys' individual champion.

Lynne Robinson (English Schools 800m. champ)

Individual winner of Senior girls' race,

Runners up in the Senior girls' race (silver medalists 1, 4, 24.)

MASSEY FERGUSON RUNNERS CLUB

Presents the
3rd ANNUAL

COVENTRY DIESEL
'5'

(Under AAA & WAAA Laws)

SUNDAY

14TH APRIL 1985

At 10.30 a.m.

Venue: Woodlands School
Broad Lane, Coventry.

PRIZES: (To the value of):-

1st Male £40, 2nd £30, 3rd £20, 4th to 10th £8 each. 1st & 2nd Vet 0/40 £8 each, 1st 0/50 £8. 1st Lady £10, 2nd Lady £8, 3rd £5. 1st three Teams - 4 to count, will receive trophies. PLUS lots of Tee Shirt Spot Prizes.

Accurate fast 5 miles with mile markers

1983 winner Alan Gilder 23.45 (Lady 29.48)

1984 winner Steve James 24.11 (Lady 29.24)

Entry Fee £1.00 affil. £1.50 unattached. Cheques payable to Massey Ferguson Runners Club. Please enclose 9"x6" s.a.e. with entry form. + additional s.a.e. for results if req'd. Closing Date 5th April 1985

ENTRY FORM: (Please complete in block capitals).

SURNAME (Mr Mrs Ms)

FORENAMES

ADDRESS

Age on 14.4.85.....

CLUB

Please enter me for the Coventry Diesels '5'. I understand that I participate at my own risk & will not hold the organisers responsible for any injuries or property lost by me.

I enclose entry fee of £1.00/£1.50 and one 9"x6" s.a.e. + additional s.a.e. if result sheet is required.

Signed

Date

Entries to: T. Lawson, 208 Upper Eastern Green Lane,
Coventry CV5 7DP. Enquiries Tel. Cov. 468975

Sly shows way home

Zola Budd's defeat by Britain's Wendy Sly in the 10 kilometre road race in Phoenix, Arizona on Saturday was a lesson in running.

Mrs Sly was always a fraction in front, made it a critical five yards at the halfway point, and more than 100 at the finish, breaking her own course record by two seconds at 32min 03 sec. Dogging them throughout, to make it an all-British first three, was the remarkable 40-year-old Priscilla Welch.

The sponsors borrowed a Hollywood technique and billed Miss Budd with the title. The promotion material invited the public to participate — and 4,000 did — in brochures urging them to "run with Zola Budd."

This was not really true. The 29 "elite" women competing with Miss Budd were not only separated from the public, but also from the 54 male stars whose race was won by Ireland's John Treacy in 27.46. This was the first time in the event that men and women had been split and both Sly and Welch regretted it. The events were separated for two reasons.

One was the security, which the police had decided would be simpler with a divided field.

The other reason was the US TV network which bought the film rights

TRAINING RUNS NUMBER 4.

The Stonleigh Crossroads '8'.

Measured distance 7.9 miles.

START. Memorial Park car park on the Leamington Road.

Run onto the KENILWORTH RD. and continue to the lights at the junction with the A45. Straight over at the lights and down the length of the wide continuation of the KENILWORTH RD. At GIBBET HILL turn left into STONLEIGH AVENUE where all the big posh houses are. Run on past the junction with KINGS HILL ROAD (more about that route next time) and down the hill past the farm buildings on the right. As you start to climb up towards the bridge over the motorway (A46) you meet the last part of the Coventry Marathon route which leads you out of Kenilworth. Over the bridge towards STONLEIGH VILLAGE until the crossroads are reached. Turn left and along a quiet country road that passes a small wood on the right before descending sharply to the FINHAM SEWAGE FARM at the junction with the Coventry Road. Turn left again and over St. Martins Road (steep hill) until the large roundabout at the base of the Leamington Rd. hill finally brings you back to the Leamington Road.

After the initial climb the road maintains a continual steady rise until the junction with STIVICHALL CROFT, at which point the car park is only 400 meters away.

A great route, give it a try on Sunday if you fancy a change from your usual route. After all variety is the spice of running.

INCLUDED WITH THIS ISSUE.....

An article on the Triathlon from RUNNING MAG, The club 'rules' from Judge John..his words, not mine, I think he means constitution. The proper account of the A.G.M. as seen by the Hon Sec and a free staple to pin it all together.

Next month lets see a few of you lot making a contribution to this news sheet.

MIDLAND COUNTIES AAA

12 STAGE ROAD RELAY

incorporating

VETERANS 6 STAGE ROAD RELAY

to be held on

SATURDAY, 6th APRIL, 1985
in Sutton Park, Starting 12 noon

Entry Fee:— £4.00 per team (12 stage)
£3.00 per team (6 stage)

Forms available from: MCAAA Office,
Devonshire House, High Street, Deritend,
Birmingham B12 0LP.

Entries Close — Friday 29th March
(Held under AAA Laws)

MOSCOW MARATHON

August 10th, 1985

Free Cruise missile to every finisher. Anyone finishing in over 3hrs 30 has a free trip to Siberia.