

THE NORTHBROOK

runner



editor. Jerry murland

Number 6. April 1985.

COMMENT.....

Are we really giving enough thought to new runners who come to run with the club for the first time ? Do we have anyone responsible for new runners and allocating them to a group if they are not sure of how fast they can, or want to, run? What about absolute beginners who have just started, do we frighten them off ? Does anyone stay behind to check on the 'new' runner to see if he is O.K. ?

Joe Brennan kept his eye on me when I started to run he also kept his eye on quite a group of us until we began to improve enough to 'survive'.

Perhaps we might adopt some of the ideas in this month's RUNNING Mag'.

DON'T assume you know what slow means, you may think it's 8 minute miling, they KNOW it's 12 minute miling.

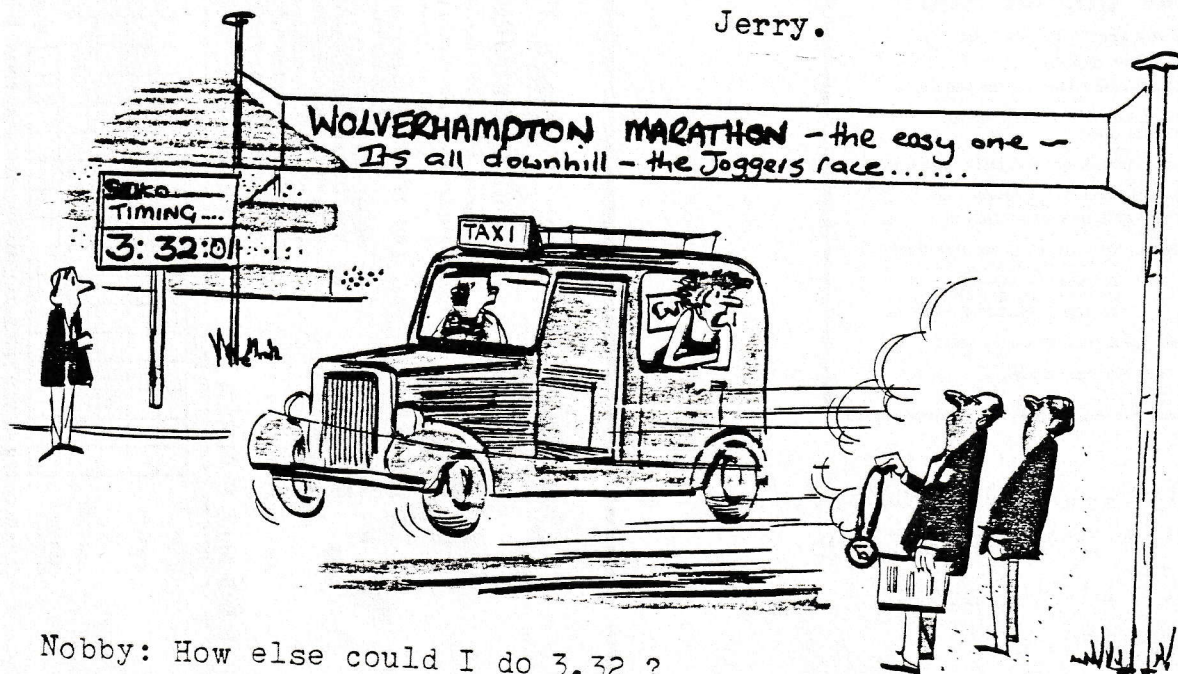
DON'T boast about your best Marathon time.

IF you feel your group is not suited to beginners then give guidance and recommend another more suitable group.

DON'T say you are prepared to welcome beginners if you are not prepared to spend time with them.



Jerry.



Nobby: How else could I do 3.32 ?

..... VETS BIT.....VETS BIT.....VETS BIT.....VETS BIT.....VETS BIT.....

At the moment Northbrook A.C. can boast 18 veteran runners. I'm sorry if I caused any embarrassment by including two people who I thought were vets, some RED FACES and a few threats aimed in my direction. I more than made up for this error by finding four more runners who, after a little prodding, admitted to being 'fortyish'. Hence the sum total of 18. Mick Hall is patiently waiting on the sidelines to join the ranks. If the vets section is a success we could divide ourselves into groups as follows:

Group A. 40 to 45. group B. 45 to 49. Group C. 50 to 54. and so on, this would allow for the percentage loss each year over 40. I must remember to tell Neil about this percentage loss the next time he goes blasting off in a race and leaves me and many others wondering how he does it !! Many of us have been inspired to better running through meeting Joe Brennan, whose running accomplishments are second to none. Joe has recently been in Manor House Hospital for an exploratory operation on his knee I think the whole of the club wishes Joe the best and hope to see him back among us soon. Perhaps Joe would write down some of his sporting achievements for the vets page.

Ken Buck.

BEARWOOD COMMUNITY ASSOCIATION
AND TIPTON HARRIERS

BEARWOOD FESTIVAL

PUMA **10K RACES**

MONDAY 6TH MAY 1985

Under A.A.A.s and W.C.C.A.s Rules.

START 2.30 p.m.

Lightwood Park, Bearwood Warley, West Midlands.

Prizes for at least 1st 5 Men & Women.
Plus Veterans Awards.

Entry Fee £1 Club & AAAs Registered £1.50 unattached

Please make cheques & P.O.s payable to:-
BEARWOOD COMMUNITY ASSOCIATION.

Details & Entry Forms: Mike Trevor (Race Organiser)
35, Barclay Road,
Bearwood, Smethwick,
West Midlands B67 5JY.
Telephone No. 021-429-9428

Closing Date for Entries 29th April, 1985.

Limit 400 Competitors.

STOP PRESS... STOP PRESS.....
FINHAM '5' ROAD RACE IS ON
MAY 4th. 10.30. start.
£1. entry fee.

Age groups. U.II, U.I3, U.I6.
Girls and Boys. Medals to first
three in each age group.

Sponsored by **Mitchells & Butlers**

SUNDAY 16th JUNE 10.30 am.

Accurately measured flat fast course

PRIZES: for at least the first 12 individuals, first 5 women and veterans awards.

ENTRY FEES: £2.50 club and registered runners
£3.00 unattached

Please make cheques & P.O.'s payable to:
SMALL HEATH SCHOOL & COMMUNITY CENTRE

ENTRIES TO: Mike Trevor, Race Organiser,
at Small Heath School & Community Centre,
Muntz Street, Birmingham B10 9RX

CLOSING DATE FOR ENTRIES: 6.6.85

ENTRY 50p CERTS. TO ALL FINISHERS

+ 6.5 MILE FUN RUN

Under A.A.A.s & W.C.C.A.s Rules

NAME _____ ADDRESS _____

POST CODE _____

CLUB OR REG. No. _____

DATE OF BIRTH _____

MALE ☐ FEMALE ☐

FUN RUN ☐

PLEASE ENTER ME FOR THE SMALL HEATH HALF MARATHON
I AGREE TO ABIDE BY THE RULES OF THE COMPETITION.

Signed _____ Date _____

SMALL HEATH HALF MARATHON

THE (GRAND) NATIONAL
a personal account by Jim Solan.

Somebody down the club was saying that anybody can run the National, so why don't we? Mike W.S. and Ken bubbled with enthusiasm, various cries of "Yeah, I'll do it...why not?"

A few weeks later, a bit more sober, we realise that the 'somebody' thought we were serious and entered us!!! Never mind it'll be fun to see the stars.....

The day arrives, quite looking forward to it, hope I don't get lapped, Well at least I'm going to finish, more than that wimp Cram; bottled out before the start...jesse northerners!!!

Get on the coach, Alvis have only got 7 men and one of them's injured, we'll 'tank' 'em today. God, don't them Massive Ferguson blokes look keen.....surely he can't run very fast with hair like that.

Arrive, but can't get off the coach.."sorry guv',but it's more than my job's worth".....There's Godiva and Grumbley,their 387th best man,even their 487th best would get in our team especially if he had two legs!!! Captain Cox goes straight into organizing everything wonderfully, it's not the same without the obligatory.."where do I get my number"..or "anyone got any pins?"....Or "lend us some bog roll mate".....

Go to the course, I don't like the look of this..let's go and watch the sprogs race, god look at his legs and he's only done 4 miles. My god, he's quick, he can't be a youth.....

Photo sessions. Yeah lets have all the team on one. Where's Pete? Doing his 13 mile warm up I suppose.....

Junior race is on, after one mile they come storming past, "did you see Jason?"

"no"

"did anyone see Jason?"

"look at that lad, he must be all of 13 stone, at least there's some fun runners in this one".

Getting ready for the start, Oh God, wish I had some spikes. I don't believe I'm doing this. Hope we don't come last...please let me have two shoes on when I finish...if only I'd done the Midland....it could be worse.....Christ is that the gun?..must've been, everybody is moving,

"Oi, watch your spikes mate",

Wonder if Steve the Sprint is at the front yet??

What's this? you can't have a forest on a national course.....oops, bad luck mate, the ambulance is over there...wonder who's in front....god, this is hard, how long's gone? 7mins 20, Oh help!!

Was that the first lap? I'm sure I've seen this bit before

I remember seeing that Kuala Lumpa Harrier looking for his spikes in the mud last time round..at least he's found one of them. Ay 'up there's Judge John McKenna, I'm not letting him beat me...Bloody hell look at that hill, how can you get up that with no spikes? I'll need altitude training for this one,(you shouldn't be such a short ar!** little sod Jim. Editor).

Head says move up a gear, legs say sod off...head wins....Judge John is soon behind me..he he he...take care on this corner it's a bit sharp, "sorry missus, I couldn't help it, there's an offer on at Sketchleys this week",

Christ, Judge John's got in front again.....head takes a 2-0 lead and he's behind again (obviously you need more training John. Ed.)

Half way round and the mud is everywhere, legs, arms, face, neck and even on my ***** (censored. Ed). Oh god he's there again, he must have had clones built (what a terrible thought. Ed) Maybe he knows a short cut. sod this says head, me too says legs..as our Hon. Sec. moves off like a sloth and leaves me (sorry Jim, he beats you in the end, I've seen the results. Ed)

How long now? Only half a mile to go I think...isn't that Kevin 'what accent' Ryan from the Alvis, he's knackered..he's not beating me in....

'come on legs'

'no chance!!'

'come on it's a doddle'

'easy for you to say, you're not doing the running'.....

Legs 2-2, Alvis wins.

There's the finish, I made it.....

"just stand here and freeze for an hour" says a marshal wearing I2 jumpers and 2 pairs of wellies...I'm NEVER going to do this again, the medals crap, worse than the Cov' Marathon (it can't be worse. Ed)

Jim finished in I545th. position and was third scorer for the club.

POEM

Ding Dong bell, whose lost his vest?

Judge John has.

Did he wear it running?

No he bloody didn't.

Ding Dong bell, who typed the rules?

Judge John did.

What shall we do?

What a naughty boy he was to run without his vest.

Ding Dong bell, what shall we do?

FINE THE SOD !