

THE NORTHBROOK RUNNER



NUMBER 14. APRIL 1986

This edition, heralds a new editor, President and Club Committee. Our thanks must be conveyed to our previous editor, J. Murland. He certainly edited a valued newsletter, factual and humorous over the past 15 months. It is intended to keep the NORTHBROOK RUNNER to a similar successful formula. The RUNNER will retain its identity, giving all members a platform for opinions, information and results. Your letters and comments would be most welcome. Why not? get out those old pens and start contributing - it should make interesting reading for all members. Included within this edition - an National x-c report, A-Z of most members and many results.

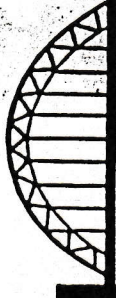
Our first social Disco of 1986 on Sat 29th March was a grand success. Thanks are conveyed to the ladies section & Geoff Nichols. The music was selective and the curries? edible, though some was fed to the floor. (comments Mr Dunn). It is intended to hold many future social events e.g. Bar-B-q's skittle nights etc... but remember their success depends on your support. All proceeds go to the kids party fund. The new club President is Mr Ken Buckingham, who replaces Mr Tony Bandle. We wish Ken, all the best in his new post, and I am sure you would agree, that as an active and respected member he will do us all proud (creeping by Ed...)

I would like to welcome all new members to NORTHBROOK. I recommend all 'old members' (not being unkind to the vets) to 'adopt' them until they settle in.

Congrats to all members who ran in the London, your vests were missed but your run was more than worthy for M.S Leuk... Cancer charities.

Finally the Ladies Section announce they are holding a CLOTHES PARTY on FRI 25 APRIL AT 8 O'CLOCK. Though primarily displaying ladies and Childrens clothing, some items will be available for the men.

Your ever + ...



The National

Provincial Insurance plc

TOWN MOOR NEWCASTLE UPON TYNE 1st MARCH 1986

REPORTING - IAN GILL

Alarm goes off 5.30 a.m., fancy waking up to the sound of Nana Mostaori in hindsight I should have realised this was a warning of more suffering to come. After stumbling downstairs, and splashing cold water everywhere in the bathroom except onto myself, I am now waking up to the memory that today is the National, this gives me an uncontrollable urge to dash straight back to the bathroom. Ten minutes later Bob pulls up outside, ah well this is time to go. So off we head to catch the coach, moving swiftly on (shows later) Newcastle - town moor, the famous five armed with a select band of supporters walked across the course, just in time to watch Daran Mead storming down the home straight in the youths race, while the rest were floundering in his wake. Watching the also rans made me realise how tough the course must be. My sight then strayed to the sight of this mountain, there were goats wearing oxygen masks, they had only managed to get halfway, and we were supposed to run to the top. Oh well 5 minutes to the start of the seniors race, we moved towards our starting position, bloody hell Tony Milosavl, Wheaday, Holden, Wilton, this must be the wrong race, tell to move out of the way they could stop us getting a fast start. BANG! where has everybody gone, come on legs its time to move, mud 6 inches deep in winter I must be dreaming, (no I can remember Nana Mostaori, must be a nightmare) Jesus the mountains are coming, Thanks Neil, a bit of support works wonders ah downhill at last, not another hill my god, thanks Gary. I know dug in. One lap gone, Dares Bob lets try and catch him, caught him up near the bottom of the mountain, how are you feeling he asks, Blimey I think he seems fresh, then hes off up the mountain (I reckon he wanted the oxygen mask from that goat) Great last lap coming up, Dares John cant let him beat me, Head down and push on I look up to see if I am gaining, and hes not in sight. Last time up Everest, thank God!

passing a few people now, going to put a sprint on for the finish, the calves start complaining, so I ease off a bit, best to run across the finish line, rather than walk, cramped up. The finish, 1501st position theres John and Bob, blimey Johns in front of Bob, theres Bob H and Geoff well we all finished the 9 miles of hell, we may have been near the tail but who cares, I certainly dont, because we all performed heroics today, and nobody can take that away from us. This waiting is getting a bit much (20 minutes), ah movement, at last. Where the kibbogs, theres Neil, John and Bob, warm clothes are quickly put on here comes Bob and Geoff, everybody congratulates each other. Back to the coach, homebound bond at last, except for the obligatory welcoming station, I couldn't really work out if everybody was really thirsty or if they just needed a breaf from John's race tactics - Hotchings was lucky the race wasn't 3 miles longer - back in Coventry at 11.30pm. My only thoughts now were for a long soat in a hot bath.

MORE RESULTS - 1 - MORE RESULTS - 2 - MORE RESULTS

FAST TIMES FOR ROUND CLUB HANDICAP

TEA WEIGHT 17.51 ANTHONY DUNN 18.04

JOHN SHUTTLEWORTH 18.30 BOB HODGINS 18.00

JOHN MCKENNA 18.38 IAN LADDEROKE 18.59

IAN GILL 18.24 MARTIN BATTLEWASH 18.52.

REMAINING HANDICAP DATES

2ND ROUND WED. 1ST MAY 1986

3RD ROUND MON. 4TH JUNE 1986

4TH ROUND WED. 2ND JULY 1986

5TH ROUND WED. 3RD SEPT. 1986.

THE FIRST ROUND WAS A SURPRIS SUCCESS. MANY FIRST TIMES AND NEW PERSONAL BESTS WERE SET. THE YOUNGER ELEMENT ARE CERTAINLY IMPROVING, GREAT THINGS CAN SURLY BE EXPECTED DURING THE REMAINING HANDICAP ROUNDS. THANKS ARE CONVEYED TO DEREK WARDLE & GEOFF NICHOLS (HANDICAPPING & TIMING) ITS NOT A EASY JOB. (DONT I KNOW..ED) THE HANDICAPS ARE THERE TO BE WON. WITH THE NIGHTS STAYING LIGHTER WE CAN EXPECT SUTTON TELEVISION A VISION TO BE OUT IN FORCE.

THE COMPANY BOSS IS MORE THAN WELCOME.

LADIES SECTION SECOND REMINDER

COME AND JOIN US AT NORTHBROOK TELEPOST CLUB ON FRIDAY 25TH APRIL AT 8 O'CLOCK, AND TREAT YOURSELF TO SOMETHING NEW FROM OUR CHILDRENS AND LADIES CLOTHES PARTY. ALL PROCEED TO GO TO THE CHILDRENS' CHRISTMAS PARTY FUND.

RESULTS

MIDLAND COUNTIES 12 ST. RELAY
29th MARCH 1986

1. TIPTON HARRIERS 3'41:54
2. BIRCHFIELD 2'42:53
3. LEICESTER

NORTHERBROOK A.C. 4'30^{plus}

STAGE 1: IAN LADDEROKE 32: -

STAGE 2: DAVID HAGAN 16:42

STAGE 3: GARY CLARKE -:-

STAGE 4: BILL NICHOLSON 32'0

STAGE 5: GAVIN NICHOLSON -:-

STAGE 6: ANTHONY DUNN 18:09

STAGE 7: JOHN MCKENNA 23'27

STAGE 8: IAN GILL 17'43

STAGE 9: NEIL ARMSTRONGS 19:18

STAGE 10: ROBERT ADAMS 32:31

STAGE 11: TIM WRIGHT 16:23

STAGE 12: STEVE SIMPSON 19:18

(OFFICIAL RESULTS AWAITED)

WORLD X-C CHAMPIONSHIPS 23 MAR

NEUCHÂTEL - SWITZERLAND

Senior Men 12 km

1. JOHN NGUGI (KENYA) 35:33
2. ABERE MEKONEN (ETH) 35:35
3. JESSEPH KAPTUM (KEN) 35:40

16 DAVID CLARKE (ENG) 36:15

25 STEVE BINNS (ENG) 36:30

74 HUTCHINS 80 LEWIS

Team 1. KENYA 45 : 2 ETHIOPIA 119

8 SWEDEN 360:

Women 4.65 km

1. ZOLA BUDO (SWE) 14:50
2. LYNN JENNIES (USA) 15:08

Team 1. ENGLAND 65PTS

2. N. ZELAND 67PTS

IF ANY MEMBER HAS THE RESULTS FOR THE STAFFORD 20 MILE AND BRAMCOTE 1/2 MAR PLEASE PASS THEM TO THE EDITOR. GET NOTICED GET IN THE NORTHBROOK RUNNER!

RESULTS

Reet & Crookham 1/2 MAR

23rd MARCH 1986

JOHN MCKENNA 1:25:24

ROBERT ADAMS 1:25:58

PETER DAVIS 1:27:28

DEREK WADDE 1:30:51

TONY MURPHY 1:41:00

ENGLISH SCHOOLS NATIONAL

X-C - AT DURHAM 22 MAR

62nd DAVID HAGAN 24:19

4 MILES TESTING COURSE

"SUPERB EFFORT"

DEC RENONG HALF-MARATHON 6th APRIL 1986

1st PAUL DAVIES-HALE 62:29

Bill Nicholson 77:33

Bob Adams 81:24

Pete Davis 84:10

John McKenna 89:27 - NO COMMENT

NEATHERBROOK CLUB HANDICAP

1st ROUND 1986

Seniors 1. Ben Whitehead 21:20 32

2. Tom Murphy 21:40 31

3. Stuart Whitehouse 19:37 20

Ladies 1. Jane Doonan 27:41 9

2. Gwen Bunnell 29:53 6

3. Bev Goodman 24:42 5

Youths 1. David Hagan 16:57 15

2. John McKenna 16:55 12

3. Neil Walker 17:49 11

Speed 1. David Hagan 16:57 10

2. John McKenna 16:55 9

3. Neil Walker 17:49 8

4. Bev Goodman 17:55 7

Remember arrive early! Start 7:30 PROMPT

FOR THE STAFFORD 20 MILE

PLEASE PASS THEM TO THE EDITOR.

GET IN THE NORTHBROOK RUNNER!

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PLEASE PASS THEM TO THE EDITOR.

GET IN THE NORTHBROOK RUNNER!

WEAK ANKLES?

ACHILLES TENDON TROUBLE?

THEN SOME WORK ON A "WOBBLE BOARD" MAY BE THE ANSWER. A MINUTE OR TWO A DAY FOR ONLY A FEW WEEKS WILL STRENGTHEN YOUR ANKLES, IMPROVE ANKLE MOBILITY AND EASE TENDON PROBLEMS.

A "WOBBLE BOARD" IS A CIRCULAR BOARD MOUNTED ON A HEMISPHERE, YOU STAND ON THE BOARD AND ATTEMPT TO BALANCE. THIS SIMPLE DEVICE IS USED BY MOST PHYSIOS TO CORRECT ANKLE PROBLEMS.

FOR MORE DETAILS ABOUT ITS USE AND AVAILABILITY SEE JOHN COX.

CLUBS NIGHTS

YOUTH TRACK SESSIONS 7:00PM PARR KENNEDY
TUE ... CIRCUIT TRAINING COULDN COXET SCHOOL 7:00PM
SENIOR TRACK SESSION 1:00PM PARR KENNEDY.

QUOTE ON QUOTE ... QUOTE ON

A.M. "ON MY GOO!"

REST OF TEAM ... "GREAT! WHAT'S UP?"

A.M. "I'VE LEFT ME NUMBER AT HOME"

REST OF TEAM "UNBELIEVABLE!"

MOVING INTO COMMITTEE MEETING

"SHOULD I BE WEARING THE MINUTES"

TENDON "HON'S YOUR NEW SHOES?"

B.N.I. "OK EXCEPT SCARS ON THE 4 & 4"

(CONSIDERED ...)

RESULT RESULT RESULT

MURPHY 5 MILE ROAD RACE 13 APRIL 86

PETER DAVIS 31:41. GAVIN NICHOLSON 32:49

BOB ADAMS 29:26 BILL NICHOLSON 28:28

STUART WHITEHOUSE 31:46 IAN GILL 29:21

JOHN SHUTTLEWORTH 29:10

JASON MCCORMACK 30:28

KEVIN BUCKINGHAM 30:32. ALSO TIMES

BY A MURPHY JUNE DOONAN BOB GOODMAN

FUTURE DATES FOR YOUR DIARY

COVENTRY HALF MARATHON 6th JULY 10:00AM £2.50

800 NORTH 10 MILE 4 FUN RUN 18th MAY 10:45 AM £2.50

DEAN AT N.E.C. BIRMINGHAM - N. BUCKINGHAM GOING TO DEPEND ON NEIL SAYS IT BEATS SUNDAY FOR KEEPING YA YOUNG CONGRATS TO ANNETTE FOR WINNING COV EVENING TELEGRAPH COMPETITION

WOLVERHAMPTON RACE DREAMERS

HAVE AGREED TO HOLD A 0312 KM

RUN FOR THE 5000* RUNNERS WHO

RAN THE MARATHON ON APRIL 6th 1986

MIR LOOFS (OFFICIAL) SAID "IT WAS

THE LEAST WE COULD DO. IT'S OUR

INTENTION TO TIME THIS RUN AND TO

CORRECT EACH INDIVIDUALS MARATHON.

WE HOPE THIS WILL PUT THE RECORDS

STRAIGHT!" THE AGREED NEW DATE

IS THE 31st APRIL 10:30 AM 1986.

WE HOPE THIS IS SOME CONSOLATION

FOR THOSE WHO RAN ON THE 6th APRIL.

NORTHERBROOKS COACHES DENY YOU

SHOULD MAINTAIN YOUR PRESENT

HIGH MILEAGE.

(SORRY...ITS NOT A JOKEING MATTER

BUT YOU HAVE TO LAUGH... ED)

BLOCK ENTRY BY BOB ANWBLOCK

sails in
ahead of rest

By Pat Butcher, Athletics Correspondent

A high wind in the Jamaica Road signalled the end of Toshihiko Seko's attempt at a world best time in the Mars London Marathon yesterday. At that point, 11 miles into the 26, the Japanese had sailed away not only from any potential opponent but also from Steve Anders, the pacemaker, and was on time for something just under the 2hr 7min 12sec that Carlos Lopes set in Rotterdam one year ago.

Seko got a respite shortly afterwards when he turned across Tower Bridge and headed east into the Isle of Dogs. But having fallen outside five minutes a mile for the first time at 18 miles, the wind in his favour again for the final six miles was so effective that Seko's winning time was pegged to 2hr 10min 2sec.

That was still good enough to beat Hugh Jones, the 1982 London winner by over one and a half minutes and Jones admitted that he had given up any chance of trying to catch Seko four miles from the finish after slithering across the cobbles beside the Tower, still one of the most problematic parts of this course, although they had been made extra dangerous by earlier rain.

But Jones successfully achieved the parallel task of qualifying to join the pre-selected Steve Jones in the European championships marathon in Stuttgart in late summer, as did Allister Hutton, who finished third yesterday. Both Jones and Hutton admitted that the combination of the effects of the fast early pace and the high wind in the latter stages also slowed them such that they were well outside their best times.

There should have been little question about the choice of Hugh Jones and Hutton at yesterday afternoon's selection conference, the outcome of which is due to be announced later this week. The British women's selection is less straight forward.

Veronique Marot, the holder of the British best with 2hr 28min 4sec had to drop out early in the race having been sick for the previous 12 hours. Yet any precedence that the twins, Ann Ford and Paula Fudge, may have had over her

24min 54sec), albeit in much slower times than Marot's best, disappeared when Ford revealed that they did not wish to be considered for either the European championships or the Commonwealth Games.

Ford said afterwards that neither was interested in another such long-distance race, but at 34 years of age they also realize that there is not much time left to benefit from the big money road races that they are capable of winning in the United States nowadays. Only Marot will go to the European championships, the British Amateur Athletic Board decided yesterday.

Sarah Rowell, who held the previous British best with 2hr 28min 6sec was unable to run yesterday through injury; but if she recovers, she is the obvious choice for Edinburgh, and with

pre-selected Gateshead club colleague, Charlie Spedding, in the England team in Edinburgh when he was in the first 10 at 20 miles. But when he started to suffer and drop back, he mistook Ellis for the Englishman, John Boyes. The when Phil O'Brien, in his first official marathon passed Forster, the Geordie almost dropped out, thinking the last Edinburgh ticket had been cancelled. When told of Ellis's true identity, he almost attacked the exhausted and prostrate Welshman in order to verify the fact.

O'Brien had run unofficially in the Harrow Marathon last October in his first attempt at the distance. He ran under 2hr 20min, and was almost 45 minutes faster yesterday with 2hr 15min. He said he was disappointed with that time, but it should be good enough for Edinburgh. Forster was 15th, and should also be selected, and Boyes was, in fact, 22nd.

Seko dedicated his victory in his first marathon since finishing fourteenth in the Olympic Games to Kyoshi Nakamura, his coach and Zen master, who died of a heart attack while on a fishing trip last year. Seko wants to run a fast 10,000 metres in Oslo this summer, and then run in the Chicago marathon next autumn. Mrs Waitz will run some shorter road races in the United States before deciding whether to run in the European championships marathon.

• Abebe Mekkonen and Belannynh Densimo, of Ethiopia, stole the spotlight by taking the first two places in the Rotterdam Marathon yesterday. Mekkonen won the race in 2hr 9min 8sec, one second ahead of Densimo, with Allan Zachariassen, of Denmark, third in 2hr 11min 56sec. John Graham, of Scotland, who was second last year and winner of the 1981 event, was sixth in 2hr 13min 42sec.

The Ethiopians dominated the field and after they broke away no-one was in contention as they stretched their advantage to nearly three minutes.

LEADING POSITIONS: 1. A. Mekkonen (Eth), 2.09.08, 2. B. Densimo (Eth), 2.09.09, 3. A. Zachariassen (Den), 2.11.56, 4. C. Lambragis (Neth), 2.12.27, 5. J. Peuman (GB), 2.13.12, 6. J. Graham (GB), 2.13.42.

BOSTON MAR
RESULT 21 APR

1. R. DECASTELLA
2hr 7-51.56
2. A. BAILEAU
3. D. PIZZOLATO
WOMEN
1. I. KRISTIANSEN
2hrs 24-55

D. LONG, M.F.R.C
SUPERB EFFORT

NORTHBROOK INDIVIDUAL TIMES
PETE DAVIS 3:18
MIKE HALL 3:45
JOHN SHUTTLEWORTH 3:15
NEIL BUCKENHAM 3:31
ALSO CREDITABLE TIMES BY
G. BARNWELL D. WARDLE
J. GRUMBLEY B. NORRALL



1	Toshihiko Seko, Japan	2:10.02
2	Hugh Jones	2:11.42
3	Allister Hutton	2:12.36
4	Pat Petersen, US	2:12.56
5	Mehmet Terzi, Turkey	2:13.02
6	Yutaka Kanai, Japan	2:13.42
7	Henrik Albahn, Den	2:14.34
8	Ieuan Ellis	2:14.38
9	Geir Kvernmo, Norway	2:14.48
10	Cidilio Caetano, Port	2:14.57
11	Oddmund Roaldkvam	2:14.59
12	Philip O'Brien	2:15.00
13	Lindsay Robertson	2:15.03
14	Peter Lyrnemann, Swi	2:15.06
15	Kevin Forster	2:15.19
16	Richard Umberg, Swi	2:15.46
17	Zhu Shuchun, China	2:15.47
18	Gyula Borka, Hungary	2:15.53
19	Eleuterio Anton, Spain	2:15.54
20	John Wheway	2:15.56
21	Alte Joakimsen, Nor	2:15.57
22	Kjell Stahl, Sweden	2:16.00
23	George Malliaris, Gre	2:16.04
24	Gerd Krippner, WG	2:16.19
25	John Boyes	2:16.28
26	David Long	2:16.33
27	Ahmet Altun, Turkey	2:16.44
28	Lawrie Spence	2:17.01
29	Chris Woodhouse	2:17.04
30	Calum Bark	2:17.08
31	Werner Grommisch	2:17.19
32	Robin Nash	2:17.21
33	Steve Brace	2:17.31
34	Ossie Arif	2:17.39
35	Peter Russell	2:17.44
36	Andrew Daly	2:17.53
37	Hannu Makirinta, Fin	2:17.55
38	Terry Mitchell	2:18.00
39	Andrew Girling	2:18.04
40	Andrew Evans	2:18.06
41	Palle Madsen, Denmark	2:18.22
42	Charles Haskett	2:18.29
43	Peter Gschwend	2:18.57
44	Colin Brown	2:19.19
45	David Hill	2:19.39
46	Ronald Boreham	2:19.46
47	William Snelgrove	2:19.47
48	Simon Axon	2:19.53
49	Zoltan Koeszegi, Hun	2:20.11
50	Jan eric Viholmen, Nor	2:20.16
51	P Dall	2:20.19
52	P Carroll	2:20.36
53	K Marowski	2:20.39
54	G Ellis	2:20.47
55	C Bucknall	2:20.57
56	C Kirkham	2:21.05
57	R Smedley	2:21.07
58	A Cole	2:21.22
59	S Featherby	2:21.20
60	H Rey	2:21.43
61	D Sutcliffe	2:21.35
62	Natvig	2:22.00
63	M McGrath	2:21.53
64	A Kean	2:22.04
65	D Jobson	2:22.02
66	B Brown	2:22.06
67	MacGregor	2:22.05
68	M Longthorn	2:22.07
69	R Tough	2:22.07
70	G Booth	2:22.09
71	C Nightingale	2:22.07
72	I Andersson	2:22.18
73	A Rich	2:22.22
74	M Bliss	2:22.28
75	Y Karni	2:22.36
76	M Schwind	2:22.41
77	K Angus	2:23.01
78	K Petersen	2:23.04
79	K Davies	2:23.09
80	B Watson	2:23.19
81	I Earl	2:23.21
82	B Lockyer	2:23.28
83	M McGeoch	2:23.36
84	G Getty	2:23.42
85	T Hawes	2:23.59
86	B O'Connor	2:24.08
87	R Carruthers	2:24.10
88	S Markley	2:24.13
89	B Scobie	2:24.14
90	G Webb	2:24.16
91	I Thompson	2:24.14
92	T Murphy	2:24.31
93	J Duffy	2:24.34
94	D Jenkins	2:24.37
95	R Evans	2:24.43
96	D Jenkin	2:24.47
97	P Sugden	2:24.48
98	C Ross	2:24.49
99	N Barlow	2:24.50
100	J Goldring	2:24.52
101	M Bradley	2:24.53
102	J Dingwall	2:24.53
103	G Waitz	2:24.54
104	D Olsen	2:24.56
105	L Pratt	2:24.57
106	D Lawson	2:24.58
107	E Lee	2:24.58
108	M Halvorsen	2:25.00
109	P Morris	2:25.17
110	D Dixon	2:25.18
111	M Gorman	2:25.19
112	I Haagen	2:25.25
113	G Edwards	2:25.27
114	P Rods	2:25.38
115	J Praet	2:25.41
116	K O'Sullivan	2:25.50
117	P Robin	2:25.53
118	K A	2:25.51
119	R Bullen	2:25.58
120	F A	2:26.00
121	P Atherton	2:26.06
122	T Burgess	2:26.13
123	G er	2:26.14
124	R McAndrew	2:26.11
125	J Stratton	2:26.42
126	M Birch	2:26.44
127	G Waterson	2:26.44
128	J Wilkins	2:26.50
129	R Gibbard	2:26.53
130	G Kopp	2:26.54
131	A Wheeler	2:27.00
132	D Powell	2:27.01
133	T Green	2:27.03
134	K Lyall	2:27.07
135	C Green	2:27.03

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