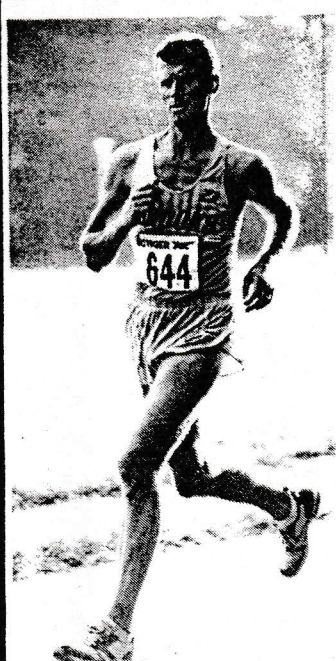


THE NORTHBROOK runner



march '87



Tony Murphy is one of our top veteran runners. His big wins have included, in the past couple of years, the Mallusk International, the Puma Ten, and the Dublin CC Championships.

This year Tony has his sights set on a world record. But it won't be under BLE rules or even IAAF rules — it will be under Guinness rules.

Tony hopes to be one of the team of 32 pushers/pullers that, next July, are having a bash at pushing (or pulling) a 10 cwt. fire-pump farther than 211 miles in 24 hours. If the attempt succeeds, it will be recognised in the Guinness Book of Records.

You might think that the pushers/pullers are trying to erase somebody else's mark. But no — it was themselves who set the previous record. Such is the passion for excellence of your typical Dubliner man.

But Tony will not find it easy to make the team. The competition for places is fierce.

Ramblings by Chairperson ~ ~ ~

COMMENCING WITH THE NEXT ISSUE MESSR'S KNIGHT AND LADBROOKE WILL JOINT EDIT THE NORTHBROOK RUNNER. A NEW FORMAT & COLUMNS ARE TO BE AWAITED. A NEW COMMITTEE ARE NOW IN RESIDENCE, (SORRY' YOU ALREADY KNOW) THE CLUB WILL CONTINUE TO BE PROFESSIONALLY RUN THOUGH CATERING FOR THE SOCIAL ATHLETE. TRACK SESSIONS ABOUND, TRANSPORT IS AVAILABLE FOR RACE MEETS WHAT MORE IS NEEDED? ITS UP TO YOU THE MEMBER TO ADVISE. ANYWAY TALKING OF SOCIAL RUNS- A TRIPLE WIN WAS RECORDED ON THE 22ND MARCH BUT WHY WAS THE MEDAL THE SAME FOR THE 9 MILE AND HALF MARATHON? IT IS PREDICTED THAT 1987 WILL BECOME THE YEAR OF THE "OLYMPIC" MEDAL, WHEEL-BARRROWS WILL BE ESSENTIAL RACE KIT? RUMOUR HAS IT THAT MERLIN IS ON A COMEBACK SO YOU 1.40 HR HALF MARATHON! MEN HAD BETTER START TRAINING. HOW MANY MEMBERS ARE RUNNING LONDON? WOLVERHAMPTON? G. N. R.? LETS US KNOW. LETTERS TO THE EDITOR'S DO NOT GO A MISS THEY WILL EVEN SUPPLY THE INK, GIVE IT A GO. THE BIG EVENT THIS COMING WEEKEND IS THE MIDLAND 12 STAGE RELAY. LASTING ALMOST FIVE HOURS (FOR US ANYWAY) CLUB SUPPORT IS USEFUL. IF YOU ARE NEAR SUTTON PARK WHY NOT CALL IN AND SHOUT ON THE LAOS. EVERY LITTLE BIT HELPS.

THE RACE IS ITS OWN REWARD.

There was a time when people didn't run to collect T-shirts. Or race numbers.

When the finish line was drawn in the dirt with a stick. And all the winner collected was a cold beer and a thumbs-up.

That's how this revolution got started. And while it may be time to get runners and races organized, too much organization screws up the whole thing.

Because if you can't stay a little crazy, it's damn hard to remain sane.



Beaverton, Oregon

~ final Ode? ~

Whatever happened to Nobby Hall?
The famous roadster never calls.
Not seen or heard,
Arms flying like a bird
Whatever happened to Nobby Hall?

Running Shorts

CLUB MEMBERS JOHN GORSUCH & CHRIS SUMNER ALONG WITH DICK AIRO (HEADMASTER BASINTON SPECIAL SCHOOL) ARE RUNNING WOLVERHAMPTON. THEY HOPE TO RAISE £1000 (A WORTHY ACHIEVEMENT) FOR SCHOOL EQUIPMENT. LOOK OUT FOR THEIR VESTS - BRIGHT YELLOW, BLUE LETTERS GIVE THEM YOUR SUPPORT.

♦ LATEST CURE FOR INTER CLUB CORONARY

♦ — THE NATIONAL BUS COMPANY — ♦

COMING SOON - A RUNNING SEMINAR HOSTED BY COVE GODIVA & SPONSOR WITH FAMOUS NAMES - APRIL '87 ♦ KEEP YOUR EYE IN THE PRESS - OUCH!

♦ RACE THE TRAIN RACE THE TRAIN ♦ INFORMATION IS POSTED ON THE CLUB NOTICEBOARD. A CERTAIN CHALLENGE ~

COMMITTEE MINUTES COMMITTEE MINUTES ~ ARE AVAILABLE ON REQUEST FROM THE CLUB SECRETARY A. MURPHY ~

NOW THAT THE WINNING FEELING HAS BEEN EXPERIENCED A SUITABLE COURSE IS NOW AVAILABLE AT COUNCILLOR KENNEDY'S SCHOOL ON FRIDAYS "THE ART OF PUBLIC SPEAKING" HE! HE! NEVER WAS 3 MEMBERS SO SILENT!

GARY CLARK ATTEMPTS A UNIQUE MARATHON DOUBLE IN MAY (MORE ON THE TOPIC NEXT ISSUE) LINDA WOULD BE ADVISED TO CHECK THAT INSURANCE POLICY. JUST HOW DOES HE DO IT

RESULTS RESULTS RESULTS

NUNEATON 13.1m 1st IAN THOMPSON

R. O'SHEA 1.17 R. ADAMS 1.23 59

J. SHUTTLEWORTH 1.27

NUNEATON 9m 1st KNIGHTS/MCKENNA & WHITEHOUSE. 7th R. HEWITT

BALLYCOTTON 1st J. KIERNAN 48.06 10MILE

70th C. DEASY 55.08 J. MCKENNA 61.52

714 FINISHED 1000 SUB 60.

FIXTURES ♦ FIXTURES ♦ FIXTURES

SAT 28 MARCH 12 STAGE RELAY SUTTON PK

SUN 29 MARCH FLEET 1/2 MAR HANTS

SUN 5 APRIL READING 1/2 MAR

SUN 5 APRIL WOLVERHAMPTON MARATHON

WED 8 APRIL NORTHBROOK YACHT H/CAP

SUN 12 APRIL MASSSEY EASTER 5 MILE

SUN 12 APRIL RUTLAND 17 MILE

SUN 3 MAY TAMWORTH 15 MILE

SEE ROB ANCOCK FOR ADDITIONAL DETAILS

THE LOOK ON HIS FACE SAID IT ALL "THAT WAS TOUGH" THE NATIONAL WAS ATTACKED BY OUR SECRETARY FOR THE FIRST TIME. HE WAS CLEARLY SEEN SMILING & WAS FOLLOWED IN BY A FOOTBALL TEAM KNOW WHAT I MEAN HARRY. ANYWAY THE TSHIRTS WERE GREAT THOUGH IN ALL COLOURS AS LONG AS THEY WERE SILVER OR WHITE.

SALE SALE : MILETA ALL WEATHER SUITS NOW £48 DOWN FROM £65 SEE ALL GOOD RUNNING MASS.