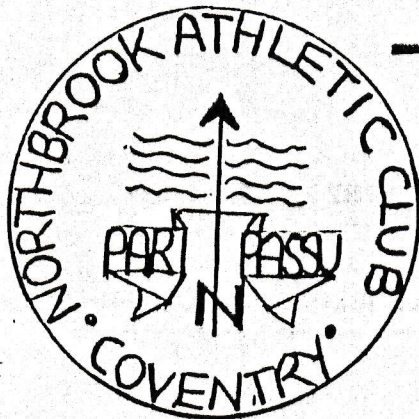


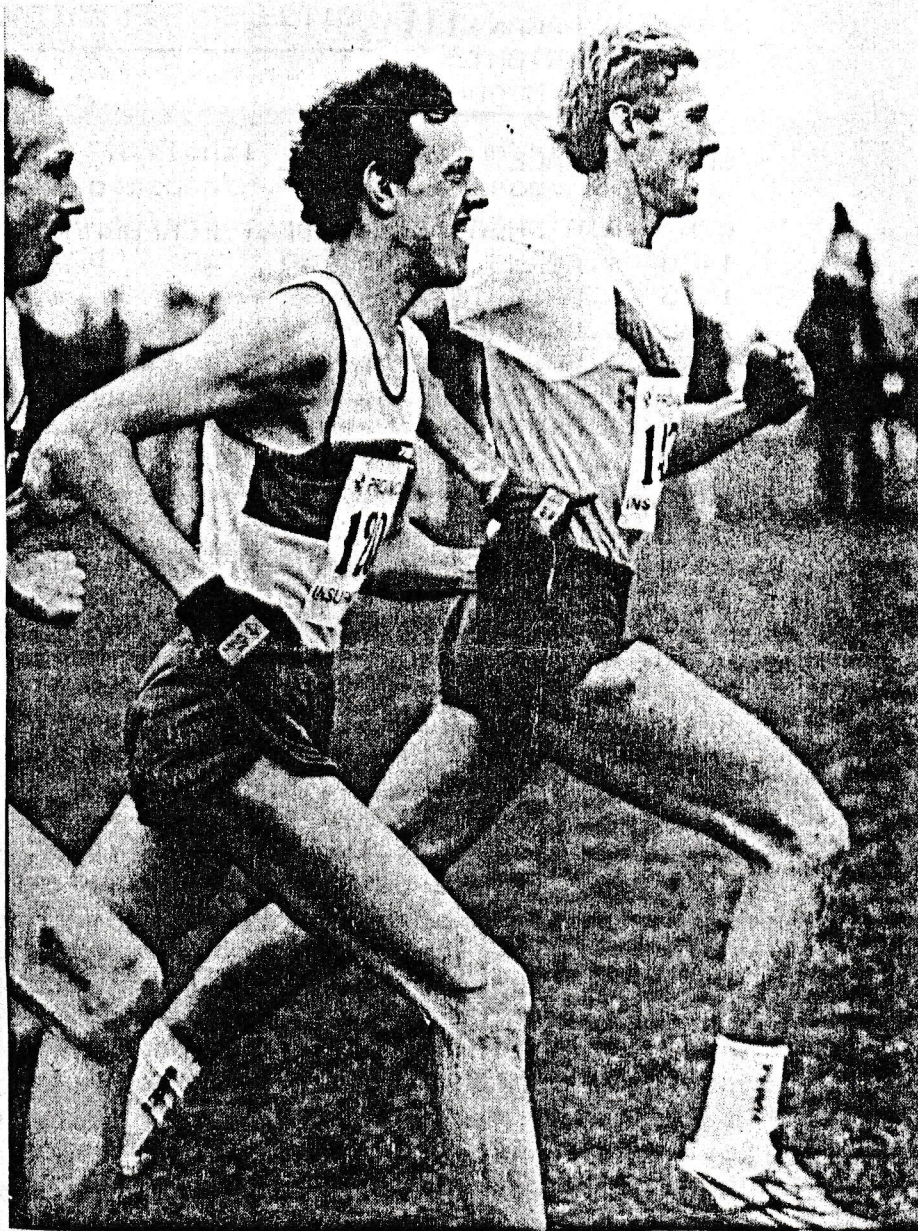


THE NORTHBROOK RUNNER

APRIL

15p

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NATIONAL CROSS COUNTRY CHAMPIONSHIPS LUTON

PICTURE

* DAVE CLARKE LEADING FORSTER OF GATESHEAD
AND MIDLANDS CHAMPION NICK ROSE.

NATIONAL CROSS-COUNTRY 1987

NORTHBROOK AC RESULTS

YOUTH RACE

189 D.HAGAN
297 T.WRIGHT
405 S.SIMPSON

SENIORS RACE

878 R.O'SHEA CLUB BEST PERFORMANCE
1438 R.ADAMS
1575 R.KNIGHTS
1632 I.LADBROOKE
1746 J.SHUTTLEWORTH
1751 J.McKENNA
1902 G.PERRYNS
1972 G.CLARKE
1995 T.MURPHY

TEAM POSITION 205TH OUT OF 223 FINISHING TEAMS

BOB HEWITT AND STEWART WHITEHOUSE BOTH HAD GOOD RUNS IN ALVIS KIT AS GUESTS.

A cold, wet and miserable day did not dampen our spirits as we travelled down to LUTON for this years national. The course was fairly flat and firm in most places although the ploughed field was a little rough to say the least. Whilst the likes of Clarke (Dave not Gary) and Binns battled it out at the front Northbrooks contingent spurred on by vocal support from Danny (with whistle), JIM, WENDY, PETE, AND KAREN did their best not to get lapped whilst listening to a commentary of the battle at the front on the very good P.A system that had been provided. Anyway we all finished, no one lost a shoe (although Rob Knights nearly lost his foot after 100 yards) and everyone was more than happy when we called at the watering hole on the way home (having been refused entry to several previous pubs). Thanks to GARRY CLARK and JOHN COX for doing the driving, not an easy task, and thanks to all the lads for giving their best shot.

CROSSCOUNTRY

NATIONAL CROSSCOUNTRY CHAMPIONSHIPS 1988

QUALIFICATION FOR SELECTION

Selection for the 1987 National CC championship was carried out by the crosscountry captain and vice captain. The team was selected chiefly on league finishing positions and the reliability of the individuals concerned.

During a recent committee meeting the issue of selection for the 1988 Championship was mentioned. The following proposal was put forward by the crosscountry captain and vice captain after much thought.

Birmingham League

In order to qualify for possible selection for the nationals the member must take part in at least 3 out of 4 of the Brum league meetings for the club. Finishing positions are not as important as turning out.

Warwickshire and Midland championships

Second on the list of qualifying events are the two area championships. In order to qualify for selection the member must take part in one or the other.

Hopefully more than nine club members will fulfill these criteria. If this should occur the best nine will be selected on league finishing positions. Should selection on this basis prove difficult the next step will be to look at the club C.C Handicap results before final selection is made.

The proposals were put forward for many reasons.

1. Problems experienced in 1987 ie, too many men not enough numbers.
2. The level of interest shown in the national warrants a more formal selection procedure.
3. It is hoped that this system will encourage those runners who wish to run the national to take part in the league races and hopefully push Northbrook up the table, or even promotion.

4. It is also hoped that it will encourage greater participation in the club C.C handicap.

The proposals were unanimously accepted by the committee and thus they will be implemented for the forthcoming season. If any members wish to ask questions regarding this procedure please refer them to either

Rob Knights, vice captain, assistant sec.

Ian Ladrooke, captain, press sec.

Written by Rusty Spike.

RESULTS

TRUMPETER 1/2 AND 9 MILE

RESULTS 22/3/87

9 MILE

BOB KNIGHTS	57min 53sec	
JOHN McKENNA	57min 53sec	joint first
STUART WHITEHOUSE	57min 53sec	

STEVE SIMPSON	58min 30sec
BOB HEWITT	60min 00sec
COLIN NICHOLSON	67min 00sec
BOB GARNER	74min 00sec
JOHN THACKER	116min 00sec
LYNNE CLARK	140min 00sec

13 MILE

RICHARD O'SHEA	1hr 17min 00sec (10th position)
BOB ADAMS	1hr 24min 00sec
JOHN SHUTTLEWORTH	1hr 26min 00sec
PETER DAVIS	1hr 29min 06sec
GARRY CLARK	1hr 29min 56sec
ALAN FANNING	1hr 30min 40sec
DAVE HART	1hr 31min 00sec
MIKE W-SMITH	1hr 35min 27sec
SEAN FLANNANGAN	1hr 35min 49sec
GLYNN PERRINS	1hr 36min 00sec
BOB ALCOCK	1hr 36min 00sec

WOLVERHAMPTON MARATHON 5/4/87

PETE DAVIS	3-15-36 PB BY 8 MINS
GLYNN PERRINS	3-17-00
ALAN FANNING	3-19-00
RICHARD O'SHEA	3-40-00

READING 1/2 MARATHON

This years extravaganza was held on Sunday 5th April 10.30 am kick off. The intrepid heroes Rob Adams, John Shuttleworth, Stewart Whitehouse and the chairperson caprid out of Coventry at 7.30am. A glorious drive, was only stopped by one over active curry but thats another story. On arriving at Reading we changed into trakers and walked the 1 1/2 miles to the startline. Though dry and warm the field for changing was amud bath (the main changing room was packed). The reebok 6000s became Reespatered. A quick jog to the startline and then thread your way through the 7000

Chairpersón McKenna did his pole vault over the side barriers. Rob was heard to mutter fall off you" ", no he was off. Posing before the line hoping to get we promptly shot off.

A first mile of 5-27 by J.M was a good pace setter for the other three heroes. Surely they will pass me I thought. The heat was definite surprise abd the standard of runner was a cause for concern also. As you improve it appears that everyone else does to.

A near sub 60 '10' was then a case of hanging on. A good run in was met by the preverbial queue to obtain a ace medal and a goody bag (I hope it makes you Wolverhamptoners jealous). Rob Adams was screaming by miles.

Northbrook were abound, everyone a P.B. Hark I hear the rumours at the club, short course, no bloody hard work etc.

The secret training is surely paying off for us all, hark the sub 120ers I hear must be dreaming (ED I dont understand this bit either ask John). Back to reality though why not give Reading the once in 1988 -April time and get in the telly (eve tele)

result

1 K.FORSTER 62-55

J.MCKENNA	81-09
R.ADAMS	81-25
J.SHUTTLEWORTH	82-26
S.WHITEHOUSE	83-12

WRITTEN IN JOHNS OWN FAIR HAND AND STYLE
(AS IF YOU DID NOT NO ED)

HARBOURNE ROAD RELAYS

YOUTHS RACE

Less than the three miles the organisers claimed it was, a fairly hilly course on a rather wet day.

NORTHBROOK

5TH D.HAGAN 14-20
7TH T.WRIGHT 14-36
12TH A.LEDBETTER 16-07

TIPTON won the team event, Northbrook were third of the five finishing teams. It was an excellent debut run for Adam, especially considering the organisational problems that the team had to face.

S. Simpson could not take part due to illness.

Many thanks to Tony Murphy, who gave up most of his day to stand in the wet and watch us.

your race correspondent TIM ROCKET WRIGHT.

DATES FOR THE SUMMER HANDICAP

ALL ARE WEDNESDAYS at 7.30pm

8TH APRIL the results are printed over leaf.

6th MAY NEXT ROUND

RACES FOR MAY

3RD ABINGDON MARA
TELFORD " AND FUN RUN
WALLSALL FESTIVAL OF RUNNING 1/2 AND 6 MILE RACES
TAMMORTH 15
HALESOWEN 10
RUGBY LADIES 10K
COVENTRY FUN RUN

4TH EVESHAM 1/2
WOLVERHAMPTON 10

6TH CLUB YACHT HANDICAP
DUDLEY AND KINGSWINFORM 10K 7.00PM

10TH LONDON MARA
NORTH SOLIHULL CROSS COUNTRY RACES
OSWESTRY 10
HENLEY COLLEGE FUN RUN (POT HUNTERS RACE)

17TH BEDWORTH 10
HINCKLEY 1/2
LITTLE SUTTON 5K AND 10K

25TH ST NEOTS 1/2

NORTHBROOK A.C.

8 APRIL 1987 SUMMER HANDICAP (SENIORS)

[illegible]

28/3/87 SUTTON PARK MIDLAND 12 STAGE ROAD RELAY

NORTHBROOK AC SENDIRS

1. R.O'SHEA	30-21
2. S.SIMPSON	18-52
3. R.ADAMS	17-41
4. D.HAGAN	31-29
5. J.SHUTTLEWORTH	18-09
6. I.LADBROOKE	18-08
7. R.KNIGHTS	32-48
8. S.WHITEHOUSE	18-20
9. J.McKENNA	17-45
10.T.WRIGHT	30-20
11.P.DAVIS	18-35
12.G.PERRYNS	19-06

4-31-34

VETERANS

1.A.FANNING	36-04
2.D,WARDLE	19-56
3.R.AWCOCK	20-43
4.D.HART	36-40
5.T.SCHOFIELD	21-06
6.T.MURPHY	21-53

	2-36-22

FASTEST SHORT LEG J.BUCKNER 13-51

FASTEST LONG LEG N.ROSE 25-22

GODIVA HARRIERS 6th TEAM

MASSEY FERGUSON 11TH TEAM HOME

Well a magic day out was had by all and Massey's aren't the only ones with a tent these days, thanks firstly to DAVE HART AND FRIENDS for organising shelter and tea. It was certainly appreciated by all the Northbrook competitors and spectators and a certain GODIVA 'B' team member who used it as a changing room, maybe he would like to run for us next year!

TERRY SCHOFIELD was the saviour of the day for the vets and spared John Shuttleworth from having to run two legs, one seniors and one vets. (a vote decided that John was the best vet lookalike available for the job)

Our new timekeepers did a splendid job once they had sussed out how to operate the watches. In the end their times matched the official ones.

Rich started us off with a fast first leg coming in ahead of two teams wearing red and white quarters, Steve maintained the position with a useful run, Bob then put in the best short leg of the day for us and we were flying, solid runs by messers Hagan, Shuttleworth, Ladbrooke, and Knights kept things going and then Stuart ran a storming 18-20 followed by John 'chairperson' McKenna 17-45 ("i'm sure it was nearer 17 dead!!!) and then Tim Wright put in the best long leg of the day for us in the middle of hail storm while we all took shelter in our five star tent. Pete and

Glynn finished things off with really strong runs of 18-36 and 19-06 respectively bringing us in minutes faster than last year and miles in front of the Sphinx, and where were the Alvis and Dunlop.

Next year hopefully the likes of Jason McConkey and Neil Walker will be fit together with Ian Gill to give us an even stronger squad to push Massey's B closer or even beat them.

The veterans all gave 100% finishing in a reasonable time and position and I'm sure they enjoyed it as much as the rest of us.

NOTES FROM THE EDITORS

IAN LADBROOKE PHONE COV 410040 HOME/ 457777 WORK

ROB KNIGHTS PHONE COV 447641

This could well be the last Northbrooke runner in its present form as we are trying to change the format of the magazine, any suggestions regarding format or even a new name for the mag should be forwarded to us.

Runners taking part in races in which neither of us are taking part should contact us giving us details of the race on Sunday night so that we can inform the telegraph in preparation for Wednesday's edition. The more often our names appear in the paper the better for the club as it could bring in new members and more interest in our 10K.

DONT FORGET GIVE YOUR PRESS SECRETARY A RING ON SUNDAY NIGHT WITH YOUR RESULTS

IAN LADBROOKE COV 410040

BYE

EASTER EGG 5K RUN

20/4/87 11.00am

C. DEASY	17-40	
R. KNIGHTS	18-08	
R. ADAMS	18-26	
A. FANNING	20-06	
J. BENNENTS	20-12	
J. VARDEN	21-15	
C. NICHOLSON	21-42	
T. SCHOFIELD	21-53	
R. AWCOCK	22-05	
D. BUCKENHAM	22-14	
P. VAN RISTELL	22-24	
K. BUCKENHAM	22-42	
T. MURPHY	23-35	
B. GOODMAN	23-59*	
J. THACKER	24-02	
J. SAUNDERS	24-04*	
G. BARNWELL	24-51*	
B. BUCKENHAM	25-08	
BECKIE	29-06*	* LADIES

Where were the rest of you slob, to much easter turkey or beer no doubt. Well you missed a good run, 19 turned out and 19 finished. Tony Murphy fiddled the spot prize draw, ladies won all the easter eggs.

Pot hunter Deasy won but there was no pot to win (ha ha) second and third spots were hotly contested upto the stiles in BUTT LANE where Mr Adams stomach nearly got the better of him allowing your co-editor to get away.

Alan Fanning (Retired W.M.B.D) and that man Terry Schofield plus the youthful John Vardon all put up excellent times and it was nice to see the Buckenhams out packing well. A full compliment of ladies turned out some spirited times. A good time was had by all and its a pity a few more of our 100+ membership didnt turn up again, ah well next year.

YOUR REPORTER ROB KNIGHTS

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