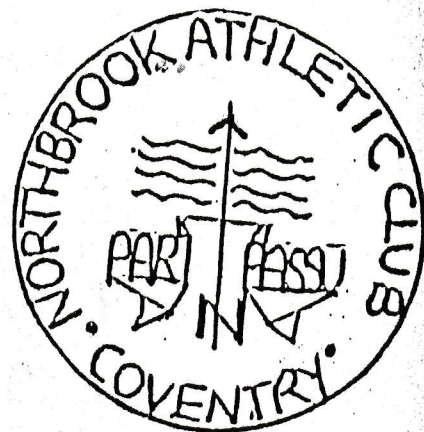


THE NORTHBROOK RUNNER



June 1987
15 pence

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NEXT MONTH
GARRY CLARKE - MAN OR
MANIAC ??
HIS OWN STORY OF THE
DOUBLE MARATHON



EDITORS COLUMN

Firstly I would like to add my congratulations to the members who took part in, and completed, this year's London Marathon - a special word of praise to Garry for completing his second Marathon in two days despite being in a lot of pain. Let's all hope that his knee injury clears up soon, I wonder what his next epic will be !

Talking of knees, mine is supposedly on the road to recovery now but a word of warning to those fellow-runners who try to train again before injuries have cleared up fully DON'T. If I'd taken notice of the physio and taken things easy, I would be running properly again now.

Again this month's magazine is on the usual A4 size but hopefully next month a new format will arrive. Thanks to various members we have plenty of reports and stories this month, but any other contributions would be more than welcome, so get your pens and 'thinking caps' on.

On the subject of new members, it's good to see some new faces around the Club but we could still do with more, especially the fairer sex, so if you are out training and meet any joggers on their own, mention the Club.

If anyone runs in races or fun runs and wish to have their names in the Telegraph, they should ring me (Cov.410040) or Bob (Cov.447641).

CONTINUED.....

Last month I printed 45 copies of the magazine and sold them all so hopefully demand will increase. We are proposing to use any profits towards the purchase of 3 special prizes in the Northbrook 10KM for 1st Club male, 1st female and 1st vet. If anyone has other ideas for the money please let me know, other than the Kid's Christmas Party, because that's already well supported. Finally, we will shortly have a change on the editorial side for the magazine as Bob Knights and Fiona are moving South, Good Luck with the new job

Bob!

Glyn Perrins the new members secretary is taking his place and John Shuttleworth has also agreed to help so any ideas for future editions can be mentioned to them as well.



IAN LADBROOKE, EDITOR

Sunday 24th May 1987

Burton Green 6 Miler

1st P. Muddeman L/Spa	32-16
2nd M. Bottrill L/Spa	32-55
3rd C. Deasy C.Godiva	33-06
4th J. Whitely L/Spa	33-26
5th C. Allan C. Godiva	35-18
6th K. Lennehan M/Ferg	35-33
7th R. Knights N/brook	36-11
8th G. Bowan Sphinx	36-18
16th D. Hart N/brook	40-03

A very hard course thought to be over distance. Mile markers were inaccurate but other organisation was very good indeed. A windy day and hilly course but enjoyed by all 45 competitors in a good quality field.

London Marathon 1987

Alarm call, six o'clock already, must have slept well. Down to breakfast, jam and bread rolls-is that bloke really going to eat fried eggs, ham, tomatoes, cereal....

On the coach, arrive at the start, sit about on the grass, already queues for the toilets. Go to the mega-urinal for a pee and there's a secret supply of loos hidden there-no one waiting, so take my chance and think and sit (or is it stink and...no, right first time). Time to get changed, grease toes and put bag on bus-one of the first, hope it doesn't get lost. Wandering about in a boring black bin liner-you can now get designer bin bags from Ron Hill and now the hooded Mars bin liner in chic white!

One last pee, then into the start. Go into the 2:50-3:00 start-not getting stuck like last year. Ten minutes to the start and the nerves are starting up. Haven't said much (some people do like to rub it in if you don't do as well as you'd hoped), but I would love to be under three hours-which means setting off at 6:35 pace-easy if you say it quick! While I'm still thinking about it, the cannon goes and we're away. Through the start in 50 seconds, first mile in 8 minutes then it opens up a bit and we can run much more easily. Second mile in 6:30 or so-bang on the right pace. Weather seems just about perfect. Soon join up with the vets and virgins-there's the loony with the clarinet: "When the saints go marchin' in". Hope he's still as chirpy at the finish.

Cutty Sark already-six miles down, feeling great, crowds great as usual. Through the Surrey docks towards the 10 mile mark and the effort is starting to be noticeable. Ten miles in 68 minutes and still on target allowing for the slow first mile. Tower Bridge and it's difficult not to put on a spurt for the crowds, then it's half way in 1:28-still on target. Into the Isle of Dogs and people are starting to walk-have to feel sorry for them, there's still a long way to go. About 17 miles and there, spectating, are Dave Swingler and several from Nuneaton. They give me a bit of a lift and the next couple of miles soon pass. Reach 20 miles in 2:18 or so-still on target, but the 20th. mile has taken 7:02. The next mile takes 7:15 but I don't feel as if I've slowed down. Suddenly, each mile is taking 7:45 or 8:00 and it's all falling apart, each mile seems to take an age-hit the wall with a resounding crash and never even saw it! Just before the famous green carpet on the cobbles I get an attack of cramp in my right calf-another first! Soon goes only to return, first in one leg, then in both. Treatment for cramp? Stretch it!

Only one way to do that when you're running-go faster. Seems to help a bit, but can only keep it up for a few paces. Cramp eventually goes of it's own accord.

Into the Mall now, not far to go. Tempted to walk, just so the crowd will give me a shout. Head down, people passing me all the time, but nothing left, can't pick it up. At last, there's the finish 3:06:18 on my watch, 3:07:10 officially-8 minutes lost in the last six miles, but at least I've tried and done the best I could. Walking down the never-ending funnel takes ages-legs sore, feet sore. Strange feelings-relieved to have finished, disappointed not to have broken three hours, delighted to knock 10 minutes off my PB. Already thinking "What if..." which usually comes just before "Next time..."

Finally get my medal, space blanket and Mars bars and drift back to the hotel. For me, that's it for a couple of years, but some are still out there and I can only think that it's harder for them than it was for me. Here's to the next time...

JOHN SHUTTLEWORTH

APOLOGY FROM THE SECRETARY!

I WOULD LIKE TO APOLOGIZE TO EVERYBODY FOR THE MESS UP IN THE ARRANGEMENTS FOR THE HANDICAP RACE THAT WAS SUPPOSED TO TAKE PLACE ON THE 6th OF MAY.

I MUST TAKE FULL RESPONSIBILITY FOR THE RACE NOT TAKING PLACE, ALL I CAN DO IS MAKE SURE IT DOES NOT HAPPEN AGAIN.

I HOPE THOSE PEOPLE WHO SAID THAT THEY WOULD NOT TAKE PART IN ANOTHER HANDICAP, WILL HAVE A CHANGE OF HEART, AND RUN AGAIN IN FUTURE HANDICAPS, SO MAKING IT THE SUCCESS THAT IT WAS.

YOURS IN SPORT

TONY MURPHY (Sec)

NORTHBROOK RUNNERS YET AGAIN PRODUCE THE GOODS

What a spendid turnout, ladies, gentlemen, and new faces as well, pretty good going considering such adverse weather conditions and many sore heads following F.A cup final euphoria on saturday night. The performance only being matched by the thousands of our travelling supporters.

Shear grit, determination and resilience had a big part to play in overcoming what was a physically demanding course and whole cocktail of secondary factors which might have added up to a recipe for disaster.

Falling overjuice Stewart Whitehouse surprised everyone by finishing the course in light of his performance in front of the bar the night before at the telepost club.

More importantly however Northbrook came home showing a good solid performance in depth. Personal bests were achieved by Jim Coyle 6 mins; Sean Flannigan 4 mins; Glynn Perens 2 mins; John Bennett 2 mins; Alan fanning i think and for myself an offical ten mile time and a personal best.

well done persons

results

R.O'SHEA	57-39	
R.KNIGHTS	62-20	
J.BENNETT	64-00	
A.FANNING	65-00	1ST NORTHBROOK VET
G.PERRENS	66-00	
D.WARDLE	68-20	
S.WHITHOUSE	69-39	
S.FLANNIGAN	69-40	
M.WINDSOR-SMITH	70-59	
J.COYLE	71-15	
T.SCHOFIELD	76-00	
T.MURPHY	76-24	
P.VAN-RISTELL	72-56	
J.VARDEN	71-25	
C.NICHOLSON	70.03	
M.TURELL	73-00	
J.HART(LADY)	90-00	WELL DONE

APOLOGIES TO THOSE WHO I HAVE MISSED

YOUR REPORTER RICHARD O'SHEA

COVENTRY FUN RUN

Well over 2000 runners left the memorial park on a tour around the city, hoping to raise plenty of money for their charities.

Many seemed quite content to walk around rather than race it out with the top guys at the front. Not many racers took part, and i only saw Bob Awock of Northbrook at the start.

Final placings were,

- 1.Glyn Tromans Cov Godiva.
- 2.Martin Slevin " "
- 3.Dave Maclean Dunlop
- 4.not known
- 5.Nick Chattaway Massey Fergusson(Alvis ex)
- 6.Phil Bowser Alvis

HENELY GREEN FUN RUN

Sunday 12th May was of course London Marathon day which is probably why only 250 runners took part.Definate short course here with the winning time of 20-50 for 4.5 miles.

The first half of the race was on the country ,around the fields surrounding Henely College.The biggest problem for me, being up with the leaders,was trying to spot the little green arrows pointing the way sticking out of the ground, not very satisfactory even for a fun run.The finishing area was again on the grass.Once into the college a chance to rest and collect some times.

finishing positions.

- 1.Nick Chattaway Massey Fergusson
- 2.Colin Deasy Coventry Godiva /Northbrook supporter
- 3.Phil Atkins.
- 17.Stewart Whitehouse. Northbrook AC
- 50.M.Turrel Northbrook AC

A local celebrity started the race, Daren Slater.
Can someone tell me who he is.

YES ed, "he is a speedway rider for Coventry Bees"

your reporter COLIN DEASY.

KIDDIES XMAS PARTY FUND

DARTS, DOMINOES AND POOL NIGHT

INCOME

entry fees + batch sale	24.60
raffle tickets	9.60
income from cards	10.00
donations from prize winners	12.00
	56.40
profit	29.20

EXPENDITURE

prizes	15.00
raffle prizes	3.20
payouts	5.00
batches	4.00
	27.20

CURRENT BALANCE

AT BANK	50.00
DARTS	29.20
100 CLUB	12.50
BALANCE	91.70

RACE THE TRAIN

UNIVERSAL RACE ENTRY FORM

RACE ENTERED state SENIOR / JUNIOR / FUN RACE

SURNAME

SEX

FIRST NAME

AAA REGISTRATION NUMBER

POSTAL ADDRESS

POST CODE ESSENTIAL

DATE OF BIRTH

AGE ON DAY OF RACE HOME TELEPHONE (STD CODE ESSENTIAL)

Day Month Year

FIRST CLAIM AFFILIATED CLUB

FEES

Senior Race (2.10pm.) closing date 1.8.87	£4.00
Local and Club Runners closing date 1.8.87	£3.50
Late Entries (after 1.8.87)	£6.00
Spectator Train Ticket Adult	£2.50
Spectator Train Ticket Junior (under 16)	£1.25
Junior Race (10.50am.) { includes train	£2.00
Fun Run (10.50am.) { journey to start	£3.00
Spectator Train Ticket Adult	£2.00
Spectator Train Ticket Junior (under 16)	£1.00
TOTAL	

The Senior Event will be run under Welsh AAA rules and competitors must be at least 18 years of age. A signed entry form will be considered as acceptance of the rules and a declaration that you run at your own risk.

Signed..... Date.....

I enclose a cheque to the value of

I require confirmation of entry (SAE enclosed) ☐

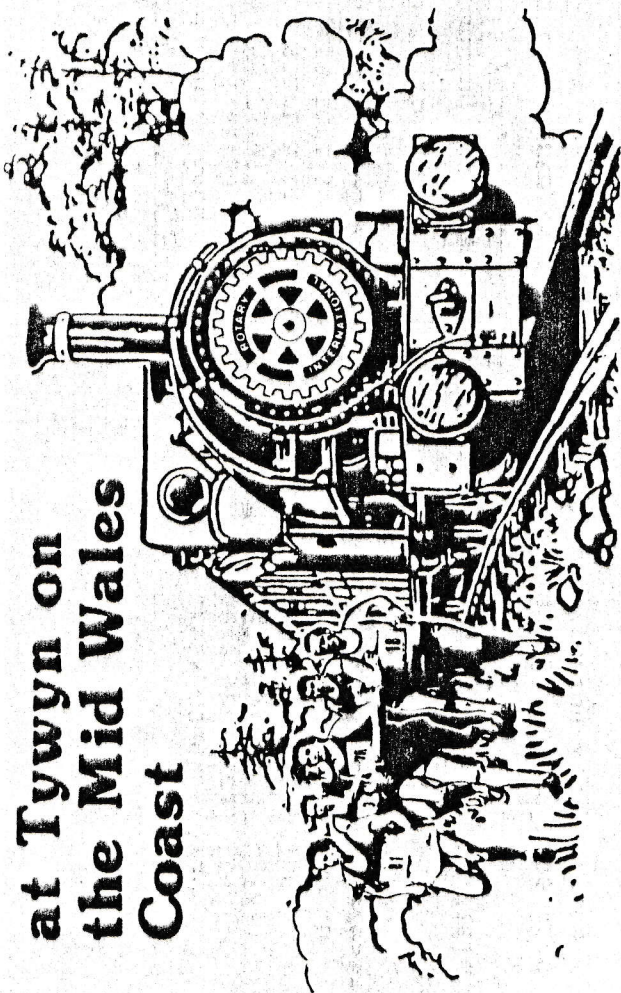
I would like a result list (SAE enclosed) ☐

return to: Tywyn Rotary, c/o 20 Morfa Crescent, Tywyn, Gwynedd, LL36 9AU.

NB. photocopies of this form will be accepted as additional entry forms.

RACE THE TRAIN

at Tywyn on
the Mid Wales
Coast



BEAT THE FAMOUS TALLYLYN RAILWAY ON ITS JOURNEY THROUGH
THE WELSH COUNTRYSIDE

Morning
JUNIOR RACE} Both
FUN RUN} 5 miles

Afternoon
SENIOR RACE 14 miles
[Welsh AAA Rules]

TODDLERS TROT
on field

- * REFRESHMENTS
- * LICENCED BAR
- * AMUSEMENTS

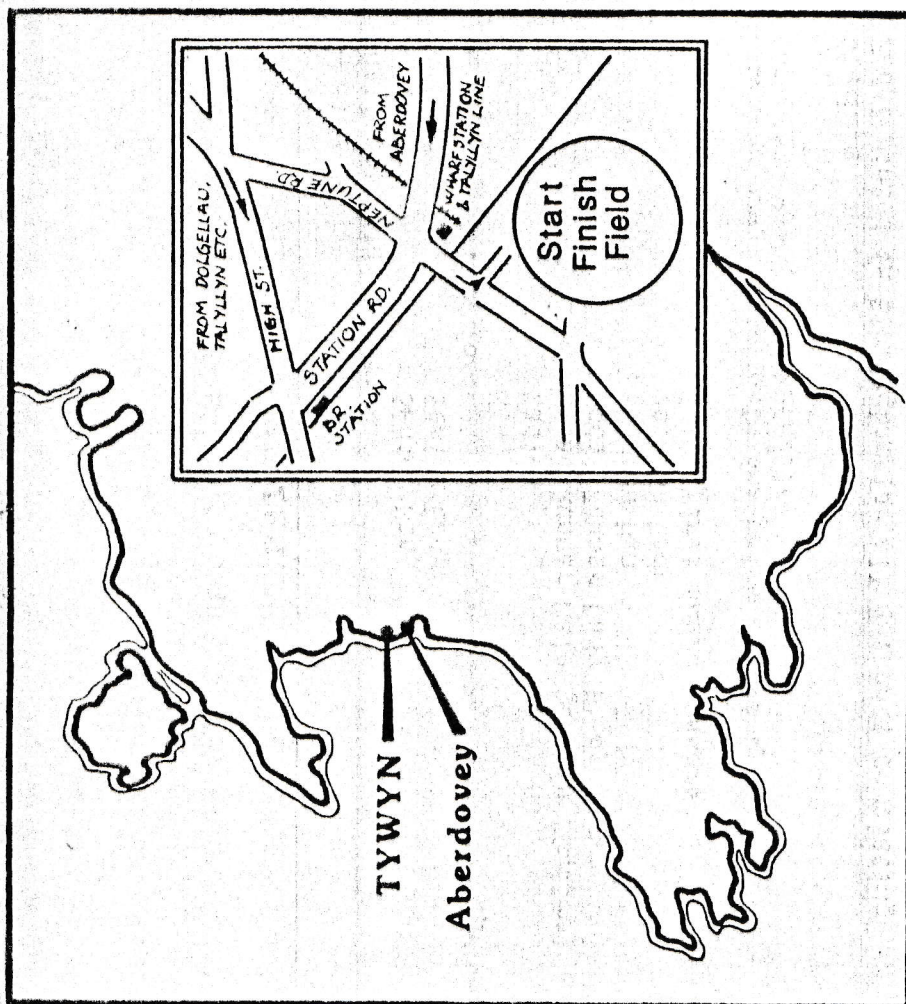
ALL DAY

BRING YOUR FAMILY FOR A
WEEKEND BREAK
Accommodation Lists available

SATURDAY 15 AUGUST 1987

SPONSORED BY: Holgates Honey Farm, Tyn-y-Cornel Hotel, The Bay Nursing Home,
Genesis Screen & Litho Printers, Bishton Holdings

Full details from Rotary Club of Tywyn, c/o 20 Morfa Crescent, Tywyn, Gwynedd
(please enclose SAE), or phone Tywyn (0654) 710607 during office hours.



ENTRY FORM ON
PAGE

ANY PROBLEMS
SEE EITHER
GARRY CLARKE
or
STUART WHITEHOUSE

RACE THE TRAIN

SATURDAY 15th AUGUST 1987

This popular annual event is organised by the Rotary Club of Tywyn in aid of National and Local Charities.

SENIOR RACE

The Senior Race at 2.10 pm. is mainly cross country over typical Welsh agricultural land, and where practical follows to the Talyllyn Railway (one of the Little Trains of Wales). The start & finish is close to the station in Tywyn. The course totals 14 miles, the first and last miles are run on the highway. Several hills are included to ensure an interesting and testing run. The train time is approximately 1 hour 45 minutes.

Changing and shower facilities will be available on the field this year, together with a supervised cloakroom.

As the course is mainly over private land it may only be used on race day, not for practice. For this reason a map of the course is on display only at the start.

TIME LIMIT FOR ALL RUNNERS - 3 HOURS

JUNIOR RACE & FUN RUN

A train carrying runners and spectators to the start at Dolgoch will leave Tywyn at 10.50 am. The distance for both events is 5 miles. Cloakroom facilities for these races, details from cloakroom tent.

TODDLER TROT

This will be run on the field between the two races. Entries will be accepted on day only.

GENERAL INFORMATION

Spectators can enjoy the races from the train, those wishing to are advised to book early - see Entry Form.

Registration will take place on the morning of and the evening prior to the race when numbers will be given to runners. Confirmation of receipt of entry will be sent on request - see Entry Form.

Entries to be received by 1st August 1987. Entries after this date may be accepted at a fee of £6.00 if entry limit permits.

A signed entry form is a declaration that you run at your own risk.

Family entertainments and refreshments will be available.

COURSE RECORDS

Senior Men

1985 D.Evans Cardiff1hr. 23min. 21sec.

Local Men

1986 D.Anderson Pennal, Machynlleth1hr. 25min. 30sec.

Ladies

1986 Hilary Johnson Market Harborough1hr. 44min. 03sec.

PRIZES

Senior Race

Challenge shields for:

Senior Man
Senior Lady

Prizes for:

Men
Ladies
Local Runner Male (*within 20miles*)
Local Runner Lady (*of Tywyn*)
Veteran Man
Veteran Lady
Team (*first three runners*)

(Runners are allowed only one prize except if they are eligible for a team prize.)

Medals

Medal minted in Birmingham for all entrants completing the course.

Certificates

Signed Certificate for all entrants beating the train.

Spot Prizes

Spot Prizes to selected finish positions.

Junior Race

Challenge cups.

Certificate and Badge for all entrants completing course

Prizes for:

Winners of each class, both sexes.
12years but under 14years
14years but under 16years
16years but under 18years

Fun Run

Certificate and Badge for all completing the course.

ENTRY FORMS AVAILABLE

DATE	TIME		DISTANCE	ENTRIES	CLOSE	FEE
MAY						£
3	10-30	COVENTRY FUN RUN	4 1/2M	ON DAY	9/10	£3-00
3	11-00	UTTOXETER 1/2 MARATHON	13.1M	27/4		2-50
3	11-00	HALESOWEN 10	10M	ON DAY		1-50
3	11-00	TAMWORTH 15	15M	28/4		1-50
4	11-00	EVEESHAM 1/2 MARATHON	13.1M			3-00
17	10-45	BEDWORTH 10 MILE (BLOCK ENTRY) (6TH MAY)	10M	ON DAY		3-00
17	10-45	BEDWORTH FUN RUN "	4 1/2M	ON DAY		2-50
17	10-30 12-30	WEDNESFIELD (4 RACES 1M - 10K.)				
17	11-00	WILNEZOTE FUN RUN	5M	ON DAY		2-50
17	11-00	KHALSA CLUB (LEICESTER)	10M	ON DAY		3-00
17	10-30	HINCKLEY 1/2 MARATHON	13.1	27/4		3-00
23	3-00	EWART 8 (MELTON MOWBRAY)	8M			1-25
24	10-00	COALVILLE / ASHBY 1/2 MARATHON	13.1	6/5		3-00
31	10-30	SILVER SPOON 1/2 MARATHON (PETERBOROUGH)	13.1	20/5		3-50
31	11-00	DERBY RAMATHON	26.2	8/5		5-00
31	11-30	CRAIG - YR - ADERYN 1/2 MARATHON	13.1	24/5		2-50
JUNE						
6	2-00	THE OTMOOR CHALLENGE (OXFORDSHIRE)	13.1	31/5		3-50
7	9-40	POOLE MARATHON	26.2			5-00
7	12-00	MICHELIN 10	10M	8/5		3-00
13	2-00	BARROW FESTIVAL 10	10M	23/5		2-50
21	3-00	CHELMSLEY 10 MILE	10M	ON DAY		2-50
21	10-30	VETERANS 10K	10K	15/5		2-50
JULY						
5	10-00	COVENTRY 1/2 MARATHON	13.1	27/6		2-50
5	10-00	HANDSWORTH 1/2	13.1			2-00
12	10-00	SANDWELL MARATHON + 1/2 MARATHON	26.2 13.1	3/7		3-50

ANYONE HAVING ENTRY FORMS FOR EVENTS NOT LISTED ABOVE
PLEASE PASS TO BOB AWCOCK FOR COPYING

NORTHBROOK A.C.

SUMMER HANDICAP (SENIORS)

[illegible]

NORTHBROOK A.C.

13TH MAY 1987 SUMMER HANDICAP ()

[illegible]

ABINGDON '87

'Cometh the hour, cometh the man', which has no relevance to this race report but it was the only way I could think of starting. The wine-tasting sessions, the night before, organised by the Foleshill Branch of The Dylan Thomas Appreciation Society, was hardly the best way to prepare for a Marathon but as Roger Bannister once said ' You can't pick your nose with a spanner'.

The weather and the course were hardly ideal for a PB Marathon but not only was this his second Marathon in four weeks but Richard O'Shea clocked the fastest time for the Club this year and finished in the first 40 (out of 1100 runners).

Running with the pack for much of the race, he passed 7 miles in 41 minutes and 13 miles in 1 hour 20. he had cramp at 19 miles and had to walk for some way in the last few miles, but finished with a very creditable time of 2 hrs. 51 mts.

Too modest to 'blow his own trumpet' I have done it for him. The result is thoroughly deserved following all the work he has put in. On a final note, I know that along with many others he would wish to thank both John & Garry for all the help that they have given over the years.

.....GLYN PERRINS.....

RUNNING AND DIETING

Running is said to burn up about 100 calories for every mile and to raise the body's metabolic rate for several hours afterwards. So we all use up a lot of energy while we're running. But what about all the activities associated with running? Putting your trainers on, looking for your favourite shorts or trying to find a pair of socks that match all require energy and after much gruelling, scientific research I am able to reveal the following information for those who need to lose a little extra weight.

ACTIVITY	CALORIES USED
Gathering vest, shorts and socks together:	
when they are all where they are supposed to be	10
retrieving shorts from washing machine	16
while it's still going (to be attempted only by those with a highly developed gymnastic ability):	350
Finding a pair of shoes	8
Turning the house upside down to find a pair that match	73
Putting you kit on.	
Socks: using both hands	12
using only your teeth	480
after putting your shoes on (this has been done only once in the history of athletics and the contortionist concerned expired shortly afterwards making his calorie expenditure somewhat difficult to assess):	???
Shorts:	7
shortly after watching a naughty video e.g. Emmanuel meets Zola Budd	175
(Applies only to men who are easily pleased and have great difficulty in controlling JT)	
over grey sweatpants (a strange business indulged in by Superman, macho footballers and some runners who should know better):	76
Vest:	9
getting a size 34 vest over a size 38 bust	91
(usually applies only to women, but looking round Northbrook, I'm not so sure).	

Watching the above:

563

Shoes: if you've found a pair that match and are intact

13

blowing on the "Shoe Goo" to make it dry

44

chasing round the house in a fit, kicking the cat

and abusing the spouse because you've broken a lace

and can't find a spare:

192

This concludes my initial report on calorie expenditure and running. The research is continuing at great personal risk and further reports will be issued in due course, health and the insurance man allowing.

Yours in Sport

Dusty

Dusty Traynor (Third cousin, twice removed, of Rusty Spike, may his points never blunt).