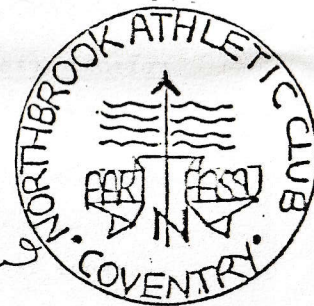


I'm
Knackered -
so Bugger Off.

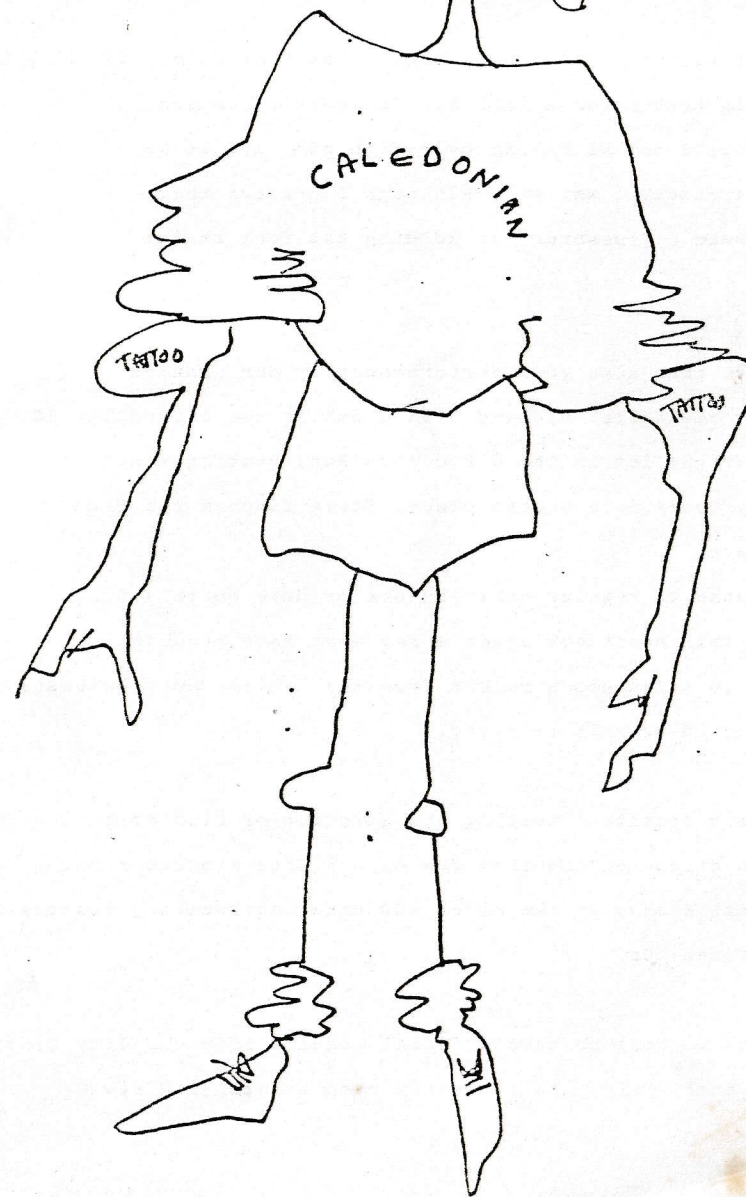


JULY 1987

15p

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by JOHN. COX

EDITORS EFFORT

Bob Knights has now moved and Glyn Perrins and John Shuttleworth have volunteered to help in future. This month we have got round to the new format and I hope everyone can read the small print.

By now it will be common knowledge that Tony Murphy is working in London for a year but contrary to general rumour I will not be taking over from him, and it is yet to be resolved who will although I believe that the Chairman & Treasurer are holding the fort at the moment.

There have been some good performances by our runners in recent weeks i.e. Richard O'Shea 5th in the University 10 and Tim Wright 1st in the G.E.C. Fun Run, beating a not so greasy Deacy into second place, Steve Simpson was 3rd in the race.

Again thanks to regular contributors we have quite a full magazine this month but again a few more race reports wouldn't go amiss and a report from the Ladies and a Veterans Section would be well received.

In a recent committee meeting the question of Club colours was again discussed and from now on any Club members running in official events of ten miles and under not wearing colours will be fined 50p.

Next month we hope to have official results from the City Centre Race, Coventry Half, and other assorted events if a few

IF YOU ARE TRAINING REGULARLY AND ARE ACHIEVING CONSISTENT TIMES IN RACES BUT DON'T SEEM ABLE TO GET THAT EXTRA FEW SECONDS A MILE QUICKER THEN PERHAPS IT IS TIME TO RE-THINK THE WAY YOU TRAIN. IN THE COMING ISSUES OF THE NORTHBROOK RUNNER I HOPE TO EXPLAIN DIFFERENT METHODS OF TRAINING, THE EFFECTS THAT DIFFERENT TYPES OF TRAINING WILL HAVE ON YOU AND ALSO PRINT SOME SAMPLE TRAINING SCHEDULES. TO START I HAVE SET OUT BELOW SOMETHING FOR YOU TO SAMPLE.

'STEADY STATE' RUNNING WILL INCREASE A RUNNERS STAMINA AND WILL MAKE HIM OR HER FASTER FOR A TIME BUT PERFORMANCE WILL THEN START TO 'PLATEAU'. IN OTHER WORDS IF YOU TRAIN AT 8 MINUTES A MILE YOU WILL BECOME A GOOD, CONSISTENT 8 MINUTE MILER, POSSIBLY SPEEDING UP TO 7.30 A MILE PACE IN TIME. IF YOU WANT TO GO FASTER STILL THEN YOU HAVE TO TRAIN AT A FASTER PACE AND ALLOW YOUR BODY TO ADAPT TO THE HIGHER DEMANDS BEING MADE ON IT. THERE ARE A NUMBER OF WAYS THIS CAN BE DONE.

IN ORDER TO TRAIN AT A HIGHER PACE THE DISTANCE RUN MUST BECOME SHORTER TO BEGIN WITH. OUR 8 MINUTE MILER COULD PROBABLY DO A SINGLE MILE IN 7 MINUTES BUT WOULD THEN NEED A REST. O.K. AFTER A REST OF SAY, 5-7 MINUTES HE/SHE COULD THEN REPEAT THIS FASTER 1 MILE RUN. 3-5 MILES COULD BE RUN LIKE THIS AND IF THIS TRAINING SESSION WERE REPEATED REGULARLY ONCE OR TWICE A WEEK OUR RUNNERS BODY WOULD ADAPT TO THE GREATER WORKLOAD AND ENABLE HIM OR HER TO RACE AT A FASTER PACE. NOTE THAT INITIALLY THE WEEKLY MILEAGE HAS GONE DOWN!. WHEN 5 X 1 MILE REPEATS AT 7 MINUTES A MILE BECOMES EASY THEN THE PACE COULD BE INCREASED AND THE NUMBER OF REPETITIONS REDUCED AGAIN. 3 REPEATS AT 6.30 A MILE NOW BECOMES THE SESSION, BUILDING UP TO 5 REPEATS AGAIN AND SO ON. A WORD OF CAUTION HERE, BEFORE DOING FAST TRAINING OF ANY SORT A WARM UP OF ABOUT A MILE OF SLOW JOGGING WILL HELP PREVENT INJURY, AND STRETCHING BEFORE RUNNING IS, IN MY OPINION, ESSENTIAL.

ANOTHER METHOD IS HILL TRAINING, THAT IS RUNNING FAST (BUT NOT FLAT OUT) UP AND/OR DOWN A HILL FOR SHORT DISTANCES. WINDMILL HILL IS GOOD FOR THIS IF YOU USE THE PATH ON THE OPPOSITE SIDE TO BUTT LANE (NO ROADS TO CROSS). 150 - 200 YARDS FAST UP THE HILL AND THEN JOG OR WALK DOWN, REPEATED 5 - 10 TIMES WOULD MAKE UP ONE 'SET'. A 1 MILE JOG RETURNING TO THE HILL FOR ANOTHER SET WOULD COMPRISE A TRAINING SESSION TO BEGIN WITH. THIS WILL INCREASE SPEED AS WELL AS STAMINA AND YOUR BODY WILL ADAPT TO THE WORK LOAD IN THE SAME WAY AS FOR THE MILE REPEATS. AGAIN AS YOU FIND THE 2 SET SESSION BECOMING EASIER A VARIATION CAN BE ADDED BY RUNNING 1 SET UP THE HILL, A HALF-MILE JOGGING, THEN 1 SET DOWN THE HILL (RUNNING FAST DOWN AND WALKING OR JOGGING BACK UP), A HALF-MILE JOGGING, THEN 1 SET UP THE HILL AGAIN. BOTH THE SPEED OF THE RUNS, THE NUMBER OF SETS AND THE LENGTH OF THE RECOVERY JOGS BETWEEN SETS CAN BE VARIED TO INCREASE THE WORKLOAD ALTHOUGH 3 SETS IS PROBABLY AS MANY AS SHOULD BE DONE IN ONE SESSION, WITH NO MORE THAN 2 SESSIONS A WEEK.

ODDS & SODSNEW ADDRESS

Bob Knights has now moved, and his new address is :-

5 Rogate Gardens, Portchester, Fareham PO16 8DS.Tel Cosham 389303

OTHER RESULTS

Penny Lane Striders 10M - John Bennett 63-20 40th

Warwick University 10M - Rich. O'Shea 55-20 Equal 5th
Well done Rich! Another P.B.

CONT...

3 JUNE 1987 NORTHBROOK A.C.
SUMMER HANDICAP

PRES. HICAP	NAME	TOTAL TIME	ACTUAL TIME	NEW HICAP	POINTS	TOTAL POINTS
YOUTHS						
SCRATCH	N. SUTTON	23-22	23-22	1-00	11	12
+ 3-00	S. FLYNNAGAN	23-07	24-02	+1-10	10	11
5-30	J. COX	24-15	23-45	1-20	9	10
2-40	N. BIGNALL	24-17	21-27	3-12	8	10
3-30	D. ROWLEY	24-25	22-39	2-12	7	10
5-50	T. NICHOLSON	24-25	18-36	6-20	6	10
7-50	T. WRIGHT	24-34	18-44	6-20	5	10
3-00	R. BIGNALL	24-52	21-40	3-12	4	10
8-20	D. HADAN	25-37	17-17	7-40	3	10
5-30	S. SIMPSON	26-41	22-11	4-50	2	10
SCRATCH	W. REID	27-11	27-11	+ 2-00	1	1
LADIES						
SCRATCH	G. BRANNWELL	23-33	23-33	1-30	8	11
+ 0-40	E. HART	23-44	24-24	0-40	7	10
SCRATCH	D. DOWSE	24-00	24-00	1-00	6	10
1-10	J. SPUNTERS	24-23	23-19	1-40	5	10
1-30	B. GOODMAN	24-42	23-42	1-50	4	10
+1-00	R. WINDSOR-SMITH	25-49	24-49	+1-50	3	10
+ 0-10	F. JONES	25-52	24-02	+1-50	2	10
SCRATCH	G. BROOKS	26-35	26-35	+1-30	1	1

Page 2

if you would like to put pen to paper.

It's nice to see a few new faces around the Club these days, let's hope they continue to run with us and strengthen our membership.

If anyone has ideas for new articles, competitions etc in the magazine let me know as any new additions are always welcome. That's enough from me for this month.


IAN LADBROOKE, EDITOR.

P.S. Now the warm weather has arrived, remember to drink during long runs and keep well hydrated.

THE FIRST NCAAAA OPEN MEETING 27th MAY

Northbrook sent a massive team, 1 time-keeper J Cox, 1 supporter J Cox, and 1 800m runner T Wright. The 800m attracted 49 competitors and I was seeded into the slowest of the nine races. I ran a new P.B. to win (comfortably) in 2:03-4. This must be Northbrook's first official track victory, the first of many? to come.

Just six days the same intrepid trio again set forth to compete in Solihull A.C.'s open meet. This time only 9 entered the 800m

POTTERIES MARATHON by Pete Davis

So here I am standing at the start of the Potteries Marathon. Am I really going to run 26 miles and however many yards? This is my 6th marathon in 2 years so I should be getting used to it.

There are the usual fancy dress people standing around, even some French runners nearby - I think they are talking about finishing in 2hrs 40 (didn't know I could speak the lingo), maybe I should move further back. We're off, and yes it's raining again. I must take it steady : I really want to enjoy this marathon, 3hrs 40 would do nicely but the first mile in 7 minutes! I must slow down but feel I can't go any slower.

Even though its pouring down there are plenty of people supporting the race, 2, 3, 4, 5, 6 miles, still going too fast - must slow down - just seem a Coventry City supporter with a penant around his neck - may be I should have worn my City Football shirt. Starting to pace myself better, seem to have settled into a 7 min.30 pace - feels very good. The course is rather hilly, a nasty climb at 4 miles which left me gasping ; 10 miles and a major hill that goes on forever or so it seems, this is why they reckon this marathon is so tough. At 11 miles I pass a runner and his dog who seems to be enjoying itself (just think blisters on 4 feet not 2!!) 13 miles now and pass the chap with the clarinet who ran in the London will he break the record of playing 'when the Saints go marching in' I wonder?

continued....

NORTH BROOK A.C

3 JUNE 1987 SUMMER HANDICAP (SENIORS)

PRES HCP	NAME	TOTAL TIME	ACTUAL TIME	NEW HCP	POINTS
3-40	D HART	24-07	20-27	4-30	21
3-00	R AWCOCK	24-14	21-14	3-50	20
3-50	S FLANAGAN	24-33	20-43	4-20	19
6-40	R KNIGHTS	24-34	17-54	7-10	18
6-10	S WHITEHOUSE	24-36	18-26	6-30	17
3-20	T SCHOFFIELD	24-51	21-31	3-30	16
3-40	M TURRAU	24-52	21-12	3-50	15
2-20	N MOORE	24-53	22-38	2-20	14
3-20	B WATERFIELD	25-00	21-40	3-20	13
2-50	R GARNER	25-00	22-10	2-50	12
5-00	R JONES	25-04	20-04	5-00	11
6-10	J SHUTTLEWORTH	25-06	18-56	6-00	10
4-10	M WINDSOR. SMITH	25-17	21-07	3-50	9
0-50	J COX	25-18	24-28	0-30	8
5-30	G PERRENS	25-30	20-00	5-00	7
1-40	J THACKER	25-35	23-55	1-10	6
SCATCH	M BRICK	25-47	25-47	+0-50	5
2-30	M WARWICK	25-57	23-27	1-30	4
7-50	R O'SHEA	26-18	18-28	6-30	3
SCATCH	C SUMNER	26-30	26-30	+1-30	2
0-50	T GORSUCH	27-20	26-30	+1-30	1

FOLESHILL SMILE FUN RUN

A field of about 200 runners took part in this annual 'Bash' and some good times and positions were recorded by Northbrook runners. The race (said to be 4.9 miles) was won by Godiva's Lee Nicholson in 25-25. Bob Knights was 9th in 27-36 which would easily equate to a P.B. for 5 miles. It was nice to see plenty of red & white vests behind some of our runners for a change.

Other Northbrook finishers :-

16th	Ian Ladbroke	29-21
21st	Ray Jones	29-55
31st	Bob Awcock	31-52
44th	Terry Schoffield	34-08

ENTRY FORMS AVAILABLE

DISTANCE
TIME
FEE

DATE	TIME				
JULY					
5	10-00	COVENTRY 1/2 MARATHON	13.1	27/6	2-50
5	10-00	HANDSWORTH 1/2	13.1		2-00
2	10-00	SANDWELL MARATHON + 1/2 MARATHON	26.2 13.1	3/4	3-50
2	2-00	TAMWORTH GALA 10MILE AAA	10M	3/4	2-00
2	1-00	TAMWORTH GALA 5MILE FUN RUN	5M	2/4	2-00
26	10-30	LOUGHBOROUGH 1/2 MARATHON (+FUN RUN)	13.1		3-00
AUG					
9	10-30	NEWARK 1/2 MARATHON	13.1	1/3	3-00
SEPT					
6	10-00	MIDLAND MARATHON + 1/2 MARATHON (REDDITCH)	26.2 13.1	24/8	4-00
6	10-30	HADLEY CASTLE 15 + FUN RUN	15M	23/8	3-00
6	11-00	SOUTH STAFFORDSHIRE 1/2 MARATHON (COPPSALL)	13.1	24/8	2-50
13	2-30	CRACK CANCER 1/2 MARATHON (CHELTENHAM)	13.1	21/8	2-50
13	?	NEW FOREST MARATHON + 1/2 MARATHON	26.2 13.1	15/8	4-50
20	11-00	SILVERDALE 5MILE + FUN RUN	7M	9/8	2-00
27	11-00	RUNNING RACQUET 5 LADIES ONLY (MF)	5M	13/9	1-00
27	10-00	KINGS 1/2 MARATHON (BIRMINGHAM)	13.1M		2-50
27	10-00	ROBIN HOOD MARATHON	26.2	24/8	6-00
27	11-00	MERSEY MARATHON	26.2	31/7	5-50
27	11-00	COAL CLAY 5MILE + FUN RUN (STOKE ON TRENT)	5M	21/8	2-00
OCT					
4		GLOUCESTER MARATHON	26.2M		5-00
18	11-00	BELLSHIRE 1/2 MARATHON + FUN RUN (MELTON MOWBRAY)	13.1M	5/10	3-20

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

P.S.

WEDNESDAY JULY 1ST @ 7.00PM.

CARDINAL NEWMAN FUN RUN

6 MILES ENTER AT SCHOOL AFTER 5.30PM.

£1.50 ADULTS £0.70 PUPILS. U840: O.A.P.

DETAILS ON BOARD. (ITS AT THE END BY THE POOL TABLE)

Halfway now and I 'm still going well,
definitely ahead of schedule, when will it all s
happen - where's the wall? 16 mile marker and
major hill, doesn't appear to be slowing me down
it's hard, I can see too far ahead. Is that Ian Lad
about to jump from behind that tree to shout abuse at me?
I must be dreaming, or is is a nightmare, Ian's in Iceland!!
23 miles and still running, there must be something wrong
with me there's no aching legs or sore feet, should I go back
a few miles and start walking like I normally do.
25 miles, and still running, I'm way ahead of schedule and its
downhill now, the crowds are really cheering us on - its
reminiscent of the London last year. I'm into the final 100 yds
the finishing clocks in view and with raised arms I cross the
line in 3 hrs 23 mts, just a bit ahead of schedule. I feel
great as I'm handed my Royal Doulton plate and have a drink -
and guess what, it's still raining!!

I really enjoyed the Potteries marathon, can't wait until next
year, in fact can't wait until my next marathon.

MCAAA MEETING (continued)

I was 7th in 2:09, and Colin Deasy (Northbrook supporter)
was 6th in 2:06 after having led the first lap. This time
J Cox Jnr ran in the Boys 600m, he came a creditable 4th
1:44.

All those who did not turn up missed Judy Simpson
British Heptathlete (no relation to the infamous
Simpson) who ran in the 200m on both occasions.

TIM WRIGHT.

1987 ATHLETICS PROGRAMME

Women's Festival Fun Run	Sunday 1 March	Cannon Hill Park
Midland Counties AAA. 12 Stage Road Relay Championships	Saturday 28 March	Sutton Park
National AAA. 12 Stage Road Relay Championships	Saturday 25 April	Sutton Park
G.R.E. British Athletics League Division One Match (Men)	Saturday 30 May	Alexander Stadium
English Schools Athletics Association 57th Milk Track & Field Championships	Friday 10 and Saturday 11 July	Alexander Stadium
McVities Challenge Match England v USA	Friday 17 July	Alexander Stadium
Dairy Crest AAA. U20 Championships	Saturday 18 and Sunday 19 July	Alexander Stadium
Women's A.A.A. National Championship	Friday 24 and Saturday 25 July	Alexander Stadium
9th European Junior Athletics Championships	Thursday 6 to Sunday 9 August	Alexander Stadium
G.R.E. British Athletic League Gold Cup, Jubilee Cup and Plate Finals	Saturday 15 and Sunday 16 August	Alexander Stadium
Midlands League Division One Match (Women)	Saturday 22 August	Alexander Stadium
Birchfield Harriers International Invitation Meeting	Monday 31 August	Alexander Stadium
National Girobank Young Athletes League Finals	Saturday 5 and Sunday 6 September	Alexander Stadium
Midland Counties AAA. 6 Stage Road Relay Championships	Saturday 26 September	Sutton Park

For further details contact:
021-235 3022 (General Enquiries) c.
021-356 8008 (Alexander Stadium)



To start with, consciously breathe in and out 2 or 3 times, any more could cause hyperventilation i.e. dizziness and fainting. When you are aware of what is happening to the rib cage and the diaphragm it is easy to relax into your own breathing pattern. It often helps to concentrate on your breathing particularly if you are unable to 'clear your mind' whilst trying total relaxation.

Dusty's Drivellings.

The Handicap that wasn't...

Due to the unprecedented (some might say flukey) success of CCFC in this years FA Cup, the May edition of the club handicap was postponed for a week (Has anyone tried claiming compensation?). This would have been fine if it had been properly publicised, but it seemed to be on and off, depending who you asked.

The situation was; the handicapper was off at a match; the timekeeper (and chairman) was at the club; most members turned up expecting to run the handicap; the club secretary was also present. At least one person present wasn't intending to run. These facts prompt a few questions:

Why wasn't the postponement properly publicised? (A notice apparently went up, but someone else took it down).

As the timekeeper was present couldn't a volunteer have been asked for to help with the organisation, or was the timekeeper more concerned with putting the blame on someone else than with getting the event run?

Why was the club secretary, who isn't directly involved, the only one to publicly accept any blame for what happened? (Even you can't do everything, Tony).

Had the handicapper informed the timekeeper that he wouldn't be present?

Answers on a postcard, please to next month's newsletter.

The Truth must be told! Heads will roll!

(PS Don't take it too seriously, lads, we wouldn't want anyone to resign, least of all the Chairman...)

ED- MAYBE THIS WILL PRODUCE A LETTER OR TWO

OVERCOMING STRESS: — It's very important to be relaxed before and during a run.

One of the easiest ways to overcome stress is to try to change your 'Life-style' — many books and magazine articles are written by people who do not actually have to cope with the problems they are aiming to cure. However, trying to get a BALANCED life-style is something most of us are capable of organising. Life-style means diet, sleep pattern, amount of activity, enjoyment (i.e. friends / hobbies / holidays / pets), responsibility (either at home or work) and if ALL can be properly balanced it will help to make a happy stress free life — body tension will be relieved by relaxation, then mental tension will gradually disappear. Subconscious emotions can damage a whole personality, a relaxed mind and body can deal with these strong emotions, so making them less stressful and harmful.

BODY AWARENESS: the concentration on the position of your limbs.

First answer the questions on the attached sheet.

Once you have learnt to be aware of the positions of various limbs in your body throughout the day, both at work and rest, you will be able to recognise potentially dangerous 'positions of stress' in yourself.

An awareness of the physiological rules that govern working muscles in the body will help you to tense various muscles and then to 'let go'. The brain controls movement which makes the muscles work automatically (concentric and eccentric muscle work) — the spinal cord and reflexes learn specific patterns e.g. if you touch something very hot a message is relayed to the brain (sensory reflex), another part of the brain sends another message (motor reflex) to the muscles controlling the movement, in this case the hand / arm etc., so enabling you to lift your hand away from the pain. When a muscle contracts the opposite group of muscles relax. Tension often occurs when muscles are held in contraction (static) over a period of time i.e. no relaxation is allowed, this is often done involuntarily so we must learn to identify which group of muscles work a particular joint or limb so that they alone can do their work (prime movers) therefore allowing their opposite groups to relax (antagonists).

BREATHING:

This is another aid to relaxation — the only conscious movement is INSPIRATION (breathing in) — EXPIRATION (breathing out) occurs automatically.

When we breathe in the lungs expand causing the lower ribs to move upwards and out, so expanding the space between the ribs.

The DIAPHRAGM pushes down, the stomach pushes forward to accept the inrush of air. Breathing out — the ribs fall inwards and down.

DOUBLE TROUBLE

PEOPLE ALWAYS ASK WHY ——— BY GARRY CHANCE

IN JANUARY THIS YEAR (AS I DO EVERY YEAR), I SAT DOWN WITH THE A.A.A.'S / BARR. ROAD RACE FIXTURE LIST AND PLANNED OUT WHAT I WAS GOING TO RUN THIS YEAR. FIRST, THE LOCAL EVENTS; THEN THE MARATHONS. AS ALWAYS I HIGHLIGHTED. EVERY MARATHON, AFTER ALL I LIKE RUNNING THEM. (STRANGE, BUT TRUE)! I NOTICED BENBECULA, WITHOUT REALISING THE RELEVANCE OF THE DATE; MAINLY BECAUSE I RECALL READING SOMEWHERE THAT IT WAS KNOWN FOR HAVING THE SMALLEST FIELD. THE IDEA OF RUNNING THE RACE APPEALED TO MY BIZARRE NATURE. THEN, ON THE SAME PAGE WAS LONDON, WHICH I KNEW I WAS ALREADY IN. TWO MARATHONS IN THE SAME WEEKEND, BOTH WERE RUNS I WANTED TO DO, AND IN A MOMENT OF MADNESS I THOUGHT, WHAT THE HELL, LET'S SEE IF I CAN DO IT. THE IDEA WAS BORN!

THERE THEN FOLLOWED TWO MONTHS OF LETTERS, PHONE CALLS (ALL PAID FOR, OF COURSE); AND CONVERSATIONS WITH ANYONE WHO COULD HELP. I HAD ONE MAJOR PROBLEM — BENBECULA IS AN ISLAND — AND THE FERRY AND AIR CONNECTIONS LEFT BEFORE THE MARATHON STARTED ON THE SATURDAY, AND THE NEXT ONES WERE ON MONDAY. AFTER AGES OF TRYING MOTOCOMPANIES WITH NO SUCCESS, I MET, THROUGH A FRIEND OF A FRIEND A MAN FROM RUGBY, CALLED RODNEY BADHAM, WHO BESIDES OWNING THREE COMPANIES, OWNED TWO AIRPLANES. WE MET, WE DISCUSSED, WE SHOOK HANDS, AND WENT OUR SEPARATE WAYS FOR THE WEEK.

THREE DAYS LATER, I SPOKE TO HIM ON THE PHONE. "CONOCO HAVE DONATED THE FUEL, MY INSURANCE COMPANY HAVE INSURED THE WHOLE TRIP, I'VE GOT SOME MORE PUBLICITY, AND YOU WILL FLY TO AND FROM BENBECULA!..."

TALK ABOUT ACTION MAN! ONLY ONE MORE PROBLEM, I HAD NEVER FLOWN. "NO PROBLEM", HE SAID "I TAKE YOU UP, ON SUNDAY". HE DID (IN A 60MPH WIND), IT WAS A BIT HAIRY FOR ME, BUT DANNY CAME WITH ME, AND I WAS TOO BUSY STOPPING HIM FROM JUMPING UP AND DOWN TO BE SCARED. (THAT'S MY STORY ANYWAY, AND I'M STICKING TO IT).

THE LAST WEEK WAS HECTIC -

MONDAY - FAMILY DAY OUT (MUST NEVER FORGET THOSE WHO BELIEVE IN YOU)
 TUESDAY - TRAINING (GUT TO DO SOMETHING YOU KNOW), MERCA SOUND INTERVIEW
 WEDNESDAY - DOWN TO LONDON TO REGISTER (BACK HOME AT NIGHT)
 THURSDAY - LONDON AGAIN AND A NIGHT AT THE HILTON (GLAD I WASN'T PAYING)
 FRIDAY - BREAKFAST TIME TELEVISION, RADIO INTERVIEW, PRESS CONFERENCE, BACK HOME
 SATURDAY - HERE WE GO!

MAY 9TH

WITH EVERYTHING FINISHED, WE SET OFF FOR THE AIRPORT. STEVE (BIGgles) DROVE MYSELF AND HIM TO THE AIRPORT AND ON THE WAY THE MERCA DISC JOCKEY MADE A COMMENT ABOUT A NEWS ITEM REGARDING THE TWO RUNS. HE CALLED ME CRAZY AND SAID I WOULDN'T BE LISTENING. I CALLED HIM VIA CELLPHONE AND TOLD HIM I WAS. HE COULDN'T BELIEVE IT. JUST AFTER THAT STEVE LEFT TO TAKE HIM TO THE STATION SO SHE WOULD THEN MEET ME IN LONDON THAT NIGHT, AND THE SHOW GOT ON THE ROAD.



14th UTTOXETER CROSS COUNTRY RACES

(Under A.A.A. & W.A.A.A. Rules)



Sponsored by



Organised by BURTON A.C. and EAST STAFFORDSHIRE DISTRICT COUNCIL

SUNDAY 20th SEPTEMBER 1987

AGE GROUP	DISTANCE	TIME OF START
JUNIOR BOYS (9 - under 11 yrs)	1 1/4 miles	12.00 noon
GIRLS (11 - under 13 yrs)	1 1/4 miles	12.20 p.m.
COLTS (11 - under 13 yrs)	1 1/4 miles	12.40 p.m.
JUNIOR LADIES (13 - under 15 yrs)	1 1/4 miles	1.00 p.m.
BOYS (13 - under 15 yrs)	3 miles	1.20 p.m.
FUN RUN (All Ages)	1 1/4 miles	1.45 p.m.
YOUTHS (15 - under 17 yrs)	3 miles	2.15 p.m.
SENIOR LADIES	3 miles	2.45 p.m.
MENS VETERANS (Over 40)	5 miles	3.10 p.m.
SENIOR MEN	5 miles	3.50 p.m.

Ages as at 1st September, 1987

ENTRY FEES:	SENIOR MEN, SENIOR LADIES, MENS VETERANS	£1.50 per individual
	JUNIOR BOYS, GIRLS, COLTS, JUNIOR LADIES, BOYS, YOUTHS	75p per individual
	NO TEAM FEES (1st 3 Finishers from each Club to score)	

** FUN RUN - 50p enter on the day

AWARDS:	SENIOR MEN - 1st 3 individuals, 1st, 2nd & 3rd teams am
	MENS VETERANS - 1st 3 individuals, 1st Team 0/40, 1st individual 0/45, 0/50, 0/55, 0/60
	SENIOR LADIES - 1st 3 individuals, 1st Veteran, 1st, 2nd & 3rd teams
	YOUTHS - 1st 3 individuals, 1st, 2nd & 3rd teams
	BOYS, JUNIOR LADIES, COLTS, GIRLS, JUNIOR BOYS - 1st 3 individuals, 1st, 2nd & 3rd teams
	1st School Team
	FUN RUN - Certificates to all finishers plus spot prizes
	Spot prizes in Mens, Ladies and Youths races
	Free T. shirt will be donated by the sponsors to 1st 50 finishers in the Junior Boys, Girls, Colts, Junior Ladies races.
	Special prizes for registered disabled runners in the Fun Run
	Special prize for 1st Utoxeter resident in the Mens Veterans race

** ALL PROCEEDS FROM THE FUN RUN DONATED TO PARKINSON'S DISEASE **

ENTRIES CLOSE

31st August 1987 (We are unable to accept entries after this date)

All entry forms to be returned by this date with remittance (cheques, P.O.'s made payable to Bourne Sports Ltd).
 Post to Mrs. Jo-ann Lawton, Bourne Sports Ltd.,
 Church Street, Stoke-on-Trent. Tel: 0782 410411

NO ENTRIES ALLOWED ON THE DAY APART FROM THE FUN RUN

Race Reports

Chelmsley 10, 21.6.87

The Chelmsley 10 is one of the many races organised by John Walkers Centurion Road Runners. It's only 15 minutes drive away, yet there were only 2 Northbrook runners entered.

The course is 2½ laps, including a total of 3 hills and overall it is quite quick (winning time, 48 minutes). Organisation is good with roads closed or coned, marshalls at all the junctions, clock at half way and markers at every mile. The course has been accurately measured by Coventry's own Jack Selby and is RRC approved. Changing facilities were very good and the pre-race information included good maps, one of which covered the changing area and showed where all the facilities were so that you didn't have to rush round looking for the toilets at the last minute.

All in all, a very well organised race on a good course. What more can you ask for? (Nearly forgot; the medals were very good too).

Northbrook times: Bob Adams 61:33

Yours truly 62:05

Jaguar 8 mile Fun Run, 28.6.87

AAAAAGGHHHH!

Banbury 5 mile 30.6.87

A 30 mile drive and I was still outnumbered 10 to 1 by red and white vests. Yes, Massey Ferguson had done it again. The race itself was quite hard, very humid and quite an 'undulating' course. Changing facilities were reasonable, but no medal. However, there is a pub right opposite the finish. Overall, quite a good event, worth the drive, particularly if you can find a carful.

John Shuttleworth

MYSELF, TWO PILOTS (IN CASE ONE DROPPED OFF TOO SLEEP, I HOPE), AND TWO BBC MEN SPENT TWO AND THREE QUARTER HOURS TRYING TO FIND THIS ISLAND. IT WASN'T VERY BIG FROM 10,000 FEET UP. IT DIDN'T LOOK TOO BIG FROM 50 FEET UP WHEN A STRONG SIDEWIND MOVED THE RUNWAY 50 FEET TO THE RIGHT.

ONCE WE HAD LANDED, I SET OUT FOR THE USUAL PRE-RACE JOBS; REGISTER, LOCATE CHANGING ROOMS, COFFEE MACHINE (TELECOM TRAINING CAME IN HANDY), AND THE LBS! NERVES WERE STARTING TO FRAY, AND I COULDN'T SWEAR TOO MUCH WITH A CAMERA CREW FILMING AWAY LIKE ARTHUR C. CLARKE (NO RELATION). LESS THAN AN HOUR BEFORE THE START MY RADIOGRAPHER BLEEPED INTO LIFE WITH A MESSAGE - 'RING LIN - URGENT'. MY CELLPHONE WAS OUT OF RANGE SO I WENT TO GET CHANGE FOR PAYPHONE (YES - I DID PAY). ½ 4-60P LATER I FOUND OUT THAT HIS CONTACT IN LONDON HADN'T SHOWN, SHE'D GONE FOR A WALK BY HYDE PARK AND BEEN FOLLOWED BY A STRANGE MAN! NOT GOOD NEWS WHEN YOUR CO MILES APART. I TRIED TO REASSURE LIN AND MYSELF AT THE SAME TIME, WHICH IS NOT EASY WHEN THE PIPS KEEP INTERRUPTING AT THE RATE OF 3 WORDS FOR 10 P. THAT LITTLE (?) PROBLEM OVER I TURNED TO RACE MENTAL MODE - GET CHANGED, VASOLINE (GUT NERVE - OH *?!.), WARMUP.

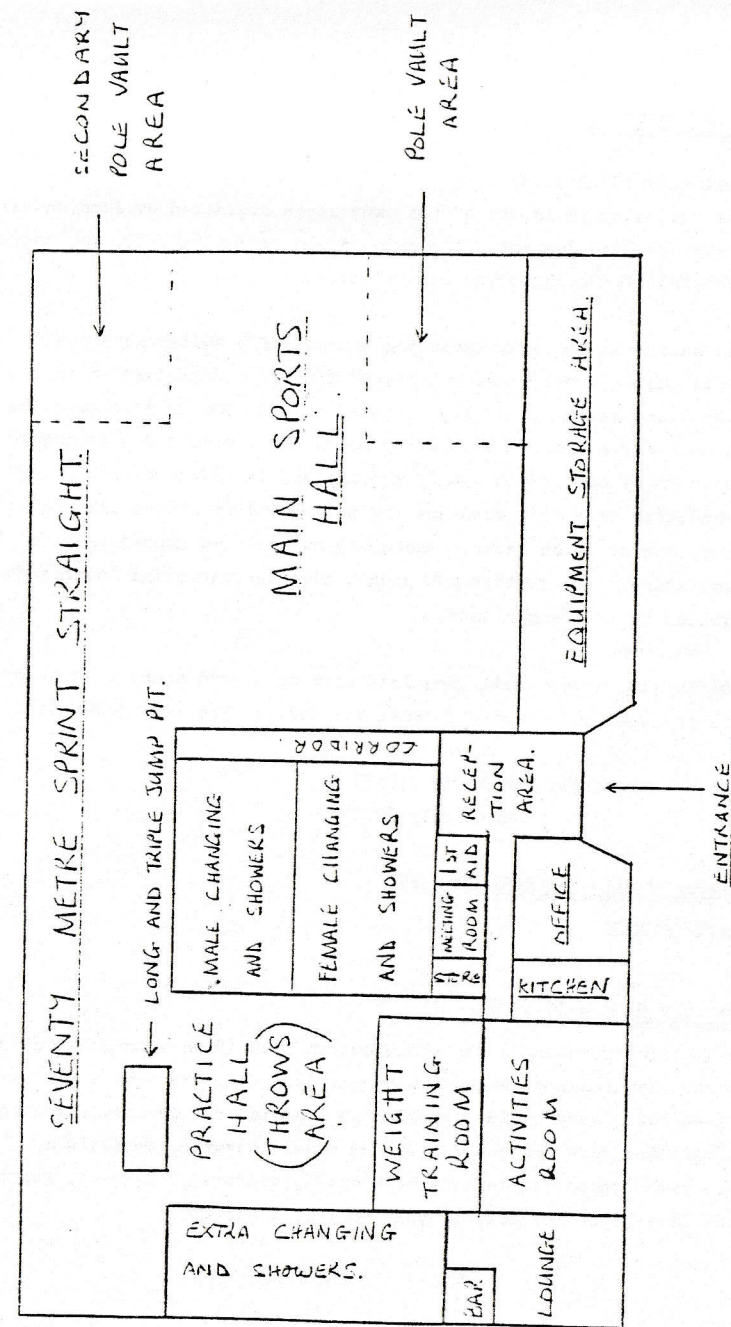
ON THE START LINE A VOICE AT THE BACK OF THE CROWD SAID "3-2-1-GO", I THOUGHT 'PARDON', EVERYONE ELSE MOVED OFF, SO DID I. TWO LAPS, NO HILLS, NO PROBLEM (YOU MUST BE JOCKING!).

THE FIRST FOUR MILES HAD THE WIND UP YOUR BACK, THE NEXT THREE FROM THE SIDE, THE NEXT SIX HAD IT FULL BLAST, HEAD ON! NOT ONLY

THE WIND TO CONTEND WITH, BUT JUST FOR GOOD MEASURE A BIT OF SLEET
AND SNOW AND HAIL, JUST TO ADD VARIETY. (AND THIS WAS STILL THE FIRST
AP). AT THIRTEEN MILES THE RUNNERS IN THE HALF-MARATHON PEELED AWAY
WARDS A WELCOME 'FINISH' SIGN. I HAD 13 MORE MILES TO LOOK FORWARD TO,
AND THAT WIND AGAIN. FROM 13 TO 16 MILES I HAD THE CAMERA CREW IN
LANDROVER FOR COMPANY, BUT FROM 16 MILES I WAS ON MY OWN WITH
CERTAIN IN SIGHT (IN FRONT OR BEHIND), THE EPITOME OF THE LONG-DISTANCE RUNNER
BLOODY LONELY! THE REST OF THE SECOND LAP PASSED FAIRLY QUIETLY -
FAST FROM THE DETOUR ROUND A STEEP BULLOCK AT 17 MILES (I THINK IT WAS
A BULLOCK BECAUSE IT HAD NO DANGEROUS BITS - BUT IT HAD BIG HORNS), I THINK
ITS NAME WAS ANEWS. A SLIGHT PAUSE AT 20 MILE OCCURRED WHEN I
MET A GOAT IN THE MIDDLE OF THE ROAD PROBABLY COST A FEW SECONDS, BUT
UNHAPPY. IF AN OFFICIAL HAD BEEN AT THE 22 MILE MARK HE MIGHT HAVE
DISQUALIFIED ME FOR BEING PENCED BY 6 SHEEP DOING INTERVAL WORK ON
THE GRASS VERGE - SHORT REPS WITH NO RECOVERY FOR THE PURISTS AMONG YOU.
THE LAST TWO DISTRACTIONS WERE THE ONLY THINGS TO SMILE ABOUT IN THE LAST
6 MILES, AS THE WIND WAS STILL THERE (20 MPH - GUSTING TO 40 MPH). I HAVE
NEVER BEEN SO GLAD TO SEE A FINISH LINE IN MY LIFE!

MEDAL AROUND THE NECK I WAS ASKED FOR MY COMMENTS (SOME WERE
BROADCAST - SOME THEY COULDN'T). QUICK CHANGE, READY TO GO, TWO LITTLE
GIRLY WANT AUTOGRAPHS (HONEST!), LOCAL PRESS PHOTOGRAPH, AND INTO THE
PHONE. OFF WE GO - ONE DOWN, ONE REMAINING.

MY IMPRESSIONS OF SANDGOLD ARE MIXED. FROM NICE PEOPLE, A WARM



THIS IS A ROUGH GUIDE TO THE LAYOUT OF THE COVENTRY
AWARDS TRUST CENTRE AT COURTHOUSE GREEN.

THE BUILDING IS SITED WHERE THE MORRIS ENGINES FACTORY USED TO BE

COVENTRY AWARDS TRUST CENTRE.

The long awaited opening of this indoor centre is fast approaching. Northbrooks ace roving reporter has managed to check it out. He attended a meeting at the centre for all local clubs disguised as a Tony Murphy look-alike (Tony is working in London and couldn't go). Entering unnoticed thanks to his cunning ruse (perfected after many years of entering races with other peoples numbers) he was able to tour the centre and join in a discussion on the best methods of utilising the facilities. Here is a report on what he found.

First Impressions.

From the outside the place looks like a cleverly converted aircraft hanger. But on entering it soon becomes apparent that this is far from the truth. It looks big from outside and seems massive from the inside. There is a seventy metre sprint straight, long jump pit, triple jump pit, 2 pole vault areas, a throws area (discus, shot and javelin), a weights room, powerjog machine, high jump equipment and all that is needed for gym work. That is just the athletics equipment! The centre also boasts a lounge bar, coffee bar, meeting room, spacious changing and showering rooms, equipment for basketball, volleyball, badminton, handball, tennis, trampolines, gymnastics, netball and a host of other sports. A physio will be in attendance twice a week and work is going on to arrange coaching coverage during the times that the centre is open. All this for an estimated cost per session of approx 30 - 50 pence!. About £1 million has been spent setting the place up and we have a manager there who understands the needs of athletics. The manager of the centre assured us that he would not let the centre become dominated by any one club or group of specialised athletes. The centre is to be an inner city facility for the use of all, but athletics is being given 'first bite of the cherry' in an attempt to ensure that we don't miss out when it is officially opened. The tour round left me drooling at the prospect of winter training in the warm and dry.

Conclusions.

The centre is regarded by the national coaches as possibly the best indoor training facility in England at present and may well see some of the national squads using it for quality work during the winters. It may even become one of the planned Centres of Athletics Excellence. BUT, none of this will come about if the clubs of Coventry and the surrounding towns ignore the place and allow it to end up like so many other 'sports halls', as a glorified badminton hall so fully booked that we don't get a chance to use it. I think that when the time comes the club committee should ensure that Northbrook A.C. has its fair share of access to the Coventry Awards Trust Centre.

by

Track Spike

(nephew of Rusty Spike).

WELCOME, COLD LOUZY WEATHER, ONE SHOP, NO PUB, A TRAFFIC JAM (TWO CARS) AND ANGUS!

WITH THE WIND BEHIND OUR TAIL WE ARRIVED BACK IN COVENTRY AT 7.30 THAT EVENING. STEVE WAS WAITING WITH THE CAR TO TAKE ME TO LONDON AND WE COULDN'T GET OUT THE GATE BECAUSE THEY HAD ALL LOCKED UP AND GONE HOME. 20 MINUTES LATER A KEY APPEARED AND WE WERE ON OUR WAY (ALL 3 US - THE 3RD BEING A RUNNER WHO ACTUALLY HITCHED A LIFT FROM BENZECULA TO LONDON!). A VERY SPEEDY HOUR AND 15 MINUTES LATER WE PULLED UP AT THE PASTA

PARTY'S HOTEL - T.V. CREN WAITING, REPORTERS WAITING. BUT MOST IMPORTANTLY LIN WAS WAITING (SAFE AND SOUND - NO MORE DODGING STEAMERS). A PLATE OF PASTA, A BOTTLE OF LAGER AND A COMFORTABLE SEAT MAKE THE WORLD SEEM A MUCH NICER PLACE. 3 PINTS LATER AND A WARM BED MEANT NO WORRYING ABOUT THE MEAT ONE - THE BIG ONE!

MAY 10TH

THE MORNING BECAME ITS OWN PROBLEMS WITH A STIFF KNEE AND A STACK OF BUSTERS (ON TOP OF EACH OTHER) SPLITTING MY SECOND TOE DOWN TO THE FLESH. TRANSDASIN, PLASTER, AND WASELINE EFFECT A REMEDY - JUST HOW LONG FOR WAS TO BE SEEN.

TRAVELLED TO THE START LINE BY COACH (WITH LIN GOING TO THE FINISH LATER), THERM PHOTOGRAPHS AND YET ANOTHER TV INTERVIEW GAVE ME NO TIME TO WARM UP. WALKING TO THE START, WHO SHOULD I SEE BUT CLIMATE SEAN FLANAGAN. A SHORT CHAT LATER WE DECIDED TO RUN TOGETHER. THE LEGS AND FEET WERE STILL SORE SO A CAUTIOUS START WAS DECIDED, THEN AT 9.30 TO THE SOUND OF A VERY LOUD BANG, WE WERE ON OUR WAY. 10 STARTERS YESTERDAY

OVER 20,000 TODAY - FROM THE SUITABLE TO THE RIDICULOUS.

WE STARTED WALKING THEN EVENTUALLY A JOG, THEN RUNNING. THE FIRST FEW MILES EASED PASSED. AT NEARLY 3 MILES THE RED START JOINED L3 AND WE TEAMED UP WITH BOB ALCOCK FROM OUR CLUB, SO WE ALL KEPT EACH OTHER GOING. I HAD TROUBLE RUNNING ON MY LAMBER, SO BOB AND SEAN WERE FETCHING DRINKS FOR ME (THANKS LADS); UNTIL 13 MILES INTO THE RACE WHEN MY RIGHT KNEE STARTED TO STIFFEN QUITE PAINFULLY. AT THAT STAGE I WROTE OFF ANY TIME TARGETS, TOLD BOB AND SEAN TO RUN ON, AND PAID MY FIRST OF MANY VISITS TO A FIRST AID STATION. PAIN RELIEF SPRAY HELPED IT AT FIRST BUT EVENTUALLY AS THE MILEY PASSED IT BECAME INEFFECTIVE AND THE BEST WAY TO EASE THE PAIN WAS TO RUN STIFF-LEGGED. WHICH IN TURN CAUSED PAINFUL CRAMP IN MY CALF AND GLUTE MUSCLES. A REAL UGH 22 SITUATION. EACH VISIT TO THE FIRST AID BECAME A BLESSED RELIEF FROM RUNNING. I STRUGGLED FROM STATION TO STATION, DEGRADING FROM A RUN, TO A JOG, TO A WALK/JOG AS THE KNEE WENT FROM BAD TO WORSE. THE ST JERMS DID A FABULOUS JOB KEEPING ME GOING AS DID THE TREMENDOUS NUMBER OF SPECTATORS WHICH LINED THE ROAD ALL THE WAY. YET AT 24 MILES THE RHYTHM CAME BACK A LITTLE, NOT MUCH, BUT ENOUGH TO KEEP ME GOING TOWARDS THE FINISH LINE ON THE BRIDGE. AS THE FINISH HILL CAME IN SIGHT THE PAIN WAS FORGOTTEN, JUST STATION AT KNOWING I WAS GOING TO DO WHAT I HAD SET OUT TO DO - 2 MARATHON ON CONSECUTIVE DAYS - THE BIGGEST AND THE SMALLEST. THEN ALL OF A SUDDEN THAT WAS IT. FINISHED ITS ALLOWER. YET I CAN'T REMEMBERED VERY LITTLE ABOUT EXACT THE CROWDS - AND THE PAIN.

DOWN THE FINISH TUNNEL AND LINA WAITING AT THE END - THE ONLY TIME I WAS MORE PLEASED TO SEE HER WAS THE DAY WE GOT MARRIED - ANOTHER T.V. INTERVIEW I WANT TO GO HOME.

FOR THE RECORD:-

FROM START TO FINISH 1200 MILES OF TRAVEL, 52 MILES RUNNING AND 4 1/2 HOURS SLEEP IN 36 HOURS.

THE WHOLE TRIP COST £10.50 (ENTRY FEES). IT COULD HAVE COST OVER £20
END RESULT - 2 MEDALS, A MARRIED BIZ, 5 BUSTED TEES, AND A DAMAGED CARTER

THANKS TO:-

B.B.C (RECORDED FOR POSTITY), KEN MAYS (NATIONAL RADIO), LEN ACHER (LOCAL RUGBY BROADCAST), THE PLANE AND ALL THAT WENT WITH IT), J.E. METTES (CAR TRANSPORT), STEVE BIGNALL (TRAINING AND FLIGHTS), BRITISH TELECOM (COMMUNICATIONS), BRITISH CALDERON (RUNNING KIT/POSTALITY) AND ALL FRIENDS FOR SPONSORING. BUT MOST OF ALL TO MY WIFE LINA WHO PUSHED ME OUT THE DOOR TO TRAIN, UP WITH MY WEEDS AND MOWS, WAITED 3 HOURS ON THE BRIDGE, AND BO I COULD DO IT! (SHE DOESN'T SWEET ABOUT IT - BUT SHE IS THE ENGINE, 1st JOE DRIVER).

WOULD I DO IT AGAIN - NO WAY (NEXT TIME THE NEXT TIME).