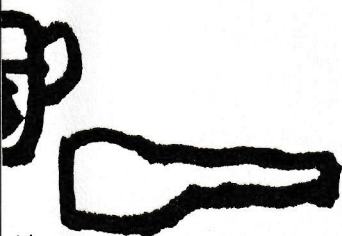
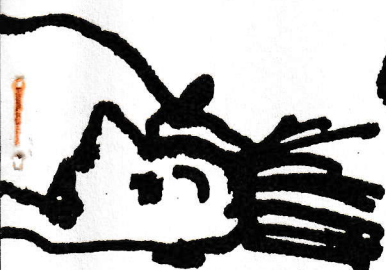




"OH, THAT'S STUART,
I TOLD HIM THERE
WAS A FREE BAR
ON THE BUFFET
CAR..."

THE
NORTHBROOK
RUNNER



AUGUST 87

15 pence

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Editor's Waffle

Well I hope everyone has enjoyed the better weather over the last few weeks (amongst showers) and has got plenty of training in, especially the lads that are doing race the train.

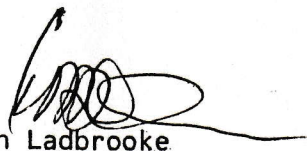
Next month, the magazine will be produced by John Shuttleworth and Glyn Perrins as I get married on the 9th. of September and might be a bit too busy to do the copying. Any reports, ditties, moans etc., should be given to one of these lads and hopefully we should have reports on Race the Train and the Inter Counties 20 mile championships from Doncaster, Rumour has it that Northbrook have one or two runners representing Warwickshire.

This month we're a bit short on articles and again (don't want to get too boring) any contributions from various sections would be well received as the same people seem to be giving me reports and articles each month.

I had considered running the New Forest 1/2 Marathon on the 13th of September but Karen put her foot down as it's during our honeymoon even though we're only staying just down the road. Anyway, I don't suppose I'd manage 13 miles but I might go and see if Bob Knights is running as it's close to home for him now.

That's all from me for this month anyway and I hope that everyone is starting their training for the Coventry Grand Prix series. It would be nice to see a large Northbrook contingent and Richard O'Shea should be in with a chance of a good position if he's running well as should Tim Wright and Dave Hagan.

Keep training, not straining



Ian Ladbroke

Coventry Half Marathon

Sunday 5th. July.

Yet again the Coventry Half was blessed (for spectators) with a brilliant, hot, sunny day. The race was taken by the scruff of the neck by the fast emerging Garry Spring of Luton A.C. whose consistent pace was too hot for all others. It would have been interesting to see how Massey's Dave Long would have got on in this one, it could have been a cracking race. Anyway, most of us were just happy to get round and grab a drink at the end, such was the heat. For Northbrook Richard O'Shea again produced a solid run, although he was a little disappointed by his time of 1hr. 20:23 (most of us would have been well chuffed with that in 80° heat). Stuart Whitehouse obviously felt the conditions suitable and produced an excellent 1:24:10 for a good 64th. place out of 760 finishers. The Northbrook lads and lasses at the 10 mile water station also had a whale of a time and probably kept cooler than most runners as they splashed about. Some runners apparently were not too impressed by the soakings that they got. Again the organisation was quite good but on such a hot day a few more watering stations wouldn't have gone amiss and it never ceases to amaze me how apathetic most Coventrians are towards sports events compared to the people of many other areas.

Northbrook A.C. Finishers.

R.O'SHEA	1:20:23	J.SAUNDERS	2.10.08
S.WHITEHOUSE	1.24.10	GWEN BARNWELL	2.11.46
J.BENNETT	1.29.33		
J.SHUTTLEWORTH	1.31.17		
J.MCKENNA	1.34.11		
I.LADBROOKE	1.34.24		
A.FANNING	1.35.56		
D.WARDLE	1.36.16		
M.WINDSOR-SMITH	1.37.44		
P.DAVIS	1.37.45		
R.JONES	1.39.40		
S.FLANAGAN	1.42.25		
B.WATERFIELD	1.42.53		
D.ROBERTS	1.43.17		
C.NICHOLSON	1.43.25		
M.WARWICK	1.45.17		
R.AWCOCK	1.47.10		
B.WORRALL	1.47.10		
D.SAUNDERS	1.49.27		
R.GARNER	1.51.00		
J.THACKER	1.51.10		
D.SWINGLER	1.51.27		
C.SUMNER	1.51.52		
J.GORSUCH	1.51.59		
T.MURPHY	1.56.21		
R.GRIGGS	1.57.28		
BEV GOODMAN	1.57.33		
J.COYLE	2.03.47		
T.SCHOFIELD	2.08.37		

(SENIORS)

[illegible]

The Ballard of the Pot-hunters "five".

(Dedicated to Mickey-Mouse "athletes" everywhere.)

When the first snows of winter fall,
the cross-country captain can be heard to call,
"Will you turn out on Saturday, go on, be a sport,
the team could do with your support."

"I can't turn out, but I've got a good reason,
cross-country clashes with the football season,
and I get more fun out of kicking a ball,
I don't care about the Brum league at all".

Out of the woodwork, they always crawl,
Casting off their walking-frames and shawls,
saying "I'd like to run the Nationals, you see,
but my mate on the Committee will fix it for me".

It's not much to ask, I'm sure you'll agree,
for as club members we get a reduced fee,
to wear our club colours on our chest,
to once in a while wear our club vest.

"I can't run on Sunday week,
a nice little medal, I'm out to seek,
it's not a proper run, but at least I'll save face,
in the Mickey Mouse pot-hunters race.

So play-up, play-up and play the game
the excuses, every year remain the same,
incomplete teams, it really is a farce,
so come on, pot-hunters, get off yourbacksides.

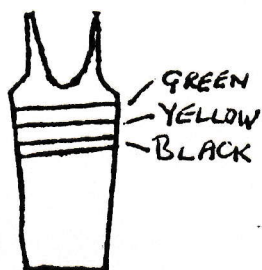
'Stevie Thomas'(a new member)

Dusty's Drivellings

Yes, he's here again and after last month's moans and groans at some members of the committee, a good word for the treasurer, "Honest" Jim Grumbley who's had the bright idea of getting T-shirts with the club name on. They come in a vast array of colours, including a nice rose pink which might look good with a £500 silk suit in Miami Vice, but probably wouldn't be quite so elegant with a smelly track suit. There's sweat shirts and long sleeved T-shirts for those autumn evenings and they give us a chance to at least look the part in the cross country league races in the winter. (Someone suggested that he might wear the sweatshirt before the race but wasn't quite so keen to be seen in it after the race-wonder why?). Whatever the occasion, it does give us the chance to publicise the club and might even bring in the odd new member.

Speaking of new members, there seem to be quite a few turning up these days including quite a few youngsters. These obviously need encouragement and guidance and here I must put in a good word for the ever youthful Chairman, 'Judge' John. He has quite sensibly asked for volunteers to run with the kids on club nights so that we don't have problems with them straying under buses or otherwise getting into trouble. The more people who volunteer and the fewer times each volunteer will lose a training night. So see John tonight or give your name to another committee member if he's not around.

On the subject of volunteers, the club 10k isn't that far away so if you don't fancy running TWO laps of the handicap, the least you can do is give up a bit of your time to help with the marshalling or other organisation of an event which seems ready to take off in quite a big way. As it's also a part of the Coventry Grand Prix series we don't want to come off second best in comparison with MF or Godiva so far as organisation is concerned. So if you want this club to progress and get bigger and better, you can do something positive to help-give your name to John, ~~if you think you can help.~~



A final quick thought-what about an unofficial summer club vest for those long races on hot days such as this years Coventry Half? White mesh with a coloured band or bands would be ideal. Write to the newsletter if you have any thoughts on this, or see Jim Grumbley and ask for a sample!

LOUGHBOROUGH HALF-MARATHON

Having spectated at both the Jaguar 8 mile race and the Coventry Half-marathon, I decided that it was time I left the photography work to Ralph and following the usual gruelling track session on the Friday night, it was agreed that I would travel over with our up and coming new member, Ian Carter, and try to pace him round to a 'Gold Medal' time of sub 1h 25m.

During the even more gruelling session in the pub afterwards, we managed to persuade John Canavan to come with us - just for a training run! At one stage (somewhere around the 4th pint) even Seamus was going to run, but unfortunately, come the day, he never showed up. There again, what can you expect from the Alvis?

Conditions on the day were fair, nothing like the heat of the Coventry Half, but there was quite a stiff breeze blowing, which would be against us on the way back. Having run there for the last 3 years, I knew that the course was fairly fast, although it's not exactly downhill all the way, as has been rumoured in some quarters.

It was pleasing to see a good turnout of Northbrook vests before the start (Mr Chairman please note) and there were also a lot of Masseys, Sphinx and Dunlop runners present. We even saw Colin Deasy there, in a Godiva vest, muttering something about having got lost in Leicester on the way up.

For some reason the start was delayed by several minutes but once we were underway the field soon spread out upon reaching the main road. Fortunately John's promise (or was it a threat?) to run with us never materialised as he disappeared down the road after about 400 yards, never to be seen again until the finish.

Ian was off to a fast start as well and although I was supposed to be pacing him around, it took me nearly 5 miles to catch him up! We then stuck together until the big hill at 8 miles when, being satisfied that Ian was well on target for a gold medal time, I decided to make a bid for home. Unfortunately, I was only able to sustain the slight increase in pace until the 10 mile marker, at which stage my recent lack of training seemed to catch up with me. Runners who I had just overtaken suddenly started coming past me and it was a real struggle to keep going. To cap it all, about 50 yards from the finish, Ian came sprinting past, looking as though he'd just started - is there no gratitude?

Seriously though, well done to Ian and all the other Northbrook lads whose times are listed below:

John Canavan	1h 16m 20s
Colin Deasy	1h 18m 41s
Ian Carter	1h 23m 23s
Bob Adams	1h 23m 25s
Ian James	1h 30m 38s
Derek Wardle	1h 34m 40s (or something like that)
Sean Flanagan	1h 35m 10s
Mike Windsor-Smith	1h 35m 45s
Dennis Saunders	1h 38m 40s
Martin Warwick	1h 39m 30s
Bob Griggs	1h 50m 25s

NEXT MONTH

REPORTS ON :

RACE THE TRAIN

INTER COUNTIES 20 MILE CHAMPIONSHIPS

TRAINING TIPS

LETTERS !!! (someone must have something to say)

THE ITALIAN WHO WENT TO MALTA !!

ENTRY FORMS AVAILABLE

DATE	TIME		DISTANCE	CLOSURES	FEE
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
12	2-00	TAMWORTH GALA 10MILE AAA.	10M	3/7	2-00
12	1-00	TAMWORTH GALA 5MILE FUN RUN.	5M	ON PAY	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	1/8	3-00
SEPT					
6	10-00	MIDLAND MARATHON + 1/2 MARATHON (REDDITCH)	26.2 13.1	24/8	4-00 4-00
6	10-30	HADLEY CASTLE 15 + FUN RUN	15M	23/8	3-00
6	11-00	SOUTH STAFFORDSHIRE 1/2 MARATHON (COPSALL)	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 7MILE + FUN RUN	7M	6/9	2-00
27	11-00	RUNNING RACQUET 5 LADIES ONLY (MF)	5M	19/9	1-00
27	10-00	KINGS 1/2 MARATHON (BIRMINGHAM)	13.1m		2-50
27	10-00	ROBIN HOOD MARATHON	26.2	26/8	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	2-50
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

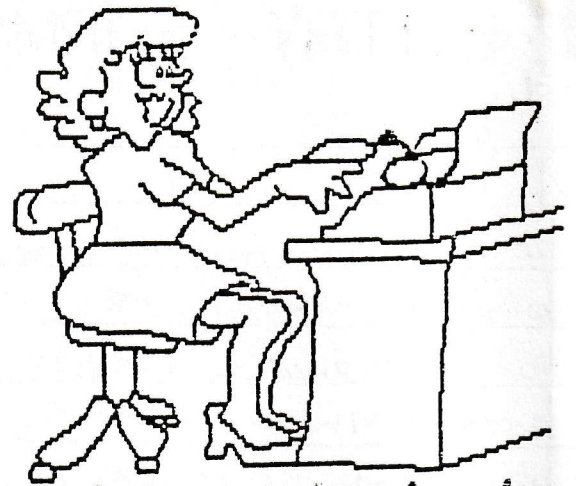
ANYONE HAVING ENTRY FORMS FOR EVENTS NOT LISTED ABOVE

PLEASE PASS TO BOB AWCOCK FOR COPYING

P.S.

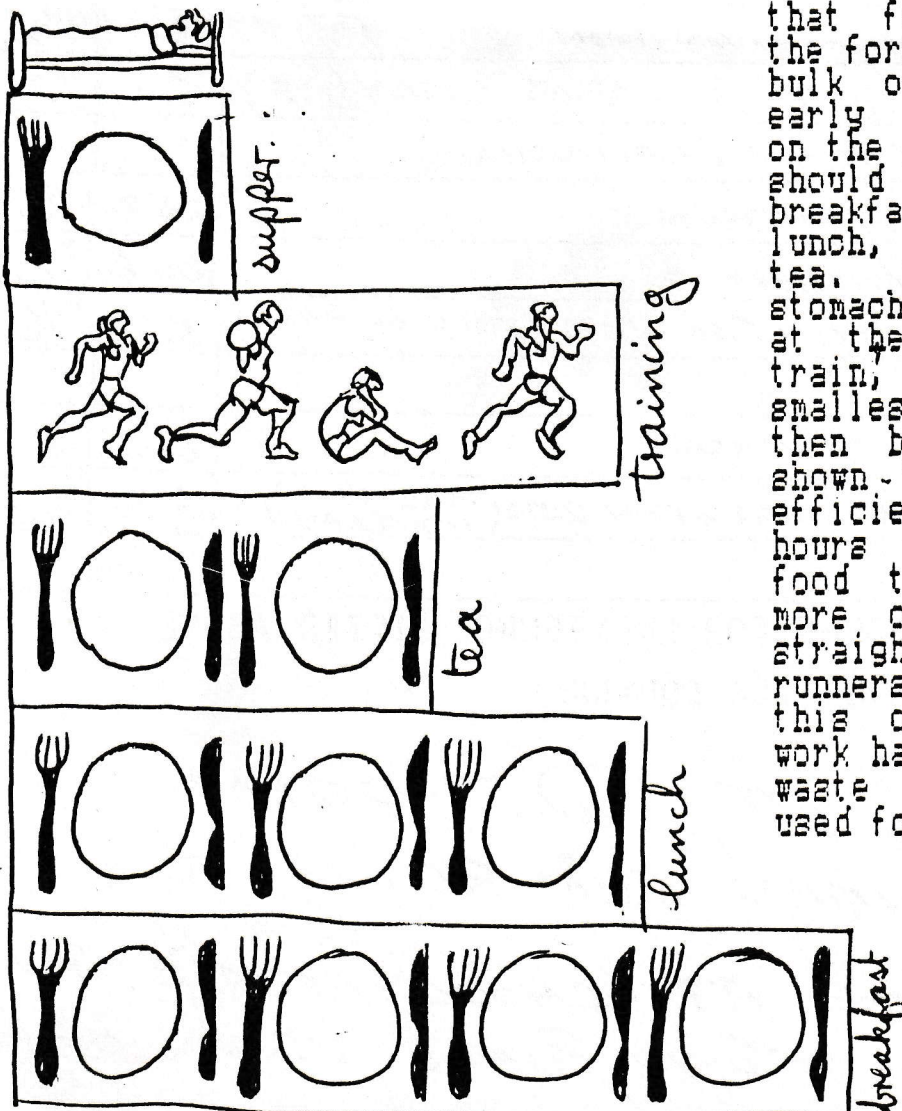
WEDNESDAY JULY 1ST @ 7-00 P.M.
CARDINAL NEWMAN FUN RUN

6 MILES ENTER AT SCHOOL AFTER 5-30 P.M.
£1.50 ADULTS £0.70 PUPILS. VB40: O.A.P.
FULL DETAILS ON BOARD. (ITS AT THE END BY THE POOL TABLE)



I must tell the Northbrook lads how well your new diet is going

The joke above illustrates the lengths some people will go to in order to try and gain an advantage. But the truth is that if you want to run well then you have to use the right 'fuel'. A good mixed diet which includes plenty of vegetables particularly green leafy veg such as cabbage is vital. The nature of our sport means that we can get away with a high calorie diet which would pile the weight on to the average non-runner. So don't mess about with diet fads they can do more harm than good.



Most dieticians now believe that food intake should be in the form of a pyramid with the bulk of the food taken in early in the day. The diagram on the left shows that the day should start with a hearty breakfast, a substantial lunch, followed by a light tea. This would leave the stomach empty or almost empty at the time when most of us train, in the evening. The smallest meal of the day would then be supper. Research has shown that food is more efficiently digested in the hours before noon, and that food taken after this time is more often than not converted straight into fat. While runners still tend to burn this off it makes the body work harder converting fat and waste energy which could be used for training.

THE BOSS

When the body was first made all parts wanted to be BOSS.

The brain said 'I am the BOSS for I control everything.

The feet said 'We should be BOSS, we carry him about and get him the position he wants.

The hands said 'We must be BOSS we do all the work and earn the money.

And so it went on heart, lungs, eyes, until the Arsehole spoke up, demanding to be BOSS. All the other parts of the body laughed at the idea of the arsehole being BOSS.

The arsehole was very angry indeed at this and decided to show who was BOSS so it went on strike - blocked itself up and refused to work, and so within a short time;

The Brain became feverish

The eyes crossed

The hands clenched

The Feet twitched

The lungs and heart were struggling

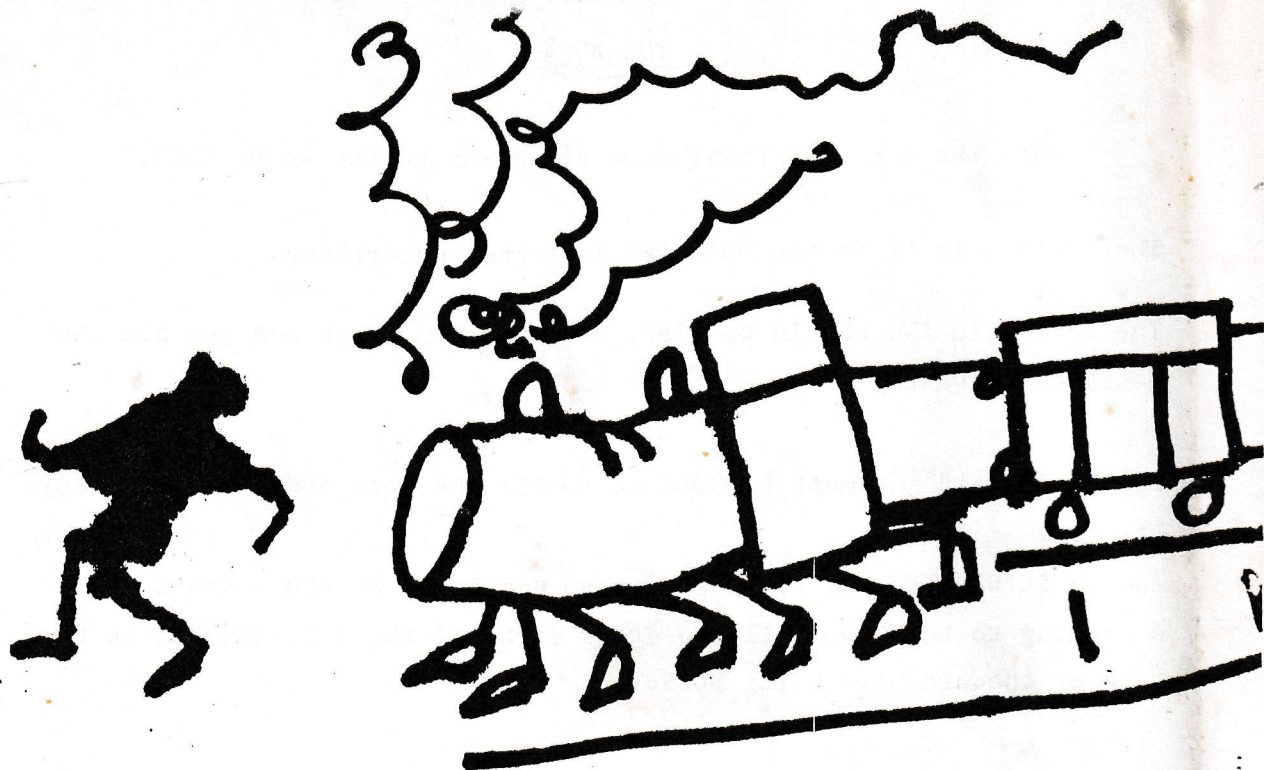
So they all pleaded with the brain to let the arsehole be BOSS.

The motion was passed, ALL the other parts of the body did ALL the work while the Arsehole as BOSS just sat around and passed out loads of shit.

The morale of this;

YOU DO NOT NEED A BRAIN TO BE BOSS

JUST AN ARSEHOLE



DON'T THINK MUCH TO YOURS....

