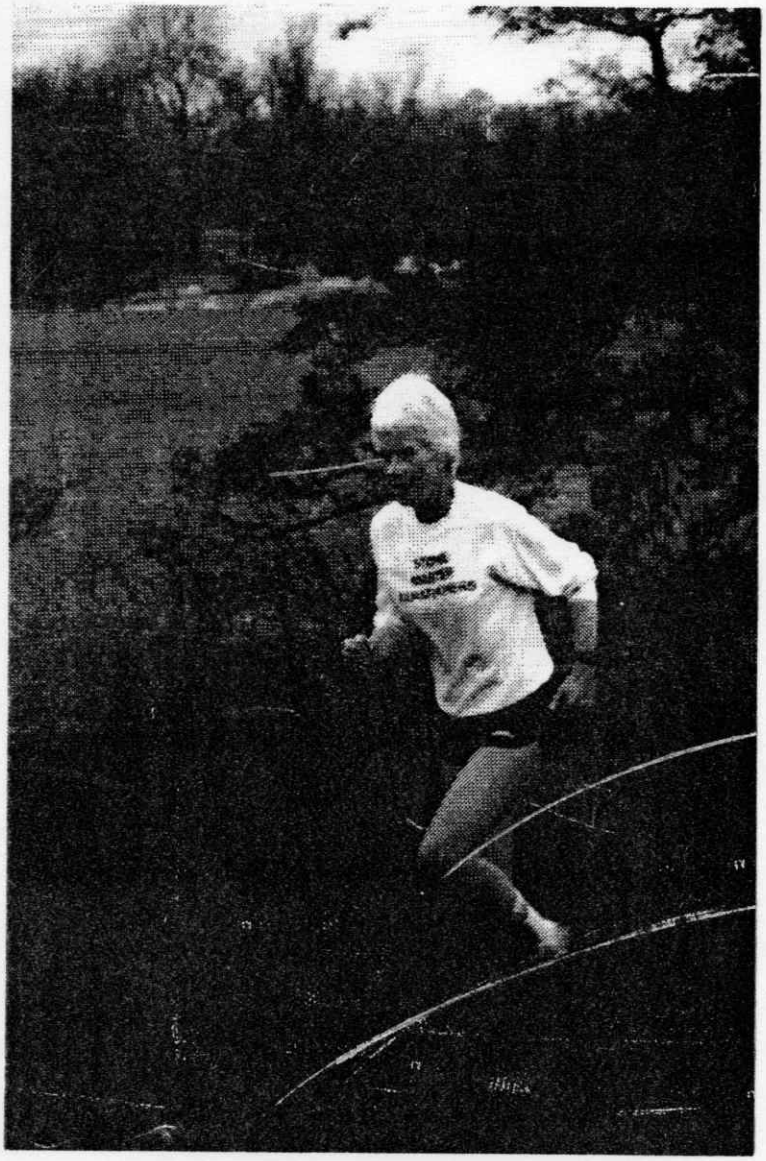
SAPIENTIA

APRIL, 1987



ANGELA GLENDENNING

ONE OF OUR NEWCOMERS

SAPIENTIA, APRIL, 1987

Editor: Alan White, 20, Bosworth Drive, Burton-on-Trent. DE13 0PS (0283-61150)

A lot of people have things to say this time, so I will shut up and let them get on with it, starting with Terry:

CHAIRMAN'S REPORT, 1987

First of all thanks to everybody who helped to put on the super party and presentation last night, especially to the ladies who did the catering. We all enjoyed it very much indeed.

When I gave a serious lecture to the Potteries Marathon A.C., my talk, "Bill Rodgers: My Part in his Success", impressed a gentleman in Burslem so much that he rang me and asked me as an undoubted expert for my advice about an embarrassing injury sustained while running on a cold day. If any of you have similar questions, please put them to Ian McGibbon after 11 at night when he has finished work for the day.

Before I consider the future of SMM, I would like to begin by paying tribute to you, the sporting people of the club, for the dedication you have shown in working at your running, especially the elite athletes among you. I would also like to pay tribute to Haddon Johnstone who has given us the excellent constitution along whose lines we still run.

Before considering our present position it is worth stating the objectives of the club. We are here to race Marathons; to promote the Marathon; to promote veteran athletics; to explore and enjoy the countryside; to encourage good fellowship. We began to pursue these aims about 8 years ago, when two of us, sometimes only one, turned out for the Wednesday evening run. Now, when I look around me I feel very proud. I see a club with over 100 members, with sporting success, with premises organised, putting on the British Championship. I can see a happy, successful club, known and respected in veteran athletics in England and all over the world. I find it hard to believe what has been achieved, and difficult to conceive of what we might do in the future that would be different or better.

However, there are challenges ahead, perhaps in inner space rather than in brave deeds around the world. I think the future of Stone Master Marathoners lies with its management and organisation. In this connection my aim as your chairman is to involve as many people as possible in the running of a happy, well-managed club. This means delegation.

A committee member said to me that delegation is hard: I give things to people and they bugger them up. I could do it better myself. Although hard, it can be a great friend to us, our greatest friend. What has delegation done for our club? Delegation has brought your club financial stability. Peter Quine has led a fund-raising committee, consisting of Elaine Statham, Tom Cronin, Lew Badger, Lesley Badger, Dave Gillick, Monica Darlington and Gerald Davis, the club auditor. They have generated cash and also ideas in other members, notably Bernard Berry, with his practical imput to the club.

Delegation has brought you association with another club and premises at favourable terms. Keith Bray has led a group of people who have worked extremely hard to research premises and to conduct lengthy and tricky negotiations. Its members were Ivan Savage, Lew Badger, Dave Gillick, Pat Pedlar, Dave Pedlar and myself. These people have brought us into a place where we feel happy and belong.

Delegation has also brought your club a superb kit shop. Monica, finding that the job was becoming too much for her to do alone, formed a small committee consisting of Peter Gent and Monica Bray, and together after months of work they produced a new tracksuit, a coat almost unique to this club, all the usual routine training and racing gear, and mounted a successful and well-attended party.

David Mason leads us on some 50,000 miles of official training each year, all in club kit. 10,000 miles of this has been entrusted to other members as delegated responsibility. During all that time nobody has been hurt, nobody has been in any

difficulty or been in any distress, with the sole exception of the time Peter Gent lost me in the middle of a flock of sheep where I almost died of exhaustion and fear, which only underlines the awesome responsibility of the task of leadership.

Delegation has brought your club a newsletter. Alan White has delegated much of the writing to the members, and with the help of his robot machine has produced a publication that we can all feel proud of and that we read every word of.

Delegation has brought your club the British Championship. Dave Wood and his committee of Peter Quine, Monica Darlington, Mick Statham, David Mason, Angela Mason, Kate Roberts, Geoff Dale, Peter Gent, Keith Bray, Denis Banks and Haddon Johnstone have combined to produce what is often referred to as the best organised Marathon in the U.K.

All these things have been produced by delegation, not a bad yield for the application of an important management principle as an organisation grows. My aim is to keep this process going and I am particularly pleased that the call for two members to increase the management committee from 6 to 8 seems about to be answered. **

Can I finally thank your committee for making my job so easy during the last 12 months: David Mason for his gallant approach and total involvement; Peter Quine for his effectiveness and good humour; Monica Darlington for being helpful in meetings and going to bed with me afterwards; Alan White for coming so far and for developing the newsletter so well; Keith Bray for keeping us in order and running on properly constitutional lines and for his work on the premises committee.

So the future development of the club will be based in the medium term, I believe, on management, organisation, delegation, and the role of us all is to make sure that we ask others to help, and that we come forward and press our help on the people leading the various committees so that we can involve, as I put it earlier, as many members as possible in a happy, well-managed Stone Master Marathoners.

TERRY DARLINGTON

** Later, the above committee was re-elected and the names of Mick Statham and Dave Gillick were added and they too were elected.

MEMBERSHIP, 1987

During 1986, 13 members resigned or failed to renew, but they were replaced by 19 new members, so the trend is for continued steady growth, with a tendency towards increasingly local membership.

Resigned:	D. Edwards	D. Price	J. Price
	G. Dale	J. Chawner	K. Helmer
No response:	J. Burke	S. Risley	D. Day
	L. Stephenson	E. Mulligan	J. MacLean
	J. Lee		
New members:	Paula McLellan	Tom Cronin	Eddie Atkinson
	Pete Smith	Bernard Berry	Syd Carnall
	Bob Pope	Dave Whalley	Mike King
	Pete Sinclair	Sylvia Jenkinson	Denis Banks
	Mike Braithwaite	Pete Moseley	Mike Bentley
	Joyce Bentley	Ian Cameron	Jeff Covell
	Dave Dobson		

At the end of 1986, there were 126 members + 4 paid supporters (D. Hargrave, D. Foy and 2 children)

MONICA

ANNUAL AWARDS, 1986

These were made at a party held at HQ on the first Saturday in April. The party's other important function was to help raise money to finance the new commitments of the club. Prominent in making the arrangements, as usual, were Lesley Badger and Jenny Quine, to whom we owe special gratitude since she isn't even a member. Many others laboured to get things ready, and our thanks go to all of them.

Marathon Man of the Year

LEW BADGER won this one for excellent performances throughout , but especially for his 2.45.17 in London.

Marathon Woman of the Year

ROSE GILLICK, for not only winning a tough Marathon, the National Trust Snowdonia, but breaking the course record as well, with 3.17.40.

Marathoner of the Year

This went to DAVE GILLICK, in recognition of his loyalty, achievement, especially in starting the X-C team and winning NSRRA Class X, and his good fellowship, which is never in dispute.

Best Newcomer

TOM CRONIN set a string of PBs at all sorts of distances, but in particular received well deserved recognition for his 2.48 in the St. Albans Marathon.

Other Outstanding Performances

RITA BANKS for winning the Huddersfield event and the astonishing feat of completing all 20 NSRRA events, a task that non-runners usually describe as "gruelling", whatever that means.

MONICA DARLINGTON for breaking a series of age group records in NSRRA. Perhaps there will be more to come this year, since Monica has now moved up into another group. Whither the traditional feminine coyness about revealing their exact age? It doesn't seem to apply to our sport, does it?

MALCOLM PRICE for having the sense to avoid running any marathons for a season, a decision vindicated over and over again by a splendid series of PBs at distances ranging from 1 mile (5.14) to half marathon (1.14.46).

ELAINE STATHAM for a truly remarkable season, including winning the Potteries Marathon, so called because of the high temperatures at which the runners were baked. Apart from the triumphs mentioned elsewhere in this edition, Elaine was joint winner with Dot Fellows of the NSRRA Ladies' competition, won the Staffordshire Grand Prix, and achieved spectacular PBs and records with 60.14 for ten miles and 1.21.45 for a half marathon.

Captain's Prize

GEORGE KAY protested that there was an unwritten rule that no officer could receive an award, but in vain. He was singled out for a wonderful season of record breaking at national level in ultra running, and also for his outstanding record of Marathons, more than 100 of them with an average time of 2.42 and a total of 40,000 miles completed in training.

Chairman's Prize

BERNARD BERRY is a relatively new member who has made an impact on the roads, but especially for his initiative in starting off the SMM 100 club as a valuable means of raising funds and helping to secure us in our new headquarters.

Apart from the above, it is worth mentioning that in the NSRRA lists of top ten performers, of 100 names mentioned 14 are SMM. Of the ladies, 9 out of 20 are SMM. We had 32 group winners, with 11 records, and of the 30 winners of merit awards 12 came from this club.

BRITISH TRIATHLON ASSOCIATION GRAND PRIX FINALS

A Frigid Affair

The B.T.A. Grand Prix finals had a change of venue for 1986 from Chasewater to Kingsbury Water Park in the West Midlands and were sponsored by Le Coq Sportif.

I was extremely hesitant about competing in such an event, having competed in only two out of the ten possible Grand Prix events leading up to the finals, and with minimal experience of triathlons in total. In addition, I was aware that the field for the finals would be of the highest quality, with competitors like Glen Cooke, Bob Herring, Mike Harris, Robin Brew of "Superstars" fame, and on the ladies' lists, Sarah Coope, Cathy Bow and Penny de Moss leading the way for many other top class competitors.

The weather did not help. Saturday saw the heavens open and registration was a very damp affair. I felt extremely sorry for the competitors who had travelled across the country equipped for camping. I understand afterwards that they had to be taken into the boathouse overnight because the rain was too heavy for them to pitch their tents.

Sunday morning was much less aggressive with pale sunlight and little wind but unfortunately the water in the lake remained a freezing 51 degrees.

The 1100 metre swim caused a few problems as within minutes competitors were being pulled out. I remember calling out to my Maker as I hit the water and I must admit that I didn't really expect to survive the swim. However, just over 31 minutes later I crawled up the shingle bank, emptied the tears from my goggles and stumbled towards the cycle racks and transition area.

I took my time drying myself and putting on my cycling shoes. The organisers had provided hot tea and I took down a couple of cupfuls, which warmed me and brought back some feeling to my hands and feet and enabled me to make a reasonable start to the cycling section of 40 kilometres.

The wind was very cold and bit deeply as I set out, but my careful donning of thermal top and nylon jacket helped greatly. Had there been any innocent spectators present, they would have thought that the athletes had had a good session at the bar, as we weaved and wobbled the first miles. Few could have managed to get really warm and the only respite was the out and back course, which at least made the second half more bearable, with the wind moving slightly behind us.

The cycling element is my weakest and I was somewhat disappointed with my time, but considering the cold start and the wind I suppose that was inevitable. What I hadn't realised was that so many hadn't managed to finish the swim and a further batch had dropped out within a short time on the cycling section owing to the cold. Of 234 starters, only 97 completed the full course.

The run of 10K was a relatively boring road run out along the lake, turning past the National Golf Centre (Perhaps I should have taken up golf?). After the cycle ride my feet were very cold and the run was not easy, but I managed to complete that section in just over 7 minute miles, overtaking quite a few younger competitors on the way.

In all I suppose the event lacked some excitement owing to the conditions and with so many failing to finish. However, survival is part and parcel of any triathlon, particularly those with cold water swims and I was pleased to survive.

The main results were as follows:

MEN

1. Glen Cook	1. 57. 06
2. Rob Herring	2. 03. 38
3. Andy Priddis	2. 04. 38

Glen Cook was overall winner of the Grand Prix series.

LADIES

1. Sarah Coope	2. 17. 44
2. Cathy Bow	2. 25. 02
3. Penny de Moss	2. 25. 29

Sarah Coope was also overall winner of the ladies' series.

I completed the event in 2. 48. 39, 83rd overall and 8th vet, and gained the Bronze award for the series as a veteran. I look forward to 1987 and a chance for Silver or Gold!

TRIATHLON RESULTS, 1986

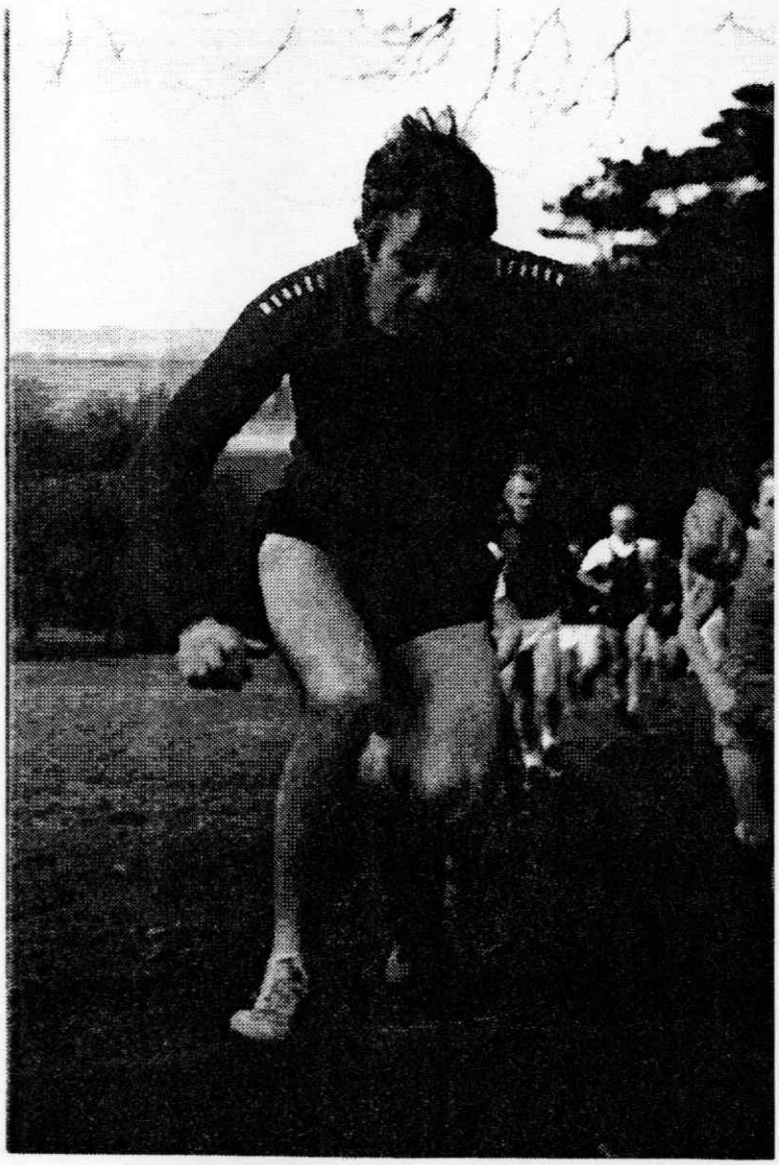
DATE PLACE	SWIM DISTANCE TIME	TRANSFER	CYCLE DISTANCE TIME	TRANSFER	RUN DISTANCE TIME	TOTAL TIME	OVERALL POSITION (VET POSITION)	NO, IN EVENT
1983 Ribble Valley	1,5K pool 38,16		21m 82,16		7,5m fell 105,54	3,57,07	51st (9th)	75
MAY 1986 Stone Sunlife	1K pool 33,12		40K 85,56		10K 52,42	2,51,53	72nd (8th)	105
AUG 1986 Tyndale G,P, Hexham *	1K river 27,45	3,05	45K 115,43	1,23	10K 45,30	3,13,26	108th (12th)	142
AUG 1986 Nuneaton & Bedworth *	1km pool 17,00	3,35	35,5K 65,05	1,30	10m 68,10	2,35,20	16th (3rd) (Award)	80
SEPT 1986 Kingsbury G,P, Finals	1100 lake 31,14	3,50	40K 87,01	2,16	10K 44,20	2,48,39	83rd (8th)	234
SEPT 1986 Dorking Tanner's Hatch	1km pool 18,11		35m 1,54,45		15,8m 2,02,15	4,15,11	?? ??	??

*The TYNEDALE and NUNEATON events form part of the BRITISH TRIATHLON ASSOCIATION Grand Prix series and qualified me for entry to the finals. My results in TYNDALE, NUNEATON and the KINGSBURY finals gave me total points for the Bronze Award.

Ivan Savage

XC XC XC XC XC XC

Stone Master Marathoners entered a team in the Staffordshire Cross- Country League for the first time for a few years. For those unfamiliar with the arrangements, all we have to do is to turn up on the day, run like mad, no formalities like the wearing of numbers, and on finishing, hand a numbered token to the team captain, Dave Gillick, and from this information the score is eventually worked out. Interest for our only moderately fast team is maintained by the fact that a separate score is kept for veterans. This means that our efforts can be given a little more prominence than in open competition.



The first event was the relays at the Michelin course. 33 teams were entered and SMM finished in 15th place: M. PRICE 14.39, D. GILLICK 14.44, P. MOSELEY 15.01, T. CRONIN 15.32
Total time: 59. 56
10 people turned out to tackle the first of the mob matches on a testing course at Willfield in Bentilee, and then on to North Staffs. Polytechnic where 13 people ploughed through the heavy mud on a basically flat course. There was one climb, which was followed by a breakneck descent to the little bridge over the Trent and more mud to the finish.

Next came Keele, another fairly flat course, with one interesting section where we had to pick our way through leafy mud and tree roots, whilst blinded by the low winter sunlight. We were represented by 12 athletes here.

The last race was at Sneyd High School at Newcastle, on the most testing course of them all. There were hills all the way round. Again 12 runners carried the flag.

MALCOLM PRICE led the way round on all the courses. We finished in 3rd place in the vets section, behind Newcastle and Wrexham.

DAVE GILLICK

ABBOTSHOLME

Yomping, I think they call it. As I understand it, the term means proceeding across unfriendly terrain with immense difficulty, owing to the hard going and the fact that one is encumbered with inconvenient gear. Entering into the spirit of the thing, your reporter decided, foolishly, in retrospect, to go around the course clad in wellington boots; other things as well, of course, but the wellies predominated.

The morning was bright but still chilly, and the course steward, Simon Barber, assured us that the going wouldn't be too heavy because there was still some frost in the ground. This was a deliberate lie, calculated to lull the Stone runners into a comfortable complacency, so that the Abbotsholme team could steal an illicit advantage. To add to our difficulties, there was a rumour that the long-distance runner's all too familiar enemy, the late winter virus, JCB strain, had been seen in the vicinity, and that it was reputed to be lurking on a wooded ridge towards the end of the course, waiting to pick off any sickly-looking tailenders.

And so it proved. Your reporter managed to escape relatively unscathed, but the monster settled down and made a nasty mess of our chairman, who had nobody around to help him, and suffered appalling indignities. For the first time, I found myself sympathising with that hapless prince of the realm, who has been pilloried by the media for preferring theatricals to yomping. I know how you felt, sir. Next year will be even worse, when Barber has included a few barbed-wire entanglements, tank traps and narrow, slimy drainpipes to add to the fun.

In spite of all the moaning, which is also part of the fun, it must be said that we all enjoyed some excellent sport, and of course the usual high standard of hospitality. Thank you, Simon, and Abbotsholme.

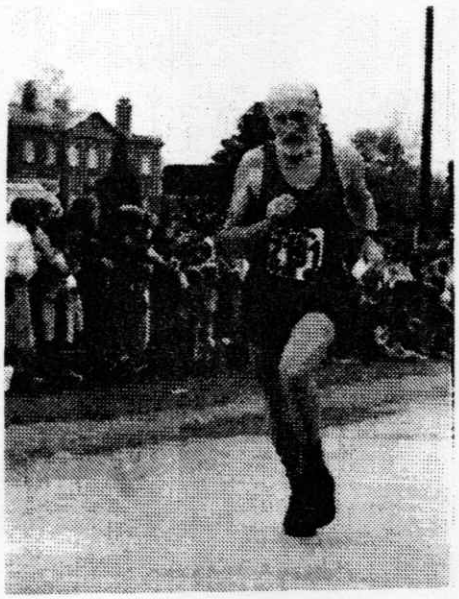
For the record, Stone Master Marathoners won by 34 to 44, by virtue of packing Messrs. Gillick, Price and Badger into the first three, supported by Cronin, 5th, and Kay and Statham, 11th and 12th. Most of our non-scorers will not wish to be reminded of their performances, but they all seemed to enjoy it, in their different fashions.

MEMBER'S PROFILE NUMBER 15: DAVE RICKETTS

The church clock is striking 8 a.m. as I return home after running a somewhat lonely twelve miles along the lanes of this lovely island, a nice easy training run, in marked contrast with the feverish activities of my younger days, when I was involved in the hectic pursuit of a career in cycle racing and related jobs.

I was born on October 7th, 1920, in the busy West End of London, and lived there until I was thirteen, when my family moved out of town to the country and to a completely different environment, so much open space!

There, encouraged by my father, I began to take part in many more outdoor activities. I was fortunate in having the support of my dad, who was himself a great sportsman, especially good at boxing. He knew the importance of correct diet and disciplines of training. The year 1934 saw me competing in the Under 14, 220 yards, Hertfordshire Schools Championship, which I won, but despite this initial success I did not feel that I had the potential to become a Champion runner.



By the time I was 15 I had become very interested in football and had trials with the local football clubs, but with little impact. Life continued in this way until one day, as a great treat, my dad took me to a meeting at Herne Hill cycle track. Here, amongst the cheering crowds, feeling the excitement of the racing, in fact the whole atmosphere of the scene, I had found just what I wanted to do. Sensing my enthusiasm, my mother bought me a brand-new bicycle, and I was off!!

My first step was to join the South Herts. Cycle Club, and after two successful club races my personal ambitions for the future seemed at least possible. I worked very hard to improve my performance and in 1937, acting on my dad's suggestion, I joined the cycling section of the London Regents Street Polytechnic, surely at that time the most comprehensive sports club in the world?

My first season with the "Poly" saw ME racing at Herne Hill, winning my first Gold Medal, a boy's dream coming true! The year brought me further successes and at the end of the 1938 season I was awarded the Dunlop Medal for the most improved novice.

Having gained 2nd place in the 1939 National Sprint Championship, I was shortlisted along with the truly great Reg Harris, to race for England in the 1940 Helsinki Olympics. In the meantime we both went to Milan to represent England in the World Sprint Championships, but alas the British team was still in Italy when the Second World war was declared, and so, along with countless others, our careers apparently cut off in our prime years, we made our way home to face the obscenities of total war.

1940 found me, not in Helsinki, but serving with a combat force in the Royal Navy. Reg Harris finished up in the Tank Corps, somewhere in North Africa. I remained in the Navy until I was wounded and eventually invalided out in early 1942.

As a war veteran I did not come under the jurisdiction of the Direction of Labour, and so I was able to accept an offer to appear in a film, doing a stunt on a bicycle, doubling for Sonny Hale, who was one of the principals in the picture. This led to my being accepted to join the film stunt outfit and the start of an interesting and lucrative time for me, mixing with the top names in the film industry. During the war years all sports were marking time, and only very minor cycling events took place. This made me content to stay with the stunt men, making good progress and gaining contracts to work with many of the stars of the day. The

nature of this employment demanded a high degree of fitness, so when cycle racing took off again in 1945 I was raring to go.

Having qualified through a series of successful races, I was selected to represent England in a number of events abroad. Things were so hectic that it seemed that I was reaching a crossroads in my life as it was virtually impossible to continue with cycle racing, which entails so much travelling, and have the time and energy to honour my various commitments to the film industry. However, by making an arrangement with my film agents I was able to carry on until 1947, when sadly I had to say goodbye to the studios.

During this period I received many offers to turn professional, but the date of the first post-war Olympics was drawing near, and England was to be the venue. Since Reg Harris and I were again on the short list, of course I was content to wait.

1948

This was a wonderful year. I was indeed selected to compete in the Olympic games and won a Bronze in the 4000 metres team race and Reg Harris gained a Silver in the Sprint.

One has to understand that these were the great days of track racing in this country: Saturday crowds of 10 - 12,000 spectators were not uncommon, and with this upsurge in the popularity of the sport the sponsors came thick and fast, and so at last in 1951 I had become a professional.

Dave Ricketts, 64, of Llangefni, strides out to win the super-veteran section.

A new life, with new problems; after winning my first pro. race in Barcelona, it became clear that I needed a permanent base on the continent and so I took a flat in Ghent, Belgium, which was as near to the centre of the European cycling venues as one could get. From then on, training, travelling and racing was the order of the day. For example, I have raced a 6 day event in New York, flown back to Copenhagen, competed there, then on to Berlin for a race, and then back across the Atlantic to race in Chicago, and so on and so on. Here, I must give heart-felt thanks to my managers and the rest of my "camp" because no-one, however proficient, can manage all this alone without their assistance, so once more "thank you, lads"; you truly earned your fees.

After the busy winters racing on the indoor tracks, I would look forward to the summer and a nice rest for a few weeks, but then it would all begin again, training on the road, getting to peak fitness by racing in a few road races, filling in the time whilst we waited for the Tour de France to finish.

The end of "le Tour" meant the beginning of the Criterium races; these are circuit races round and round the streets of the towns and cities. They could be 60-80 miles long, sometimes even 100 miles. Most large towns in Holland, Belgium and France would hold one. The promoters would contract the leading riders of the Tour, plus the best track and road racers of the year. One found oneself riding practically every other day from the end of July right up to the beginning of the track race season in October. Any athlete will know that in such intensive competition it was physically impossible for a rider to go flat out every time, but it was essential to win at least one in order to maintain popularity and to ensure getting further contracts. Owing to the tremendous support these races engendered, I found myself racing in Rotterdam in front of an incredible 110,000 spectators, 20,000 paying for admission to have a place on the finishing straight. The

contracts were extremely generous, making it difficult to refuse a chance to race. Added to the prizes and contracts there were special primes for every lap, making sure that there were never any dull moments.

The various exploits of my nine years as a professional would fill several volumes, so suffice it to say that time finally caught up with me and so in 1960, while I could still give a good account of myself, I retired and came back to England. Luckily for me, during the whole time I was racing I was fortunate to escape any serious injury. I did smash a leg while I was racing in Italy, broke a hand in Belgium, and suffered broken collar bones and minor concussion from time to time, but nothing really permanent.

Until this time I had remained a bachelor, mainly because it seemed unfair to expect any woman to cope with the erratic life-style of a dedicated racing cyclist. However, during my first year back in England I met a very special someone who later became my wife, and together we ran a successful business in London until 1966, when we moved to South Devon and started a new venture, continuing with this until 1977, when we sold up and retired to live on Anglesey.

At the beginning of 1982 I was persuaded to enter a 10K fun run in aid of local charity. After a few weeks jogging in preparation I could just about last the 6 miles required, and often during these early training runs I would recall and ruefully have to accept my youthful assessment of my running potential, made back in 1934 (q.v.). However, to my amazement, I actually won in the Over 60s class with a time of 55 minutes. I must have been the only grandad competing. Just after the race finished an official looking gentleman pushed an entry form for the Anglesey Marathon under my nose, and, still in a daze after my recent effort, I signed it, only later to realise that at 62 years of age, after 20 years of comparative inactivity, I had committed myself to run 26.2 miles all at one go!! It is with some pride that I am able to report that I finished the race in 4 hours 20 minutes and again won my class.

Since that time I have run and finished 32 Marathons, collecting many medals, trophies and prizes, my PB so far being 3:35, which I did in the Cheshire Vale in 1983. After the gruelling training disciplines of my cycling days, I enjoy long-distance running and the camaraderie and sporting atmosphere of the races which make it so worthwhile.

My training these days is made up of one long run per week, usually about 20 miles on Sunday mornings, plus some shorter distances during the rest of the week, making a total of some 45 miles for the 7 days. My wife, bless her, gives me excellent back-up, making all this activity possible.

The world is said to be very small, and one can imagine my surprise, when on my first meeting with my brother-in-law, Bill Gray, I discovered that he had been a great fan of mine, following my career with interest and could indeed remind me of many incidents that I had myself forgotten. Bill Gray is a well-known figure in the Midlands, being much involved with the administrative side of football with the Cheshire Leagues, and it was in fact Bill who suggested Stone Master Marathoners as the ideal club for me. After running in the 1983 Flying Fox and meeting all you nice people I had to agree and was delighted to be accepted as a member.

Bill Gray is enthusiastic about my participation in the Marathon races, and enjoys acting as my supporter at the various events, providing me with much help.

My one regret is that living so far from Stone I am unable to share in the various interesting activities of the club, so it was very pleasant to meet up with so many of you at the last Snowdonia Marathon, and in such a beautiful place.

Let me take this opportunity to send to the club and all its members every good wish for success in their endeavours to keep this great sport alive.

Dave Ricketts

Thanks to Mick Statham for supplying the photographs of Abbotsholme X-Country.

STAFFORD 20
STATHAM TRIUMPHS AGAIN!!

No, not MICK STATHAM. He was seen making his way through the ugly redbrick maze of RAF Stafford after seeing his chance of a PB blown away by a spiteful north-west wind. He wasn't the only one. Your reporter heard several uncomplimentary remarks about the March weather as he made his painful way round the three uncompromising laps of the Stafford course. It is a race conceived by sadists for consumption by masochists. For the connoisseur, there is usually a very nice line in macabre humour, especially if JAMES McLELLAN is among the competitors.

The influence of GEORGE KAY is all pervasive, too, not only in the undulations of the course, but in some of the strange instructions in the race literature. The overflow changing accommodation was said to consist of tents. Nothing wrong with that, you may say, even if they were of a forbidding looking military brown, but whoever it was who thoughtfully filled both of them up with snow is an organiser of rare talent. It's these little extra touches that make races like the Stafford 20 so special. The bit advising runners not to lie down if they felt tired was very timely, too. There are far too many softies coming into the sport these days, and it is up to us to try to keep standards high. We can't have people lolling in the hedgerows and on the grass verges, taking their ease, when they are supposed to be running.

ELAINE STATHAM couldn't have wasted much time on the way round the circuit. She won the ladies' race in the excellent time of 2.08, almost the same as last year, but last year there was no strong wind to fight against, and 2.08 represents a continued improvement for Elaine, and promises yet another magnificent season, with luck and her usual commonsense attitude to training.

Altogether. the astonishing number of 35 Stone Master Marathoners completed the course. Not all of them would wish to have their times recorded in these revered pages, however. There were quite a few disappointed people about, as always.

SMM CARRY OFF LADIES' PRIZE

No disappointment for our ladies, though. They cut it a little fine in winning by a solitary point, but they managed it. The scorers were ELAINE STATHAM, ROSE GILLICK and MONICA DARLINGTON, with ANGELA GLENDENNING not far behind.

Stone Master Marathoners adopted this race as our own contribution to the NSRRA season, and those of us who were running were grateful to see a number of shivering red and black clad figures scattered around the course, marshalling and helping in different ways. Sincere thanks to all of you, and to all the other friends and relations who did their bit on an unfriendly morning. Unfortunately so many club members wanted to run in the event that man- and woman-power resources were stretched to breaking point. This was especially evident at the table for drinks at the finish, where water wasn't continuously available. In other words we were not quite perfect, but we still did remarkably well, not only to field a strong contingent of runners, but to come so near to administering the race faultlessly.

Congratulations to George on his part in the race's continuing success. The fact that the event has been chosen again next year for the Inter-Counties Championship shows that it is highly regarded in the sport. What a feather in our cap if we could adopt the race again next year and get it absolutely right.

WOLVERHAMPTON MARATHON

Bob Pope suffered terrible luck in this event, getting involved in some bumping and boring before he had barely had time to warm up properly, and sustaining a painfully swollen ankle, which caused him to drop out. This was a shame, since Bob had been going really well in training and a fine performance in the Stafford 20 must have given him hope of a good time at Wolverhampton.

Apart from this, pride of place goes to David Price for a PB of 3.09 and to Mike Bentley for his 3.07. Barry Crowther, in his first attempt at the distance, recorded 3.29. Others may have been disappointed with their performances on what on the face of it seemed a favourable morning, although our correspondent on the spot

points out that it did become distinctly warmer over the last few miles, which probably had the effect of accelerating the rate of deceleration.

Elaine Statham was for once well beaten into second place, but was second overall and second vet with a good time of 2.54.53. Rose Gillick was 3rd vet in 3.17. Consistent George Kay came in at 2.42.55, only just outside his average time for his 100+ Marathons. Well done, everybody!

RUNNER'S PROFILE NUMBER 16
PETER DALLEY

I was born in Uttoxeter, a small rural town, whose only claim to fame is a biscuit factory and the fact that Doctor Johnson once had a bookshop there. From such humble beginnings I knew I was never destined for stardom.

I attended Oldfields S.M., whose catchment area was mainly agricultural and it was not uncommon to see boys arriving for school wearing milking slops and wellingtons. Discipline at the school was very lax, and if after trying you could count up to ten, write your name and plough a straight furrow, you were considered to have made it.

During my school years my athletic prowess was to show itself in the form of scrum half on the rugby pitch and inter schools cross- country. As far as the rugby goes, we were a badly organised lot and we regularly suffered embarrassing scorelines. This was a particular disappointment to my dad, who, being of Welsh origin, had expected me to be another Phil Bennett or Barry John. However, I did have more success in winter cross-country and despite running in arctic conditions wearing plimsolls and the obligatory thin school vest (no Helly Hansens in those days) the seeds of competitive running were sown.

After school any fitness that I had achieved disappeared after I had discovered girls, drink and cigarettes and it was not until my early thirties that I started running again. Then, like many people, I was lured into long-distance running by the 1981 London Marathon. The sheer magic of the event was enough to convince me to buy my first pair of training shoes and proceed down what are now very familiar paths.

That was May, 1981. In October of that year I entered my first Marathon, the Manchester Piccadilly. Since I had not at this stage joined SMM, I trained on my own for this,and on reflection I don't know how I managed to run 20 miles on a Sunday

morning without the support of fellow club members. Nevertheless I did and on the day of the Marathon I set myself a target of 8 minute miling which to my surprise I kept up all the way and finished comfortably in 3.29.23. I didn't realise at the time that this was to be one of the few occasions I would get my pace right over the Marathon distance.

The next year 3.29 became 3.19 at London, and later 3.09 at Leeds, the Tough One. After such a good run at Leeds I thought that perhaps a sub-3 hour Marathon might be on the cards - what folly!

After several attempts to break the three hour barrier, Birmingham People's Marathon, Amsterdam and Wolverhampton 83, it was a year later before I realised my dream and ran 2.57 at Wolverhampton 84, running the last 16 miles with Peter Quine.

I have had my share of disasters in the Marathon, as regular club members will know, where, because of lack of training or, more often, setting off at too fast a pace, I have come unstuck at later stages and paid the price for it. If nothing else, the Marathon has taught me to respect the distance. If my running could live up to the reputation I earned for my driving at the Snowdonia, I would have no worries.

Since 1984 I have been plagued by either injury or illness, first kidney stone problems and, worst of all, a bad fall at work last year kept me out of running for several months with a sprained ankle and torn ligaments. My progress in the Marathon has been temporarily halted by these setbacks, although my times for shorter distances have kept improving. I still have designs on running a good Marathon in the near future.

Over the last few years the pleasure I have gained from running has far outweighed the pain and I hope I will be able to carry on running for a long time yet.

Peter Dalley

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100 CLUB

Here is a list of the first ten weekly winners in the "100 Club" draw. If you wish to witness the draw in person, Wednesday night at the Tennis and Squash Club are the time and place.

WEEK	WINNING NUMBER	WINNER
1	28	G. MOSS
2	15	D. PEDLAR
3	22	A. GLENDENNING
4	63	L. BADGER
5	76	B. HARVEY
6	96	D. WOOD
7	66	R. WESTHEAD
8	71	L. J. WALDRON
9	51	G. MERCER
10	73	G. SHENTON

Stone Master Marathoners thank you for your support.

Bernard Berry

ON YER BIKE

Bits and Pieces

In previous articles, we have looked at the choice of bike and clothing to wear when riding it. In addition to these, there are masses of extras to wear holes in the cyclist's pockets, and it is easy if you are not careful to defeat the object of possessing a beautiful lightweight machine by dangling too many gadgets on it, thus bringing it up to the weight of any ironclad. The choice of what to carry and what to dangle is a matter of individual taste, and all I can do is to indicate what I have learned from experience and what others have told me.

First, the question of dealing with punctures at the roadside. The first step is to reduce their incidence by spending some extra cash on the modern puncture-proof tyres. Nutrak Marathon Beltguard are effective but have gained a reputation for splitting suddenly and leaving you stranded. Other types are now starting to appear and perhaps some of these might be more reliable. I never mend a puncture en route, preferring to carry two innertubes instead. I carry a tiny pump that lives in the saddle-bag against the rare eventuality of a puncture, and it is vital to have at least a minimum of tools to enable wheel removal and other minor repairs.

Sporting cyclists tuck the bare necessities under the saddle, but we plodders need something a bit more substantial for commuting or touring. I favour a very large, light bag, supported by a light metal frame over the rear wheel. It isn't always full, but it carries a lot when it needs to. Twin pannier bags fastened to either side of the back or front wheels are standard equipment for camping but I know some commuters and tourists who like them because they are easy to remove and carry into work or the cafe or pub for extra security. Rucksacks, apart from the tiny pouch or musette, are not a good idea, since they can interfere with control and they cause backache on any but the shortest rides.

Lights are a necessity rather than a luxury, and opinion is divided as to the effectiveness of dynamo and battery powered ones. There are other possibilities, too, like the rechargeable battery, and dynamo systems with a backup battery in case of slow speed or failure. Since I can't see much point in covering long distances after dark, I come down on the side of the simple battery lamp: some of the modern models are astonishingly effective and detach easily to reduce the number of things our friend, the thief, can make off with.

Speaking of this nasty character, he or she will look for opportunities to remove the whole bike if possible. A good way of reducing the chances is to carry one of the new shackle locks. These are made of specially toughened metal and the better ones, like the Citadel from USA, carry a guarantee up to the value of a very expensive bicycle indeed, in the event of its being stolen while the lock is in use. Beware, here: there are some cheap imitations about and they don't work; they are easily cut. I find that this lock provides a little extra peace of mind and is well worth the price and weight penalty.

The above items of course add up to a considerable price and weight, and most riders will not wish to add more gadgets for fear of increasing either. Runners who cycle will, however, probably be obsessed with time and distance and may wish to consider one of the modern generation of cycle computers to monitor these two important details. I was on the point of investing some time ago, but was thoroughly put off by a scathing piece of consumer research that appeared in the Cycling Tourists Club magazine. One day last summer, I met a man who had been given one as a present and had wrecked it within 5 miles when he collided with a tree. With a bit of luck, yours may last a little longer: don't let me put you off.

ALAN WHITE

TWO BRIDGES THREE FAR

Late in 1986 George published his treatise, "A Bridge Too Far", in response to the interest shown by a number of members in attempting an ultra-distance event this year. Not being the speediest example of a Stone Master, I am hoping to at least complete the distance in a race beyond **THE** distance....and finish running. (Readers are invited to interpret this as they wish-Ed.)

In this Sapiedition I propose to outline my approach to the training and mental preparation for running ten miles beyond the Marathon. The latter aspect is probably as important, if not more so, than the actual running. Before even completing the entry form, I must be convinced that I am capable of the distance but prepared to admit, either before or during the race, that injury may force me to retire. A big part of the psychological training is to talk to other runners and non-runners about the race. This commits me to go for it, especially when an attack of 'chicken heart' strikes. I have had many responses to my intentions, generally negative, especially from my squash-playing friends of Draycott Sports Centre: "Seen you finishing a Marathon; there's no chance of another foot, let alone ten miles." These remarks only stimulate positive thoughts of "I'll show 'em", etc.

My weekly mileage is unlikely to exceed my usual maximum of 50-55; overtraining and injury problems strike when I try to go any further. I am hoping to do at least one, maybe more, thirty mile training run. This I'll do on a Sunday club run, starting at 8 o'clock or a little after, tacking ten miles onto the club twenty; this will give me the opportunity of finishing with the club. During the race itself, a difficult time will be going through the 26.2. In anticipation of this, I intend to run a few Marathons as training runs at the pace at which I hope to run the ultra, i.e. 8 mins 15 per mile, hoping to finish these training Marathons feeling comfortable and ready for another ten.

This coming weekend is the Wolverhampton Marathon. This one I intend to race, looking for a PB to beat my 3.20.01 at Selby in '86. The Potteries will be a training run, and there will be another at the end of July about four weeks before the event. Then it will be a case of resting up with a few fifteens or so and some sharpening speed work.

I hope to pace the run as previously mentioned, finishing still running, without having walked. The choice of pace could be vital: too fast and I won't finish; too slow and the running action could be so drastically different from what my joints are accustomed to that injury will result.

The 29th of August is the date, ten a.m. the start time. Three p.m. should see me approaching the finish, training schedule and 8.15s willing. Spare the trog a thought as the more sensible of you are sunning yourself on a beach somewhere.

1st April, 1987

(Date insignificant, honest!)

BEECH TROGLODYTE

Further report in the next Sapiedition.

BEECH TROG'S PULSE SURVEY

I am at present carrying out a survey on my pulse rate at the end of a run to try to use it as a means of assessing fitness. The scheme is extremely simple, involving nothing more than knowing where to find the pulse, remembering to take it at the end of the run and writing it down in the diary.

It is important that as many as possible of the variables are fixed. The distance of the run is one of those regular courses done once or twice a week, about 6 or 7 miles long. I don't suppose it has to be the same one at each pulse measurement. More important than the distance is the pace: for the survey to be significant the pace has to be even over the whole run. Immediately on stopping running, the pulse is taken either at the wrist or the neck, counted over a ten second period; I record this number for convenience in the diary.

From these statistics it should be possible to draw a graph, or at least some conclusions, to relate the pulse rate to the minutes per mile speed of the run. For

instance, on the Tuesday after the recent Stafford 20, my pulse rate was the same over a similar run two or three weeks previously but I was a minute a mile slower. To gain some more useful information it will be necessary to look at the minute/mile pulse graph in relation to pre-race training and race performances.

According to Bob Glover's book "The Competitive Runner's Handbook", there is a relationship between maximum pulse rate and age; viz, 220 minus age equals maximum pulse rate. The training pulse rate range for aerobic endurance runs is between 70% and 85% of this maximum pulse rate figure. For example, a forty year old's maximum is 180, so the training effect pulse rate range is 126-153 beats per minute, or 21-25 per ten seconds. This is useful to gauge your running pace according to fitness, particularly on the slow run, where if the pulse rate at the end of the run is below the 70% maximum pulse rate there will not have been any significant training effect from your efforts.

While on this subject, it is of use to know your resting pulse rate, as this is a good guide to general fitness, and, if raised, is a sign of overtraining. The really significant factor in all this is how long it takes your pulse rate to return to normal after the run. However, this would involve remembering to take the pulse 20 minutes and an hour afterwards. I have enough problems remembering to do it at the end of the run.

If you have got this far through the jungle of figures and are interested in letting me have your own results from following this method of fitness assessment, it may be possible to get some significant statistics if a number of runners are involved.

If you can't count to ten, find your pulse, or know your age to subtract it from anything else, keep on running: you'll be in the shower before the pulse taker leaning on the doorpost.

Mick Statham (Coaching Staff)

STONE MASTER MARATHONERS

MARATHON PERFORMANCES

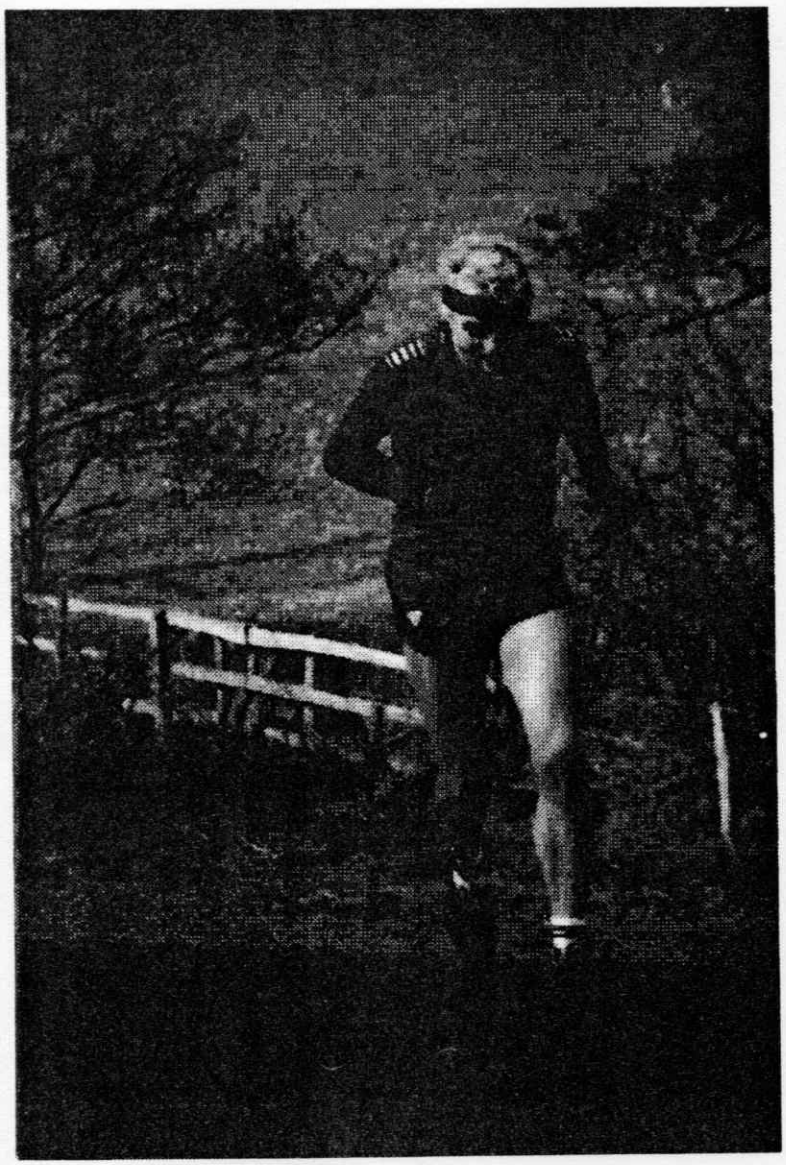
NAME	CLASS	1986	P.B:	P.B. EVENT	AGE
Mike Alford	v50		2.57.38	Wolverhampton	v45
Klaus Armstrong Braun	v45		2.56.34	Wolverhampton	v40
Eddie Atkinson	v50	3.09.41	3.09.41	Humber	v50
Lew Badger	v40	2.45.17	2.45.17	London	Open
Lesley Badger	v40	3.55.21	3.42.27	London	v35
Denis Banks	v45	3.58.00	3.58.00	New York	v45
Rita Banks	v40	3.25.03	3.25.03	Berlin	v40
Simon Barber	v40	3.00.02	2.56.19	Potteries	Open
Gerry Barnard	v50	3.11.24	3.11.24	Bahrain	v50
Tony Bell	v45	??	2.54.20		v40
Mike Bentley	v45		3.12.00		
Bernard Berry	v45	3.29.48	3.29.48	London	v45
Ray Booth	v45		3.00.39	Atherstone	v45
Alan Braddock	v55	3.22.16	3.14.04	Selby	v50
Keith Bray	v50		3.20.00		
Monica Bray	v50		3.32.06	Wolverhampton	
Linda Buxton	Open		3.31.44	London	Open
Ian Cameron	v45	3.24.00	3.24.00	Potteries	v40
Dave Carter	v50				
Tom Chitty	v45		3.08.00		v40
Brian Colclough	v50				
Bob Collinson	v45	2.52.50	2.52.50	Paris	v45
Don Cooke	v40	3.15.14	3.15.14	Stone	v40

Barbara Cooper	Open		4.16.00		Open
Bill Couldrey	v50		3.08.00		v45
Tom Cronin	v40	2.44.00	2.44.00	St Albans	V40
Peter Dalley	Open	3.30.00	2.57.35	Wolverhampton	Open
Terry Darlington	v50	4.13.00	2.59.00	Harlow	v40
Monica Darlington	v50	3.39.25	3.31.39	Dublin	v45
Keith Davies	v40		3.28.52	Potteries	Open
Gerald Davis	v40		2.38.04	Potteries	v40
Derek Dean	v45			3.26.00	v45
David Dobson	v40		3.15.30	Wolverhampton	Open
Ernest Dudley	v75		5.15.00		
John Eccles	v50		2.54 56	Wolverhampton	v45
Mike Fletcher	v40	3.51.43	3.51.43	London	v40
Geoff Frost	v45		3.02.48		
Jean Fuller	v35	3.37.21	3.33.23	London	v35
David Gabriel	v45				
Don Gilbert	v55	4.05.17	4.05.17		
Dave Gillick	v40	2.48.29	2.48.29	Derby	v40
Rose Gillick	v40	2.57.08	2.56.35		v35
Roy Hancox	v50		3.06.08	Stone	
Jack Harding	v65	4.05.00	3.20.56	Huddersfield	v60
Celia Hargrave	v35		2.46.01	People's	Open
Jimmy Hempenstall	v55		3.00.01	Dublin	Open
Tim Hewins	v40		3.53.21		v40
Derek Jackson	v40	3.25.37	3.25.37	Derby	v40
Haddon Johnstone	v50		3.34.00	Atherstone	v45
George Kay	v50	2.40.24	2.31.50	Wolverhampton	v45
David Mason	v55	3.18.15	2.52.20	Wolverhampton	v50
Angela Mason	v50		4.15.20	Stone	v50
Ian McGibbon	v45	3.08.30	3.01.22	Glasgow	v45
Bill MacKay	v40		2.56.59	Glasgow	Open
James McLellan	v55	3.29.00	3.08.00	Gloucester	v50
Paula McLellan	v45		4.35.00		v45
Gerry Moss	v50	3.56.22	3.52.30	Potteries	v50
Moya Moss-Bowpit	v35	3.52.00	3.50.00		v35
Bill Mullings	v60		3.54.59	Potteries	v60
Kevin O'Rourke	v55		3.22.36		
Derek Palmer	v55	3.21.21	3.09.00	London	v55
Dave Pedlar	Open		3.12.02	London	Open
Pat Pedlar	v35	3.25.17	3.25.17	Derby	v35
Bill Phillips	v50		3.29.06	London	v45
Bob Pope	v45	3.07.20	3.07.20	St Albans	v45
Malcolm Price	v40	none	2.38.54	Potteries	v40
David Price	v50	3.10.38	3.10.38	Stone	v50
Peter Quine	v40	2.58.56	2.57.14	Potteries	v40
Harry Reilly	v50		3.08.45		
Dave Ricketts	v65		3.35.13	Cheshire Vale	
Kate Roberts	Open		3.38.00	Potteries	Open
Ivan Savage	v40	3.24.00	3.18.12		
Margaret Shenton	v40		3.50.00		
Peter Smith	v40	3.36.04	3.36.04	London	v40
Elaine Statham	v40	2.55.00	2.52.17	Bedford	v40
Mick Statham	v40	3.20.01	3.20.01	Selby	v40
Ed Stones	v60		2.55.30	Sandwell	v60
Trevor Taylor	v40		2.42.19		Open
Derrick Wallis	Open	3.04.11	3.04.11	Derby	Open
Tim Wallwork	v55		2.57.25		
John Walsh	v45		3.25.00		

Dave Wealands	v40		2.51.02	Derby	v40
Maggie Westhead	v40		4.19.00	Windermere	v35
Roger Westhead	v40	3.33.00	3.17.00	Stockport	v40
Dave Whalley	v50	3.35.03	3.35.03	Mallorca	v50
Alan White	v45	3.34.00	2.58.10	Wolverhampton	v40
Paul White	v60	4.25.00	3.51.27		
Clive Wraight	v50		3.04.32		

If you are aggrieved by being missed out of the above list, you can put things right by writing or telephoning to me, giving full details, so that I can keep the list up to date. To produce next year's list, I shall simply revise this one. If I am not around, give your details to Mick Statham and he will do the rest.

Thanks
Alan White



The closing date for receiving articles for the next edition of "Sapientia" is 1st September, 1987. Anything submitted after this date is likely to be carried forward to the New Year issue. Articles that arrive before the date are appreciated, since I can get started early with them, and not be in a rush at the last moment.

David Mason wishes it to be known that, although there are sometimes complaints about the length of his organised training runs, they are nothing like 50,000 miles long, and feels that he has been the victim of gross exaggeration.

Did you spot the Olympic medallist?

If not, go back and read it all again!