SAPIENTIA

STONE MASTER MARATHONERS

Sapientia atque Levitas

April - May 1997

CONTENTS

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EDITORIALLY SPEAKING

A hectic period for yours truely now and a race against time to complete this issue. The Memsahib and I are off on our travels again, it's not that we don't like you, just a case of the nomadic instinct taking over and our making the most of opportunities as they come along. Lynton is first, for the jazz festival and then just one day back here completing *Sapientia* and arranging for it's circulation, which Richard Shaw has kindly agreed to undertake, before travelling south for Easter. The next issue is schedulled to be published mid-May due to a longer break in the Far-East and so your contributions will be more important than ever - always supposing that I'm voted back in at the AGM on April 23rd! Ishall also be trying to get in at least 12 races in the North-Staffs league again. Phew!

Talking of the AGM - you should find copies of proposals for dicussion at the AGM with this issue, if all goes to plan Please make every effort to attend and particularly important - pay your 1997 subs first. The sign-in sheet will show your status in this respect and also whether you have the right to vote or not.

Time to reflect on a very enjoyable Presentation Evening at Brocton Golf Club very ably organised by Phil Sharratt and his comittee with the assistance of Lesley Badger. It really seemed that no sooner had we eaten, had the presentation and a couple of circuits round the dance floor than the DJ was calling time and announcing the last waltz - a sure sign of one's enjoyment. Thanks to all for making it such a wonderful evening and I was thrilled to be presented with the Captain's Cup.

So what's in store for you in this edition? A bit of variety and hopefully something to your taste with a look at the Powderhall Sprint to see how the other half live, a physiological assessment of one of our members for the analytically minded plus a message from our retiring Captain and an appeal for sponsorship for a worthy cause that is looking for your support. The Registration Scheme is featured and you should all read the full documentation on the Club notice board if you are still competing in races. It seems to be an unwarrented imposition to me, but perhaps you will have a different view. It is something that should promote lively discussion amomg our members.

Good running

Gerry

CHAIRMAN'S CHATTER

Things are looking up, the sun is shining, the crocus, or should it be crocci are out. Don't you just want to get out and get some miles in! As quite a few of you did at the Stafford 20. Well done.

Now

Didn't we have a lovely time
The night we went to Brocton
Beautiful night wonderful bite
and all for ~~under~~ over a pound you know
And on the way back - I think I'll stop
there! With appologies to Maddy Prior/Steeleye Span

Although getting all dressed up can cause problems like routing through the wardrobe to see if you still have a Dinner Jacket somewhere and then if you find it, seeing if it has "shrunk" or not! Mind you it's not just we men that have problems fitting into our outfits, one had to resort to getting themselves tied into their's with string or somesuch!
No, I shouldn't jest (but sometimes I do!) all the ladies looked lovely and the men gorgeous - I mean very smart! It all made for a wonderful evening. A nice room - good food - great company. Thanks must go to Lesley Badger for suggesting the Golf Club and helping stage the event.
Our Social Committee did another fine job once again.
Angela and I both thank the Club for the beautiful Rose Bowl and the best wishes and "quotes" that came with it. We have both enjoyed our running in the past and now enjoy "putting a bit back". Thank you again.

Much Sapientia

Dave Mason

NEWS BRIEFS

Membership fees for 1997 were due to have been paid by the end of March latest. Should you have not renewed to date, please pay up right away as we do not want to lose you and you could be deleted from the address list which is to be reissued shortly. As Pat and Bryan Radford are working away for the Summer, effective this week, you can send your renewal fees direct to Mac McCoig or I will hand them on to him if they are sent to me. Pat and Bryan will be at: Lincoln Farm Caravan Park, The Flat, High Street, Standlake Nr Whitney, Oxon. Phone number and other details to follow.

If you have suffered from a sports injury and attended a sports clinic in the area would you like to pass me details of where you were treated and what sort of treatment did you receive, etc. Alternatively you may just know of a clinic but not have used it. The idea is to build up a picture of what is available locally for any club member who may need such a facility in the future.

It's that man again! This time it was the Alsager 5 where George Kay broke another Ron Lucas NSRRA V60 record (30.42) when he came home in 29.52 on February 2nd. Was obviously a great day on what is now recognised as the fastest road course in the UK with Carl Udall winning in 23.05, 36 runners home inside 25 minutes and the 100th (J Keeling V50 of PMAC) recording 27.22. George generously acknowledges that Ron was actually aged 65 when he set the previous V60 record. Elaine Statham was also in record breaking form - knocking 6 seconds off her existing NSRRA LV50 record when she set a new mark of 30.44. Congratulations both.

The club library has been inactive since Mac McCoig went off to serve Queen and country in Bosnia and now that he's back, Mac is about to dust off the books and put them out on display again on club nights. Will any members currently holding books out on loan please return them now. For newer members, why not take a look at what's available? Could be something there of interest to you.

New Member

Julian Gallimore has recently joined us but may not be a new face to everyone as he has trained with SMM in the past - before the age limit for joining was reduced. Julian is 28 years of age, engaged to be married next year and works for Comtel who are installing cable TV. Working up to running a marathon is Julian's ambition and he says that he likes the social side of the Club as much as the running. Welcome.

A Message from Monica

At the AGM on 23rd April I am standing down after three very happy years and I just want to say I have been proud to be your Captain - watching my club-mates achieve their potential, gain PBs, win individual and team awards.I have always thought that the most enjoyable racing was in the team events, whether Cross-Country or Relays. Travelling to Aldershot in the pouring rain for the BVAF road relays, where 30 of us competed, the Shugborough summer Wednesday relays where the sun always seems to shine, the loyal cross-country faction, both men and women, who turn out no matter what to push themselves round courses such as Wye Road - the Club spirit is at its strongest at events like these.I hope that you will give my successor your full support in all the team events in 1997. These tend to be on Saturdays and there is often a road race the next day. Competing in them may mean you run a few seconds slower in the road race but even if you run a PB you will not experience anything like the warm satisfaction of sharing a team event and representing your Club.So please put the team events first! Monica Darlington

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The Wooden Spoon Society Ford Great Lakeland Challenge 1997....

....."will conquer the longest lake, steepest pass and highest mountain in the Lake District - the beautiful and sometimes forbidding mountainous region tucked in England's far north-western corner. Within 12 hours teams will canoe Lake Windermere (10.5 miles), cycle over Wrynose & Hard Knott Pass (25.48 miles) and climb Sca Fell Pike (3208 ft.)

The rules are simple yet rigid rigid. It's a four-person twenty team event (three competitors and a driver), and each team is required to raise a minimum of £2000 pounds for the Wooden Spoon Society. Teams have to aspire to a high level of fitness and complete a number of competency tests in each discipline before participating in the Challenge. In return they are provided with everything needed to complete the event - food and energy apart. Points are awarded for both discipline and fund raising totals and safety is paramount, each team will be fully briefed and equiped to conquer some of the toughest terrain in the UK."

A team comprising John Elson, John Bourne and Mick Stathem will be competing in this arduous event which is being staged between 16th and 18th May 1997. The committee have agreed that Stone Master Marathoners will be making a donation from Club funds and John Elson will pass among you to elicit your individual support. Please give generously to this worthy cause which is raising money this year to build a Teenager Cancer Trust Unit for which the sum of £500,000 is required. See the Club notice board for more details - and Sapientia for a report of the event from the inside.

SMM AWARDS

	1990	1991	1992	1993	1994	1995	1996
Clubman of the Year	Kevin Uzzell	Tom Cronin	Lew Badger	James McLellan	Maggie Westhead	John Haine	none awarded
Club Champion (M)				Tom Cronin	Peter Coleman	Jonathon Howell	Jonathon Howell
Club Champion (W)				Rita Banks	Rita Banks	Rita Banks	Rita Banks
Runner of the Year	Bob Pope	Rita Banks	Tom Cronin	Mike Abell	Rita Banks	Bryan Radford	Barbara Brough
Marathon Lady	Rita Banks	Rita Banks	Celia Hargrave	Rose Gillick	Monica Darlington	Barbara Brough	
Marathon Man	Tom Cronin	Gerald Davis	Alan Braddock	George Kay	Jonathon Howell	Vernon Olivant	George Kay
Best under-age athlete			Steve Lorimer				
Best Sub-Mara Performance	Elaine Statham						
Most Improved Runner	Brian Coker	Bryan Radford					
Cross Country Cup (M)	Dave Gillick	Vernon Olivant	Malcolm Price	Steve Lorimer		Chris Barlow	Dave Gillick
Cross Country Cup (W)		Rose Gillick	Monica Darlington	Carol Lorimer		Carol Lorimer	Sue Smith
Best Newcomer	Richard Tulp	Carol Lorimer	Barbara Brough	Lynne Foster	Irene Murphy		Bernie Prickulis
Best NSRRA Performance	Bob Pope	James McLellan	John Haine	Jim Brough	Peter Coleman		Kevin Uzzell
Best NSRRA Performance					Angela Coker	Lynne Foster	
Captain's Cup	Simon Barber	Bernard Berry	Pat Radford	Angela Glendenning	John Elson	Lew Badger	Gerry Barnard
Chairman's Cup	Derek Palmer	Lew Badger	Alan Braddock	Frank Collis	Brian Hall	Jonathon Howell	Phil Sharratt

6

The Midlands Registration Scheme(MRS)

The Club has been notified of a compulsory registration scheme that is being introduced and will become effective 1st October 1997.

What is the MRS?
Quoting from the Midlands Counties Athletic Association(MCAA) explanatory document, (a copy of which can be found on the Club notice board) -
"The MRS is designed to meet two needs:

1. Sports Council requirements for statistics.
2. To fund activities of the MCAA, both continuing and new."

To whom does it apply?
"Membership will be compulsory for competing athletes of all age groups, disciplines and abilities.
Officials, coaches, administrators and supporters may also join should they wish to receive the benefits of the MRS.
Unattached athletes will have to register as individuals within the scheme to enable them to compete in permitted events."

How will it operate?
Your Club will handle your registration and annual renewal. From a registration fee of £10 per club athlete over the age of 18 (£20 for the unattached) they will retain £2 as an 'incentive'
Each athlete will be registered on a central date base and issued with a plastic membership card.

How do I find out more about the scheme?
A series of open forums will be hosted by the MCAA, starting on Friday April 18th. See the notice board for further details.

PLEASE READ THE MCAA DOCUMENTS WHICH CAN BE FOUND ON THE CLUB NOTICE BOARD

Poverty of the professional

In those days of not so long ago when athletics were one of the last domains of the true amateur, the Powderhall Sprint was spoken of in hushed tones for this was a professional foot race - but more than that not many knew if you lived south of the border. Here now is a chance to find out more, courtesy of The Guardian which carried this story on January 3rd.

"Harry Pearson backs a pensioner from Lockerbie to win the traditional New Year's Eve Powderhall Sprint and loses his shirt

It is an odd feeling to find yourself with your wager of the week resting on the sprinting speed of a Scottish pensioner. But judging from the cheers that greeted the announcement of John Bury's name before the final of the 110m Open Handicap, I was not alone. The 110m was the last event of Wednesday's New Year Gala at Meadowbank Stadium - a race better known as the Powderhall Sprint.

The Edinburgh public had been alerted to the abilities of the 65-year-old from Lockerbie earlier in the day when he took his semi-final in a photo-finish. They had been lured into wagering on him by the juicy odds of 50-1 offered by the sheepskin-clad bookies at trackside. Bury was running off a 29 metre handicap. In professional sprinting, as in golf, the handicap works in favour of those of lesser ability. Bury's 29½ metres means he has 26¼ metres less to run than the evens favourite, Josephus Thomas. On an Edinburgh afternoon of swirling snow and the kind of temperature that would deter even Demi Moore from removing her overcoat, it seems that the man travelling the shortest distance must be in with a sporting chance at least.

Up against Bury in the oldest event on the British athletics calendar are the cream of the runners from the Scottish and Cumbrian proffesional circuit and three fast men from the south, Dougie Turner of Cardiff and, from Woodford Green in Essex Josephus Thomas and his twin brother Joclyn. They are competing for a first prize of £4,000, a gold medal, the Eric Liddle Memorial Trophy and the prestige of winning 'the world's most famous handicapped foot race'.

The Powderhall Sprint has been run every year since 1870, unfazed by two world wars and the fact that the Edinburgh stadium that gave the race its name turfed out the athletes in favour of greyhounds in 1971. It is more than just a sporting event. Says race promoter Frank Hanlon: 'It is part of the nation's social history.'

As you might expect of a man who has sunk a chunk of his own money into keeping the Powderhall alive, Hanlon has a passionate commitment to professional sprinting. He is needled by the neglect of its history in comparison with that of amateur athletics.

'Amateur running,' he said, 'was for those who could afford it. Handicap racing was the sport of the common people. There were great runners, great characters. Very few people have heard of these guys, yet the life of someone like Alf Downer would make a better film than Chariots of Fire.'

A very different film certainly. Far removed from the floppy fringes and Corinthian ideals, Downer was working class from Edinburgh. He was a sprinter-hustler who lived by his wits and apparently trained on a diet of wine, women and song. Downer belonged to a tradition that both fascinates and haunts aficionados of the professional game. At his peak in 1898 he ran 128½ in 12.4 seconds. However, it was not Downer's speed but the fastness of some of those around him namely his backers, that cemented the fly reputation of handicap sprinting.

Three generations of Eddie Hedley's family have been involved with professional run-

ning: his father trained sprinters, he and his brother Brian both ran at Powderhall, and his son John, who also sees service as a training partner of Jonathon Edwards, would have running but for a knee injury.

Hedley has heard all the stories of 'squared' races and handicaps fixed by having a sprinter run preliminary races with a piece of lead in one shoe. 'I can't say these sort of things didn't go on, but I think their frequency has been exaggerated. Gambling is an integral part of professional sprinting, and when there's gambling, no matter what the sport, whether it's horse-racing, greyhounds or boxing, these things happen.'

The Hedleys are from Bedlington, Northumberland. The North-east was once a stronghold of professional running. In 1929 more than 2,000 North-eastern sprinters ran in professional events. Today there are probably no more than 50. He sees the gradual decline - the major professional meeting in the North-east, the Morpeth Olympics was last held in 1957 - as the result of social change.

'Prize money just didn't keep up with earnings,' he said. 'Between the wars, handicap races in the North-east were associated with horticultural shows. At a even a small event like the Cramlington Flower Show the first prize in the sprint would be something like £30. To a pitman, that was 10 or 12 weeks' wages. When that kind of money was on offer, it attracted an interest. And because of the handicap system, anyone could have a go and stand a chance of winning.'

Though backers often compensated sprinters for time taken off work to train and slipped them extra cash so that they could breakfast on steak, eggs and a glass of sherry, in the history of professional athletics there have probably been no more than half-a-dozen sprinters who mde a living from running. Even the best professionals, such as Blyth's Albert Spence and George McNeil of Tranent, worked during the week and ran at weekends to earn a bit of extra cash. Both men were quick enough to have won Olympic medals. In a handicap race in 1949 Spence covered 126 yards in 11.6sec; McNeil ran the 110 metres in 11sec in 1972, the year that Valeriy Borzov won the 100 metres gold in 10.14.

Spence ran as a professional through personal choice. McNeil was banned from the amateur ranks because as a teenager he had played football for Hibernian.

Nowadays the top sprinters can opt to switch codes just as they may choose. Though, as Hanlon said: 'It's hard to imagine someone like Linford Christie turning up in Edinburgh for the chance to win £4,000.'

More than 100 men did on Tuesday and John Bury was one of those in the last eight. As the snow flurries briefly abated, the starter's gun flashed. Bury appeared to hestitate momentarily then set off down the track to roars of encouragement. Sadly he was caught by the pack 20 yards from the finish and Josephus Thomas took the Powdehall Sprint in 11.24sec from Dougie Turner.

John Bury clearly needs to put in some hard work on his start. That may seem like a harsh judgement on a 65-year-old runner: But I had hard-earned cash on him. And a pound's a pound."

Physiological Assessment - a valuable tool

As a runner and racer you will be forever assessing your current state of fitness and preparation in readiness for the particular aims that you have in mind. You will ask yourself "Am I doing the right training, taking sufficient rest, eating the correct foods in order to reach my full potential?". Some of the guesswork involved can be eliminated by undertaking a Physiological Assessment which Simon Fielder did recently at the Lilleshall Human Performance Centre. Simon, who becomes a vet shortly, has kindly allowed us to reproduce his report here for the benefit of fellow club members.

"The tests which you performed have been designed to assess specific aspects of an athlete's physical fitness. These tests can identify any areas of weakness which you may have, as well as providing objective measurements against which future changes in fitness can be monitored. They can also give an indication of training and racing paces which can be sustained. Each of the tests which you undertook are described below together with an explanation of your results :

1. Oxygen Uptake Test

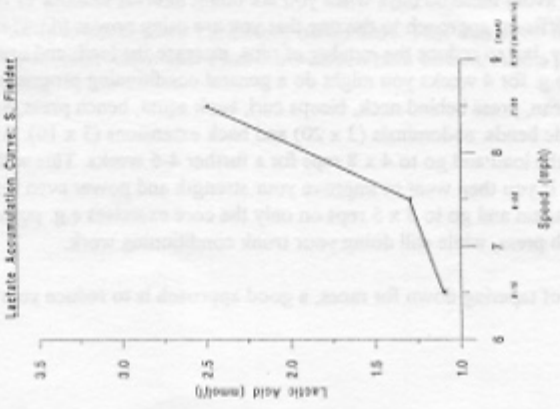
Oxygen is vital for the continuation of medium and long term exercise. The harder a person works, the more oxygen which is required. Furthermore, the greater the amount of oxygen which can be supplied to the working muscles, the higher the work-rate which can be sustained. Thus an individual's maximum oxygen uptake value (VO_2 max) represents the maximum amount of oxygen which can be supplied to the muscles over a one minute period, and is widely accepted as being the most reliable available indicator of an individual's aerobic, or endurance fitness. Athletes with the highest VO_2 max values tend to be the ones who can maintain the highest work-rates during a race and are usually able to complete races in the fastest times. The units that maximum oxygen uptake values are measured in are mililitres of oxygen per kilogramme of body weight per minute ($ml.kg^{-1}min^{-1}$). Sedentary, inactive individuals have values of around 20 $ml.kg^{-1}min^{-1}$, compared to values in excess of 70 $ml.kg^{-1}min^{-1}$ for club standard male endurance/middle distance athletes and in excess of 80 $ml.kg^{-1}min^{-1}$ for elite athletes.

In this test, which immediately followed a test for blood lactate accumulation, you ran for as long as possible (6 minutes and 10 secs) on a motorised treadmill at a constant speed (8.5 mph - 7 mins 0 secs per mile), with the gradient increasing at two minute intervals. Your expired air was collected throughout the run, and was used to determine your maximum oxygen uptake value which was found to be 55.0 $ml.kg^{-1}min^{-1}$. Your heart rate was also measured throughout and your maximum heart rate at the end of the test was 174 bpm. Your VO2 max is well above average for an individual of your age, undoubtedly due to the fact that you are training on a regular basis. In view of your training history and age, however, it is unlikely that there is scope for it to increase any further. This is because VO2 max is ultimately genetically determined and usually decreases with age. Nevertheless, you will need to maintain it through consistent and appropriate training if you are to continue to get the best out of yourself. Each training session has a purpose and you, quite rightly, want to make sure that you are optimising your potential in the limited time available. It is very important, therefore, that you try to stay within the heart rate zones recommended for each type of training session. Since you are training for the London marathon, you should continue to include one long run in your programme each week. The aim of this run is to improve the muscles' ability to use fat as a

source of fuel and to better use the oxygen that is delivered to them. Consequently it should not be run too fast. In your case, long runs should be completed at a heart rate of between 130 and 140 bpm for optimum benefit (equivalent to a running speed of 7:30 min/mile). A maximum of two hours should be sufficient, even when training for a marathon, while 90 minutes is long enough for other distances. Running for longer than this will have limited, if any, benefit and will leave you fatigued when you come to do the rest of your training sessions in the week. A second steady run for a maximum of 60 minutes can also be done once a week at a slightly faster pace (7:00 min/mile) resulting in a heart rate of 140-148bpm. Ideally you should also have at least one complete rest day each week in order to allow your muscles, ligaments and tendons to recover, and to fully replenish your glycogen stores. Further training advice and heart rates are given below.

2. Lactic Acid Accumulation Test

While the meaurement of an individual's maximumal oxygen uptake provides an indication of their capacity for aerobic exercise, improvements in fitness can be achieved without changes in maximal oxygen uptake, particularly for individuals who already have a very high level of fitness, A more sensitive method of monitoring training associated improvements in fitness and of determining training intensity is through the measurement of blood lactic acid levels. Lactic acid is a fatiguing by-product of energy production and when high levels of this substance accumulate in the blood the athlete is forced to slow down in order to continue exercising. During low intensity exercise the levels of lactic acid in the blood remain close to those measured at rest. As exercise intensity increases, however, lactic acid begins to accumulate in the blood - the point at which there is rapid accumulation of lactic acid in the blood is called the 'lactate threshold'. With training, this lactate threshold is altered, so enabling the athlete to exercise at a relatively higher level of effort before experiencing fatigue. Furthermore, sampling of blood lactic acid levels at different exercise intensities also makes it possible to establish the optimum training intensity for improvement in performance. During this test you ran at four different speeds - 6.5 (9:15 min/mile), 7.5 (8:00), 8.5 (7:00) and 9.0 (6.40) mph on a motorised treadmill, each for a period of 4 minutes. At the end off each stage, a sample of capillary blood was taken from your thumb, and analysed for its lactic acid concentration. Your heart rate, and oxygen uptake values for each stage were also determined. The results are shown in the table, with oxygen uptake values being expressed as a percentage of your maximum value. Your blood lactate profile is also presented in graph form.



Running Speed (Mi/Hr)	Lactic Acid (mmol/l)	Heart Rate (bpm)	% VO_2 max
6.5	1.1	110	54
7.5	1.3	125	64
8.5	2.5	147	72
9.0	—	155	78

You demonstrated a normal response to exercise. With each increase in the running speed there was a corrseponding increase in your heart rate, oxygen uptake and blood lactic acid concentration. Although the final blood lactic acid measure was lost, your results may still be used to provide some concrete training recommendations. Since it is unlikely that you will be able to increase your VO2 max any further, you must obtain your improvement from elsewhere. This means that you need to become better at running faster. Although your current training programme addresses this to some extent by including hill reps, you would benefit from undertaking an additional interval session once a week. This might alternate between long efforts and short efforts. Long efforts include e.g.
i) a sustained run of 20 minutes in duration at heart rate of 155-160 bpm.
ii) 2-4 x 5 minute efforts at heart rate of 155-160 bpm with 3 minute jog recovery between efforts.
iii) 4-6 x 3 minute efforts at a heart rate of 155-160 bpm with a 3 minute jog between efforts.

Short efforts include e.g.:
i) 6-10 x 1 minute efforts with a 60-90 sec jog between efforts witha heart rate > 160 bpm (it might only get up this high after the first 2 to 3 efforts, it is most important to be consistent in the distance covered for each effort).
ii) 8-16 x 40 sec efforts with a 90 sec jog back recovery in between at a heart rate > 160 bpm.
iii) 1 x 30 sec; 1 x 60 sec; 1 x 90 sec; 1 x 60 sec; 1 x 30 sec efforts with a 60 sec jog between efforts; 3 mins jog between sets; complete once or twice more at a heart rate > 160 bpm.

In other words, you should select one of these sessions, or a similar session, to do once a week, in addition to your hill reps.

You should also continue to include free weights work in your training programme although it is best to avoid these on days when you are doing interval sessions or really long runs. A slightly different approach to the one that you are using now is to undertake 2 sessions per week only, but to reduce the number of reps, increase the load, and use a select number of exerecises e.g. for 4 weeks you might do a general conditioning programme of 3 x 10 reps on: Power clean, press behind neck, biceps curl, back squat, bench press, lunge squat, lat pull-down, side bends, abdominals (3 x 20) and back extensions (3 x 10). After 4 weeks you can increase the load and go to 4 x 8 reps for a further 4-6 weeks. This will help to increase your strength. If you then want to improve your strength and power even further you can increase the load again and go to 5 x 5 reps on only the core exercises e.g. power clean, back squat and bench press, while still doing your trunk conditioning work.

In terms of tapering down for races, a good approach is to reduce your training volume for

2-3 weeks beforehand. In other words you should cut the duration of each run by 50% (i.e. a 2 hr run may be reduced to 1 hr), while maintaining the intensity (i.e. if doing 12 hill reps you can cut down to 6). In this way, your body is able to recover, but you will stay sharp.

3. Body fat percentage.

The weight of any individual is the combined weight of a number of different components of the body, including muscle, bone and fat. Fat accumulates in specific sites around the body, and increases if more energy is taken in (i.e. eaten), than is expended. All individuals are expected to have a certain minimum of body fat. For elite male endurance athletes body fat percentages between 5-8% of body weight are often observed and the acceptable amount of fat should not exceed 10%. For older, club standard athletes, however, body fat percentages of upto 15% are acceptable. If body fat percentages are above these limits, it indicates that the individual would benefit from losing some weight. Measuring an individual's body fat percentage is one of the best ways of assessing whether or not a person is overweight. This is particularly true with-sportsmen and women, who appear to be overweight when using traditional 'heavy/weight' tables, since they often have large amounts of muscle which will make them seem heavy for their height. Your body fat percentage was calculated by taking four specific skin-fold measurements using a set of skin-fold calipers, and was found to be 15.7%. This value is at the upper end of the range, which is fine, although it does suggest that you could lose 3-4 lbs in weight. Since your training volume is so high, it is very unlikely that you will be able to lose weight through further training. It would be best to avoid any further decrease in your fat intake as it is quite low already. Consequently, if you intend to try losing some weight it needs to be done very discreetly by a reduction of about 150 calories per day from your total intake. This would result in the loss of 1lb in weight over a period of about 3.5 weeks. Nevertheless, your main priority should be to ensure that your diet contains sufficient energy to support your day-to-day requirements, as well as your training load. An individual of your size should be aiming to consume at least 520g carbohydrate per day (carbohydrate is the 'preferred' source of fuel of the muscles, but is in limited supply and must be replenished daily), while your protein intake should be in the region of 100g per day. In terms of timing, you should aim to 'top up' your carbohydrate stores by consuming a snack containing 50-100 grammes carbohydrate 2-3 hours before exercise (drinks can be used for this purpose if you are unable to eat at this time), while a similar snack should be consumed within an hour after exercise for optimal recovery, prior to eating a carbohydrate-rich meal.

Fluid intake is also important. For each pound in weight which you lose during training you should try to consume a pint of fluid. Commercially available sports drinks are most suitable and better than water since they also contain some carbohydrate. Nevertheless, if you dislike them you are best advised to stick to water. During the marathon, fluid replacement is even more crucial. If you allow yourself to become dehydrated you will lose many minutes in the latter stages of the race. Consequently, you should drink at every drinks station that comes up at about 15 minute intervals, starting with the first station. A mouthful is not enough, if possible, you should try to drink the whole cup, even if it means slowing down. You will make up for lost time at the end because you won't slow up as a result of dehydration. Your current weight is 87.3 kg (13 stones 10 pounds).

4. Haemoglobin

Haemoglobin is the component of the blood which transports oxygen from the lungs to the muscles and organs where it is needed. It is, therefore, essential if a healthy, active lifestyle is to

be maintained. The formation of correct concentrations of haemoglobin is dependent on sufficient iron being consumed in the diet. Too little iron in the diet can lead to a decrease in haemoglobin, a general feeling of being 'run down' and, in severe cases, a condition known as anaemia. For people who partake in regular strenuous exercise, a low haemoglobin value will mean tiredness and fatigue occur easily, and performances are therefore, affected. Recommended normal values for males are between 13.0 and 18.0 grammes per decilitre, with the average value being 15.4 grammes per decilitre. Low haemoglobin values can usually be easily corrected by increasing the intake of iron, either through a slight change in eating habits or by supplements such as iron tablets. Your haemoglobin concentration was measured by taking a small, thumb-prick sample of capillary blood, and was found to be 14.1 grammes per decilitre. This is normal value, within the recommended range. It suggests that you are currently consuming an adequate amount of iron in your diet. Since your haemoglobin concentration can quickly decrease it is important that iron rich foods are an integral part of your diet all of the time. Examples include leafy, green vegetables (e.g. broccoli and spinach), fortified cereal and red meat (in moderation). You would also benefit from consuming a glass of orange juice at breakfst time as this contains vitamen C which is required for the absorbtion of iron.

SUMMARY

Your aerobic fitness is good and you are able to exercise at quite a high intensity before a significant accumulation of lactic acid occurs. Nevertheless, there is scope for improvement. This should come from introducing some additional high intensity training in to your programme once a week, while reducing the duration of some of your longer runs so that you are able to perform optimally during interval sessions.

Your haemoglobin concentration is normal and indicative of an iron-rich diet. A slight loss of weight may be beneficial, but drastic measures to achieve this are not recommended as they may have a negative affect on your performance. Far more important is to ensure that your diet adequately meets your daily requirements.

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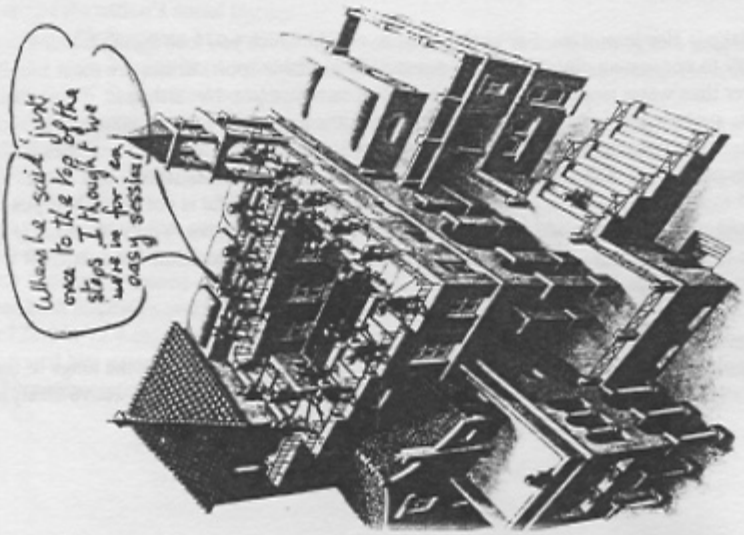
Training ah la George Kay!!



WHAT'S ON.....RACING

SAT 05 Apl		MIDLAND Relays - Sutton Park
Sun 06 Apl	11.00	Newcastle 7 + *
Sun 13 Apl		London Marathon
Sun 27 Apl	11.00	Uttoxeter Half-Marathon+
Sun 04 May	11.00	Crewe 10k
Tue 13 May	*7.00*	*Longton Park 5k (Reserve - Races 1-10)*
Sat 17 May		BAF/BVAF National Open Vets' Relays, Sutton Park
	11.00	Women over 35(3 stages)/over45(3 stages)
		Men over 50(6 stages)/over 60(3 stages)
	1.30	Men over40(8 stages)
Wed 21 May	7.00	Trentham Trailblazer 15k+ *
Sun 01 Jun	12.00	Michelin TT '8'+
Sun 15 Jun	10.00	Potteries Marathon+ *
Wed 18 Jun		Shugborough Relays
		Brugge 10 & 25k
		Bouton-on-the-Water 15*
Sun 13 Jul	10.45	Cheadle 4+
Sat 26 Jul	3.00	John Oultram 10+ *
Wed 30 Jul	7.15	CARSA 5+
Sun 03 Aug	11.30	Milton 10k+ *
Sun 17 Aug	11.00	Leek Half-Marathon+ *
Wed 20 Aug		*Staffs Knot 5 (Reserve - Races 11-20)*
Sat 06 Sep	3.00	Ipstone 5+
St/Sn 13/14 Sep		Stone 10k+ *
Sun 05 Oct	10.30	Madeley Half-Marathon+ *
Sun 19 Oct	11.00	Denstone Half-Marathon+
Sun 02 Nov	11.00	Werrington 6+
Sat/Sun 8/9 Nov	2.30	Eccleshall 10+ *

+ NSRRA Championship Races
* SMM Club Championship Races

If you are travelling, or just looking for another challenge or long distance events I do have a copy of the current ***Runners World Race Diary*** *and The* ***Road Runners Club Long and Ultra Distance Running Directory 1997.*** *Ed*

WHAT's on in the SOCIAL SCENE

Forthcoming events.

Quiz Night at the County Officers Club Stafford
SMM verses Stafford Harriers
24th April
Time : 8:00
Wanted 8 teams of 4
Cost £4:00 per Team.
Teams should register with Phil right away to avoid disappointment

60's Night at Tittensor Village Hall
(60's dress optional - anyone got a Beatles haircut I could borrow, mine has lost its colour and shape)
9th May
Time : 8:00
Cost £4 - £5
(the cost model is still in development !!)
includes food but bring your own drinks and swop with a friend !

The bad news bit

Sorry folks but we have had to abandon the Coast to Coast run, not enough runners.

Phil Sharratt

Club Championship - 1997

Eligibility: To qualify for Club Championship points, members - first and second claim - must enter as "SMM" and run in club kit.

MEN	GP1			GP2			GP3			GP4			Score
	A	B	C	A	B	C	A	B	C	A	B	C	
Jonathon Howell										50			50
Lew Badger										45			45
Bernie Priekulis										41			41
Mike Hammond										38			38
Simon Fielder										37			37
Terry Murphy										36			36
Peter Williams										35			35
Gerry Barnard										34			34
James McLellan										33			33
Dave Baddley										32			32
Richard Shaw										31			31
LADIES													
Lynne Foster										50			50
Margaret Shaw										45			45
Kym Billington-Baddley										41			41

Subject to ratification

Group 1
Newcastle 7 | Milton 10k | Stone 10k

Group 2
Trentham Trailblazer 15k | John Oultram 10 | Eccleshall 10

Group 3
Stafford Half | Leek Half | Madeley Half

Group 4
Stafford 20 | Bourton-on-the-Water 15 | Any Marathon

RECENT RESULTS....

Paphos Half-Marathon - Sunday December 1st

Peter Eames	2.10.59

Marsascala (Malta) 10k - Saturady January 18th

Peter Eames	57.12

Chase Trig Point 15 - Saturday January 4th

Jonathon Howell	1.52.30	Dave Gillick	1.52.59
Vernon Olivant	2.01.00	George Kay	2.03.00

MVAC X-Country Championships, Nuneaton - Sunday January 12th

Gerry Barnard	00.44.12

Stoke League X-Country, Wedgewood - Saturday January 18th
Angela Coker, Rose Gillick, Rita Banks, Pam Davies, Barbara Brough, Pat Radford

Midlands X-Country Championships (Stafford) - Saturday January 25th
Mens team - 33/43
221 John Clemens 47.39, 226 Dave Gillick 47.52, 243 Jonathon Howell 48.25, 340 Kevin Uzzell 51.16, 341 Chris Barlow 51.19, 355 Vernon Olivant 51.39, 376 Bill Clarke 52.21, 436 Lew Badger.
Ladies team - 15/18
55 Carol Lorimer 32.27, 77 Angela Coker 34.01, 114 Pam Davies 36.56, 121 Rose Gillick 37.34.

University 10 - Sunday January 26th

Vernon Olivant	39.53	Chris Barlow	40.24
Simon Fielder	41.07	Julian Gallimore	42.36
Jim Brough	43.00	Lew Badger	43.07
Peter Williams	43.43	Gerry Barnard	44.37
Mike Hammond	45.47	Rita Banks	46.36
Barbara Brough	48.49	Ros Barker	49.40
Angela Glendenning	54.57		

BB 1st F55

Stourbridge Stagger (MT) - Sunday February 2nd

Dave Baxendall	1.21.55

Alsager 5 - Sunday February 2nd

George Kay	29.51	Mike Hammond	33.46
Peter Williams	33.52	Jim Brough	34.00
Barbara Brough	38.25	Roger Westhead	38.46

GK 1st V60

Churchfields 5 - Sunday February 16th

Peter Williams	36.40

Wyre Forest 8 (MT) - Sunday February 16th

Dave Baxendall	1.04.15

Bathpool 5 - Saturday March 1st

John Clemens	29.46	Dave Gillick	30.02
Jonathon Howell	30.21	Kevin Uzzell	31.16
Vernon Olivant	31.43	Lew Badger	31.50
Bernie Priekulis	32.33	Chris Barlow	33.01
George Kay	33.26	Roger Bolsover	33.34
Peter Williams	34.15	Mike Hammond	34.15
Gerry Barnard	36.14	Geoff Shallcross	36.36
Mac McCoig	37.04	Richard Shaw	38.03
Tom Cronin	38.19	Rose Gillick	38.22
Dave Baddley	38.23	Pam Davies	38.27
Margaret Shaw	39.59	Kym Billington-Baddley	40.19
James McLellan	40.48	Sue Smith	41.49
Angela Glendenning	43.42	Paula McLellan	44.28

JC 1st V50, GK 1st V60, PD 1st 'M'Grp

Hereford 20 - Sunday March 2nd

George Kay	2.15.21	Lew Badger	2.21.43
Dave Baxendall	2.40.45	Lynne Foster	2.54.55

Triangle Trotters 10 - Sunday March 2nd

Terry Murphy	1.18.50

Stafford 20 - Sunday March 9th

Jonathon Howell	2.10.26	Lew Badger	2.15.06
Bernie Priekulis	2.18.55	Mike Hammond	2.25.26
Simon Fielder	2.25.58	Terry Murphy	2.35.47
Peter Williams	2.42.51	Lynne Foster	2.42.57
Gerry Barnard	2.44.04	James McLellan	2.55.15

Stafford 20 - Sunday March 9th (Cont'd)

Dave Baddley	3.00.36	Margaret Shaw	3.0058
Richard Shaw	3.04.43	Kym Billington-Baddley	3.15.43

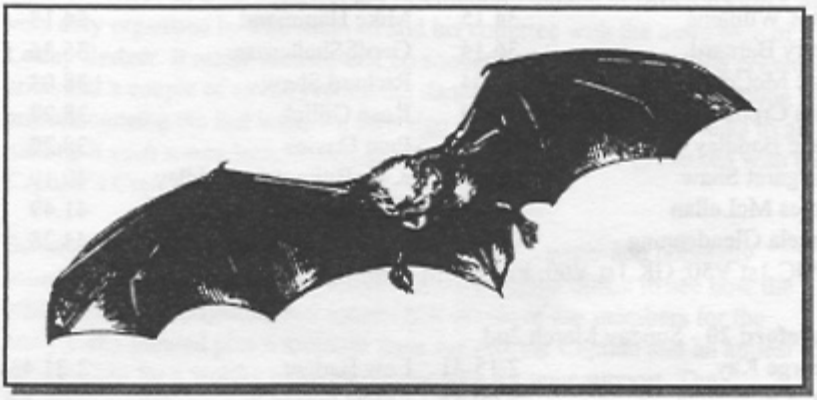
GB 1st V60, MS 1st M Grp

Ashby 20 - Sunday March 16th

George Kay 2.17.50

GK 1st V60 (and V50!)

WHERE IS IT??



The Club banner has gone missing - last seen at a Shugborough concert !

Please return it to Monica soonest