SAPIENTIA

STONE MASTER MARATHONERS

Sapientia atque Levitas

April/May 1999

CONTENTS

Editor: Gerry Barnard
11, Trinity Road
.Eccleshall
Staffs., ST21 6AR

(01785) 851483

EDITORIALLY SPEAKING

Yes, I'm back with you and yet at the same time still far away in the sunny climes of South Africa. It is a big and varied country and we were lucky enough to experience high altitude living in the countryside outside of Johannesburg; the beauty of the Cape dominated by the towering Table Mountain and the warmth of the Indian Ocean in Durban and the people that we met . It was while at Durban that I found we were staying just above a sports ground where Athletics North have their clubhouse and I was able to join them on their Wednesday evening run on a couple of occasions. Due to the humidity at this time of the year runs are relatively short but even so, start out too quickly and you pay for it before the finish, as I found out! Second time around I'd got the hang of it better and even enjoyed a competitive last couple of miles to the clubhouse in the company of Denise. My thanks to club Chairman, Keith and runners Steve, Malcolm, Victor, Brad, Denise, et al, for making me so welcome. See you all again next time round.

What does the name George Sheehan mean to you? I sometimes used to read his column when he was writing for the American version of Runner World and have recently rediscovered his writings in a couple of places. Firstly, I have had access to ex-member Alan White's personal running file and found the piece reproduced in this mag among its pages. Secondly, I borrowed his 1975 book 'George Sheehan on Running' from our club library and have realised again what an astute observer he was. The things he picked out then are still relevant today and maybe even more so. It's well worth a read. Why not take a peek yourself at this or other books available in the said library? See uncle Mac for a looksee at what else is there.

So the North Staffs series is off and running; the Bathpool 5 and Stafford 20 have come and gone and next up is the Stafford Half. An inauspicious start for myself with a slow 5 and a DNF at Stafford so things can only get better, as the song has it. Still, we have had good numbers out so far and it's important that we keep this up if we are to go for those team awards this year. Please make the effort.

Next month the AGM and various committee positions are up for grabs, including mine as editor. We do need new blood and new ideas so please think seriously about what you could do for the club to help make it even better than it is now. And so:

This may be the last time
This may be the last time
Maybe the last time
I don't kno-ow

Thanks Mick, couldn't have put it better myself! Keep on running

Gerry

CHAIRMAN'S CHATTER

So far, this year has exceeded last year. Middle of February '98 was one of the worst times of my life - no it was the worst time! Even when Angela needed a transplant in '89, I never felt so much "out on a limb" as I did last year. With so many medical experts warning me to prepare for the worst it did not give one a lot of confidence - but she defied them all, fortunately!!

So now we can look forward again, and we are booked up for a holiday in April - no not Tenerife this time!!

We seem to be doing quite well weatherwise, it's not been too harsh a winter so hopefully your training should be going very well. University 10k saw a lot of you stretching those limbs and Bathpool is almost here; another burst for five miles then the longer events will come round.

The Club featured very well again in the NSRRA league. Well done. Our own presentation night went off superbly too thanks to Phil, Lesley and the chef at Broeton Golf Club, not forgetting your goodselves for making a night of it.

Thanks also to everybody that helped with a donation to the Liver Unit. We have had a very nice reply from the unit thanking us all.

If the editor can find a place (and the time!) perhaps it will appear elsewhere in this edition. (it follows this piece, Dave. Ed)

Much Sapientia.

Dave Mason

PS The above was submitted prior to the start of the NSRRA series and what a good start you've made. Several League and Age-Group winners already, and some PB.s too. Congratulations and keep up the good work.

PPS SMM have again volunteered to man the Finish at the Carver Wolverhampton Marathon on Sunday, 5th September. This event incorporates the British Veteran Marathon Championships and the Stafford Marathon Championships. Please keep this date free if you can.

University Hospital Birmingham
NHS TRUST

THE LIVER AND HEPATOBILIARY UNIT
Gill Hedges, Liver Foundation Trust Administrator
3rd Floor, Nuffield House, Queen Elizabeth Hospital
Tel: 0121 627 2413 Fax: 0121 627 2412
e-mail: Gill.Hedges@university-b.wmids.NHS.UK
web site: www.qeh-liverunit.org

15 February 1999

Mr and Mrs Mason
6 Birkholme Drive
Meir Heath
Stoke on Trent
ST3 7LR

Dear Mr and Mrs Mason

I am writing to thank both you and the members of Stone Master Marathoners of Staffordshire for the kind donation you have submitted to the Liver Foundation Trust. I have credited this to the Trust today, and enclose a receipt for this.

All donations received are of great benefit to our patients and the Unit as a whole, and we greatly appreciate that you should think of us in this way.

Once again, many thanks,

Yours sincerely

Gill Hedges

Gill Hedges
LIVER FOUNDATION TRUST ADMINISTRATOR

enc

News Briefs

Bernie Priekulis has agreed to help raise funds for **Katharine House Day Hospice** when he runs the **London Marathon** on **April 18th**. Monies are needed to build a ten-bedded unit adjacent to the existing hospice and it is hoped that members may wish to support this worthy cause. Please see Bernie to make your pledge.

Jeanette, daughter of Bob and Francis Pope has unfortunately had a recurrence of her illness and on behalf of all club members we wish her a speedy recovery

The C2C route that we ran in relay last May won the 1998 Smithsonian Environment Award for making a "lasting contribution to protecting the environment." Read about this and other SUSTRAN developments in their "Supporters' Review 98", a copy of which can be found on the club notice board.

***Brian Hall** has taken over responsiblity for the kit shop with Paula helping out on Sundays in the run up to the AGM.* See the reminder about club kit in this issue.

NEW MEMBERS

Steven Pickering, 1, Yeager Court, Yarnfield, Stone, ST15 0TZ. Tel: 01785 761623
Born 8/3/67, a mere youngster of 31. I've lived all my life in Stone apart from the last two years in Yarnfield where it appears all club members finally move to.

I've been an Optometrist (Optician) for the last 10 years with my own practice in Stafford. where my wife, Nikki, is my Partener/Manager in the business. (Remember, very good discounts will be given to all club members and their families!).

My running career has been quite unspectacular but none the less very enjoyable.

I compete every year in the NSRRA races and my greatest achievement came in 1995/96 when I was runner-up in Group D.

For a change I also like to attempt the odd triathlon and have competed in the Windsor Tri for the last two years. I would highly recommend it as it's an experience to equal any first marathon. If anybody would be interested in doing a triathlon contact me or my brother.

My goals for the future, and hopefully this year (but I always say that) are as follows:

A sub 3.30 London Marathon
A sub 1.30 ½-Marathon — hopefully Stafford
A sub 40 min 10k — I was close at Crewe last year with 41.30

Since joining the club I do feel I'm enjoying my running more and so hopefully these goals are well within my grasp. □

In addition to Steve we have new members in Susan Woolley, Tony Pickering, Sarah Lockett and Paul Knight - all of whom will hopefully tell you something about themselves in a future issue of *Sapientia!*

Membership News

MANAGEMENT COMMITTEE - CLUB KIT

The Management Committee agreed unanimously to the following Club Rules which came into effect in October,1997:

i) That it be made clear to members that: **The purpose is to achieve corporate uniformity through the use of colour and to enable individual freedom in design and response to fashion, within a structured framework.**

ii) That Management Committee reinforce the requirement of members to participate in sporting activities in the designated club kit.

iii) This requirement remains part of the condition of joining and renewing membership to the club.

iv) To confirm the red top (displaying club name, club logo and club motto) and black shorts with red piping (if any) as both race kit and summer club run kit.

v) That winter kit, to be worn for winter club runs, (from the end of British Summer Time to the beginning of British Summer Time) be a white top (displaying club name, club logo and club motto) and black bottoms with red piping (if any) or white bottoms.

vi) That in winter the overriding factors with regard to club kit are safety and visibility.

vii) Club outer wear be a red top (bearing the club name, club logo and club motto) with black bottoms with red piping (if any).

viii) All members are requested to wear club outer wear when attending sporting events in which members of the club are participating (either competitively or as officials).

A.G.M. 1999

Membership and voting

AT THE AGM ONLY PAID UP MEMBERS WILL BE ENTITLED TO SPEAK AND VOTE. A CHECK WILL BE MADE OF THOSE WHO ATTEND THE MEETING BY WAY OF A REGISTER AT THE DOOR. IT IS A FURTHER RULE THAT ASSOCIATE MEMBERS ARE NOT ENTITLED TO VOTE. PLEASE DO NOT ABUSE THIS OR WE MAY HAVE TO REVERT TO THE PSEUDO-POLITICAL METHODS RESORTED TO AT THE LAST COUPLE OF AGM,S

JOHN CLEMENS MEMBERSHIP SECRETARY

NB: **DON'T FORGET THE MINUTES OF THE LAST AGM. SEE JUNE/JULY ISSUE OF *SAPIENTIA***

The Management Committee for 1999

As usual at this time of the year the current committee members have to decide whether to stand for a further year and then put themselves up for nomination at the AGM. Existing officers and Committee prepared to stand for the 1999/ 2000 club period:

David Mason - Chairman - O.K
Richard Shaw - Captain - O.K (requires Cross-Country support)
Ivan Savage - Secretary - O.K (one more year only)
Mac McCoig - Treasurer - (would like to stand down if replacement offered)
Phil Sharratt - Social Secretary - O.K
John Clemens - Membership Secretary - O.K
Gerry Barnard - Editor - (would like to stand down if replacement offered)
Pamela Davies - Vice-Captain - (will be standing down)
Patsy Gerritsen - Committee Member - (prepared to stand for second of three year period)
Brian Hall - Committee Member - (completing third year but has offered to take on Secretary's position in April 2000 so therefore an interim year would be favourable. Will take on the Kit Shop)

Step forward the volunteers!

Captain's Update

1999 started well with PB's by your Vice-Captain, Pam Davies, and Peter Williams in the University 10k.

It was pleasing to see a reasonable turnout at the North Staffs Road Runners presentation evening on Friday 22nd January when a number of our members once again took centre stage, with our Ladies picking up the Vets Team trophy once again. Long may it continue!

On 13th February, 11 club members turned out for the tough 21 mile Anglezarke. Leading them home were John Clemens and Bernie Priekulis who took equal 6th place out of a field of approximately 400 in a very creditable time of 3 hours 20 minutes. In fact, well done to all those who took part - rather you than me!!

The Wednesday runs are still proving very popular; whether the usual winter run through the lit areas of Stone, the torch run through beautiful dark countryside and deep unsuspected puddles or the usual speed work with John Clemens - how does he manage to encourage more ladies than men to his torture sessions? During the next 4 weeks we should hopefully be reverting to the summer runs and I know that you will all give your support to Brian Hall and the volunteers who organise runs. Traditionally, I understand, Dave Gillick organises the first run of the summer season on which the terrain is always interesting. We're all looking forward to that run - so where are we going this year, Dave ?

The numbers on the Sunday runs are picking up and since the turn of the year we have often seen in excess of 20 runners out. As the runs are no less than 13/14 miles, with cut off points, it is an ideal way of building up your fitness for a successful running year in the NSRRA league or your favourite marathon. Thanks to John Haine and Mac McCoig for taking the occasional run. Now we need few more to step forward and take their turn at organising a run. Remember, variety is the spice of life!

As we now enter the racing season, good luck to you all and remember - this will be your final opportunity to achieve those PB's this century!!

Richard Shaw

.....

ADDRESS LIST

Please review the address list on the club notice board and amend as required for the new issue of club directory, due out shortly. Thanks

Patsy's Piece

How does one cope with getting over holiday blues? We had such a fantastic time in South Africa visiting the Johannesburg area, Cape Town and Durban. All our friends, and their friends, were so welcoming: looking after us and taking us all over the place - the beaches, wild life parks, Table Mountain, scenic drives, wineries, etc. We have been back nearly three weeks and I find that I am still walking round in a "dwaal", and getting down to mundane things like shopping and other household duties is a real grind.

The weight went on of course! One just cannot help but tuck into all the gorgeous goodies, especially the desserts (cream with everything!), the "braais" (barbecues), superb wines, extremely good beers, and so on. Less weighty things were the exotic fruits and lovely salads. The only thing we seemed to eat less of were vegetables.

Exercise for me was swimming and walking mainly but when we got to Durban we noticed that there was a scene of activity in the sports ground opposite the house where we were staying. Further investigation found this to be a scheme called "Walk/Run for Life" which seeks to encourage people of all ages to take physical exercise. Individual programmes are prescribed and monitored by professionals taking age/pulse/blood pressure/current active state as a starting point. Because we had so many social commitments I didn't join the walk/run group but on a few occasions I did run round the sports field - then went home for more rich food!

Well, we got back here just in time for the SMM Presentation Evening at Brocton Golf Club, and what a great occasion it was; everyone in their smart togs and on good form. Certainly one of the events of the year we would not want to miss - and it was worth coming back for.

Now where did I put that airline brochure?.....

T.T.F.N.

Patsy

Club Championship Ladder Competition

Newly introduced for 1999, this competition is based on the final positions in last year's Club Championship table. Any members competing in the NSRRA races this season who did not feature in last year's table will need to supply John Clemens with some recent race results to use as a starting point. With two races now run, JC is looking to publish the first table fairly soon.

From Sheehan

by Dr George Sheehan

Dr George Sheehan MD was one of those rare people who could get right to the core of all things concerned with running and express his thoughts lucidly and in terms that were, and are still, meaningful to runners of all abilities. Try this one - written for an early edition of "Runners World"

If there is a race I should avoid, it is the Trevira Twosome. It comes too soon after the Boston Marathon, leaving little time to recover for a 10-miler on Central Park's toughest course - rolling hills finishing on a long, steady upgrade to the Tavern-on-the-Green.

The Trevira is an hour-plus of suffering - a continous, desperate and losing effort to keep up with the flow; unremitting pain with little to show for it. My performance at Trevira never reflects its cost.

Yet each year I stand there with thousands of others, waiting for the starter's gun - all of us impatient to get on with this challenge. Many of us are still hurting from Boston but oblivious to everything else in our lives, completely focused on the race ahead.

Why do we do it? What brings us out week after week, from cities and towns all over the country, to run these races? What is it that causes men, women and children to fill the streets and roads in these tests of speed, strength and stamina? Why do we make such demands on our bodies, endure such hardship, go through so much pain?

When Prince Chrles, no stranger to arduous and even dangerous activities, was asked why people do such things, he had an answer: "I call it the banging-your-head-against-the -wall syndrome. It feels so good when you stop. But more than that, it makes you appreciate things you have always taken for granted."

A race is a superior way to bang your head against the wall. It is a contest with yourself more than others. It is an internal conflict.

"A contest," writes philospher Paul Weiss, "demands that one completes a task. It rarely provides pleasure or fun." The primary emphasis in a distance run, says Weiss, is on struggle and self-discovery.

Three minutes into the Trevira, it is already a struggle. I am completely occupied in maintaining a speed that is just too fast for my chest, arms and legs. I seek some compromise between pace and pain, and all the while I am passed by a horde of fellow runners.

In those three minutes, I leave my effortless existence and enter one in which I push my life supports to the limits.

"The healthy body lives in silence," writes Alexis Carrel, a French surgeon and biologist, "You cannot hear it, you cannot feel it. Inside deep is the whir of a 16-cylinder motor, and from deep within comes a harmony and peace."

I have left that peace and harmony; that silence has been shattered. I have

become a gasping, groaning caricature of the runner who stood quietly awaiting the gun.

The miles pass without letup. A hill comes and the groans get louder. Everything temporarily gets worse. I feel the vicelike grip of lactic acid on my legs. My breathing, already inadequate, goes to 60 a minute, and still my whole body is screaming for more air. I am banging my head against the wall and feeling every bang.

I look at my watch. This eternity has lasted for 52 minutes and will go on for another 12 minutes or more. I have a little less than two miles of suffering left. I have done that inumerable times, and I know I can do it again - no matter what lies ahead.

I remember I have done it before, but I forget how terrible it was. What I have done is only the prologue. Now the fatigue and the exhaustion of those 10 miles will be added to the pain that has already gone before.

In that last mile, I am no more than an animal struggling to reach safety. I am using resources that human beings mobilize only in life-threatening situations. I am reaching for the innermost core that is "I" and no one else - the "I" who will eventually die alone, the isolated essence below and beneath any other "I" that I ever knew, or will ever know.

Somehow I reach that last quarter-mile. I come to that infamous uphill finish, and (only runners will believe this) I try to run faster, to pick up the pace. I am running as fast as I can, head back, arms grasping the air. The legs become stiffer and stiffer, heavier and heavier. I am stabbing at the ground. I can't hang on any longer. My body is saying no more, no more, and then I am in the chute. The race is over. The banging has ceased.

It is as Prince Charles has said. It does feel good when I stop. The pain is already subsiding. The breathing has become manageable. The warmth is coming back to my body. I have come back to what was all there on the starting line: a world and a life and friends I took for granted. No longer.

I am now, as the French say, engaged. I do not look; I see. I do not touch; I feel. I do not smell; I scent. I do not taste; I savor. The sunlight has become precious, the breeze a delight. What I was blind to, I now see plainly. I know the meaning in a handshake, the treasure in a smile. Being alive has become a spiritual and mystical experience.

As I lie there on the grass, I know for a fact that the Kingdom of Heaven is already here. □

SMM Presentation Evening

February 6th, 1999

Club Champion, Ladies	-	Celia Hargrave
Club Champion, Men	-	Dave Gillick
Marathon Lady	-	Ros Barker
Marathon Man	-	Vernon Olivant
Best Newcomer	-	Jayne Metcalfe
Best North Staffs Road Runner, Ladies	-	Rita Banks
Best North Staffs Road Runner, Men & Runner of the Year	-	Simon Probert
Captain's Cup	-	Bernie Priekulis
Chairman's Cup	-	James McLellan

Oooooooh,
I do like strong
masterful men,
Captain

Hey Bernie, it's your round!!

Towards that Level Playing Field - Part II

As we now know that one part of the 1999 SMM Club Championship is an ongoing ladder competition based on NSRRA race results that have been adjusted *on an age related basis* we'll take another look at what that means.

As not all members will be familiar with the term "age-graded" I thought that it would be of interest to bring you the official explanation of what is involved and also, to illustrate what it means in practise. Last time I used race results from the 1997 Madeley Half-Marathon to illustrate the point, this time I'll adjust my own half marathon details for races run over a 16 year span.

Quoting from the official booklet:

'Age-graded tables are a series of "age factors" and "age standards" which can be used to compare performances at different ages in track and field, long distance running, and race walking events.

Age-graded tables show how much a typical person's athletic performance improves during youth and declines during aging. The performances vary by event.

In the tables, factors and standards are published for both sexes for each age from 8 to 100 for the common track and field, long distance running, and race walking events.

What's the purpose of Age-Graded Tables?

The purpose of age-graded tables is twofold:

1) To correct a person's performance, no matter what his/her age, to what it would have been (or will be) in their prime years. By doing so, all kinds of interesting comparisons can be made. You can compare back to your best performance. You can compare your performances to other peoples of any age, such as open-class athletes, etc.

2) To provide each individual with a percentage value which enables them to judge their performance in any event without bias to age or sex. No matter how old one gets, this performance percentage will always be judged against the standard for one's age. As your performances decline with age, so do the world standards that the tables use to calculate your percentage, giving a true measure of your performance.

The standards correspond approximately to world-record marks for a person of that age and sex in that event. (See examples at the end of this article. Ed).

Achievement Levels

100%	= Approximate World-Record Level
Over 90%	= World Class
Over 80%	= National Class
Over 70%	= Regional Class
Over 60%	= Local Class

What are the advantages of Age-Graded Tables?

Age-graded tables can be used to:

1) Keep track of your progress over the years.
2) Compare your own performance in a given event.
3) Compare your own performance in different events.
4) Compare your progress in the current year.
5) Set goals for the current year and future years.
6) Compare back to your best ever performance.
7) Compare your performance to people of any age.
8) Estimate your performance in new events.
9) Compare performances of older and younger individuals in the same or different events.
10) Select the best performance in an event among all age groups.
11) Select the best overall performance in a meet or race.
12) Select outstanding athletes.
13) Give recognition to good performances in the younger and older age groups.
14) Enable athletes at the upper end of their age groups to compete on an equal level with those at the lower end of their age groups.
15) Make the competition more interesting and exciting.
16) Make awards more meaningful.
17) Establish medal standards.
18) Score multi-events (decathlon, pentathlon,etc.) using standard IAAF scoring tables.

Who compiled the tables?

The tables were researched and compiled by the World Association of Veteran Athletes (WAVA), the world governing body for masters (veterans) track and field, long distance running, and race walking.

HOW IT WORKS

Example 1: A woman of 53 runs a 10k in 45.18.

The 10k factor for women age 53 is 0.8545. We multiply 45.18 (2718 seconds) by 0.8545 = 38.43 as her **age-graded time**.

The 10k standard for women age 53 is 35.01. We divide 35.01 (2101 seconds) by 45.18 (2718 seconds) and get 77.3% as her **age-graded performance**.

Example 2: A man of 40 runs 100 metres in 12.07 seconds.

The 100m factor for men age 40 is 0.9542. We multiply 12.07 by 0.9542 = 11.52 as his **age-graded time**.

The 100 m standard time for men age 40 is 10.33. We divide 10.33 by 12.07 and get 85.6% as his **age-graded performance**.

		Actual Time/Age		Cor'td Time	Age-Gr %
31/12/82	Striders Half Marathon	01.37.31	48	01.29.38	66.55%
20/03/83	Fleet Half Marathon	01.33.20	49	01.25.08	70.07
28/07/83	Half Marathon - T of T	01.35.29	49	01.27.05	68.49
13/01/84	Striders Half Marathon	01.29.00	49	01.21.11	73.48
15/04/84	Salfords Half Marathon	01.29.46	50	01.21.13	73.43
26/07/84	Half Marathon - T of T	01.31.47	50	01.23.03	71.82
28/12/84	Striders Half Marathon	01.30.35	50	01.21.56	72.77
25/07/85	Half Marathon - T of T	01.37.29	51	01.27.31	68.16
03/01/86	Striders Half Marathon	01.29.40	51	01.20.29	74.11
24/07/86	Half Marathon - T of T	01.31.39	52	01.21.37	73.10
02/01/87	Striders Half Marathon	01.35.11	52	01.24.45	70.39
30/07/87	Half Marathon - T of T	01.34.51	53	01.23.46	71.22
28/08/88	Battle of Sedgemoor Half Mn.	01.39.51	54	01.27.27	68.22
12/03/89	China Coast Half Marathon	01.31.27	54	01.20.05	74.48
09/04/89	Horley Half Marathon	01.38.18	55	01.25.21	69.87
22/10/89	Shing Mun Reservoir Half Mn.	01.35.47	55	01.23.10	71.71
04/11/89	Nike Half Marathon - Plover Cove	01.41.09	55	01.27.51	67.90
11/03/90	China Coast Half Marathon	01.34.32	55	01.22.06	72.65
26/07/90	Half Marathon - T of T	01.37.14	56	01.23.42	71.25
16/09/90	River Kwai Half Marathon	01.41.11	56	01.27.07	68.00
10/11/90	Nike Half Marathon - Plover Cove	01.34.42	56	01.21.31	73.16
08/12/91	Christmas Pudding Half Marathon	01.39.51	57	01.25.12	70.02
20/03/94	Fleet Half Marathon	01.35.10	60	01.19.01	75.48
29/05/94	Camberly Half Marathon	01.41.02	60	01.23.53	71.10
19/03/95	Fleet Half Marathon	01.44.09	61	01.25.38	69.64
29/05/95	Imber Half Marathon	01.49.08	61	01.29.44	66.46
27/07/95	Half Marathon - T of T	01.44.47	61	01.26.10	69.22
08/10/95	Madeley Half-Marathon	01.49.50	61	01.30.18	66.04
24/03/96	Stafford Half-Marathon	01.42.11	62	01.23.12	71.68
29/09/96	Lake Vyrnwy Half-Marathon	01.40.27	62	01.21.46	72.92
06/10/96	Whychavon Half-Marathon	01.42.22	62	01.23.22	71.56
27/04/97	Uttoxeter Half-Marathon	01.45.21	63	01.24.55	70.27
05/10/97	Madeley Half-Marathon	01.39.58	63	01.20.36	74.01
18/01/98	4 Villages Half-Marathon	01.39.19	63	01.20.01	74.49
22/03/98	Stafford Half-Marathon	01.44.58	64	01.23.46	71.20
19/04/98	Uttoxeter Half-Marathon	01.45.37	64	01.24.18	70.76

What does it all add up to? To me it seems to say that the system does work; that it can supply a meaningful comparison in terms of performance and by doing so, offers encouragement to keep on trying even though actual times achieved are progressively going out with age.

To add perspective to the table above, world records quoted for 50, 55, 60 and 65 year old male runners are 1.05.55, 1.08.41, 1.11.50 and 1.15.30. "Out of sight" indeed!!

Idle Thoughts of an Idle Jogger by "Plodder"

Having come through Valentine's Day fairly unscathed, one aspect of this worthy festival lingers in my mind: The messages of undying love listed in all newspapers and magazines which appear like magic at this time. It is as though one's feelings are not only on hold for 364 days of the year (and if GQ magazine (I borrowed it from a friend) is to be believed, a "recent survey" of British couples' sex life shows that for most of you, it probably is) but when they do show up, like some rare desert blossom, they are some garish one-day public phenomena:

Tinky-Winky I want to squidge
your humpty bits. La-La

Now I know why we lost the Empire. And serve us right.

However, when we are not showing everyone else that we are really deeply romantic (the only person who is suprised at this discovery is one's lifelong partner), we are advertising for the next one in the Lonely Hearts column of our chosen rag. And that is the subject of this issue's "Idle Thoughts" - the Stone Master Marathoner's Lonely Hearts Club.

Having recieved a flood of requests I have bowed to popular demand. What now follows are small ads from those of you who are sad enough to need to advertise for someone who, if they move in, will almost certainly make one's life a total misery - but one does it anyway.

Cider Drinker late 40s wishes to meet dom lady to plumb his depths. Box No. 5430

Artistic Female 50s wishes to meet rich male. No baldies please. Box N0. 5642

Female 36, sporty, likes going out, clubs, pubs, seeks similar male. Must like children a lot. Box No. 7863

Male Baden-Powell look-alike wishes to meet female for fun nights with woggle (woggle supplied) Box No. 2090

Prince of Darkness seeks dignified female for nights in with Apollinaire. Box No. 3874

Elderly but fit Cockney Gent, 60s seeks female of independent means. No marrieds, please. Box No. 9007

Attractive bubbly female, very young 40 seeks male with immense stamina for nights in. Box No. 3327

Tall professional male 40s, wishes to meet slim, athletic, bright, attractive lady. Must pay own way. Box No. 8850

North Country male, 60s hobbies are running, running, running, running and playing organ seeks very patient female. Box No. 2196

Caledonian male, 60s GSOH and nothing worn under kilt seeks female for Burn's Night revelry. Box No. 4566

Fit Gent, late 60s, tall and slim seeks female to dust his toys. Box No. 9135

Ninja Mountain Biker seeks lady to rub his bad leg and polish his MG. Box No. 2925

Male 50s, NSOH seeks female to stir up his pudding. Chip shop owners need not apply. Box No 3423

Lôn Las Cymru - North

May 1st - 3rd, 1999

AN UPDATE.

The run is at an advanced stage of planning. Hotels and transport have been booked. The first night we will be staying at the Royal Ship Hotel, Dolgellau and to simplify the catering I am negotiating with the Hotel to provide us with a special evening meal, a themed Italian night !! The second night with be spent at the Lion Hotel, Criccieth, an evening by the sea; again I will try to organise an evening meal, it maybe just a Sunday carvery. Afterwards we can all go skinny-dipping in Bae Ceredigion (Cardigan Bay). All rooms have been booked as twin en-suite although at the Royal Ship I have booked some doubles. The rooms have not been allocated to anyone so I suggest that you make your own arrangements and let me know. This may be a good occasion for some "Team Bonding" !!

The run schedule looks like about 50 – 60 miles the first day (7hrs), 70 – 80 miles the second day (10 hrs) and about 50 miles the last day (6hrs). The stages will be about 5 miles led by two runners and all runners will be required to lead at least one stage per day, but you can do more if you like. You could run all 180 miles if you want! Each stage will have two cyclists to lead and protect the runners so therefore cyclists will also be required to rotate stages. I will try and ensure that we all have copies of the route.

At present we have 21 confirmed runners/cyclists and this has increased all the associated logistics. We will be using two 17 seat mini buses and a 10-foot covered trailer for the bikes. At present the cost is expected to be about £110, Hotels are about £25 B/B pppn (£50) + evening meal £15 pppn (£30) + transport £20 + food on route and misc.£10. We will require £30 deposit pp asap.

To ensure the event runs as smooth as possible I will need a number of

volunteers to organise various tasks during the run i.e. food, driving, safety (very important with the number of people and vehicles on small country roads), first aid, run timing etc. There will be a meeting at 8.00 pm after the club run on Wednesday 24th March to discuss the run in detail and allocate the various jobs (volunteers).

Again we will be using this event to collect money for the same charity as last year and Chris will be providing details on this. I am also looking at sponsorship for the event, which may mean the overall cost is reduced.

For more details contact myself, Brian Hall or John Clemens

.....

For those who missed earlier announcements - Terry and Monica, with the help of the club, intend to organise an event at their home to celebrate the Millennium (Dec 31st for those who are unsure of the date). The intention is to make this event something very special with loads of entertainment, food and drink and an extra special midnight climax with fireworks (wowwww !!!!). It is hoped to make the evening a theme night with fancy dress i.e. a carnival night or perhaps "characters from the past". All ideas are in the melting pot, but we do need your support as the event will require a lot of organising, so look in your diaries and at a later date I will be approaching everyone to gauge interest.

Phil

"""""""""""""""""""""""""

Anti-Social Affairs

Irresistible?

What is it about me? I found again dogs which bite - yes, the hard way! The animals to be aware of are two black labradors which live at the the big house at the left of the second "zag" of the zig-zag at Beech on the Tittensor 10 course.

I know it is amazing the lengths that club members will go to protect other runners, but what makes me irresistible (but only to dogs)?

Brian Hall

Eds'Note: Should it be the *first* zig or the *second* zag?

Hot off the press: The owner of said dogs was quoted as saying that "they don't normally bite!".. Sounds familiar? Ed.

"Daily jog could be good for the brain".....

.....reported Roger Highfield, the Science Editor of the Daily Telegraph in the February 24th edition.

"Running could build up the brain as well as muscles, according to a study reported yesterday.

Animals that take regular voluntary exercise on running wheels grow more new brain cells than their sedentary counterparts, or those that swim.

'Because we know now human brains also make new cells, it might be that running or other vigorous exercise stimulates brain cell production in people as well' said the head of the study, Prof Fred Gage of the Salk Institute, La Jolla, California.

He said more research was needed to establish the effect on humans, but added: 'More people in my lab have started running since we found this result'

The findings are in a study published in *Nature Neuroscience*. Prof Gage and colleagues separated mice into groups and for 12 days gave them a chemical that labels dividing cells

The mice on the move gained the most new brain cells, twice as many as those in standard cages.

Two other groups were placed for a brief period each day in a shallow pool. Neither group displayed brain cell numbers comparable to the 'runners'.

'We don't know if it's the voluntary factor that's the key - that is, the running mice were free to jump on or off the wheel as they liked - or if it's because the swimmers simply got less exercise,' said Prof Gage.

Nor do the scientists know if the more mobile mice are actually more clever. 'But it seems reasonable to think they might be - the new cell growth takes place in the part of the brain called the hippocampus, which has been linked by many studies to learning and memory.'

Experiments were under way to assess the effects of running on learning ability."

.....

Footnote!!

As a runner what would be your worst nightmare? While you're thinking that one over read on about what happened recently to a certain venerable member of Stafford Harriers in a foreign country where he'd gone to take part in an international marathon. Half an hour before he's due to leave for the start of the race our hero discovers that by mistake he has picked up two left racing shoes when packing for the trip. Option time - to chance wearing a pair of new shoes with no mileage in them or to race in the two left shoes. Not only does he choose the latter course but he also clocks 3.12 into the bargain! One for the Guiness Book of Records?!

Sun 21 Mar	10.30	Stafford Half-Marathon**++
Sun 11 Apl	11.00	Newcastle Seven**
Sun 25 Apl		Shakespeare Marathon
		Sheffield Marathon
Sun 02 May	11.00	Crewe 10k**
Sun 09 May	11.00	Uttoxeter Half-Marathon**
Tue 11 May	$$	Longton Park 5k&
Sun 16 May		Leeds Marathon
		Hereford Marathon
Wed 19 May	19.00	Trentham Trailblazer 15k**++
Sun 30 May	09.30	South Cheshire (Adtranz) Pre-Potts 20**
Tue 01 Jun	$$	Tunstall Park 5k&
Sun 06 Jun	11.00	Michelin TT (off-road) Eight**
Wed 16 Jun	06.00	Comrades Marathon, SA
Sun 20 Jun	10.30	Potteries Marathon**
Wed30 Jun	*19.00*	*Stone 10k (Reserve for Races 1-10)***

** NSRRA races
++ SMM Club Championship Races
&&Park series **$$ Start times** are: 18.40 for Juniors
19.00 for Vet Men
19.30 for Senior Men and Ladies

.....

.....and the Potteries Hash

Sat 27 Mar	12.00	The Alsager Hash
		start and finish at The Yeoman
Sat 24 Apr	12.00	The Macc. Hash
		start and finish at Macclesfield Forest
Sat 29 May	12.00	The Hills Hash
		start and finish at the Water Tower, Hanchurch Hills

See maps on Club notice board for exact location

Questions/comments - call Angus on 01625 421216

A Free Drink to all newcomers, after the event!"

Race Results

Trig Point Race - Saturday January 9th

Jonathon Howell	1.52.00	Vernon Olivant	1.53.24
John Clemens	1.53.53	Bernie Priekulis	1.59.44
Lew Badger	2.03.43	Kevin Uzzell	2.12.03
George Kay	2.32.03		

University 10k - Sunday January 31st

Vernon Olivant	38.26	Peter Williams	39.54
Chris Barlow	40.04	Simon Fielder	40.07
Lew Badger	40.14	Ros Barker	42.56
Rita Banks	44.09	Terry Murphy	44.16
Pam Davies	44.25	Frank Shepley	46.57
Richard Shaw	48.17		

Anglezarke Amble 21 mile - Saturday February 13th

John Clemens	3.20	Bernie Priekulis	3.20
Vernon Olivant	3.30	Lew Badger	3.35
Simon Fielder	3.35	Simon Probert	3.35
George Kay	4.36	Jayne Metcalfe	4.36
Rose Gillick	4.46	Margaret Shaw	4.46
John Haine	4.46		

Bathpool 5 - Saturday February 27th

John Clemens	29.33	Kevin Uzzell	30.48
Vernon Olivant	31.11	Tony Pickering	32.31
Bernie Priekulis	32.38	Peter Williams	32.41
Lew Badger	32.52	Chris Barlow	32.55
Roger Bolsover	34.30	Jayne Metcalfe	34.59
Ros Barker	35.33	Terry Murphy	35.57
Pam Davies	36.00	George Kay	36.06
Mac McCoig	36.10	Richard Shaw	36.38
Rita Banks	36.52	Frank Shepley	37.26
Geoff Shallcross	37.49	Gerry Barnard	39.36
Lynne Foster	39.47	Sue Smith	41.46
Angela Glendenning	46.39	Paula McLellan	48.19

RB 1st F35, RB 1st F55

Stafford 20 - Sunday March 7th

John Clemens	2.10.53	Vernon Olivant	2.18.45
Bernie Priekulis	2.21.33	Peter Williams	2.25.18
Simon Fielder	2.26.55	Kevin Uzzell	2.27.22
Lew Badger	2.29.23	Jayne Metcalfe	2.33.00
Pam Davies	2.36.23	Mac McCoig	2.37.06
Rita Banks	2.43.52	Steven Pickering	2.46.19
Jimmy Grant	2.57.31	Margaret Shaw	2.59.08

PD 1st F45, RB 1st F55

also

Kevin Taylor 1.48.12 (running for Southport and Waterloo)

TAILPIECE

Dear Mum,
I' think I've found our home from home.....