SAPIENTIA

STONE MASTER MARATHONERS

Sapientia atque Levitas

April/May 2001

sapientia atque levitas

Contents

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Editorially Speaking

Strange and uncertain times with so much in the melting pot due to the terrible outbreak of Foot and Mouth disease. Of course, running is a very minor casualty in the overall picture of things but it does go to show how much we all take things for granted with Club runs and races that will not now be possible until we are given the 'all clear'.

Was it a change in the lighting conditions or a loss of concentration, or what? I don't know, but whatever I did go a real purler on the club run last Wednesday evening. Help was at hand immediately from Lynne while Simon Fielder went for his car. Before his return there came more help from Kevin and Vernon who ferried me to the club and then patched me up, with advice from Jonathon on the deepest cut while Steve put my glasses back in shape. Thank you one and all, and all clubmates who phoned or e-mailed showing their concern for my well-being. All very much appreciated.

Seems that I've written this before but this really is my last edition as Editor of Sapientia. After five years and 30 issues it is time for someone else to pick up the reins of what to me has been a most rewarding and interesting task. Thanks you all who contributed in any way. Without you it would not have been possible.

Enjoy your running

Gerry

CHAIRMAN'S CHATTER

I started my last "Chat" with the hope that the weather would improve and give the land a chance to dry out! Now it's even worse, we need the dreaded Foot and Mouth to disappear from the land and at the moment there seems to be no end in sight. We have to keep our runs off the footpaths and fields. The Ramblers Association have advised all clubs "If in doubt, cancel your walk" and the same must apply to runs and races (Cheadle 5 and Stafford Half already gone). Of course, our loss of access is nothing compared to the loss of the farmers.

Another great night at Brocton. Good food, good entertainment, good company: what more could one want. Thanks to Phil and his team, also the lovely ladies who got me on the dance floor!! Congratulations to the award winners, all very well deserved.

Whilst I have (I hope) your attention, I would like to mention a stroll I have let myself in for! It takes place in October: "Walk the Wall" on the Great Wall of China for the Acorns Childrens Hospice.

I am covering my expenses for the trip but will still need to raise at least £1,500! So I am hoping you can help me out or that "You know a man/woman/company who can"!!

"Acorns" work with 380 families across the West Midlands who have children whose lives are cruelly shortened by disease. They desperately need more money to help them reach even more families.

Thanks in anticipation

Much Sapientia

David Mason

News Briefs

A special welcome back to **Bill Couldrey** who has rejoined the club after an absence of several years. Bill was a founder member of the club, along with Terry Darlington ad Tom Chitty and was also responsible for the adoption of the Flying Fox logo.

A great night at the club after the run on January 31st when John Elson hosted a party in celebration of his 60th birthday. Four generations of John's family were there along with a roomful of his friends from SMM making it a real occasion to remember. Thanks, John. And a great buffet supper too.
Following on from the above - if the room is to be used for a ***private function****, a hire charge will be levied. For members, the charge is £9 per hour plus £4 per hour for bar staff, if required. Please ask for a booking form at the bar*

A recent visitor from the North East via BT at Yarnfield was **Alan Palmer** "..who was appreciative, and commented on how friendly, and fit the club was." This was relayed to us by Brian Bailes..

Lots of good perfomances in the Stafford 20 including group wins for ***Vernon Olivant****,* ***John Baseggio****, and* ***Peter McArdle*** *while* ***Kevin Uzzell*** *was first V50 and* ***Gold*** *Medalist in the Staffordshire Championships.* ***Ros Barker*** *won* ***Gold*** *as 1st Lady Vet while* ***Rita Banks won*** *and* ***Silver*** *and* ***Jonathon Howell*** *was a* ***Bronze*** *medalist. Congratulations all.*

New Members
A special welcome to the following:
John Baseggio - "Nostra Casa", 190 Corporation Street, Stafford, ST16 3LQ. Tel: 01785 606336
John and Linda Cooke - 2, Lindum Avenue, Trentham, Stoke-on-Trent, ST5 8DR. Tel: 01782 642567
Bill Couldrey - 8, Airdale Road, Stone, ST15 8DW. Tel: 01785 812500
Tony Moore - same as for Carolyn!

SECSPOT

Summer Wednesday Runs

As I sit here writing this, watching snow flakes fall, it seems odd to be thinking about Wednesday evenings in the Summer! But it is only a few weeks to British Summertime and I will be organising the rota again as usual.

Unfortunately, it is difficult to plan much off-road at the present with the Foot and Mouth problem, so the first few runs are likely to be on the highway. Still, it will be a change from plodding the streets of Stone.

I have already had a couple of volunteers for planning early routes, and John Haine has promised "something different" for later when the nights are lighter longer. There will also be a few "out of town" runs, hopefully mentioned well in advance.

So if you are desperate to share your favourite run with the club, let me know and I will find you a slot. If you are shy (yes, we have a few members who claim to be!) just tell me your route and I will announce it for you! Otherwise I will be around with the clipboard and do some arm twisting as usual.

By the time this mag gets to you it will just a few days away from our AGM which I urge you all to attend if you can. The situation regarding replacements for retiring Committee members remains as given last time. Viz. we have volunteers to fill the positions of Treasurer, Vice-Captain and ordinary member but have still to find a replacement for Gerry in the editorial chair. If someone will come forward to take this on, Gerry has offered to assist in the takeover for a month. **So, how about it?**

Definitely willing to stand again for Committee are Chairman David Mason, Captain Richard Shaw, Social Secretary Phil Sharratt, Membership Secretary John Clemens, Dave Upton as ordinary member and myself as Secretary. That's always assuming no one is desperate to replace us!

Brian Hall

Towards a more satisfying life...

Vernon's tip for the Month

Always double check to establish the actual day when a race, such as the Doncaster Doddle, is to be run It can be so frustrating and very embarrassing to arrive 24 hours early!

Simon Garside's Tip of the Month

Always try out the razor setting on the cat prior to having a home hair-trim. Failure to do so can result result in an unsightly coiffeur and besides, a Mohican cut wouldn't suit everyone!

Dave Gillick's Tip of the Month

Do make sure that you have your race kit with you when you leave home as running in a clubmate's vest while he is forced to run in one from a rival club only temporarily shifts the spotlight from you!

Mac McCoig's Tip of the Month

Always keep your eyes open and be observant when out running, particularly looking at and into the verges and ditches that line the highways and byways where, for instance, you could find an old firedog that you could later recover and sell to an antique dealer for a tenner!

Derek Palmer's Tip of the Month

It is better to retreat to a safe distance from the road or track to answer the call of nature so as not to have your clubmates stumble upon you in a state of confusion!

Gerry Barnard's Tip of the Month

To avoid excruciating pain in the lower limbs and brain it is advisable to get someone to talk you out of it should you be tempted to enter a 20 mile race when you haven't exceeded this distance in a week in training since sometime last year!

Lon Las Cymru – South

Lon Las Cymru – South
May 5th – 7th 2001

Remember May 1st – 3rd 1999 when we ran Lon Las Cymru – North from Builth Wells to Holyhead, total of 170-ish mile, for some it was probably a little bit more; but that's another story of 'soles' lost in the Welsh countryside.

Well we are back, and this time we are going to complete the job and try the South side; Chepstow to Tywyn, not quite so far this time, about 150-ish miles.

The route as described follows:-

- Chepstow to Abergavenny (27 miles)

The route will starts in Chepstow on the English border and links with Hay-on-Wye. It crosses rolling countryside on the quiet back roads to join the broad valley of the River Usk, and thence to Abergavenny via gentle hills to the east of the town.

- Abergavenny to Glasbury (24 miles)

The English border is never far away on this section, particularly on the long ascent through the Vale of Ewyas and the Llanthony Valley to the summit of Gospel Pass; rising from 50m at Abergavenny to 540m at Gospel Pass , a distance of 15 miles. This is a magnificent taste of the Black Mountains. All the hard work of the climb is rewarded by the view from the top towards Glasbury and the Wye Valley and to the West, The Black Mountains.

- Glasbury to Breacon (15 miles)

From Glasbury the route passes to the north of The Black Mountains, past Hay Forest and Talgarth to Breacon.

- Breacon to Llanwrtyd Wells (24 miles)

From Breacon, following quiet country roads, we take one of the many alternative unsigned (should be fun) routes.

- Llanwrtyd Wells to Devil's Bridge (36 miles)

This is a tough section following country roads through Tywi Forest with a section of 12 miles off road (definitely for volunteers). In this section, at the Devil's Staircase, the route rises from 200m to over 500m.

- Devil's Bridge to Machynlleth (20 miles)

This is 'Source Country'. The route takes us past the Source of the River Wye and Severn. Again there is a tough off road section of about 8 miles however over the last 2 miles the route falls by 350m from 400m to 50m.

- Machynlleth to Tywyn (12 miles)

The last section of the route takes us through the appropriately named Happy Valley, which is to the south of the Snowdonia National Park and over looking the estuary of the River Dovey. However before that there is a tricky or should I say sticky section of 3.5 miles very steep and muddy off-road. After that we are home and dry.

The format of the run will be similar to our other runs. Each runner will be expected to complete at least a couple of runs per day (about 8-10 miles) but there is really no limit to the mileage any runner can complete, we will try and put runners out in pairs. Transport will be provided using two mini buses plus a trailer for the bikes. As before we plan to use the bikes as support to the runners, so we are looking for both runners and keen cyclists. As the run is over three days we will be using suitable B&Bs or hotels for the overnight stops, these will be at Talybont and Aberystwyth. During the run food will be supplied by our very able catering section (if anyone volunteers). The cost will be about £110-ish! – unless we can find a sponsor-any offers! For those who decide to choose the B&B option the cost will be reduced by about £20.
This will be a challenging route and for those who are interested maps are available.
Accommodation is very difficult to acquire during the Bank Holiday period and has to be pre booked well in advance therefore there is a limit of 20 people.
If you are interested return the slip below to Phil, Brian Hall or John Clemens.

Although all the arrangements have been made, final confirmation that this event can go ahead is dependant on advice from the MAFF due to the current outbreak of Foot and Mouth

Phil Sharratt

Moving Up

The usual feature at the start of each racing season to see who's moving up to a new 5-year age-group in races this year when, theoretically, it should present the best chance to win something.

The first few change have already happened, starting with John Elson who marked his 60th birthday with that very enjoyable party at the club on January 31st. On February 4th Lynne Foster moved up to the 45-49 bracket followed on the 19th by Howard Jones who turned 55, the same milestone reached by Sue Haine a few days later on the 25th.

April sees Dave Hargrave reaching his half century on the 11th, just a few days before running in this year's London, Lew Badger turns 55 on the 18th, Linda Ball will be 45 on the 23rd while old Dave Upton is 60 on the 30th.

No changes in July but a notable one in August when George Kay becomes an OAP on the 19th. Hard to believe, I know.

Just seems a short while ago to me that Bernie Priekulis became a vet and yet on September 8th he joins the 45-49 gang and then on the 20th, Tony Pickering joins the vet ranks. Mathew Harrison moves up on October 18th when he'll be 25 and November has the last two changes for this year, as we stand at the present, with Roger Westhead getting to 60 on the 14th and young Sarah Lockett celebrating her 25th on the 25th.

Happy Birthday to all of you and make it a memorable year.

Club Championship 2001.

The postponement of the Stafford half highlights a potential problem with the championship programme I therefore propose to identify reserve races as follows:

(1) Denstone Half to replace longer races

(2) Ipstones to replace shorter races

(3) Eccleshall 10+ if we need another one

The more observant of you may notice all these races are towards the end of the year (not rocket science but the best protection I can come up with), could make for an interesting end of year.

John C

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MEMBERSHIP NEWS

Current overall numbers stand at 95 with 75 competing members, this is slightly up on last year,
however the under mentioned have not rejoined nor indicated they wish to resign. If during the wanderings of the "batty" any are spotted give them a nudge our way, or at least try to find out if the reason for them leaving is something the committee could address.

Anne Chetwin
Derek Ford
Pat and Brian Radford
Syd Carnell
Peter Salt
John Morgan
Alan Braddock.

Do your best people. I hate to see them get away. *JC*

Champ or Chump?

The new year traditionally starts with prize presentations for the previous season and having reported on the NSRRA awards in the last issue, it's now the turn of two events held in February. Both very good evenings which you'll perhaps want to consider attending next year if you didn't make it this time.

Firstly it was **Vernon's Stupid Heroes League 2000** award presentations at the County Officers club laid on and hosted by Vernon with food courtesy of Margaret and Kevin who'd also been burning the midnight oil developing artwork for the T-shirts to be presented to the award winners.

Not easy to convey in words the friendliness and spirit that abounded, or even fully expand on the reason for the awards, but be assured it was an evening to be remembered, not the least for Vernon himself who in addition to providing the good natured banter that accompanied each individual presentation was able to use the occasion to pay a special tribute his own particular "heroes" ; Celia Hargrave and George Kay. (Of course, Celia is in fact a HEROINE, but who's quibbling!). The awards were presented by the guest of honour, Derek Palmer.

Prize Winners

Top of the League	Peter Sarson	467 points
2nd overall	Vernon Olivant	455
3rd "	Ken Bloor	392
4th "	Mick Jones	385
5th "	Peter Hodgetts	373
Best Lady	Sue Johnson	209
2nd Lady	Chris Skellern	159
Heroine	Celia Hargrave	
Heroes	Nigel Lee and Simon Probert	
Most completed races	Ed Smith	
Best added 'Longer events'	George Kay	

Most notable other Performances	Ken Marshall and Sean Ruane	
Booby Prize	Gerry Barnard	102

Then it was on to the **SMM Annual Presentation and Dinner/Dance** at Brocton Hall Golf Club which was again a splendid 'do' laid on by Social Secretary Phil Sharratt and his hardworking team. A dress up occasion, but not stuffy, with music and entertainment provided by Chris Barlow's lad and partner plus a raffle with many good prizes including a very generous one from Steve Pickering won by Patsy, who also just happened to pick out the winning ticket!

Award Winners 2000

Clubman of year		Gerry Barnard
Runner of the Year		Simon Fielder
Club Champion (L)		Pam Davies
Club Champion (M)		Simon Garside
Marathon Champion (L)		Celia Hargrave
Marathon Champion (M)	-	Kevin Uzzell
Age– Related Champion (L)		Paula McLellan = Kym Billington-Baddley =
Age– Related Champion (M)		Simon Fielder
Cross Country Cup (L)		Angela Coker
Cross Country Cup (M)		Jonathon Howell
Best NSRRA Performance (L)	-	Yvonne Leeson
Best NSRRA Performance (M)		Simon Fielder
Captain's Cup		Simon Garside
Chairman's Cup		Richard Shaw

A complete surprise for me at both of these awards and I thank all who nominated me at SMM. As to Vernon's League, that just tells you that I'd better get my act together this year!

Gerry

Some pics from the night overleaf.....

Presentation

Club Champions 2000

Pam Davies and Simon Garside

All th
Winne

Simon Fielder, Age Relate
NSRRA Performance & Ru

X-Country Cup Winners Jonathon Howell and Angela

Night 2001

Champion, Best
ner of the Year

vm Billington-
ddley -
ared the age-
ated award
Ladies with
ula McLellan

Yvonne Leeson - best NSRRA Performance by a Lady

Richard Shaw - Chairman's Cup

Gerry Barnard, Clubman of the Year

Girls Just Like to Have Fun!!

Patsy's Piece

Hello Everyone,

Well this is it, my final contribution to *Sapientia* as a Committee member. Yes, I have done my three year stint, have enjoyed it immensely, and want to express my thanks to you all for your support and co-operation. I believe Yvonne will be taking over "my" chair and feel sure that she will do all she can to help look after everyone's' interests. Good luck, Yvonne.

Quite recently, I felt very honoured when invited to accept some of the profits from the catering at the Stafford 20 to hand on to a charity of my choice. So I was delighted to send a cheque for £30.00 to Acorns Childrens Hospice Trust at Birmingham. Among a few other worthy causes, Gerry and I have supported "Acorns" ever since SMM sponsored them when we did the Coast to Coast relay run two years ago.

So, continued good running and good fellowship to you all. Unfortunately, the former is suffering a bit due to the dreadful foot and mouth disease but hearing of all the hardship, stress and anguish of the farmers and other businesses, our problems seem to pale into insignificance and I feel we can but give them our fullest support.

To end on a happier note, it was great to see Jayne back in the fold, albeit briefly, and showing off her new baby girl, Yasmine - who just happened to be born on the same day as my new grandson, Connor!

All for now and God Bless

Patsy

PS Since writing the above I went off to London for a couple of days and Gerry had his mishap during the club run. My (and his!) thanks to all who administered to the befallen and for the numerous "welfare" phone calls and messages since. He still looks a bit half-price but is on the mend and without too much effort, managed to drag himself out for his birthday lunch and what's more, have a good tuck in and a couple of beers. I made sure there was nothing he could fall up, down or trip over on the way back to the car! Thanks again. PG

Idle Thoughts of an Idle Jogger by Plodder

The following article came to me through a small worm-hole in the time-space continuum. The worm-hole appeared before me whilst I was sitting on the loo and, during the few seconds the manifestation lasted, a small paper fell from it onto the floor. The whole experience was entirely inconsistent with that of a man whose greatest excitement in life, until that moment, has been waking up at 05:30 Christmas morning to see if Santa has been. I am ashamed to say it, but it was fortunate that I was on the toilet.

I picked up the paper and saw that it was a report of the discovery of a body. The date on the report indicates that the document has slipped back 4,000 years in time. I am now prepared to publish the contents of the paper and reproduce the contents in full:

Tenth City Archaeology Museum 19 September 6001. Prof. Hans Zaltspott of Utrecht (whom God may preserve):

A body has been released by glacial ice two days ago and brought to me for analysis. At first it was thought to be a walker of recent times but the artefacts discovered with the body raised the suspicion that it could be very old.

The body is male who, in life would have been about 50 years old. The cause of death I will come to later. Carbon dating places the age of the corpse at about 4,000 years old, that is, the late 20th or early 21st Century.

The artefacts and clothing are of particular importance and allow me to piece together a picture of life in this distant and barbaric period of time, about which we know very little.

The upper torso was covered in two layers of clothing. One red-coloured primitive woven fibre undergarment, which was presumably for warmth and one brightly-coloured shell garment. This latter caused some excitement, since the wearer's name could still be made out on an attached label. It appears our man was called Ron Hill. The under-garment also had the remains of a printed text, but this was worn almost to illegibility, presuma-

bly during Ron Hill's lifetime. However, the outline of a bird or a bat can be traced with some difficulty. The leg-coverings were particularly interesting since there is no hole in the crotch. Prejudice may play a small part here, since I found it horribly repugnant that a grown man would not have allowed his genitals to dangle freely from the front of his trousers as we do in this civilised era of the 25th century. But then, one must remember the terrible privations of the 21st century in which, I am informed, there was no death penalty for children who cried in supermarkets.

The footwear is the most significant item of clothing on the body, since it is to these I link my theory regarding the events that lead to Ron Hill being engulfed by the glacier.

The shoes are thin and light, with a spongy sole. The shoes have a primitive system of strings on the upper side by which they can be closed and made to fit the foot snugly. When found, one shoe was tightly tied but one was not. This leads us to the position of the body when it emerged from the ice. The body was bent double and Ron Hill's fingers were entwined with the shoe fasteners. I can only conclude that our primitive had stopped to fasten his shoe when he was overcome by the cold and ice.

The final item discovered with the body were his supplies. Tucked into the top of his trousers were two small slices of toasted bread covered with an orange confection. These were wrapped tightly in a plastic material.

So, what was Ron Hill's role in 21st century life and what was he doing by the glacier? It is clear from the poor standard of clothing he was wearing that he was in poverty. Indeed, the clothing contained a high percentage of sweaty deposits indicating a lack of hygiene. We can safely paint a picture of Ron Hill as an outcast, dirty and poverty-stricken. Hence the remote location and the lack of any other artefacts or possessions. I would go further and state that such a person would most likely have been suffering some mental incapacity which had precipitated his final situation. Why else would he be up a mountain at the onset of winter, with almost no food and wearing thin, worn and flimsy clothing?

Prof. H Zaltspott. 10th City. March 6001.

So there you have it. I cannot imagine that it could have anything to do with us, but I thought you might be interested.

"Golden" Workouts

The article from which this was taken deals with "Best" training sessions for distances from 400 metres up to the marathon. In line with distances more usually run by SMM members, I'll repeat the advice for 10-k and the marathon here and will go into the authors advice on training for shorter distances later if there is a call for it.

"To write an article like this one, which outlines the "best" workouts for running distances ranging from 400 metres up to the marathon, is a somewhat dangerous activity. After all, workouts do not exist in a vacuum, independent of the other things you do during your training. The best workout for you to carry out tomorrow depends on both the quality and quantity of what you have done today, yesterday, over the last week, and even during the previous months. It depends also on what you need to accomplish during the rest of your overall training cycle - before your most important competition of the year. And it is certainly dependant on how far along you are in your training progression. If you have already developed tremendous general strength, for example, there is little need to keep hammering away with strength-building circuit sessions. If you have run 80 miles per week for many weeks, there is little need to continue with your efforts to "milk mileage" for it's fitness benefits; you'll gain more if you back down on the miles a bit and turn up the intensity dial on your training programme. If you have just four weeks left before your major race and you have done no explosive training, you'll need to get started on that sort of work right away, and so on.

Nonetheless, there are key workouts for each important race distance - sessions which have an unusually large impact on one's ability to run a particular race. These are workouts which in most cases should be carried out several times before an important competition, and many can be completed on a close-to-weekly basis before big races, with outstanding benefits resulting. Below you'll find a list of these "golden" workouts for five commonly run distances, from 400 metres all the way up to the marathon. Remember that each workout requires a thorough warm-up before the intense work is is attempted; bear in mind, too, that the workouts are not magical or all-encompassing - you'll still need to optimize your strength, power, vVO2 max, lactic threshold, and running economy using a smart training progression before you are ready to run your best race.

10k

1. "THE HERB ELLIOTT"

1 Yes, Herb was much more of a 1500-metre and mile man, but many of his workouts can be adapted quite readily for longer-distance preparations. This one's perfect for 10-k competitors. To carry it out, run 3 x 800 metres at 5k pace, with two minute recoveries, scoot 2 x 800 at 10-k pace, with two minutes recoveries, and then ramble 3200 metres at 10-k velocity without stopping. This session, in which you run about half of a 5k and half of a 10k at the relevant paces, improves your efficiency and confidence at 10-k speed, while also heightening lactate threshold, speed stamina, and max aerobic capacity.

2. "GREYHOUNDS":

This one couldn't be any easier to conceptulize - all you have to do is run 12 x 100 yards. A football field works best (the grass is great for high-speed sprinting and the field erases difficulties associated with estimating 100 yards on the track); simply accelerate dramatically over the first 20 yards of each rep, hold close to top speed for 60 yards, and then decelerate for 20 yards, stopping at the

100-yard mark. One of the toughest aspects of this workout is that you can rest (by jogging lightly in place) for no more than two to three seconds before reversing your direction and covering 100 yards the other way.
"Greyhounds" improve your stride length and stride rate (I.e. your power), and they also improve lactate threshold, as well as running economy at high speed.
3. "THE BILLAT":
Named after the French scientist (Veronique Billat) who developed the rationale and protocol for this workout, the session involves running 5 x 3 minutes at your velocity at VO2 max (i.e., vVO2max), with three-minute recoveries. What exactly is your vVO2max? To find it, simply run - on a day when you're feeling great - as far as you can on the track in six minutes. During your three-minute Billat intervals, you will simply run half as far as you did during this six-minute test. The "Billat" spikes vVO2max, lactate threshold, and running economy simultaneously, a terrific trifecta of benefits. It doesn't hurt that the workout also makes your 10-k pace feel like a Sunday-afternoon rock in a reclining chair. This workout should be carried out approximately weekly during the last six weeks leading up to a big 10-k.
4. "THE 10-K SUPER SETS":
Run 3 x (200-600-1600), with three to four-minute recoveries between sets. The 200 should be run almost all-out, the 600 slightly slower, and the 1600 at about 10-k pace. And oh yes - you should take no recovery between the 200 and 600, nor between the 600 and 1600! This incredible workout aggrandizes your ability to run at 10-k speed with enough hydrogen ions in your muscles to lower the pH of the North Sea. It also improves your running speed, your intramuscular buffering systems, your lactate clearance, your lactate threshold, your running economy, and - probably - your vVO2max.
5. "THE HALF-A-10-K RACE: Simply run a 5-k race! Running a 5-k race means you'll run half the 10-k distance at a pace which is about 16 seconds per mile faster than your current 10-k speed. Thus, running a 5k is a great way to develop the ability to run continuously at a velocity which is significantly faster than your current 10-k pace; each 5k is in effect a "stepping stone" to a faster 10k. As your efficiency at 5-k speed improves, you'll be able to run longer distances at current 5-k tempo; eventually, you should be able to run your 10ks at your current 5-k speed (of course, when that happens your 5ks will be considerably faster). It doesn't hurt that 5-k racing is also good for VO2max and lactate threshold.

The Marathon

1. "THE TEGLA": Find a trail or road that climbs (I.e. increases in elevation) slowly but steadily for a distance of about 12 kilometres, and run from the bottom to top at a hard intensity - without stopping. Such running routes are relatively easy to find in Kenya, but if you are an environmentally challenged marathon runner, you may have to complete this workout on a treadmill, varying the inclination from 2.5 to 5 per cent as you run. Named after famed and world-record-holding Kenyan marathoner Tegla Loroupe, this session improves running-specific strength and upgrades your ability to sustain a submaximal yet very tough pace for a prolonged period of time (I.e. run a marathon).
2. "THE RACE SIMULATOR": Run 10 miles easily, at a pace about 45 seconds per mile slower than goal marathon tempo, and then - without stopping - click off 10 more miles at goal marathon speed, before cooling down with two easy miles. This workout, which involves attempting to run at goal race velocity when you are already tired, is a diagnostic one' it will reveal whether your chosen goal is too lofty or too humble. It is also great preparation for the marathon itself, since it forces you to reel off 10 goal-speed miles when your legs are already a bit shaky. Finally, it improves confidence and efficiency at hoped-for marathon intensity, though don't forget to build up gradually to this "simulator", first using a workout which contains four easy miles and four pace miles, then graduating to

six easy miles and six– on-target ones, etc. Train easily for a week after you complete the "simulator", and make sure you do NOT carry out this session during the four week "window" before your big day; otherwise, you won't be completely recovered in time for your best-possible marathon performance.

3. "MARATHON CIRCUITS":

After a thorough warm-up, complete the following routines in order. Move steadily from exercise to exercise without resting, but don't rush or let your muscles get tight. Try to carry out all the runs and drills while you are relaxed, using good form:

1. Run 800 metres at what feels like 10-k intensity (if you are in a setting in which it is difficult to judge pace accurately, at least make sure that you are running at faster than marathon tempo).
2. Complete 15 burpees (squat thrusts with jumps)
3. Perform 12 press-ups.
4. Do 12 one-leg squats with each leg.
5. Run 800 metres at a little faster than marathon speed.
6. Carry out 50 ab crunches.
7. Complete 12 lunges with each leg.
8. Perform 50 low-back extensions.
9. Run 800 metres at little faster than goal marathon velocity.
10. Do 12 feet-elevated press-ups.
11. Hil 15 bench dips.
12. Carry out 12 high-bench step-ups.
13. Run 1600 metres at little faster than goal marathon speed.
14. Repeat steps 2-13 twice more (for three circuits in all), and then cool down with two miles of easy running.

These circuits build a tremendous foundation of whole-body strength and fatigue resistance, both of which are critically important for marathon running. The circuits also improve efficiency while running at marathon intensity and help to raise lactate threshold. Finally, the marathon circuits enhance your ability to run at goal marathon tempo when you are very tired, and they are a tremendous confidence-builder.

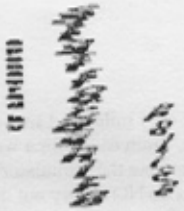
4. "THE BILLAT": (see description above under 10-k workouts): Even though this session is completed at a pace which is about 80 seconds per mile faster than goal marathon speed, it is a crucial part of marathon preparation because of its ability to simultaneously optimize vVO2max,

lactate threshold, and running economy, the three strongest physiological predictors of marathon performance. Ultimately, the "Billat" also improves your power (I.e. shortens your foot strike times and slightly expands your stride lengths)< and power boosts are great for both the miler and the marathoner, even though many runners think of the marathon as a non-power event. For example, if the 3:06 marathoner decreases foot strike times by just 10 milliseconds (without altering stride length), race time will be improved by over 6 minutes, moving the marathoner into the highly desired sub-three hour category.

5."MARATHON SUPER SETS": Run 3 x (400-800-200), with the 400 at 5-k pace, the 800 at 10-k speed, and the 2000 at goal marathon intensity. Don't take any recovery between the intervals within the set, but do recover (with easy jogging) for four minutes between sets. This outstanding workout makes marathon pace feel easier, increases your confidence that you can run at marathon speed while fatigued, and is also good for VO2max, lactate threshold, and running economy.".

Owen Anderson

vernon's



"Wittering on" into March 2001

This is addressed to those of you who aspire to the level of a Stupid Hero, no ordinary runner, you. You want that missing ingredient for your running record that makes you
hunger for notoriety.
There is no charge and anyone is welcome. All that is required is participation!
Rules for 2001 have been amended and published.
The races list for 2001 was published (including reserve races). However you will all, no doubt, have had your running and 'London' training inconvenienced by the recent decimation of the races calendar.
Milford 21, Bala 11 and Coniston 14 have been cancelled so I have made the following changes.
I have put Rochdale 20 in (21 miles this year so as to avoid a farm), at short notice on Sunday 25 March 2001 (e-mail: phil.w.roberts@talk21.com) and I will be there myself for a pre-London tester.
The reserve race "Killer mile" on April 4 ,assuming it takes place, is now fully in.
Ken Bloor gave proper notice for the Starkholme Stagger on 24 March which (if it is not cancelled) provides 20 or 30 or so miles of Spring countryside competition.
There is a vacancy in the list for a race of between 9 & 18 miles to be identified for the August/September period and for another race at any time in 2001. Please recommend to me suitable races, with a proviso that they should not clash with an NSRRA race.
On Sunday 18 March I am organising a 'Heroes' social 20 miler. Please meet at Stone Road car park in Eccleshall at 08.45 for 09.00 start. Toilets are nearby but no proper changing facilities, sorry. Teazell's will be open for economical refreshments afterwards. This run will take in Norbury, Sutton, Soudley and Bishops Offley and water will be put out. It should be interesting to have Trentham, Stafford, Stone and Newcastle members training and conversing together! This has been circulated separately by e-mail.
Do I have your e-mail address?
You should check that you have seen the latest edition of the leagues 2001 races, currently 3.2..
The Heroes presentation night on 4th February at the County Officers club attracted an audience of 38 from several clubs and all the refreshments were consumed, very nice, thank you, Margaret and Kevin of Teazell's.
'League Champions' Peter Sarson and Sue Johnson, (both S H) were first male and first female and were awarded a 'Dunce's' hat and a bottle of wine apiece.
Category winners received certificates. A summary : Ken Bloor (T) 3rd overall won cans of beer, Mick Jones (SH) 4th, Peter Hodgetts (SH) 5th. 'Lady Heroine' Celia Hargrave (SMM) did us the honour of travelling up from Cheltenham for the presentation. 'Best added Longer races' was easily won by George Kay (SMM) (and he has already set about this year's competition too). Ken Marshall (T) just beat Sean Ruane (SH) in winning 'Best Other Award', Ken having completed 4 marathons. '2000

Hero' was rightly shared by Nigel Lee (NEWC) and Simon Probert (SMM). Ed Smith(SH) completed the most races, 14, and won a sports bag provided by Bill Whitworth on behalf of the County Officers club and last but not least, Gerry Barnard (SMM) was presented with the Booby Prize for having the lowest average points having amassed a grand total of 102 points in four races.

Everyone who completed 4 races in the 2000 competition received a league tee shirt. If you qualify but have not yet received yours please contact me, there are some left.

First race of 2001 was planned to be New Year's Day 5 miler at Rowley Park but the council cancelled it so at short notice Mick Jones and I staged a 3-mile handicap at 11.30 on the former railway at Castlefields Stafford (off Newport Rd , not far from Rowley Park). It was run without watches against one's own estimated time. Bill Chidlow got it spot on (so he's not that stupid!) along with 6 other loyal supporters. The bottles of beer were won by Bill, and by Peter Burns, for the worst performance. Graham Allen did a fine job of time-keeping, thank you Graham. John Leese, Kevin Uzzell and Mark Hughes also showed determination to get a head start in the league. Apologies to those who did not know of this alternative event but it was brought to the attention of those who turned up at Rowley Park. It could well be featured next New Year's day.

The second race of the year was the 'trigs' on Cannock Chase which saw many Heroes competing (or walking!!) but a results sheet is still awaited .I believe Sean Ruane won 50 points again followed by Dave Constance who really is motoring. Jonathan Howell and Peter Sarson were next which shows the standard.

On January14th five of us went to the 'Roman Nine' near Stratford -on-Avon (which had been circulated) and would recommend this fast course for next year. I just held John Bassegio off, followed by Doug Waddell and Bill Clarke.

The Anglezarke was almost a monopoly for Stone but good old Peter Sarson (Stafford H) went along and won this league. Every league starter completed despite the frozen conditions which saw several fallers. Peter was later thought to have fractured a bone in his wrist and had it plastered. Hope it goes all right Pete!

It is with much sadness that I comment on the untimely death of our colleague Graham Fenton, a Newcastle AC member, whilst doing what he enjoyed - competing in a cross-country in Birmingham. His cheery smile will be missed by all and he certainly had me galloping to get in front of him often in recent years.

I have given notice of resigning from the Office of Constable on 21st March 2001 and thereafter am 'available for employment', preferably part-time, will consider anything.

Vernon

13/03/01

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N.B. all views expressed are absolutely those of the editor.

WHAT'S ON.....RACING

At the time of going to press it is not possible to confirm any race dates, apart from the London Marathon on April 22nd, due to restrictions caused by the Foot and Mouth epidemic. Locally, it is thought that the Newcastle 7 will go ahead on April 8th but listen out for confirmation of this and any other race info. at the Club.

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Preparing for the Lakeland 100 ?

Three off-road in a row, by George !

10th Feb Anglezarke 24 5h 2m – 12m 35s per mile
17 Feb Belvoir Challenge 26+ 4h 20m - 9m 53s per mile
25th Feb Doncastor Doddle 42 7h 47m - 11m 7s per mile

Another three races planned for March - Milford 21 on the 11th, Stafford Half-Marathon on the 18th and the Starkholmes Stagger 29 on the 24th - all wiped out by 'Foot and Mouth' !
And now there are contingency plans to reschedule the '100' for August 25-27th !
Thus the best laid plans of mice and men do sometimes go astray ! But at least 'the London' is on. Good luck to all who run therein.

George Kay

STOP PRESS

Following on from her success at the British Veterans Indoor Championships at Cardiff in February where she took W55 Gold medals in the 800 and 1500 metres, ***Elaine Statham*** *went on to the European Veteran Indoor Championships in Bordeaux in March and won Silver in the 3000 and 800 metres, being beaten for Gold by just 0.16 seconds in the latter, and Bronze in the 1500 metres. Great running, Elaine. Richard O'Keeffe of Trentham won an M50 Gold medal at the Europeans.*

Club Championship Ladder 2001 (Age related) *(best 8 results to count)*

(Pos - 2000)( )(+/-)	AL5	ST20	ST½NC7	CL.10k	CR10k	UT½PP20	Total
Roger Westhead (22)	49	47					96
Jonathon Howell(2)	47	48					95
Lew Badger(4)	46	45					91
Simon Garside(5)	48	39					87
Terry Murphy(10)	45	42					87
Gerry Barnard(12)	43	38					81
Peter McArdle(23)	41	40					81
Mac McCoig(13=)	42	37					79
Steven Pickering(16)	40	36					76
John Clemens(9)	50						50
Kevin Uzzell(1)		50					50
Vernon Olivant(3)		49					49
John Baseggio		46					46
Simon Fielder(6)		44					44
Howard Jones(34)		44					44
Bill Clarke(26)		43					43
Chris Barlow(7)		41					41
Dave Gillick(8)							

Dave Baddley(11) John Elson(13=) George Kay(15) Richard Shaw(17) Doug Waddell (19) Peter Williams(20) Gerald Davis(21) Frank Shepley(24) Simon Probert (25) Les Freeman(27) Dave Upton (28) Brian Coker (29) Bernie Priekulis(30) Dave Hargrave(31) Tony Pickering(32) Mike Hammond (33)

Pam Davies(1)	50	49					99
Ros Barker	49	48					97
Yvonne Leeson(2)	48	47					95
Rita Banks(10)		50					50
A Glendenning(3)	47						47
Margaret Shaw(13)	46						46
Gill Stripp	45						45
Rosemary Wilson	44						44
Carolyn Moore	43						43
Paula McLellan(4)							

K Billington-B(5) Lynne Foster(6) Maggie Freeman(7) Sue Smith(8) Sarah Lockett (9) Celia Hargrave(11) Angela Coker(12)

Race Results

Alsager 5 - Sunday February 4th

Simon Garside	30.17	John Clemens	30.31
Jonathon Howell	32.13	Ros Barker	33.12
Lew Badger	34.17	Peter McArdle	34.18
Roger Westhead	34.32	Pam Davies	35.29
Steve Pickering	35.45	Mike Hammond	36.17
Yvonne Leeson	36.42	Mac McCoig	36.47
Margaret Shaw	37.34	Rosemary Wilson	37.44
Gill Stripp	37.58	Gerry Barnard	41.54
Carolyn Moore	44.00	Angela Glendenning	45.21

Alton Towers Multi-Terrain 5

Simon Fielder	31.12	Les Freeman	33.52
Dave Upton	45.24	Richard Shaw	46.31
Rosemary Wilson	46.50	Gill Stripp	46.52
Rita Banks	47.33	Maggie Freeman	51.19

RW Age-Group Award, RB 1st F50

(Most runners took wrong route due to poor marshalling, thus approximately 10 minutes extra running/time.)

Stafford 20 - Sunday March 4th

Kevin Uzzell	2.11.49	Vernon Olivant	2.17.18
Jonathon Howell	2.17.59	Simon Fielder	2.24.55
John Baseggio	2.27.43	Ros Barker	2.31.10
Peter McArdle	2.31.45	Simon Garside	2.35.12
Lew Badger	2.35.54	Roger Westhead	2.36.39
Bill Clarke	2.40.39	Pam Davies	2.40.43
Chris Barlow	2.44.05	Terry Murphy	2.45.23
Mac McCoig	2.50.59	Yvonne Leeson	2.52.25
Rita Banks	2.53.27	Steve Pickering	2.54.05
Gerry Barnard	3.16.12		

KU 1st V50

Malta Marathon - Sunday February 25th

Lew Badger	3.16.29