SAPIENTIA

STONE MASTER MARATHONERS

Sapientia atque Levitas

August - September 1997

CONTENTS

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EDITORIALLY SPEAKING

Another edition of *Sapientia* and if it seems to be thicker this time well, thats because the centre pull-out is a one off, literally, as it is the minutes of the 1997 E.G.M. and A.G.M. **and is to be retained for use at A.G.M. for 1998**. Please take special care to keep it in a place where you can lay your hands on it so as not to be left in the dark when the time comes round for next year's meeting.

For some there will also be a **Data Check** which Membership Secretary **Mike Hammond,** having missed his end of June deadline, would still like to wrap up ASAP. Please do this one now while it is in front of you. Thanks.

Otherwise we have our usual mixed bag of fixtures, results and bits and pieces for you. Thanks to Monica we now know a bit more about what is likely to be happening to our skeleton; there's appreciation from John Elson for your support of his endevours and you can find out how someone at the sharp end trains when the conditions keep him indoors. The X-Country scene will also be different from this coming season with the introduction of shared events.

On the subject of training, I have managed only one of John Clemens Wednesday evening training sessions so far but am now looking forward to their resuming when he returns from his hols. If you want to improve your race performances give John's sessions a try for something a bit different - and perhaps you will surprise yourself as to what is possible.

Talk of training leads us on to racing - and in particular to the results that appear in **Sapientia**. If your race result does not appear here it may be because you have not relayed the info to us. Please bear that in mind - and official results are still the best source documents. These are returned to the lender, if requested.

Appologies to our Social Sec. - no page this time as I couldn't read his disc. In the meanwhile we can report another couple of successful social events; the July visit to Shugborough for the classical /jazz concert and the Club BBQ hosted by Monica and Terry. Shugborough again had terrific weather and a full house to enjoy the music, fireworks, fountains and laser beam show. The BBQ was terrific too with the weather relenting just in time. Ivan and Dave again demonstrated their versatility and artistry at the grill while later, much later, dancing broke out led by our hosts who eventually really got into their stride with an Apache dance, at least I think that is what it was! Yes, a good time was had by all!

Good running

CHAIRMAN'S CHATTER

Well we seem to be into Summer at last with some weather to match. We had a glorious couple of weeks in France; no rain except on the way and from Portsmouth!

The Potts Marathon had its share of mixed conditions for running in: some like it wet but there are limits! We, as a club, help out on the event as we have done for a number of years, looking after the leading man and lady at the finish and manning the funnels, taking numbers, etc. Unfortunately this year as the leader came into Trentham, Angela was our sole representitive: standing there with a clip board wondering where the support was! Luckily, Ann from the timekeeping team helped out until some survivors of the Sunday run arrived and did a good job, but the club's image took a knock.

The "John Oultram" had unusual weather. Normally it's hot and sunny; this time it was humid and damp conditions but another good turnout of SMM. Then time to get ready for the BBQ. Luckily the damp conditions cleared up and a good evening was had by one and all!

Thanks to Terry & Monica for the use of their garden, to the Social Sec. and my fellow cook! I hope no one suffered from our culinary efforts!!

Much Sapientia

Dave Mason

Those Magnificent Men on their Cycling Machines!

What an event "Le Tour" is. Twenty one days racing with just one day off. The stamina needed to complete the tour must be enormous, they say that cyclists have the largest hearts, developed from the sport.

We managed to see two seperate stages while we were there. At the top of two primes (not long ones compared with the mountains!) but enough to stretch them out a little.

The atmosphere is amazing, for an hour before the riders are due the cavelcade comes by. I don't bother to count nowadays but in the past I have checked 500 vehicles through before a rider appeared; then the team cars follow on!

We collected a selection of caps, box of pasta, a bun, packets of peanuts & cereals, sunglasses, a Eurodisney pack, info about next years tour going to Ireland, a good map with the route marked on it, etc., etc. All given out from the cavelcade.

How Ireland is going to cope I don't know but we hope to be there to find out!!

NEWS BRIEFS

A new club award for Achievement of the Month was introduced in June and in recognition of his age group award in the Potteries Marathon and the fact that it was also his 150th marathon, **George Kay** was chosen by your committee as the winner for June. For this, £50 will go to George's chosen charity which is the Claybourne Appeal.

There was a really good turnout for the Shugborough Relays where SMM fielded ten teams this year. Is that a best for the club? It certainly made for lots of vocal support and encouragement around the course by club members who had done or were waiting to do their stint. Awards were won by the Ultra Veteran and Generation teams while our lady vets team lost out by just 11 seconds to the winners in their category. See the "Recent Results" section for SMM team placings and timings.

You can't keep a good man down, or in this case a good man and a good woman as **George Kay** and **Celia Hargrave** proved when they recently completed their **tenth** 100 mile race together in the Downsman 100. Phew! Lets hear it for them!

***"Club Kit** - As many of you will be aware, the Club Kit is being reviewed by a working party of two - Mike Hammond and Paula McLellan. Many of the active Wednesday and Sunday runners have had their opinions sought during recent Club Runs. There are many more of you from whom they would like to hear.*

The issue arose when Mike found a number of comments from the last dozen or so new members he contacted when assuming the role of Membership Secretary. These comments particularly related to the track suit. The matter was raised in Management Committee and the working party is to report its findings in September. Do you have any comments on any aspect of Club Kit? PLEASE MAKE YOUR VIEWS KNOWN BY THE BEGINNING OF SEPTEMBER - to Mike or Paula. We want the Management Committee decisions and action taken to be truely representitive."

Good News for Runners

Monica recently had occasion to have a bone scan and has kindly given permission for her correspondence with Professor S O'Brien of the North Staffordshire Nuffield Hospital to be reproduced here as matters of interest to fellow club members.

Certainly the contents should give us all fresh impetous to keep on running.

"Dear Mrs Darlington,

Your recent bone mineral density shows a level of bone density way above average even for a 30 year old, this almost certainly reflects your commitment to running. This is of course good news!

Would you be happy for me to use slides of your results in lectures? Your name of course would be excluded from the results.

I look forward to hearing."

"Dear Professor O'Brien,

I was delighted to find your letter waiting for me when I returned from holiday yesterday. It certainly is good news about my bone density level! I am intending to set up a jogging group in our firm now, as it is mainly comprised of young women in their late twenties.

I shall be pleased to have you use the slides of my results in lectures with the proviso that you give credit to my running club - *Stone Master Marathoners*. I do not mind your using my name either if it would be relevant to the lectures.

My husband founded SMM 20 years ago specifically for older people who wanted to take up road running. This was at a time when all athletic clubs were track and field orientated and didn't want to know about 'born again' runners in their forties. He is delighted to see further proof that weight-bearing exercise for older people is a good thing!

Kind regards"

CHECKLIST

Below is an up-to-date list of Members. This has been compiled from documentary evidence to hand (and a lot in other more obscure places). The nature of the club being so informal and trusting, often the paperwork, including receipts for membership fees, has been of secondary importance. I believe the list to be more or less accurate.

PLEASE CHECK THAT YOUR MEMBERSHIP IS CORRECT

(Current: July 7th, 1997)
If your name is missing, or class of membership incorrect, please let me know as soon as possible. Those not on the list will be deemed to have left the club and rejoining could incur another (quite costly) fee.

Julie Abell
Mike Abell
Peter Axon
Dave Baddley
Leslie Badger
Lew Badger
Denis Banks
Rita Banks
Ros Barker
Chris Barlow
Gerry Barnard
Dave Baxendall(a/mbr)
Kym Billington-Baddley
Roger Bolsover
Alan Braddock
Tony Bridgewood
Barbara Brough
Jim Brough
Syd Carnall
Bill Clarke
John Clemens
Angela Coker
Brian Coker
Frank Collis
Don Cooke
Jan Cooke
Robin Cope
Bill Couldrey
Tom Cronin
Barrie Crowther
Peter Dalley
Monica Darlington
Terry Darlington
Pamela Davies
Gerald Davis
Peter Eames
John Elson
Simon Fielder
Derek Ford
Lynne Foster
Geoff Frost
Julian Gallimore
Peter Gent
Patsy Gerritsen(f/mbr)
Dave Gillick
Rose Gillick
Angela Glendenning
Jimmy Grant
John Haine
Sue Haine
Brian Hall
Russ Hall
Mike Hammond
Neil Hammond
Roy Hancox(a/mbr)
Celia Hargrave
Dave Hargrave
Jonathon Howell
Graham Jones(a/mbr)
Howard Jones
George Kay
Carol Lorimer
Steve Lorimer(f/mbr)
Angela Mason
David Mason
Mac McCoig
Ian McGibbon
James McLellan
Paula McLellan
John Morgan
Pete Moseley
Irene Murphy
Terry Murphy
Vernon Olivant
Derek Palmer
Edward Peake
John Pennell
Maragret Pennell
Gill Pointon
Bob Pope
Frances Pope
Bernie Priekulis
Simon Probert
Bryan Radford
Pat Radford
Peter Salt
Kielo Sauvala
Ivan Savage
Geoff Shallcross
Linda Shallcross (f/mbr)
Phil Sharratt
Margaret Shaw
Richard Shaw
Margaret Shenton
Pete Smith(a/mbr)
Sue Smith
Elaine Stathem(2nd clm)
Mick Stathem(2nd clm)
Dave Upton
Pat Upton (f/mbr)
Kevin Uzzell
Maggie Westhead
Roger Westhead
Andrew Wilding
Peter Williams
Clive Wraight

Mike Hammond

The Wooden Spoon Society Ford Great Lakeland Challenge 1997

In the April/May edition of Sapientia we brought you details of this very challenging multi-discipline event being undertaken by The Bourne Sports Team comprising John Elson, John Bourne and Mick Statham with Elaine Statham in the role of driver and supporter.

In addition to the official press release issued to mark the successful completion of the event, our own John Elson wishes to say a genuine thank you to the club and all the individuals who gave so generously towards the cause. That support was vital in getting them through the ordeal. The press release reads:

"In February we set ourselves a challenge :- first to raise over £2.000 for the Wooden Spoon Society and second to complete the Ford Great Lakeland Challenge. This was to canoe the longest lake, to cycle the highest passes and then climb England's highest mountain, Sca Fell Pike.

Thanks to your generous help we were able to raise over £2,700 and the money is still coming in. The event raised a total of £45,000 for the charity which is building a rehabilitation unit for teenagers with cancer.

We also surpassed our expectations in the Challenge itself. Of the 17 teams that started, we finished 11th overall, in spite of our team's average age exceeding that of any other by 20 years!

We started the canoeing at ten to eight in the morning. Paddling was certainly our weakest discipline, we were last out of the water after 2 hours 39 minutes of very hard work!

We picked up well on the bikes, overtaking two teams. The Wrynose and Hardknott Passes were very steep up and even steeper down! We completed the 27 and a half miles in 2 hours and 31 minutes in 15th place.

The mountain section started with one and a half hours and 3,000 feet climbing to the summit of Sca Fell Pike. Thick cloud and 30-40 metres visibility honed navigation skills to their finest and we overtook a further four teams (including a team of ex-marines) on the mountain. We finished at about 5.30pm in 11th place, tired but very satisfied with both aspects of our days work.

Thank you very much again for so generously supporting this very worthy charity. We are already planning to take up the Wooden Spoon's Four Peaks Challenge in 1998, Ben Nevis, Sca Fell, Snowdon and Ireland's highest peak inside 40 hours. We hope we can look to your further support in raising the £3,000 required to participate."

Tony Verdie writes.....

01737 351027

25, North Acre
Banstead
Surrey, SM7 2EG

4th June 1997

"Dear Monica & Terry Darlington,

This is not the first occasion I have intended putting pen to paper to write and say how sorry I was when you ceased to be the organisers of the British Vets Marathon Championship in conjunction with the Flying Fox Marathon. It was a sad day, I am sure, for many runners who annually, injury permitting, made the pilgrimage to Stone.

I believe I am correct in saying 1994 was your last year for arranging this event and I am both happy and proud to have been a contestant in that torrentially wet event (suited me immensely!) and even managed to beat George Kay to the O/55 title.

If it is not too late now, to thank you both and all the many other Stone Master Marathoners for the marvellous welcome that you always gave us, not to mention the superb arrangements, may I do so.

The many memories of pain and pleasure shared during the first Sunday in October will be a talking point for many years to come.

It was the recent performance of my old adversary George Kay which has galvanised me into action with the pen. I refer, of course, to his fantastic run in this year's London Marathon. Absolutely outstanding.

With all good wishes to you both.

Yours sincerely,

Tony Verdie"

Nice of Tony to write with appreciation of an event missed by more than a few. I expect some of you may also have received words of regret from fellow runners that the Flying Fox Marathon is no more. Ed

and, another letter from Sam

Since we last heard from Sam Westhead, he has moved on from Saudi Arabia to Abu Dhabi.

"Dear Stone Master Marathoners,

Greetings from the Middle East, though this time from the United Arab Emirates. It's as hot here as Jeddah but with a higher relative humidity, if that's possible. With training confined to the gym, I've had to think about ways of making my workouts as varied as possible & you may be interested in one or two ideas I've had, though it's more likely that your training will be curtailed by rain, wind, sleet or snow than by extremes of temperature!

The major problem is, of course, one of boredom and as such it's important to keep varying the types of exercise; one of my favourite workouts is to exercise on 4 different pieces of equipment for 10-15 minutes each - for example run, then row, then step, and finally cycle. This will keep both your upper body and lower limbs toned, as well as improve cardiovacular fitness. This regime is perfect if I'm in a hurry to get back to work & time's limited.

Lots of you will, I'm sure, have experience of using heart rate monitors. My own, a rather old Polar Accurex Plus, has become invaluable in maintaining my enthusiasm in the gym. Here are a couple of ideas for you to try if you've got one - they also provide a useful indicator of level of fitness if used carefully.

My first suggestion is to get on a treadmill for a specific time and at a specific speed. Measure your heart rate as soon as you've finished and then every 15 seconds for 3 minutes. Get a piece of graph paper and plot heart rate on the Y-axis and time on the X-axis. This will give you what I call a recovery curve. Do it every month, for the same time and pace, and compare. The fitter you are, the lower the your pulse rate at time zero and the steeper the curve (in other words, the faster your recovery). To give you an idea, I run for 10 minutes at 20kmph. Yesterday my pulse rate got up to 180 beats per minute and had dropped to 99 at 3 minutes after exercising. This method isn't much good at comparing fitness levels of different individuals but as I said, it'll give you an idea of you current level of fitness.

Secondly there's what I call the "modified Conconi test". Coconi developed a way of determining the heart rate at which optimal work output (or in running terms, pace) could be maintained for races up to an hour's duration. If you're interested in his work, go and look it up in a book! - but here's my technique: warm up for 10 minutes on the treadmill, then run at 8kmph for 200 metres. When you've run 200 metres, measure your pulse (someone will have to write it down for you!) and increase the speed to 8.5kmph. Run 200m & measure pulse again. Keep doing this until you reach a point at which you can't run much more (don't fall off, have a heart attack, etc, etc) and climb off. When you have showered, (the sweat will make the ink run!) plot another graph of pulse on Y-axis and speed on X-axis. In theory, if things go well, you should end up with a near straight line graph which levels out at the top. This graph should give you lots of information:

1)The point at which the graph starts to level out is, in theory at any rate, the "deflection point"- the pulse which can be maintained for up to an hour running on a treadmill. Unfortunately, each different sport, be it cycling, rowing or running (in or out of the gym) will have a different deflection point. But no matter - you can have lots of fun measuring each point for different piecesof kit.

2)If you compare graphs from month to month, you will again have an indicator of your level of fitness. The fitter you are, the further to the right the curve will lie (in other words, for a given speed your pulse will be lower).

3)If you really push yourself on the treadmill, the graph will eventually level out. Guess what? That's your magical maximum heart rate, the number on which all the heart rate training bands are based. For example you want to lose weight? Then you train at 60-70% of max 3 or 4 times a week for 20-30 mins and there you go! Actually you don't have to push yourself that hard on the run to determine max heart rate. Just estimate where the graph would level out to after the deflection point.

A couple more tips about the test: if the treadmill you've got access to doesn't go fast enough, put the gradient up. Again, my method is to start at 10kmph, increasing the speed by 0.5kmph every 200m, at a constant gradient of 5%. It doesn't really matter as long as you do the same workout each time. The test can be used as an indicator of tiredness, impending illness or recovery from infection, poor nutrition, and so on. Try it for different items of gym equipment.

So go to it - the gym session may not be so boring after all.

I've managed to race a few times in Abu Dhabi - 6 weeks ago was the first marathon here (at 4.00 in the morning!) and I managed to win in 2hrs 41mins off 5 days training. So much for the 120 mile weeks I used to put in before the "London"! Having said that, I took considerably longer to recover and spent several days trying to convince my boss to install one of those chair lifts to get me up the stairs to the practice lab! My prize was a year's membership of the new gym club in the Abu Dhabi Holiday Inn - though owing to stiffness I was confined to the sauna & massage room for the first few days. I was also successful in the local 10km, finishing in 33mins 26secs. Unfortunately the season's over until October. But then there's always the gym to train in.

Have a cool summer y'all and happy running.

Best Regards

Sam Westhead

Cross Country Fixtures 1997-1998

(Notice issued by Stoke-on-Trent & District Ladies XC League)
"At their respective A.G.M's, it was agreed that The North Staffs Mens League and the Stoke-on-Trent & District Ladies Leagues share Dates and Venues for the coming season. Further meetings will be arranged to agree proposals, to be put to next years A.G.M., to combine the two leagues.

From the attached timetable, it can be seen that three races will be combined with TWO FUNNELS BEING USED. Each league will produce their own results as at present and extra help would be appreciated. Fees and awards will be unchanged for this season. Extra patience and co-operation would be appreciated during the season."

Date	Venues	Parking only at
11.10.97	Wye Road Seabridge Newcastle-U-Lyme	Seabridge Community Centre
25.10.97	Westwood H.S. Leek, Staffs	
15.11.97	Stafford Common Stafford	
6.12.97	Michelin Sports Centre Rose Tree Avenue Trent Vale	

Time	Ladies	Men
1.00 PM	Under 11 Mini Run	
1.15 PM	Under 13	
1.30 PM	Under 15	Under 13
1.45 PM	Under 17	Under 15
2.00 PM	Seniors	Under 17
2.30 PM		Seniors

Sun 03 Aug 11.30 Milton 10k+ *
Thu 07 Aug 19.15 Parkhall Hilly XC**
Sun 10 Aug 09.00 Isle of Man Marathon
Sun 10 Aug 11.00 MVAC Track & Field Meeting, Solihull
Tue 12 Aug 19.15 Hanley Park 5k
Thu 14 Aug 19.15 Rudyard Lake Final & Presentation**
Sat 16 Aug 14.05 Race the Train, Tywyn
Sun 17 Aug 11.00 Leek Half-Marathon+ *
Wed 20 Aug 19.15 Staffs Knot 5 (Reserve - Races 11-20)+
Thu 21 Aug 19.15 Abbey Inn Warm Down**
Sun 31 Aug BVAF Marathon, Stoke Ferry
Sat 06 Sep 3.00 Ipstone 5+
Sun 14 Sep 10.30 Stone 10k+ *
Sun 14 Sep 11.30 New Forest Marathon & Half-Marathon
Sun 21 Sep 11.00 MVAC 10 mile, Nuneaton
Sun 28 Sep 13.00 Lake Vyrnwy Half-Marathon
Sun 05 Oct 10.30 Madeley Half-Marathon+ *
Sun 12 Oct 11.00 MVAC Half-Marathon, Burton
Sun 12 Oct 11.00 BVAF Half-Marathon Championship, S/hampton
Sun 19 Oct 11.00 Denstone Half-Marathon+
Sun 26 Oct Var. BVAF 5k Road Championships, Lee Valley, London
Sun 26 Oct 10.30 Stroud Half-Marathon
Sun 02 Nov 11.00 Werrington 6+
Sat 8 Nov 14.30 Tittensor 10+ *
+ NSRRA Championship Races
* SMM Club Championship Races
** CARSA Series - see Club notice board for further details.

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*

Volunteer Marathon Runners Wanted!!!

"The University of Bristol Department of Medicine is about to embark on some new research on production of the hormone cortisol during exercise. This hormone is made by the adrenal glands and is probably vital to the body's response to heavy exercise. Very little is known about its regulation in healthy people actually during exercise, as hitherto cortisol levels have only been able to be measured by blood samples (rather difficult to extract while you're running a marathon!).

Now, however, it is possible to test cortisol levels by saliva testingwhich can actually be done while running (yes, it really can, I've tried it!). The Bristol study will bring results which have never been available before. One of the important outcomes will be that advice on replacement therapy during exercise for those suffering from Addison's Disease, where failure of the adrenal function means no cortisol is produced, will become possible for the first time.

We want volunteers from all ability groups to run in the Gloucester Marathon with us on 5th October 1997. We need those who think they can barely manage to stagger round and may have to walk some of it, slow recreational runners who just about manage to run all the way, fast fit athletes doing a personal best, and, if there are any others besides me, runners with Addison's disease on replacement therapy!

The results from the totally unfit will be as useful to our study as those from the fastest, so if you are needing some extra motivation to get into training or to commit yourself to going ahead - here it is!

The more volunteers we can get, the better the results of the research will be, so please think about it, and if you are interested in helping us with this, please fill in the form (*available from George Kay or Gerry*) (no obligation of course) and I will send you full details of exactly what it would involve so that you can decide whether you think you may be able to help.

Please send it to me **Sarah Dent,** at **Elm Cottage, Clifton Vale, Bristol BS8 4PT** or if you prefer phone me at home on **0117 926 4240 (evenings) and I will send you details."**

This appeal needs as many volunteers as possible so maybe some club members considering an Autumn marathon may like to take this on. Apart from the satisfaction of being able to help others less fortunate than yourself, there is also a special T-shirt on offer.

	GP1			GP2			GP3			GP4			Score
MEN	A	B	C	A	B	C	A	B	C	A	B	C	
John Clemens	50			50			50				45		150
Jonathon Howell				45			41			50	50	41	136
Dave Gillick	45			38			45					38	128
George Kay				35			38					50	123
Kevin Uzzell				41			37					45	123
Bernie Priekulis	41			37			35			41		36	119
Roger Bolsover	38			36			31						105
Simon Fielder				34			33			37		34	104
Peter Williams	36			32			29			35		33	103
Mike Hammond				31			32			38		31	101
Dave Upton	35			30			28						93
Dave Baddley	31			26			26			32		30	89
Richard Shaw	32						25			31		29	88
Lew Badger							36			45	41	37	81
Gerald Davis				33							38		71
Bill Clarke							34					35	69
Gerry Barnard	30									34			64
Andrew Wilding	33			29									62
Geoff Shallcross	34						27						61
James McLellan							24			33			57
Dave Baxandall											37		37
Jim Brough	37												37
Terry Murphy										36	36		36
Chris Barlow												32	32
Tony Bridgewood							30						30
Bob Pope				28									28
John Haine				27									27
LADIES													
Angela Coker	50			50			50				50		150
Barbara Brough	41						38				45		124
Pam Davies	37			45			37						119
Kym Billington-Baddley	38			37			34			41			116
Angela Glendenning	35			36			33						104
Paula McLellan	36			35			32						103
Lynne Foster							45			50		50	95
Rita Banks	45						41						86
Margaret Shaw							36			45			81
Rose Gillick				41									41
Ros Barker				38									38
Sue Smith							35						35

Group 1 Newcastle 7 — Milton 10k — Leek Half
Group 2 Trentham Trailblazer 15k — Stone 10k — Madeley Half
Group 3 Stafford Half
Group 4 Stafford 20

Tittensor 10 — John Oultram 10 — Bourton-on-the-Water 15 — Any Marathon

SMM Club Championship 1997 - Marathon Table

George Kay	2.52.25(50)	Kevin Uzzell	2.53.32(45)
Jonathon Howell	2.55.28(41)	Dave Gillick	2.59.15(38)
Lew Badger	3.05.49(37)	Bernie Priekulis	3.06.15(36)
Bill Clarke	3.11.16(35)	Simon Fielder	3.30.09(34)
Peter Williams	3.38.11(33)	Chris Barlow	3.40.59(32)
Mike Hammond	3.48.00(31)	Dave Baddley	4.08.58(30)
Richard Shaw	4.16.20(29)		

Lynne Foster 2.44.40(50)

Subject to ratification

AEROBICS

Classes resume on September 3rd with a Step session. These will alternate with Stretch/Tone sessions up to the end of the year.

Classes start at 6.35-6.40 and cost: £2 per week

RECENT RESULTS....

Halesowen Hillock (MT) 10+ miles - Sunday May 4th

Dave Baxandall	1.27.48

Longton Park 5k Tuesday May 13th

John Clemens	17.59	Kevin Uzzell	18.21
Elaine Statham	18.46	Lew Badger	19.17
Vernon Olivant	19.31	Gerry Barnard	22.27
Lynne Foster	22.29	Barbara Brough	23.24
Mick Statham	23.24	James McLellan	24.15
Paula McLellan	27.03		

Trentham Trailblazer - Wednesday May 21st

John Clemens	57.06	Jonathon Howells	58.11
Kevin Uzzell	59.17	Dave Gillick	59.37
Bernie Priekulis	60.34	Roger Bolsover	63.33
George Kay	64.28	Simon Fielder	64.37
Gerald Davis	66.41	Peter Williams	67.08
Angela Coker	68.15	Mike Hammond	68.50
Dave Upton	71.52	Andrew Wilding	73.19
Pam Davies	73.24	Rose Gillick	74.23
Bob Pope	74.50	Ross Barker	75.32
John Haine	76.27	Dave Baddley	81.01
Kym Billington-Baddley	83.23	Angela Glendenning	87.35
Paula McLellan	88.56		

***JC 1st V50,GK 1st V60
AG 1st F60***

Palethorpes Carnival 10k - Sunday May 25th

Peter Williams	42.31

Eldersfield Beer Race, Tewksbury (4.2 miles) - Monday May 26th

Dave Baxandall	30.48

Michelin TT8 - Sunday June 1st

John Clemens	48.50	Kevin Uzzell	49.23
Dave Gillick	49.53	Bernie Priekulis	51.49
Lew Badger	53.36	George Kay	53.50
Roger Bolsover	53.57	Simon Fielder	55.56
Gerald Davis	56.03	Peter Williams	56.32

Michelin TT8 - Sunday June 1st (Cont'd)

Dave Upton	58.02	Terry Murphy	61.00
Bob Pope	61.46	Lynne Foster	62.09
Pam Davies	62.32	Dave Baddley	66.26
Kym Billington-Baddley	68.11	Paula McLellan	75.26

***JC 1st V50,GK 1st V60
KB 3rd F35, PD 2nd F45***

Tunstall Park 5k Tuesday June 3rd

Kevin Uzzell	18.01	John Clemens	18.24
Dave Gillick	18.38	Lynne Foster	22.42
Barbara Brough	23.26	Paula McLellan	26.35
James Mclellan	32.23		

Downsman 100 -

Celia Hargrave	28.5 hrs	George Kay	28.5 hrs

Newport (Shrops) 10k - Saturday June 14th

Elaine Statham	38.17	Mick Statham	41.27
Dave Baxandall	43.21		

ES 1st FV

Sentinal Ladies 3 mile - Saturday June 14th

Ros Barker	21.10	Lynne Foster	21.45

RB 2nd lady

Potteries Marathon - Sunday June 15th

Kevin Uzzell	2.53.32	George Kay	3.00.09
Bernie Priekulis	3.10.36	Bill Clarke	3.11.16
Peter Williams	3.38.11	Chris Barlow	3.40.59
David Baddley	4.08.58	Richard Shaw	4.16.20

GK 1st V60

Barton under Needwood 10k - Sunday June 15th

Gerry Barnard	45.47

GB 1st V60

Shugborough Relays - Wednesday June 18th
Mens Veterans - SMM 12/25 - Bernie Priekulis 11.46, Julian Gill 12.39, Peter Williams 12.36, Roger Bolsover 12.24 - **49.25**.

Shugborough Relays - Wednesday June 18th (Cont'd)
Mens Super Veterans - SMM 3,8,12,16/18 - John Clemens 10.59, Lew Badger11.44, Dave Gillick 11.23, Kevin Uzzell 11.19 - **45.25**. Bill Clarke 12.00, Chris Barlow 12.13, Brian Hall 12.37, Phil Sharratt 12.32 **49.23**. Dave Upton 13.09, Roger Bolsover 14.02, Mike Hammond 12.46, Bill Clarke 12.40 - **52.37**. Terry Murphy 13.30, Peter Salt 15.51, Robin Cope 12.49, Mac McCoig 13.55 - **56.05.**
Mens Ultra Veterans - SMM 1,2/5 - Jim Brough 12.20, Gerry Barnard 14.11, Bob Pope 13.40, George Kay 12.38 - **52.49**. Gerald Davis 12.21, Derek Palmer 13.54, John Elson 14.06, Syd Carnell 14.06 - **54.28**.
Womens Veterans - SMM 2,8/8 - Ros Barker 13.09, Rose Gillick13.34, Pam Davies 13.28, Angela Coker 12.57 - **53.08.** Lynne Foster 13.42, Barbara Brough 14.49, Monica Darlington 17.09, Irene Murphy 17.42 - **63.21**.
Mixed Veterans Open - SMM 7/8 - John Haine 13.37, Gill Pointon 16.02, Sue Haine 16.39, Simon Probert 13.46 - **60.05**.
Generation Team - SMM 2/2 - George Kay 12.34, Russ Hall 11.22, Dean Gillick 11.18, Jonathon Howell 11.14 - **46.27**.

Bourton-on-the-Water 15 - Saturday June 28th

Jonathon Howell	1.35.46	John Clemens	1.36.33
Lew Badger	1.41.14	Gerald Davis	1.46.03
Angela Coker	1.53.45	Dave Baxendall	1.56.39
Terry Murphy	1.57.36	Barbara Brough	2.05.19

Clayton 5 - Wednesday July 9th

Kevin Uzzell	30.28	George Kay	
Lynne Foster		Dave Baddley	40.40
Kym Billington-Baddley	41.53		

KU 1st V50, GK 1st V60, KB 1st F35

Chase 10 - Sunday July 13th

Lew Badger	68.	Gerald Davis	71.40
Robin Cope	72.40	Dave Upton	77.40

Crown Classic 5

Gerald Davis	33.30

The Roaches

John Clemens	Jonathon Howell
Kevin Uzzell	

Crown 10k

Jim Brough	41.32	Barbara Brough	48.37

JCB 5 Miles

Barbara Brough	38.29

BB 1st F50

Cheadle Festival 4 - Sunday July 13th

Jonathon Howell	23.57	Kevin Uzzell	24.09
Roger Bolsover	25.42	Simon Fielder	26.53
Peter Williams	27.06	Ros Barker	28.41
Terry Murphy	28.52	Lynne Foster	29.21
Mac McCoig	29.50	Gerry Barnard	29.54
Pam Davies	30.00	Richard Shaw	30.02
Barbara Brough	30.52	Geoff Shallcross	30.57
Dave Baddley	31.18	Margaret Shaw	31.39
Kym Billington-Baddley	32.50	Angela Glendenning	37.29

Birchfield 10k - Wednesday July 16th

Lew Badger	39.16

Deer Park 10k (Newport) - Saturday July 19th

Vernon Olivant	44.30	Gerry Barnard	47.50
Richard Shaw	51.51		

GB 1st V60

Gnosall 10k - Sunday July 20th

Lew Badger	38.57	Peter Williams	43.04
Lynne Foster	46.06	Dave Baddley	50.42
Kym Billington-Baddley	51.33	Peter Salt	58.37

LF 1st F40

Fenton Park 5k Tuesday July 22nd

Kevin Uzzell	18.50	Dave Gillick	18.55
Lew Badger	19.55	Lynne Foster	23.14
Gerry Barnard	23.52	Barbara Brough	24.
Paula McLellan	26.39		