SAPIENTIA

STONE MASTER MARATHONERS

Sapientia atque Levitas

December/January 1998-99

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Editorially Speaking

The end of another NSRRA series heralds the end of the year : we are approaching Christmas and beginning to make plans for the year to come. Certainly for myself I plan to put a very dismal year of not much racing behind me and strive to be back competing next year. In fact to spur myself on I have just committed myself to run the Stafford 20 which George has very cannily included on the NSRRA renewal form. Now all I have to do is get myself fit to complete it!! The Club Championship has all but been completed with just the marathon points scores to be adjusted. Indications are that next year the Championship is to be run under amended rules although these have yet to be approved by the committee. We'll update you in the next issue and bring you a list of the nominated races for 1999.

While I think of it, and with the hope that my contributors actually read this bit!. At the time the next edition of *Sapientia* is normally issued Patsy and I will be on holiday and so I'm hoping to be able to publish the first week in January if I can get all those promised contributions in early - say, before Christmas?! If that doesn't work out then it will be later than usual. As it will carry details of next year's Club Championship races and that sort of thing the preferred option is to publish early. Thank you all in anticipation.

Now to this issue. There's certainly something to think about in George Kay's suggestion for a Millennium run. (Note for the committee - after the 2000 mile relay first suggested this should be a very welcome solution!). My thoughts? Let's go for it but do let George know your thoughts by means of the enclosed slip by the end of the year. Otherwise, the usual things you expect to see at this time of the year and in the abscence of more news from the current season, I've resurrected an article that first appeared in "Todays Runner" a few years ago. Ah, memories!

As you will see in in the page that folllows, David and Angela are making their usual donation to a deserving charity in lieu of sending local Christmas cards. Patsy and I have also opted to do this as have Maggie and Roger Westhead, and there will surely be others in the club doing the same thing. So from all of us, this is the place where we now take the opportunity to wish you all a very happy Christmas and a prosperous 1999.

Take care

Gerry

Chairman's Chatter

We are well into the dark nights now. You can always tell when they start, we have a fish and chip night to remind us!!!

Then all the white (or grey!) kit comes out from the bottom of the drawer or it can't be found until a sudden brainwave and there in a crumpled heap in the very bottom of your sports bag it sits awaiting resurrection!

But it's good to see you all found it and wear it on Wednesday nights.

It will probably be December by the time this is published and as we all know only too well Christmas will be on top of us before we know it! As a lot of you are aware, Angela and I wish everybody we see regularly all the very best seasonal wishes for Christmas and the New Year. We then send a donation to the Queen Elizabeth Liver Unit and some of you help to boost the amount we send off each year. So thank you in advance (and anticipation!) to those of you, after all the cash goes to a good cause, and it might save a tree or two by not buying cards!!

Once again, A Very Good Christmas and Happy New Year to you all.

Don't forget the Chairman's Shuffle on the 23rd.

Much Sapientia.

Dave Mason

News Briefs

Good to see that Howard Jones has rejoined us and turns out regularly on a Wednesday evening. Howard's ddress is: 4 Windmill Drive, Audlem, Cheshire, CW3 0BE Tel:01270 811836. Please hand amend your address List accordingly.

With immaculate timing Pete Moseley turned up unannounced and ran for us at the recent Parkhall X-Country race - without him we would not have had a team of six! Due to the awful rain he was gone by the time I'd finished but at least we managed a few words before the race. I also met up with Malvern-based Geoff Frost early in October when we both took part in the Malvern Trig Point race, along with Geoff's son who is currently at Newcastle University. Geoff is well and hopefully will pay us a visit sometime next year.

Also news of old member Ian McGibbon who with wife Evelyn has recently moved and can now be found at: Rosebank, 2 Bourtree Avenue, Kirkcudbright, DG6 4AU Tel: 01557 332469

For anyone thinking of taking part in the Cannock Chase Trig Point race in January a reminder that before the start of this year's race it was stipulated that all competitors must carry (or wear) a windproof suit, a requirement that caused a bit of a problem for some who didn't have them readily available. Have a word with Dave Gillick or John Clemens.

Commiserations to Celia Hargrave who sustained a broken wrist in a fall on the Pennine Way and is hospitalised at this time for surgery . On behalf of all your clubmates I'd like to wish you a speedy recovery,Celia.

TheWolverhampton Marathon has been offered the British Vets Championship and has already accepted to host the Staffordshire County Championship Marathon in 1999.

Included in this issue should be a Membership Renewal Form, a 1998 Race Results Sheet and a Millennium Run questionaire which should be returned to John Clemens, Richard Shaw and George Kay respectively. For those that are not aware, some of the Club annual awards are based upon the race results so it is particularly important to get them to Richard early in January. Extra/ replacement form available from Gerry.

Running Around Christmas

Sunday - 20th

First event is the annual Mince Pie Run - departing from the Club at 9.30 am and returning for mince pies and whatever later.

Wednesday - 23rd

*Next is the **Chairman's Chase** or **Bare Wrist Run** (no watches!)which starts outside of the Club at **6.30 pm**. Be there early to register your target time with the Chairman.*

Saturday - 26th

*The traditional **Boxing Day Run** provides the ideal opportunity to run off the excesses of yesterday in convivial company - meet at the Club for **11.00 am** start/stagger.*

Monday - 28th

*An away day - meet at **11, Trinity Road, Eccleshall**. Room for a couple of cars to park at the house, otherwise please park at the school or Community Centre at the top of the road.The run will start at **10.00 am** approx which will allow those who arrive at the club at 9.30 to be re-routed there. Coffee and something at No 11 Trinity to follow.*
*Contact **Gerry or Patsy** on **851483** with any queries.*

Wednesday - 30th

Normal club run

NOTE:

*When you are starting your 1998 diary, do not forget to reserve Saturday **February 6th** when the annual **Presentation Dinner** will take place. See the full page ad. in this issue for details.*

A Millennium Run for SMM

You may have heard murmerings to the effect that "*SMM should do SOMETHING to commemorate the MILLENNIUM*". 'Nothing ventured, nothing gained' and it would be a pity to let '2000' slip by without something special; nor is it too early to 'take out copyright' on an idea and date ! On the other hand, while 'big ideas' are exciting and stimulating - and rewarding if achieved - we need to take our limitations as well as our capabilities into account. So my aim is to outline a worthy and challenging idea which Celia and Dave Hargrave discussed with me; and, secondly, to ask YOU - ie the club members and committee - what you think of it in principle and what you think you might be able to do to implement it ie: will you put your feet where your mouth is ?

Date and Place; the summer solstice of 2000 - Wed 21st June (or 18th/24th as nearest Sundays - though 18th is Potts. Marathon date) - at Stone.

Objective: to run 1000 miles or km around Stone in 24 hours - or in 1000 minutes (ie 16h 40m).

"A thousand miles in a thousand minutes" sounds good - and we could - or some of us could - start at 4.00 am and clock off for fish and chips at 20.40 !

We would identify a number of 'circular routes' based on our club runs, all starting and finishing at the club house (Event HQ) and covering distances from say, 3 miles up to 20/25 miles. Each member could contribute as many miles as he/she felt able to do at times chosen by themselves within the specified period and over their choice of the specified routes. One could run once, or one could run/jog several times, or one could run/walk all the time ! We would have to know each participants intentions well in advance. At the centre of this 'rose of routes' would be "the recorders" - logging the ever increasing distance covered, monitoring progress towards the target, handing out bouquets or cracking the whip, or sending out the 'press gang' as appropriate or necessary. Watering holes/feed stations could be established in advance, probably for self-service but with the need for supervision/replenishment from time to time - ie there will be a key role for a 'HQ and support team' no less than for the feet on the roads/paths - though of course one may run and support at different times.

The advantages of this 'home-based run' compared with those of point-to-point relay are more or less self-evident in terms of practicability; involving everyone, all or part of the 'day' (with a party at the end if we finish before midnight ?); adding to the Stone/Staffs scene while still being 'big' enough to be 'noted' in wider circles. So what are the logistics/problems ?

The planning and preparation are manageable: the 'big question' is how many miles do we have in our collective legs ? Consider the following options:

	Average miles per Runner	
No. of Runners (621m)	*Target 1000m*	*Target 1000k*
60	*16.66m*	*10.35m*
50	*20.00m*	*12.42m*
40	*25.00m*	*15.53m*

I have chosen the 40-60 range because I feel we should be able to deploy this sort of number. I now develop the argument assuming 50 runners: and I guess we would be hard-pressed to get them all to do twenty miles. So what of 10x10m + 10x15m + 10x20m + 10x25m + 10x 30m = 1000 miles ? If we settled for 1000km the distances for each 'group of ten' would fall to 6.2m; 9.3m; 12.4m; 15.5m and 18.6m. Personally, I feel that 1000 miles would be a stiff challenge - and may well depend on a few members being able and willing to 'run all day' for 50 miles or more. The 1000km would not be easy but obviously it is MUCH easier.

Personally, IF we can get some sort of commitment soon from about 50 of us, I would say "Give it a Go". And no messing about: try for the miles and settle for the continental option only if we have to ! Finally, much depends on the core "planning team" and no doubt the Committee will address this matter; but I would be pleased to take an active part in advance planning - and would hope to be on the road on the day !

George Kay, 18 November 98

Please fill in the questionaire that comes with this issue to let George know of your intentions/hopes/aspirations/comments.

STONE MASTER MARATHONERS

Sapientia atque Levitas

Words from your Captain

Since my last update we are now well and truly into the restricted Wednesday evening winter runs. I am where possible looking to vary the outings and for the first time on 18th November organised a successful torch lit run over fields and unlit footpaths and roads. Whilst a route was devised, we were able to easily increase the distance on the night. Fortunately, no injuries occurred and it was extremely pleasing to see everyone helping each other as safety was on everyone's mind. Later in the evening over a pint, I was asked to repeat such a run every other week! But a lot depends on prevailing weather conditions.

During the last few weeks we have experienced some good and not so good results. Due to the appalling weather our Karrimore Marathon runners consisting of John Clemens, Jonathan Howell, Bernie Prekulis, Mac McCoig and Simon Probert retired early as did the majority of entrants! The same weekend my wife Margaret, once again beat me in the Snowdonia Marathon (2nd year running!) but this time overtook me just as we smiled for the official camera call at 18 miles. She is of course much younger and does not carry my weight ,I don't think it will be third time lucky!!
We have managed to field both ladies and men's teams at the Cross Country events but apart from Stafford Common on 21st November when we were unable to pull together a ladies team primarily due to our regulars sidelined through injury.

The NSRRA events have now been completed and congratulations to our Ladies team yet again taking first place in the Veterans Team Award with 1744 points some 750 points ahead of their nearest rivals. Our men were runners up and only 79 points behind the winners- Trentham. Thank you to all those who took part in the series and a special mention to Rita Banks-5th, Pam Davies 6th and Ros Barker 8th in the "L" Group. Also Kym Billington-Baddley 4th, Angela Glendenning 8th and Paula McLellan 9th in "M" Group. Simon Probert won "X" Group, Tony Bridgwood 4th and Terry Murphy 6th in the same Group. Vernon Olivant 5th in "D" Group, Simon Fielder 4th in "V" Group and last but not least your captain 4th in "Z" Group. Look forward to seeing you all at the annual presentation evening on 22nd January 1999.

I would like to take this opportunity to wish you all a very Happy Christmas and Prosperous New Year and thank you all for supporting the club either by your feet, mouth or any other part of your anatomy during 1998. Looking forward to another good year in 1999

STOP PRESS..... I have received 3 Club Guaranteed Entries for the London Marathon on Sunday 18th April 1999. If you are unsuccessful in the ballot and you still wish to be considered for one of the guaranteed places please let me know as soon as possible.

Idle Thoughts of an Idle Jogger, by Plodder

This issue has turned my mind to the telly. I don't watch much telly as a rule - my hero Frank Zappa says it poisons the mind and saps your will to live. I would tend to agree, but there are some things on the box worth watching - and - he was referring to American TV. Clearly he'd never seen Emmerdale Farm or Blind Date.

I watched a programme about a bloke (George McCoy - no relation) whose business was publishing a guide to the best British massage parlours. The cameras followed him about whilst, like Egon Ronay, he sampled the wares of his chosen emporiums, grading their performance. He was clearly a man who enjoyed his work and a man who had high standards; since at no time did he remove his flat hat or socks.

What you may ask has this to do with running? Well it is clear to me that George McCoy is an allegory for ourselves. George and his Massage Parlour Guide is an allegorical runner in his relationship with his training and his running club.

What George was really about was improving standards. He had his hobby and he wanted to get the best out of it. He had realised that you get out what you put in. He records and monitors and knows as a result, when things improve or deteriorate. This parlour has no policewoman's uniform in their kinky collection, that parlour has rusty chains and so on. Well, we should do the same! Not the chains or the kinky outfits, but in terms of setting standards (mind you the Club Kit.....all that lycra....).

The Massage Parlour is our Club. We pay our dues (Some sooner than others, of course. I am given to understand that the Treasurer has certain photos on all club members which can be used against the eventuality of non-payment), and we get certain services. Are those services good quality? Yes! Excellent facilities and excellent company with well-organised runs and all sorts of different costumes to wear on offer. I would stand our club against any in the world. The Masseuse is the Club Committee who guide us and shape the club, massaging the constitution. Sapientia is like the Guide, giving us all sorts of useful bits of information, if we care to read it.

And finally George is ourselves: keeping firmly attached to our persons, against all adversity, the flat cap and socks of life. Sapientia!

Among My Souvenirs

is a 1987 report by Ian Thompson, European and Commonwealth Marathon winner, on business trip with a difference.....

"Ian Thompson has been jetting around recently, and found himself lining up for a 50 miles team race at short notice..."

Ian hands over to Peter Robinson during the 50 mile relay in Bahrain. The scenery looks a little dull!

"I like running because wherever I go in the world I can find a bunch of like-minded loonies who make me welcome. Recently it was the Bahrain Hash House Harriers and the Bahrain Striders who turned an ordinary business trip into a memorable experience.

At three days' notice I was invited to run a unique event, the second annual Ultra Marathon Relay, a 50 mile race for teams of three men or five women. The course was one big loop on the roads around the north end of Bahrain. The course was mostly flat on wide modern roads, some dual carriageway. Fortunately for me, the weather was very bad, mostly overcast with rain which kept the temperature down in the 20s (Centigrade).

The team I was 'drafted' into was called the Thomas Cook Tigers, and consisted of two 'expats', Gerry Barnard and Peter Robinson. And doing a great job behind the steering wheel was Graham Ashdowne, who had the most nerve-wracking job, keeping just in front of the man running and then having to find a place to stop for a moment while we did a change-over.

There was no set distance for each runner, so it would best be descibed as a Paarlauf relay. On average we changed every 700 to 1,000 metres, a tactic which seemed to work quite well compared to those teams who opted for longer five kilometre legs each.

The race was consequently a four and a half hour interval session, and although we kept up a good rhythem all the way, we were not strong enough to hang onto a young, fit team from the Qadisaya Club, local lads from the Bahrain Defence Force.

Despite going off course a couple of times, they still beat the Thomas Cook Tigers by 3 mins 59secs, while a team calling itself "Past, Present and Future" (yes, you've guessed, made up of a Junior, a Senior and a Veteran) finished third out of 33 teams.

The team names were a great feature of the event. My favourite was the ladies' team representing a Swedish Gym Club called the 'Svetti's' who named their team the Svetti Bristols.

After the race there was a poolside barbeque and a chance to swap yarns and evaluate tactics. Next year if I can organise my travel plans I'd like to try doing it as a session of 300 to 400 metre bursts. Now that would be a king sized interval session...

The Thomas Cook team which finished second take a breather after their 50 mile relay epic

Another distinctive feature of running Bahrain is the Hash. This is a throwback to the old paperchase, Hare and Hounds type of cross country running.

Three days after the relay a Hash run was just the right sort of gentle exercise I needed, plodding through the desert (actually quite muddy in places from the Spring rains) following a trail of paper and painted arrows to find a check point indicated by two coloured spots. Then a chance for the slower runners to catch up and take a breather while the fitter and faster hounds searched around looking to pick up the trail again.

Once found, the leaders shout "On, on" and everybody follows. Sometimes the trail turns out to be a false scent, marked by three spots, so the faster runners have to charge back again to pick up the right trail that leads to a two spot check point.

The Hash is a great way of giving 300 or more runners of widely varying standards an hour's exercise before the sun goes down and is a great excuse for a beer or two afterwards. Bahrain is one of the few places in the Gulf region where alcohol is not illegal!"

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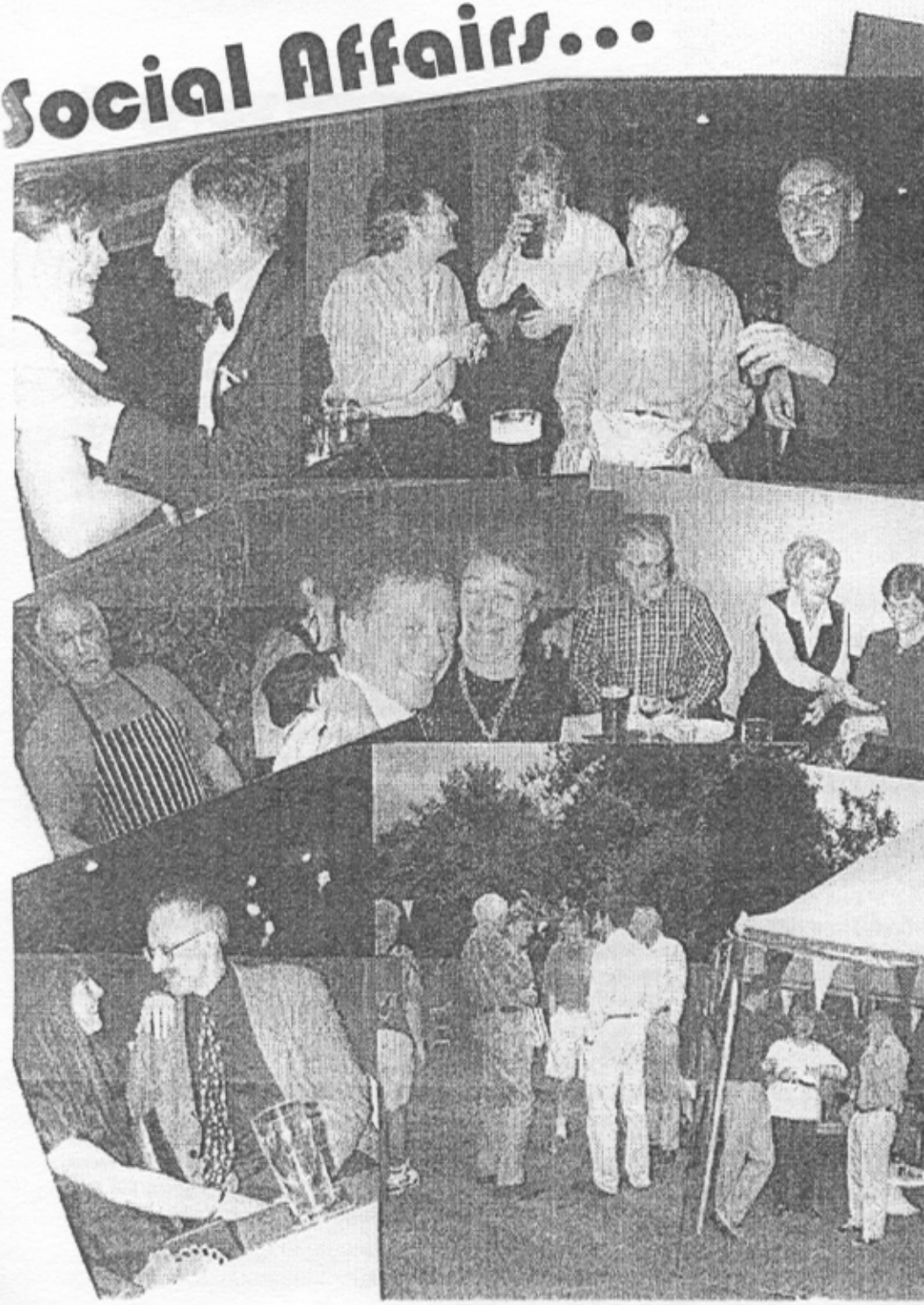
Social Affairs...




TEAHOUSE
ECIALI

Training for the Half-Marathon

Autumn is a popular time to run a marathon, but its offspring - the half-marathon - is also a fairly common event at this time of the year. The shorter race is sometimes looked down upon by incorrigible marathoners, but such aspersions ignore some basic facts. First of all, half-marathon training can lead to much-improved marathon and 10k performances. In addition, half-marathons are much easier to recover from than the marathon. The half-marathon is also a tremendous race to run as a workout; it can have a very useful effect on your LTRV(lactate-threshold running velocity). And of course, the half-marathon is a great race for someone who wants to run something long but isn't quite ready for the relentless pounding of a full 26.2 mile competition.

While training for the half-marathon is a bit like getting ready for the marathon, the shorter event has its own unique qualities. For example, you don't need to negotiate an 18 to 20 mile long run before you attempt a half-marathon, even though such an effort is nearly essential for marathon success. And half-marathon training certainly doesn't have to involve the total training volume normally associated with 42k racing. Finally, since half-marathon pace is ordinarily about 5 per cent faster than marathon velocity, it requires a heftier portion of fast training than its double-distance relative.

On the other hand,preparing for a half-marathon is like pre-marathon work in two key aspects, which we'll mention in a moment. And of course in a very fundamental way half-marathon groundwork is much the same as getting ready to compete at any distance: in order to do well, you must first completely understand the specific demands of the race you're going to enter - and then shape your training so as to best prepare yourself to meet those demands. In that regard, it matters not whether your distance will be 800 or 21,100 metres!

Getting down to cases

So let's look at the specific requirements of the half-marathon. Obviously, if you want to complete the race successfully, you do have to be able to cover 13 miles in one crack. That's no big deal: building up to a training run of 11 or 12 miles will reassure you of your ability to do that. However, the really important point about the half-marathon is that its intensity - if you prepare yourself properly - will be just 2 to 3 per cent lower than your lactate-threshold intensity, or LTRV. LTRV, you'll remember, is the running speed above which large amounts of lactate begin to pile up in your blood. It's also the best predictor of your performance prowess - at events ranging from 800 metres up to the marathon.

Now, that observation - that half-marathon intensity is 2 to 3 per cent below LTRV - tells you two very imortant things. First, you must train yourself so that you can function just a tuck under LTRV for a long time, or more specifically, for the full 13 miles of the race. Second, the higher your LTRV, the faster will be your half-marathon time. If you move your LTRV up by 1 per cent, your half-marathon clocking will improve by 1 per cent. Raise your LTRV by 5 per cent, and you cut your half-marathon time by the same amount. You've got to train to maximise LTRV!

Family connections

Of course, that links the half-marathon with its mother, the full marathon. In the latter, there's also a tight bond between LTRV and race pace, which is about 5 per cent below the lactate figure. And, as in the half-marathon, marathon times improve as your LTRV ascends. Hike LTRV by just 7 metres per minute, and your marathon pacing will climb by the same

amount, shaving more than five minutes from your finishing time if you're are about a three hour finisher.

However, there's another critical link that you're probably not aware of. Although people tend to connect the half-marathon with the marathon, it's of course much closer, distance-wise, to the 10k. If you can run a 10k, you just need to tack on 11 more kilometres to finish a half-marathon. In contrast, if you can run a half-marathon, you need to figure out a way to handle 21 more ks if you want to complete a marathon. To put it another way, a half-marathon is just about one-third of the way - not half the way - in total distance between a 10k and a full marathon.

In spite of that, your pace for the half-marathon, if you've trained properly, will nestle in about half-way between 10k and marathon velocities. Run the 10k at 4:20 per mile, and your half-marathon tempo should fall no lower than 4:34 per mile. Meanwhile, your marathon time will settle at just about 4:48.

Run the 10k in 6:24 per mile, and your half-marathon striding will scoot you through each mile in 6:45. If you try the marathon, you'll run at about 7:04 or 7:05 tempo, at least for most of the race. Again, half-marathon speed is almost exactly between 10k and marathon pacing.

If you usually ease through your 10ks at about 10:02 per mile, your half-marathon running will settle in at around 10:34 per mile. And, once more, that will be half-way to your marathon pace of roughly 11:06.

Thinking intensity

Interesting, but so what? Well that "half-way" position of half-marathon velocity means that the intensity demands of the half-marathon are as close to the demands of the 10k as they are to the marathon. That's a very key point (remember: to train appropriately for a race, you must first recognise the specific demands which the race will place on you).

Since half-marathon and 10k intensity are close together, preparing for and running a series of 10k races will really help your half-marathon performances. For one thing, the neuromuscular-coordination requirements are similar, so there will be a good "carry-over" from the 10k to the half (as you get more efficient at 10k pace, your economy while running the half should also improve). In addition, 10k work will make half-marathon pace feel less stressful, since the latter race is slightly slower.

Finally, optimal 10k training involves carrying out a lot of work at around 10k intensity (that's of course because of the specificity principle, which says that to get better at something - in this case running at 10k speed, you must practise that specific thing). That's great, because 10k intensity is the best training intensity for heightening LTRV. You'll recall that boosting LTRV is one of the paramount ways to become a better half-marathoner. As you can see, you can't lose with 10k type training for the half-marathon! Basically, if you can run a PB 10k, you're on your way to running a personal best half-marathon, too.

The road ahead

So, you've got three primary tasks ahead of you as you prepare to run a great half-marathon: (1) you should train as though you were getting ready to run a terrific 10k, (2) you should maximally boost LTRV, and (3) you should learn to function at just under LTRV (eg, at half-marathon tempo) for longer and longer periods of time (in fact 13.1 miles would be nice).

How do you do that? Pretty easily. We've already covered optimal 10k training fairly extensively in PP..... ...you already know that 5k races, five minute intervals at 5k pace, 10 minute intervals at 10k pace, and 10k fartlek runs (during which you alternate two or three minutes at 10k pace with one minute jogs) represent the keys to 10k success.

Boosting LTRV was also covered in a very recent issue..... heightening LTRV involved (1) sparking along for 10

minutes at 10k pace, with three to five minute recoveries (yes, the same workout you need for 10k success), (2) hitting 10k speed for six minute intervals, with just one or two minutes of recovery, (3) sizzling through three minute intervals at two mile race pace, with two minute recoveries, and (4) cajoling your legs into 25 minute continuous runs at a speed which is 10 to 12 seconds per mile slower than your current 10k tempo.

PHMP

But there's one, absolutely critical additional workout - the one which satisfies the third requirement of half-marathon running, which is to learn to operate at your best possible half-marathon speed for longer and longer amounts of time. That training session is called the PHMP workout, with PHMP standing not for a new sports nutrition supplement but for a "planned half-marathon pace". It's a very straight-forward workout: you just warm up and then run at your planned half-marathon pace (PHMP) over a well defined distance.

But how do you know what your PHMP is? It couldn't be simpler. If you've trained correctly for the 10k, then you've been consistently running some good 10ks. So take your recent 10k PB and multiply it by 2.222 to get your goal half-marathon clocking. Example: Nellie is feeling fit, has been running 10ks in 42 minutes flat, and would like to know her PHMP. 42 x 2.222 = 93.324 minutes, or about 93 minutes and twenty seconds (93:20). Dividing 93.324 by 13.1 miles, Nellie finds that her PHMP is about 7.07 per mile.

That's it! All you need to know to be successful in the half-marathon. Now you must simply put the ingredients together into a coherent training programme, and you'll be all set to run a great race. Yes, we have a schedule for you, but note that we haven't wasted space by putting down "Easy run of 5 miles" under the Tuesday column and "Easy run of 4 miles" in the Thursday slot. Instead, we'll just give you the key workouts; the non-intense efforts are up to you. Basically, what you can do is prepare for some 10ks, run 10k competitions for a month or so, and then slip into a six week training block which will lead you to a PB half-marathon. The key workouts in that block will look like this (you can position the workouts within the week according to your own preference; for example, during week 1 you might do the LTRV run on Tuesday, the 10 minute intervals on Thursday, and the PHMP workout on Saturday or Sunday. The actual day of the week assigned to each workout doesn't really matter, as long as you are recovering adequately between sessions):

The half-marathon schedule

WEEK 1

Toughie No 1: Three 10 minute intervals at 10k pace, with 5 minute recoveries.

Toughie No 2: Three miles at PHMP.

Toughie No 3: A 5k race or time trial.

WEEK 2

Toughie No 1: Four 6 minute intervals at 10k pace with 1 to 2 minute recoveries.

Toughie No 2: Four miles at PHMP.

WEEK 3

Toughie No 1: 3.5 continuous miles at LTRV (10 to 12 seconds per mile slower than your current 10k PB).

Toughie No 2: Repeat 800s at a pace which is 6 seconds per 800 faster than your current 5k pace.

Toughie No 3: Six miles at PHMP.

WEEK 4

Toughie No1: 10k fartlek session (alternate 2 to 3 minute bursts at 10k speed with one minute or so of easy jogging over a 10k distance).

Toughie No 2: Seven miles at BHMP.

WEEK 5

Toughie No 1: Moderate hill session (on a tough steep hill, do six or more repeats, but not enough repetitions to induce soreness).

Toughie No 2: Three 10 minute intervals at 10k pace, with 5 minute recoveries.

Toughie No 3: 5k race or time trial.

WEEK 6

Toughie No 1: Nine miles at PHMP (early in the week).

Toughie No 2: 5 minute intervals at 5k pace, with 3 to 5 minute recoveries. Leave the workout feeling fresh and charged up, not mentally and physically drained.

WEEK 7

Taper properly during the seventh week by trimming mileage by 65 to 70 per cent. Focus on short, fast, but non-soreness-inducing sessions (repeat 400ks at 10k pace). To run a great half-marathon on Sunday at the end of this taper week, complete six 10k paced 400s on Monday, do a three mile PHMP effort on Wednesday, and run three 400s on Friday. Everything else should be small and easy! If your half-marathon is on Saturday, back everthing up a day (the 400s on Sunday, PHMP on Tuesday, etc.)

People often ask what the optimal weekly mileage level is for half-marathon training, but it's important to remember that there's no such thing. You'll run your best half-marathon when you've reached your highest fitness level, not when you've racked up the most miles or attained a mystical mileage level mentioned in a running book or magazine article. Highest fitness means maximising VO2 max and LTRV, developing the lowest possible running economy, and stimulating your body to handle flawlessly the specific demands of half-marathon racing. The schedule outlined above is designed to do just that.

The same considerations apply when we think about what your longest weekly training run should be. Always remember that you run your best when you're fittest, not necessarily when you have managed to build up to a 15 or 20 miler. Probably the longest run you really need for half-marathon success is just 11 or 12 miles.

Owen Anderson

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SMM Club Championship 1998 - Marathon Table

Vernon Olivant	3.05.17(50)	Bernie Priekulis	3.05.46(45)
Lew Badger	3.09.10(41)	Simon Fielder	3.10.09(38)
Kevin Uzzell	3.10.22(37)	Simon Probert	3.22.20(36)
Bill Clarke	3.28.30(35)	Russell Hall	3.32.36(34)
Terry Murphy	3.44.01(33)	Chris Barlow	3.44.57(32)
Peter Williams	4.05.01(31)	Richard Shaw	4.28.38(30)
James McLellan	4.34.04(29)	Dave Baddley	5.00.19(28)
Peter Salt	5.42.44(27)		
Celia Hargrave	3.17.50(50)	Ros Barker	3.24.46(45)
Rita Banks	3.38.03(41)	Jayne Metcalfe	3.52.05(38)
Margaret Shaw	4.19.28(37)	Kym Billington-Baddley	5.00.19(36)

What's on.....Racing

Sat 05 Dec	14.00	Ladies North Staffs X-Country - Leek
	14.35	Mens North Staffs X-Country - Leek
Sun 06 Dec	11.00	Rugeley Power Station Xmas Pudding 10k
	11.00	Cardington Cracker 9 Fell Race (Shropshire)
Sun 13 Dec	10.15	Keyworth Turkey Trot ½ Marathon (Notts)
	10.30	Sneyd Xmas Pudding 10 (Walsall)
	11.00	MVAC 5 mile Christmas CC Handicap (Solihull)
	11.00	Mortimer Forest Hill Race 10 (Overton, nr. Ludlow)
Sun 20 Dec	11.00	Telford Christmas Pudding 10k
	11.00	(Upper Holme) Christmas Cracker 10k (Leek)
Fri 01 Jan	11.00	Gloucester NYD 10
	11.00	Gloucester New Year 5
Sat 09 Jan	11.00	Cannock Chase Trig Point Race (15 miles)
Sun 10 Jan	11.30	MVAC 1999 CC Championships (Perry Bar)
Sun 17 Jan	11.00	Ronhill Roman 9 (Stratford-upon-Avon)
Sun 31 Jan	11.15	University 10k
Sun 07 Feb	11.15	MVAC X-C Handicap (4½ miles) (Kingshurst)

.....

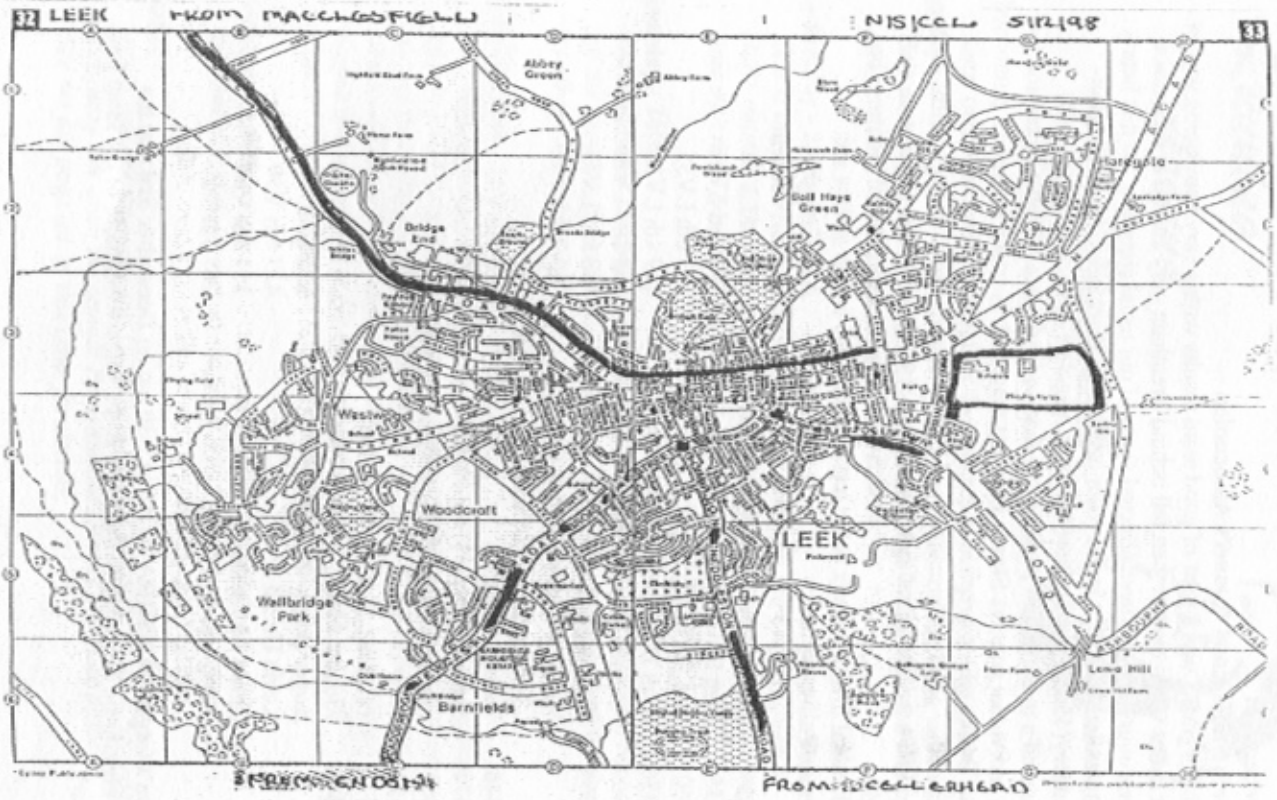
.....and the Potteries Hash

Sat 19 Dec	12.00	The Northwood Hash *start and finish at the the Northwood Inn Janet Place, Northwood - includes a free buffet (phone Lynne on 10782 265698 to reserve your buffet)*
Sat 30 Jan	12.00	The Dunkirk Hash *start and finish at the Dunkirk, Newcastle*

See maps on Club notice board for exact location

Questions/comments - call Angus on 01625 421216

"What is a Hash? Hashers follow marked trails on country paths and quiet roads rewarded by a good socialise in the Pub. It may be exercise, but its good fun too! Open to walkers and runners of all levels. A Free Drink to all newcomers, after the event!"


32 LEEK
FROM MACCLESFIELD
NISCELL SIRIES
33
Abbey Green
Bridge End
Wasiwood
Woodcroft
LEEK
Wellbridge Park
Barnfields
Gull Hays Green
Harrycote
Lowe Hill
TO STOKE
FROM BIDDULPH

ROUNDUP OF THE 1998 ROAD RACE SEASON

Starting with.....

North Staffs Road Runners Association

This for SMM was a year of good team results with a very convincing win by our ladies while our vet men fell behind Trentham only late on in the season when injury and sickness affected some of our usual stalwarts. So it is hearty congratulations to our ladies team of **Rita Banks(456), Kym Billington-Baddley(456), Pam Davies(435)** and **Angela Glendenning(395)** who amassed a massive 546 points more than second place Cheadle ladies and to our individual winners **Simon Probert** who took X-group by just 13 points and **Rita Banks** who triumphed in the ladies FV50 group. There have also been many other good performances and PBs by our members throughout the racing year and hopefully all of these have been highlighted by the Captain on club nights.

Individual SMM runners in the top ten of league or age groups are:

Group/Points/Name		**League Position**	**Age Group Points/Position**
L456	Rita Banks	5th	600 **1st** LV50
L435	Pam Davies	6th	555 2nd LV45
L260	Ros Barker	8th	323 6th LV35
M456	Kym Billington-Baddley	4th	469 4th LV35
M397	Angela Glendenning	8th	508 2nd LV55
M395	Paula McLellan	9th	498 3rd LV55
	Margaret Shaw		255 3rd LV45
D446	Vernon Olivant	5th	416 8th V45
V474	Simon Fielder	4th	367 10th V40
X580	Simon Probert	**1st**	537 2nd V55
X506	Tony Bridgewood	4th	
X428	Terry Murphy	6th	
Z 468	Richard Shaw	4th	
	Roger Bolsover		376 10th V45
	Kevin Uzzell		427 6th V50
	James McLellan		351 8th V60
	Gerry Barnard		247 9th V60

Don't forget the **NSRRA AGM** at 7.30 pm on **December 3rd** and the **Presentation Evening** on **January 22nd**. Otherwise, more of the same next year!

Club Championship - 1998

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

	GP1			GP2			GP3			GP4			Score
MEN	A	B	C	A	B	C	A	B	C	A	B	C	
Dave Gillick		50		50	50		45	50		50			150
Vernon Olivant	36		37	34		50			50	45	37	50	150
John Clemens		41	45	45	45		50				50		145
Kevin Uzzell		45	50	36	41	41		45				38	136
Bernie Priekulis			41	41		45	41				38	45	131
Chris Barlow	50			37		37	38					32	125
Simon Fielder	38	36	34	35	37	36	37	41	41	38	35	41	120
Dave Hargrave	41						35				41		117
Lew Badger		35	36		35			38	45			35	116
Roger Bolsover	37	38	38	33		38	31	36	38				114
Simon Probert	31	37	35	32	38	35		37			34	37	112
Gerald Davis	34					33	34			41	36		109
Tony Bridgewood	32	34	33	31	34		30	35	37				105
Terry Murphy			32	30	33	34	28	34	36		33	33	103
Peter Williams	33						29		35			31	99
Richard Shaw	30	33	30		30	31	27		34				98
Mac McCoig		32	31		31	32		33					97
Peter Salt			28			30	23		33		30	28	93
Gerry Barnard		31	29		32		26						89
James McLellan	28			28			22				31	30	87
Dave Baddley	29						25				32	29	86
Brian Coker	45						36						81
Bill Clarke					36							36	72
George Kay							33			37			70
John Haine				29			24						53
Russell Hall											45	34	45
Jonathon Howell				38									38
Jim Brough	35												35
Robin Cope							32						32
LADIES													
Celia Hargrave	50						50				50	50	150
Rita Banks	38	41	45	45	50		38	50			45	41	145
Ros Barker	45	45		50			45				41	45	140
Pam Davies	34	38	38		45	50	37		50		38		138
Margaret Shaw		36			41		35	45					122
Kym Billington-Baddley	36			36	38	45	32				36	37	118
Angela Glendenning	32	35		34	37	37	29		45				117
Gill Pointon			37	35		38	31						106
Barbara Brough	35						33				37		105
Paula McLellan	33	34	36	33	36	36	30						102
Angela Coker	41	50	50				41						91
Jayne Metcalfe	37		41									38	79
Rose Gillick				41			36						77
Sue Smith				38		41	34						75
Lynne Foster		37		37									74
Sue Haine				32			28						60

Subject to ratification

Group 1 Newcastle 7 — Milton 10k — Stone 10k — Madeley Half — Lock Half — Stafford Half *Group 3*

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

Group 4 Milford 21 — Stafford 20 — Amy Marathon

Race Results.....

Stone 10k Sunday September 20th

Kevin Uzzell	39.19	John Clemens	40.59
Bernie Priekulis	41.23	Roger Bolsover	41.36
Vernon Olivant	42.24	Lew Badger	43.04
Simon Probert	43.42	Simon Fielder	43.58
Angela Coker	45.16	Tony Bridgewood	45.54
Rita Banks	46.57	Terry Murphy	47.25
Mac McCoig	47.55	Jayne Metcalfe	
48.04			
Pam Davies	49.22	Richard Shaw	50.07
Gerry Barnard	50.35	Peter Salt	58.32
Gill Pointon	59.33	Paula McLellan	61.11

JC 1st V55, PD 1st F45, RB 1st F50

Madeley Half-Marathon - Sunday October 4th

Vernon Olivant	1.27.33	Lew Badger	1.30.41
Simon Fielder	1.31.09	Roger Bolsover	1.33.11
Tony Bridgewood	1.37.01	Terry Murphy	1.38.01
Peter Williams	1.38.56	Pam Davies	1.38.57
Richard Shaw	1.41.14	Angela Glendenning	2.04.37
Peter Salt	2.04.49		

Malvern Beacon Race - Saturday October 10th

Geoff Frost	58.44	Gerry Barnard	67.25

Denstone Half-Marathon - Sunday October 18th

Vernon Olivant	1.26.49	Bernie Priekulis	1.27.29
Lew Badger	1.29.58	Simon Fielder	1.32.17
Terry Murphy	1.38.16	Pam Davies	1.39.18
Peter Williams	1.41.39	Richard Shaw	1.43.34

PD 1st F45

Parkhall X-Country - Saturday October 24th

Ladies Race

Angela Coker, Pam Davies, Rita Banks

Mens Race

Vernon Olivant, Pete Moseley, Chris Barlow, Dave Gillick, Gerry Barnard, Peter Salt

Snowdonia Marathon - Sunday October 25th

Margaret Shaw	4.19.28	Richard Shaw	4.28.34

Dublin Marathon - Monday October 26th

Lew Badger	3.09.10

Werrington 6 - Sunday November 1st

Vernon Olivant	36.46	Roger Bolsover	39.10
Lew Badger	39.37	Simon Fielder	40.09
Peter Williams	41.18	Mike Hammond	43.44
Pam Davies	44.07	Richard Shaw	45.00
Mac McCoig	46.07	Roger Westhead	48.22
Gerry Barnard	48.26	Kym Billington-Baddley	49.16
Peter Salt	52.56	Derek Ford	54.43
Angela Glendenning	55.00		

Derwentwater 10 miles - Sunday November 1st

Terry Murphy	1.13.47

Eccleshall 10 - Sunday November 15th

Vernon Olivant	1.06.40	Bernie Priekulis	1.10.06
Kevin Uzzell	1.10.51	Roger Bolsover	1.12.00
Chris Barlow	1.12.22	Simon Fielder	1.13.16
Simon Probert	1.15.40	Terry Murphy	1.17.51
Pam Davies	1.21.36	Gerald Davis	1.22.08
Mac McCoig	1.23.28	Richard Shaw	1.24.23
Kym Billington-Baddley	1.30.57	Peter Salt	1.37.22
Sue Smith	1.37.34	Gill Pointon	1.37.43
Angela Glendenning	1.39.05	Paula McClellan	1.39.40

PD 1st F45, SS 1st F50,

Stafford Common X-Country - Saturday November 21st

Vernon Olivant 92nd, Jonathon Howell 104th, Chris Barlow 145th, Bill Clarke 156th, Lew Badger 189th, Gerry Barnard 227th

Stone Master Marathoners

Annual Presentation and Dinner Dance

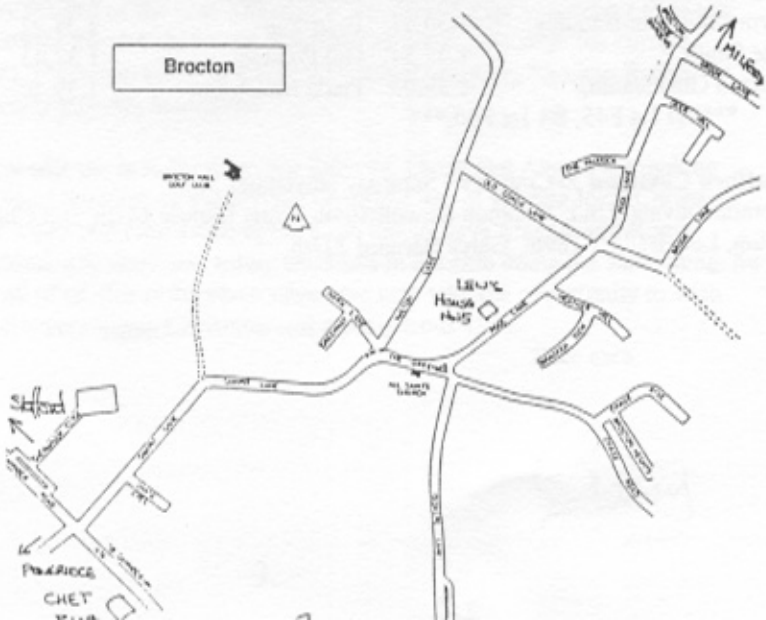
Saturday 6th February 1999
Brocton Hall Golf Club

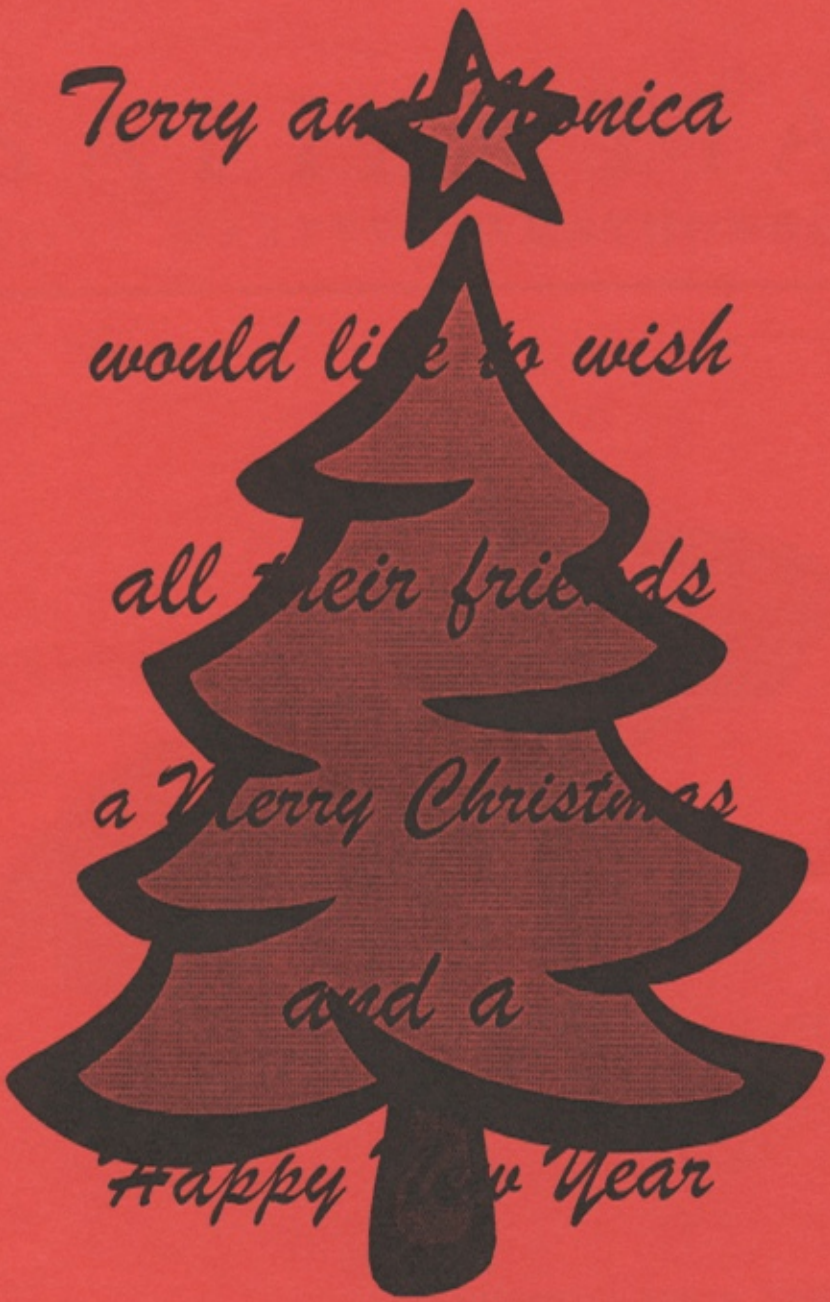
7.00 for 7.30 - carriages at 1.00 am
(Black Tie Optional)

For those who have been unable to attend previously, the Golf Club has proved to be a very good choice of venue with excellent food and good service.

Price per ticket is £15.00 and Phil will circulate the menu early in the new year for your selection. Choice will be the same as last year.

Phil would like members who have a preference to organise themselves into tables of eight, leaving him with the task of placing the remainder.




Terry and Monica
would like to wish
all their friends
a Merry Christmas
and a
Happy New Year