SAPIENTIA

STONE MASTER MARATHONERS

Sapientia atque Levitas

December/January 1996/97

CONTENTS

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

(01785) 851483

EDITORIALLY SPEAKING

So that is 1996 almost over and soon another new year will be upon us which it is hoped will be kind to you all. Certainly SMM prospers.

Sapientia is an ongoing challenge but every contribution from you is a big help. Thank you for them all. This time there is also an article on mystery viruses, imported from another club mag. The article has been imported, of course, not the virus! This issue struck a chord with me as I believe that I have suffered this in the fairly recent past, and know the frustrations it can cause.

The Club Championship table now correctly shows the best score of three groups, and not four as shown in the last *Sapientia*. My mistake. It now remains to be seen whether there will be any marathon times that will affect the final outcome.

There has been quite a bit of discussion on the question of dividing runners into two groups on the Wednesday Club runs, with the majority being in favour of a single run. Safety on the roads is at the heart of this matter so it is of paramount importance that good discipline is maintained at all times, which is in everybody's interest.

Please record your race results for 1996 on the enclosed form and pass it to Lew Badger or Monica early in the New Year. Besides updating the Club statistics, it is used as an aid when looking for the Runner of the Year. Membership renewal forms are also included here, for completeion and return to Pat Radford ASAP.

To save on postage, will members please help with the distribution of *Sapientia* to others who live in their area. Thanks. It all helps Club funds.

Well, that is my first season in the NSRRA over and it ended on a personal high note thanks to a reminder in the shape of being beaten on the line in the penultimate race at Werrington, and by a fellow club member too! When at Tittensor when I heard pounding footsteps behind me approaching the line I resolved that he/she would not pass. As it turned out that made the difference between finishing third or fourth in my league - so was worth the effort! Seasons greetings to you all.

Gary

CHAIRMAN'S CHATTER

I have been watching the rain trying to wash away the white blanket of snow from our lawn!

Winter seems to have arrived with a flurry of mixed weather this time. I suppose we should be used to it happening, but it always seems to take us unawares. Although it seems ages away, Christmas is exactly one month from today as I am writing this! So based on the shops starting Christmas in September, it's not too early to wish you all a happy (or merry if you wish!) Christmas for 1996.

As most of you are aware Angela and I do not send out cards and the cash we save is donated to the Liver Unit at the QE Birmingham. We think this is more worthwhile and it saves on trees!! Some of you in the past have felt the same and have helped to swell the size of the donation. Thanks again.

The skittles night at the Dog and Doublet went off very well; various levels of accuracy and power being displayed and good food too! - another Social Committee success. Thank you. Next on the agenda is a bit of culture in the form of "Swan Lake" so give your tu tu's a dust down! Don't forget the "Bare Wrist Run" on Wednesday 18th December.

I'd better get down to sorting out the books - I hear the Treasurer is on his way back!!

Once again, have a good Christmas.

Much Sapientia.

Dave Mason

NEWS BRIEFS

Mac McCoig sends greetings from Slavonski Brod from where he is due to be repatriated between 16th and 22nd of December. (Cutting it a bit fine for the Christmas shopping, eh Mac?!) Seriously though, Mac is proud to have served in this most difficult theatre of UN operation and we in turn are proud of him for going there to do his bit. It will be good to see him back among us.

Mick and Elaine Stathem *send their appologies to all friends at SMM for their recent abscence from the Club due to injury, commitments to their business and aged parents. There's more about them in this issue.*

Dave Baxendall hopes to be with us sometime over the Christmas period.

Please note change of address for ***Kielo Sauvala*** *with effect from November 1st which is:* ***Flühgasse 40, 8008 Zürich, Switzerland.*** *Telephone number not known at this time*

Also, a new telephone number for **Richard and Margaret Shaw** which is **01785 615205**. Please amend your directories accordingly

Some Club members may have missed a recent briefing from Monica on the subject of Club kit. Our kit registered for racing with the BAF, MCAA and SAAA consists of a red running vest and black shorts, (and a red banded white vest for long distance Summer races only). White kit is for training, particularly on dark nights when it is important to be seen.

Two important **NSRRA** dates for your diary - **December 5th** for the AGM (pity it clashes with the visit to the ballet!) and **January 24th** for the Presentation Evening. **George Kay** has all the details.

The Committe have been asked to discuss the range and design of Club kit and through these pages invite suggestions from members for any changes to be considered. Please submit your ideas in writing to the Committee.

Planning to go to London to take part in/support the London Marathon? If so, you may wish to apply for a place on a coach being organised by the County Staff Club. Price per person, including Saturday night hotel accomodation at the Palms Hilton Hotel is £65, or you can have two nights at Bailey's Hotel for £91. See **Lew** for further details and to book.

Thank you to the ladies who come out to support the men at X-Country races. Very much appreciated. How about we return the compliment chaps ?

Running Around Christmas

Wednesday - 18th

*Our Christmas fare starts with the annual **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.*

Sunday - 22nd

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

Thursday - 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. Bring your own Alka Seltzer!*

Sunday - 29th

*An away day at **Brocton** on a run to be led by Lew Badger. Make for the **Village Hall** in **Oldacre Lane** where the run will start at **9.30 am. Note that car parking is very limited at the hall and in Oldacre Lane so please 'double up' where possible and park with care and consideration.** Hot soup and tea or coffee will be available after but please note that there are no showers. Contact **Lew** on **664809** with any queries.*

Sunday - 1st

A normal evening run and clubnight.

NOTE:

*When you are starting your 1997 diary, do not forget to reserve Saturday **February 8th** when the annual **Presentation Dinner** will take place. Further details from our Social Secretary closer to the date.*

RACE REPORT

The Shaws on Other Shores - Jersey Half-Marathon

Saturday 16th November. We're on our way. Our first (running) excursion overseas; not quite abroad but definitely not the U.K. By the way this is supposed to be a belated Wedding Anniversary present, not quite what I had expected but I've packed the Paris negligee!

It is also our first domestic flight. We sit and watch them refuelling the familiar Boeing 747 and think to ourselves this is very pleasant and peaceful, no hoards of Spanish holidaymakers or Lager Louts. Then our flight is called and out we go to be ushered, not to the solid looking 747 but just behind it - to a tiny, defnitely not so new, Biggles type aircraft with propellers! Begin to feel a little uneasy. All aboard. "Richard, don't stand up" We are seated by the emergency exit, where the stewardess comes to give me instructions of what to do with the door in case of an accident. I think a small prayer might be more useful.

All in all I have to admit, a smooth flight. A bit noisy and I was a little concerned that my window was 50% waterlogged. Jersey at last. Looks very pretty, weather warmer than Manchester and there are a few blue patches in the sky. Right knee hurts like mad after sitting for so long, hope it's not going to be a problem.

Decide to drive around the course and get our bearing. Don't think that it's going to be easy but I'm looking forward to it. On return to hotel knee even worse, resort to action - very nice bar man supplies carrier bag full of ice. One way to obtain ice for drinks in room!

Sunday 17th November; Race Day. Sleepless night (It wasn't the Paris Negligee). Too much rich food and I think this goes with racing away from home. The morning looks cold and damp. Set off for Spartan Athletic Club. Help, are those television cameras? Approximately 400 taking part, great atmosphere, with a number in fancy dress.

Ready, Steady, Go. First four miles nothing but uphill (not quite as steep as Leek) but I am a Stone Master Marathoner and I am used to hills I try to convince myself. Push on and managing an 8 minute mile, not bad for me. Nearly at the top when a male voice from behind says "see that flying bird there, been there, done that". To what is he referring. "Do

you mean my Flying Fox?" Then he launched into reminiscences of his travels to Stone to do our famous past marathon. Still well thought of far and wide.

The next three miles undulate and then a fast 1 mile down into the fishing village of Gorey. Our first sight of the sea and harbour. Magnificent. Can't see the French coast due to mist. Ah well. Now three miles of coast but alas quite strong winds and rain. Oh dear, trouble at 9 miles - desperately need pit stop (rich food last night) - very residential, lots of cheering spectators. Why don't they have hedges on Jersey? Well here goes, that looks like a nice friendly lady locking her red Porsche and heading for the door of her house!! Drat, lost at least 3 minutes; will have to run faster.

Last steep hill at German lookout point. Just 2 more miles. Legs beginning to feel stiff. The last three quarters of a mile is down hill and manage a bit of a sprint on the running track to a warm welcome at finish. Lots of goodies but best of all a tent with as much food and cups of tea as you can manage.

A very well organised race and warm friendly crowd support. (By the way, Richard also took part!) Winning time - Men 1.09, Ladies 1.22. First home for Club: Richard 1.44, Margaret 1.49. Shame about the stop - I'll catch him yet!

Margaret Shaw

(belated) Profile of New Member

Russell Hall

Russ joined shortly after the AGM this year and with dad Brian THEY becomes our first father and son members. He celebrated his 18th birthday on the 18th of August and is at present studying for "A" levels at Newcastle under Lyme School where he is the captain of their cross-country team and also enjoys playing rugby. His main sport however is cycling which embraces both time trialling on the road and mountain bikes, the latter no doubt coming in useful when Russell uses his summer vacation as a working holiday guiding others on cycling holidays in the French Alps.

Russell has gained Gold, Silver and Bronze Duke of Edinburgh awards and now is training with a view to becoming one of the scheme's assessors.

ROUNDUP OF THE 1996 ROAD RACE SEASON

Starting with.....

North Staffs Road Runners Association

A good season for SMM in the Club Team Competition where our vet men were runners up with 3371 points to PMAC's 3743 and our vet ladies runners up to Stafford Harriers with 1343 to their 1632. Individual SMM runners in the top ten were:

Group/Points/Name	League Position	Age Group Points/Position
C 429 Simon Fielder	8th	
D 535 Bernie Priekulis	2nd	
V 548 Kevin Uzzell	1st	498 3rd V45
X 417 Roger Bolsover	8th	367 10th V45
Z 485 Gerry Barnard	3rd	532 2nd V60
Z 464 Geoff Shallcross	5th	
Z 409 Richard Shaw	9th	
L 435 Lynne Foster	5th	557 2nd LV40
L 426 Barbara Brough	6th	600 1st LV55
L404 Sue Smith	7th	580 1st LV45
L 309 Rita banks	9th	390 2nd LV50
M448 Margaret Shaw	4th	470 3rd LV40
M418 Angela Glendenning	6th	532 2nd LV55
M352 Pat Radford	9th	427 3rd LV55
M341 Paula McLellan	10th	419 4th LV55
Jonathon Howell		396 7th V40
Lew Badger		428 5th V45
Bob Pope		442 7th V55
Bryan Radford		590 1st V60
James McLellan		467 6th V60
Kym Billington-Badeley		158 5th LV35
Pam Davies		108 10th LV40
Irene Murphy		132 5th LV45
Sue Haine		172 5th LV50
Monica Darlington		176 5th LV55

In addition, of the 11 *compleat* runners (those who competed in all 21 NSRRA races) - two were from SMM - Simon Fielder and Barbara Brough. Our congratulations to them for their devotion to the cause and to all who took part in the series. How about a real effort to go one better in the team competitions next year? Getting a good turn out of our runners is a must. Mark up your calendar as soon as the dates are known.

Results subject to official confirmation

Club Championship 1996

	GP1			GP2			GP3			GP4			Score
MEN	A	B	C	A	B	C	A	B	C	A	B	C	
Jonathon Howell		50			38	50	41		50	50	50		150
Dave Gillick		45	50		50	37	50	50			41		150
Kevin Uzzell	50	41			41	45	45	45			45	37	140
Lew Badger	41	37	45	50	45	34	38	37	41	38	36	45	140
Vernon Olivant	45	38				38	37		36	45	37	41	128
George Kay			41		36							50	127
Bernie Priekulis	38	36			37	36	36	41	45	36	38	33	121
Simon Fielder	37	35	37		34	28	34	38		35	35	35	110
Chris Barlow						33	35			41	34	36	109
Bryan Radford		33	36		35	32	33			37			108
Roger Bolsover	36	34	38		33	35	32						105
Terry Murphy	34				32	27	30			34	33		100
Bob Pope		32				24	31		34	33	30	32	99
Richard Shaw	31		32		27	22	27	36		31	28	29	99
Mike Hammond	35					30					32		97
Gerry Barnard	33	29	34		30	26			32				96
John Pennell	30	27			26		25	35	29	29	26	28	94
Geoff Shallcross	32	30			31	25	29						92
James McLellan			31			21	26			30	27	30	87
Andrew Wilding					29	23	28				29		86
Bill Clarke									38			34	72
Peter Williams						31			37				68
Simon Probert		28									31		59
Dave Baddley			29		28								57
Russell Hall						41							41
Dave Hargrave												38	38
Mike Hogan			35										35
Phil Sharratt									35				35
Jim Brough									33				33
Tony Bridgewood										32			32
Bruce Belcher												31	31
Peter Dalley		31											31
Dave Upton									31				31
Ivan Savage									30				30
Martin Welsh			30										30
Brian Hall						29							29
LADIES													
Rita Banks		50		50	50		50	50	50	50	50	45	150
Lynne Foster	50	45	50		45			45	45	45	45	41	140
Sue Smith	45	41				45	45	37	41				135
Barbara Brough	41	38	45		38	41	41	41	38	41	41	38	127
Margaret Shaw	37		37		35	38		38			38		113
Paula McLellan			35			37	37				37		111
Angela Glendenning	36	37	36		34		38						109
Pat Radford		36	33		33	36	36						108
Sharon Green			41		37								78
Kym Billington-Baddley			38		36								74
Angela Coker						50							50
Celia Hargrave												50	50
Rose Gillick					41								41
Monica Darlington										38			38
Irene Murphy	38												38
Marylyn Welsh			34										34

Group 1
A = Crewe 10k
Group 3
A = Worcester Half

B = Credo 10k
B = Leek Half

C = Milton 10k
C = Lake Vyrnwy Half

Group 2
A = Ellesmere Port 10
Group 4
A = Stafford 20

B = John Oulbram 10
B = Eccleshall 15

C = Tittensor 10
C = Any Marathon

Subject to ratification

Elaine's Year

(Elaine was one of three SMM members who have gained representitive honours this season, along with Rita Banks and Bryan Radford.)

British and Irish Veterans International Championships, Irvine, Scotland - November 9th, 1996

Elaine and Rita represented the England woman's over 50 team in the Veterans International. The course was over grass covered dunes of the beach park next to the magnificant Magnum centre. There had been dreadful weather in the days leading up to the event, but on the day the sun shone, there was little wind and it was not too cold.

In spite of also being women's team manager and captain, Elaine ran a superb race to pick up the silver in the W50, finishing 23rd overall in 20 m 42s. Rita was third counter with a time of 23m 04s for the testing 5k course. The England women took the silver team medal. The England men and women again won the overall team shields. Mick Stathem was the men's team manager.

B.V.A.F National 10k Championships, Solihull, October 6th,1996

Elaine took the gold medal in the women's 50 category with a time of 39m 15s.

N.S.R.R.A Road Records Women Over 50

Elaine Stathem	5 miles	Altringham	September '96	30m 49s
Elaine Stathem	10k	East Cheshire10k	September '96	38m 15s

Staffs A.A.A. 1996 Road Racing Championships

Elaine was awarded the prize for the best lady veterans performance of the five race series for her Uttoxeter Half-Marathon time of 1h 28m 51s taking the third ladies' prize in the race.

The times of the winners of the lady and men veteran and open awards were then age graded. Elaine's time at Utoxeter was a full three minutes inside the elite grade with the next best performance just outside the elite. Elaine was awarded the Champion of Champions prize for the 1996 Staffs AAA Road Racing Championships.

Mick Stathem

A Marshall writes.....

.....It was a wet, wet Sunday in October 1994 when I made my debut with SMM and was initiated into the 'marshalling game' at what turned out to be the last running of the UK Vets Flying Fox Marathon.

We were on our way to a week's boating holiday from Nelson in Lancashire so what better way to break the journey than to accept the kind offer of hospitality from Bryan and Pat Radford and lend a hand with the running of this very prestigious event.

On the day the waterproofs that we had brought along for the boating trip came in more than handy in affording some protection against the elements as we stood on our little traffic island at the roundabout on the A34. For a while we had company in the shape of two constables but when they saw that we could handle the traffic, they beat a hasty retreat back to the station. Fortified by frequent cups of coffee we happily passed the time away, but I did wonder to myself why anyone would be daft enough to run round in these awful conditions in such skimpy clothing, bedraggled and looking like drowned rats.

That was event one, and little did I think at that stage that one year later we would be moving to the Midlands and that I would get more involved with the running club and performing the general duties that arise when accompanying Gerry to the races - it could be marshalling, or taking names, times or discs or even handing out the drinks. I have found that through these activities one gets to recognise the regulars and receive cheery greetings as they go round. Quite recently one chap dashed out of the crowd just before the start of the race, shook my hand warmly and said how pleased he was to see me, he always keeps a look out. I still do not know his name but keep an eye open now to give him a special wave.

When marshalling it is nice when runners do acknowledge that you are there - sometimes with a smile, sometimes a cheeky remark, sometimes even a grimace! At the recent Tittensor 10 one gentleman whom I did not recognise at all called out as he went past "Thank you so much, it is very kind of you to give up your Saturday afternoon to help us". I said that he was very welcome - and positively glowed at such appreciation.

An amusing incident occured at the Hospital race when we found ourselves marshalling at the junction on Beaconside. As the main body of runners approached and were passing the farm, suddenly the cows in the field adjoining the course decided to join in and raced to our end of the field. There they then stood, jostling for position to watch 'those silly humans'. The police lady at the junction and I were in stiches!

So that is a bit about marshalling - and hopefully it may encourage others to give it a go. It is good to get involved if you are not otherwise taking part. It has certainly helped me to get to know people and I thank them for the warm welcome and the friendship that I have been shown.

Just one question remains. "When is the next Flying Fox marathon?"

Patsy.

WHAT'S ON.....RACING

Saturday December 7th 2.30 pm - Men's X-Country at Wye Road.
Sunday December 8th 11.00 am - 10k "Christmas Pudding Run", Rugely.
Thursday December 26th 11.00 am - 4.5m Stourbridge Boxing Day Run.
Saturday January 4th - Trig Point Race, Cannock Chase.
Saturday January 18th 2.30 pm - Women's X-Country at Wedgewood - SMM to organise.
Saturday January 18th 1.00 pm - 10k Twin Pier Road Race, Colwyn Bay.
Saturday February 15th 2.30 - Women's X-Country at Staffs University, Leek Road Site.
Saturday March 1st - Bathpool 5.
Sunday March 8th - Stafford 20.
Sunday March 16th 10.00 am - Reading Half-Marathon.
Sunday June 15th - Potteries Marathon.

Entry forms for the non-NSRRA road races from Gerry.

A coach will be organised for the Colwyn Bay race if there is sufficient interest. Speak to Richard Shaw.

MYSTERY VIRUSES

Ever had a severe loss of form that comes without apparent good reason? Or maybe found that running is taking more out of you than normal? If so it could be that you will identify with the following article by Mick French which originally appeared in Stafford Harriers October magazine and is reproduced here with their kind permission.

"Do mystery viruses exist or don't they?

I must admit that up until recently I have always been a doubting Thomas on this subject. When hearing on TV or reading about some of our star athletes complaining of having a virus when they are off form or have just been beaten in a couple of races, I have accused them of making excuses, but having spent the past fifteen months or so struggling on, with my running going into decline and spending many months searching for a reason, I have to eat my words and admit that maybe this is the problem I had and still have.

It all started in May 1995 not long after winning the Stafford 20 and a reasonable London (2.46), even though I had planned a sub 2.45. I noticed that while I running I was getting tired very quickly with also aching legs and muscles and light-headedness. At first, I put this down to just loss of form and only a temporary setback. Then things took a turn for the worse with the hottest summer for many a year. Things got so bad that during some of my training runs I was reduced to walking and jogging - something that I had never done before except for the odd injury or bad blister. I put all this down to just the hot weather and things would be OK when the weather cooled. It didn't go unnoticed that I was being beaten by runners who wouldn't normally beat me.

When the weather did eventually cool, things did improve but not to the extent I hoped. It certainly wasn't normal service being resumed, as they say.

I decided then to get myself off to the doctors for a check up. I am not one for visiting my doctor very often and needed to be reminded by my wife that the surgery had moved several years ago. After going through the normal blood pressure test and stethoscope routine, I left a blood and urine sample and was told to return in a few days for the results. On

returning I was told all the tests were clear and there was nothing to worry about. This was all very well, but it did not solve my running problems.

As we went into the winter and the 1995/96 cross country season, I found this very difficult as cross country running is all about strength and stamina and I seemed to have little of either. So I pressed on hoping when the road season started things would look up. I also decided that maybe I just wasn't fit enough, so I started to push myself harder. Needless to say this made things even worse. I had already planned not to run in London 1996. (A wise decision as the day turned out to be rather warm), so after the Stafford 20 and Stafford half when I was feeling extremely tired and low and as it was starting to affect my work, I decided to take the complete summer of 1996 off. A clean break from running. This gave a few club members quite a shock.

It lasted for two months and then I realised that I would miss the famous Shugborough relays and as I had competed in all the previous races (one of only three people I am led to believe), I didn't want to miss it. So I made my come back in the Harriers B Team.

I know now how a smoker or alcoholic must feel - once they start up again, that's it!

The only problem was that two months off had not made a scrap of difference. My running was awful and I wasn't enjoying it at all, but I decided to plug on at about 25 - 30 miles per week (about half that I would normally do). I was still suffering from tiredness and lethargy. I couldn't see the point in a return to the doctors, only to be told nothing was wrong, when I knew in my mind that something was. Maybe I was just burnt out after twelve years of running, but why are other runners of my age and older still running well and beating me when they normally wouldn't?

I have just run four events since Shugborough. First the Chase 10, which was OK for five miles then fatigue set in and I finished in 68 minutes. As I crossed the finish line feeling rather depressed a runner from Sneyd Striders Club approached me and in a strong Walsall accent said "I reememba yow - yow'm used to sheeft, yow'm deed". Just what you need at the end of a hard run.

This was followed by the Stafford Harriers, Rugeley AC, Chase Harriers

and County Officers (both of them - sorry there were 3 - one on a bike) team challenge over a six mile course. It took me over 43 minutes, some 5 minutes behind the winner Craig Anderton and what a struggle it was.

I decided to do the Stafford Knot and support the club event. This only resulted in my sixteen year old son beating me for the first time as our commentating chairperson so kindly broadcast all over the Chase.

Finally I did the Harriers handicap challenge. I do not know the result yet, but I know that I didn't run well again, being left behind by John Lees from a scratch start and being caught by Craig.

I intended running the New Forest Marathon in September and back in spring booked a holiday there for that week. I ended up not doing the marathon or the half. In fact I didn't run at all that week. I just walked and cycled around the forest and very pleasant it was too.

I have found a couple of letters in running magazines from runners who seem to be suffering the same symptoms as I am.(see next page - ed) I found these letters very interesting because, as I said at the beginning, nobody seems to believe you and if you haven't suffered yourself, you do not know what it's like. Believe me, it's not very nice and extremely frustrating having something going on for so long. I read recently of a county cricketer who couldn't play for eighteen months due to a similar so called mystery virus. He was thought to have caught it in Spain. This got my mind thinking, as my problem started not long after a holiday in Gran Canaria.

There is no set pattern to this virus. I can go out and run feeling really good only to find that twenty minutes later I'm struggling and heading home. Another time after maybe a hard and difficult day at work and feeling tired I set out for a run and perform fairly well. So I never know from one run to the next what to expect. My wife believes that my work has something to do with my problem. It has been quite stressful for the past two years and isn't getting any better. This is mainly why I havn't been to training nights much lately with different work patterns and lots of courses to attend, sometimes working 12-13 hour shifts and not running until after 9.00 pm some nights. Still I'm sure that I'm not the only one with work related problems in this day and age."

Mick goes on to ask clubmates to let him know if they have suffered a mystery virus - and concludes by asserting that "I'LL BE BACK". We wish him well.

Learn to live with a 'mystery' virus

I was interested to read of yet another athlete's experience of the so-called "energy-sapping virus" (Athletics Weekly, July 3) and felt it appropriate to add my own experience.

From being a rapidly improving female club runner in 1991 I suddenly started to struggle in training, experiencing perstistently aching legs and arms (I am also a club swimmer) and ongoing lethargy in general. Like M Elliott I had loads of tests done but I was left feeling pretty hopeless. My race times plummeted, I lost heart and stopped racing regularly.

In the following years the symptoms persisted, though sometimes to a lesser extent. I read widely to try to find out more about this 'mystery virus' and found the symptoms well documented in US Triathlete. *The virus seems to attack and debilitate endurance athletes in a variety of sports; the common symptoms being aching and tiredness in the major muscle groups; symptoms often last for months if not years.*

Once you have contracted the virus you can only learn to live with it. I suggest you stop pushing yourself in training as you worsen the symptoms. Never take antibiotics as they weaken the body's natural immune system. Stop (or reduce) racing as it will only disappoint.

Try to rest more often and reduce work and personal life stresses as they definitely aggravate the symptoms. In time it will gradually 'burn itself out'.....to some extent. Good luck! Maev Johnston

Is Alternative Medicine the answer to mystery virus epidemic?

Having read of the troubles of Steve Tunstall (AW, June 26) and Mark Elliott (AW, July 3), perhaps my experience will offer some hope to those suffering from 'mystery viruses' which are seemingly becoming epidemic among athletes.

My problem started in 1991 having been running well. It is probably more than a coincidence that Steve was also in good form when his troubles started. having suffered two bouts of tonsilitis I found myself unable to regain my energy, being left in a state of almost permanent tiredness.

I visited a number of GPs, but following a series of tests, antibiotics and a complete rest I found myself no better nearly a year after the initial symptoms.

Barely able to more than jog, I went from a sub-15 minute 5000m runner to just being able to break 17 minutes.

Prepared to try almost anything, I consulted a private doctor specialising in alternative and homeopathic remedies.

He evaluated my lifestyle and advised a radical approach, placing me on a special diet known as the Canada diet. This essentially removes all yeast sugar additives, processed foods and some dairy products from the diet, leaving traditional foods such as fresh vegetables, meat and fish. This was then supplemented with minerals and vitamens to boost the immune system.

Within a couple of weeks I was running comfortably again. Over time I reintroduced foods to my diet, experimenting with any reaction.

Over the next year I was able to increase my training and regain my fitness. In the summer of 1993 I was again able to break 15 minutes for 5000m.

I realise the medical profession is divided over the issue of alternative medicine and this approach may not be the solution for everyone. I do know, however, that it worked for me. Chris Quine, Manx Harriers

What's On..... the Social Scene

Thursday December 5th - Ballet at Wolverhampton
Saturday December 7th - Quiz at the Clubhouse - 8.00 pm start. £3.00ish, including fish and chip supper. Names to Phil Sharratt please.

Forthcoming events:
January (date to be announced) - Indian meal at Thornbury Hall.
Saturday February 8th - Annual Presentation Dinner. A highlight of the SMM year and an evening not to be missed. Listen out for further details or ring **Phil Sharrat (01785 760275)** early in the New Year if you are not able to get to the Club.
March - A Balti and Bowling evening.
May - Coast to Coast road relay from St Bees to Robin Hood Bay. This three day run over the 170 mile Wainwright's Way will take place over the Saturday through Monday of the 1st Public Holiday in May. It is intended as a social event providing companionship, countryside and enjoyment. While the runners cover the day's route, their partners will be ferried ahead to the night stop hotel where organised walks are planned. Arrival of the runners will herald the start of the evening's entertainment.
It is envisaged that 15 - 20 runners will be needed, running 5 to 10k legs with at least two runners on the road at any one time. A safety vehicle to support and shield the runners on the road will be supplemented by two minibuses to effect the changeovers. It is emphasised that this is not a competiive run; it is an opportunity to enjoy the countryside through the Lake District, across the dales and over the moors. Phil has a video of the route which he is prepared to lend out and a video of the 1997 run will be made available.

RECENT RESULTS....

Cepak 5k (Chester) - Friday August 30th

Bill Clarke	18.50

Guilden Sutton 10k (Chester) - Saturday September 22nd

Bill Clarke	38.54

Ladies X-Country Relays - Saturday September 28th
Fourth ladies team
Carol Lorrimer 12.36, Rose Gillick 13.58, Sharron Green 14.42, Angela Coker 12.22

Garstang Half-Marathon - Sunday September 29th

Andrew Wilding	1.48.44

Lake Vyrnwy Half-Marathon - Sunday September 29th

Jonathon Howell	1.23.02	Bernie Priekulis	1.23.41
Lew Badger	1.26.58	Bill Clarke	1.26.59
Peter Williams	1.31.53	Vernon Oliphant	1.32.08
Phil Sharratt	1.32.42	Rita Banks	1.37.09
Bob Pope	1.37.17	Jim Brough	1.37.56
Lynne Foster	1.38.28	Gerry Barnard	1.40.27
Dave Upton	1.40.51	Sue Smith	1.41.19
Barbara Brough	1.49.14	Ivan Savage	1.59.47
John Pennell	2.01.40		

Men's X-Country at Park Hall - Saturday October 5th
Team A - Jonathon Howell 18.36, Brian Coker 20.16, Vernon Olivant 19.50, Dave Gillick 19.29
Team B - Chris Barlow 20.05, Bob Pope 22.38, Chris Barlow ?, Vernon Olivant 21.10

Madeley Half-Marathon - Sunday October 6th

Kevin Uzzell	1.23.28	Bernie Priekulis	1.25.34
Simon Fielder	1.31.41	Peter Williams	1.32.41
Terry Murphy	1.36.33	Geoff Shallcross	1.38.58
Lynne Foster	1.39.25	Bob Pope	1.39.42
Richard Shaw	1.44.20	Sue Smith	1.47.29
Barbara Brough	1.47.30	Margaret Shaw	1.50.38

Madeley Half-Marathon (Cont'd)

James McLellan	1.53.07	Sharon Green	1.55.33
John Pennell	1.58.47	Angela Glendenning	2.00.15
Paula McLellan	2.02.23		

Southport Half Marathon - Sunday October 6th

Bill Clarke 1.25.54

Whychavon (Pershore) Half-Marathon - Sunday October 6th

Gerry Barnard 1.42.22 Dave Baxandall 1.47.05

GB 1st V60

London to Brighton - Sunday October 6th

George Kay 7.47.13

GK 2nd V60

Flint Lifeboat 10 - Sunday October 6th

Bryan Radford 1.07.04

BR 1st V60, counter in Staffordshire Veteran Men's Team in Inter-County Championships - Silver medal winners

Men's X-Country Staffs League at Michelin - Saturday October 12th

Jonathon Howell, Kevin Uzzell, Lew Badger, Vernon Olivant, Bill Clarke, Chris Barlow, Roger Bolsover, Brian Hall, Simon Probert, Bob Pope, Dave Baddley, Richard Shaw

Denstone Half-Marathon - Sunday October 13th

Dave Gillick	1.27.08	Lew Badger	1.29.49
Brian Coker	1.31.26	Simon Fielder	1.34.35
George Kay	1.35.10	Angela Coker	1.38.42
Bob Pope	1.43.18	Lynne Foster	1.50.44
Barbara Brough	1.52.05	Angela Glendenning	2.11.10
Paula McLellan	2.13.38		

DG 1st V50, LB 2nd V50, GK 1st V60, AC 3rd F, LF 2nd F40, BB 1st F50, Men's Vet Team DG/LB/GK/BP, Ladies Vet Team LF/BB/AG

San Domenico 10 (Newport, Gwent) - Sunday October 13th

Dave Baxendall 1.16.00

Cannock 10k - Sunday October 20th

Peter Williams 41.33

Eccleshall 15 - Sunday October 20th

Jonathon Howell	1.35.14	Kevin Uzzell	1.35.45
Dave Gillick	1.36.37	Bernie Prekulis	1.38.15
Vernon Olivant	1.40.41	Lew Badger	1.41.47
Simon Fielder	1.43.06	Chris Barlow	1.44.04
Terry Murphy	1.51.06	Rita Banks	1.55.37
Mike Hammond	1.55.40	Simon Probert	1.56.10
ob Pope	1.57.37	Andrew Wilding	1.57.50
Lynne Foster	1.58.20	Richard Shaw	2.01.25
Barbara Brough	2.06.33	Margaret Shaw	2.09.35
James McLellan	2.11.52	John Pennell	2.20.35
Paula McLellan	2.20.35		

Men's X-Contry Staffs League at Leek - Saturday October 26th
Dave Gillick, Vernon Olivant, Chris Barlow, Simon Fielder, Peter Williams, Gerry Barnard, Dave Baddley, Richard Shaw

Bernden 10k (Bolten) - Sunday October 27th
Bill Clarke 39.44

The Greyfriars Road Race (Hereford) - Sunday October 27th
(6 miles 663 yards!) 30th/45 Dave Baxendall 46.55

Werrington 6 - Sunday November 3rd

Jonathon Howell	36.46	Kevin Uzzell	36.52
Bernie Priekulis	38.01	Lew Badger	38.41
Chris Barlow	38.53	Roger Bolsover	39.13
Tony Bridgewood	39.47	Bryan Radford	39.57
Peter Williams	40.24	Jim Brough	41.29
Mike Hammond	42.17	Angela Coker	42.33
Terry Murphy	42.38	Gerry Barnard	42.38
Bob Pope	43.31	Simon Fielder	43.34
Lynne Foster	43.51	Geoff Shallcross	44.13
John Haine	45.53	Richard Shaw	46.41
Dave Baddeley	46.42	Sue Smith	46.53
Barbara Brough	46.56	James McLellan	48.08
Margaret Shaw	49.00	Kym B-Baddeley	50.05
John Pennell	50.50	Paula McLellan	52.06
Gillian Pointon	52.16	Angela Glendenning	52.40
Irene Murphy	53.14	Sue Haine	53.40
Pat Radford	56.05		

***BR 1st V60, LF 1st F40SS 1st F45,

Telford Marathon - Sunday November 3rd

George Kay	3.04.	Vernon Olivant	3.08

VO 1st V45, GK 1st V60

Tittensor 10 - Saturday November 9th

Jonathon Howell	1.02.13	Kevin Uzzell	1.02.44
Russell Hall	1.03.48	Vernon Olivant	1.04.07
7Dave Gillick	1.04.55	Bernie Priekulis	1.04.58
Roger Bolsover	1.05.49	Lew Badger	1.06.58
Chris Barlow	1.09.04	Bryan Radford	1.09.05
Peter Williams	1.09.40	Mike Hammond	1.10.41
Brian Hall	1.11.06	Simon Fielder	1.11.20
Angela Coker	1.11.52	Terry Murphy	1.12.10
Gerry Barnard	1.12.46	Geoff Shallcross	1.14.07
Bob Pope	1.14.23	Andrew Wilding	1.16.38
Richard Shaw	1.18.57	Sue Smith	1.19.06
Barbara Brough	1.19.41	James McLellan	1.22.16
Margaret Shaw	1.25.15	Paula McLellan	1.29.27
Pat Radford	1.39.22		

BR 1st V60, AC 3rd Lady, SS 1st F45, BB 1st F55, PR 1st F60

Llandudno 10 - Sunday November 10th

Bill Clarke	1.01.25	Tony Bridgewood	1.04.55
Dave Upton	1.08.38		

Men's X-Country League at Stafford- November 17th

Dave Gillick	103rd	Jonathon Howell	119th
Kevin Uzzell	130th	Vernon Olivant	140th
Bill Clarke	154th	Roger Bolsover	155th
Lew Badger	164th	Chris Barlow	170th
Simon Fielder	201st	Peter Williams	212th
Gerry Barnard	253rd	Simon Probert	258th

Jersey Half-Marathon - Sunday November 17th

Richard Shaw	1.44.38	Margaret Shaw	1.49.28

Benidorm Marathon - Sunday November 24th

Vernon Olivant	3.14.10

Luton Marathon - Sunday December 1st

George Kay	3.01.23	Lew Badger	3.06.05

GK 1st V60, LB 2nd V50

Patsy and Gerry

wish all their friends at

Stone Master Marathoners

A Very Merry Christmas

and A Happy New Year

We shall be subscribing to charity rather than sending out cards this year