SAPIENTIA

STONE MASTER MARATHONERS

Sapientia atque Levitas

February - March 1998

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EDITORIAL

Another new year is under way and by now you should all be writing '1998' on your cheques!

What is 1998 likely to bring? Hopefully more of the same as far as SMM is concerned where friendly rivalry in racing and good companionship is to be found among members together with well organised social events where we can relax together and let our hair down. The first social event combined all of these things when we met at the Michelin Club on the 23rd of January for the annual North Staffs RRA awards evening. Last year was my first at this function and this time other club members had the pleasure of being called to accept an NSRRA award for the first time. A good time was had by all. More of the same to come when we meet for our own Annual Presentation and Dinner Dance at Brocton Hall Golf Club early in February. Phil and his committee laid on a really good 'do' there last year and will be trying to repeat it this time round. See you there!

After all that enjoying ourselves, we'll have to put in some more miles to get back into shape. Club Captain John Haine has addressed the thorny problem in this issue of how to try and please both the 'hares' and the 'tortoises' among us without putting either off from training with their clubmates. The system of mustering to pick up the tail enders is admirable but it does have its limitations when there is such a difference between our quickest and slowest. If there are to be separate runs for the slower runners - then I for one will be happy to lead some of these runs myself. I am one of you anyway. Please listen out for further announcements on this subject.

With this edition you should find documentation on which to nominate your choice for committee members and also record any motions for discussion at the **Annual General Meeting** which will take place at the **Club** on **Wednesday April 22nd at 8.00 pm.** Please return the forms to any member of the committee as soon as possible, and certainly no later than one month before the AGM. Do not nominate anybody for the committee without ascertaining their willingness to stand and remember **YOU MUST BE A FULLY PAID UP MEMBER TO ATTEND AND VOTE AT THE AGM.**

Have a very good year.

Chairmans Chatter

Hurry up Summer! We are all fed up with this horrible damp and dark weather. It makes you turn to the holiday brochures to try and plan a trip to warmer, drier climes!

It was nice to see so many of you turn out for the "B.W. Run" after the terrible wet run last year.

You all, well most of you seem to know your running pace very well! 80% of the ladies within one minute of their predicted time, 60% within thirty seconds.

Whilst the men's results were 85% within one minute and 50% within half a minute. Then to have two runners exactly on target times is definitely a first. (Were they hooked up to a satellite I ask myself!!) We have had equal firsts before of two or three seconds as you will see elsewhere in *Sapientia.*

So well done to all of you, knowing your own pace goes a long way to successful racing and with the Uni 10k on the 25th you can put it to good practice. Have a good one!

The road runners 'do' is on the 23rd; the season is coming to life again. Hope you all enjoy it and do well. Did you all send in your '97 race results? It does help the committee to sort things out and make sure we haven't missed anybody's PB's or special efforts of 1997.

Finally, if you were one of the '96 winners and have a perpetual award would you please return it in time for it to be engraved ready for Presentation Night at Brocton. Looking forward to it already, see you there!

Much Sapientia

Dave Mason

From The Captain's Table

A letter in the last edition of *Sapientia* raised some concerns regarding what the club offers to beginners and to runners returning after injury In essence, those runners who may not be able to sustain a good pace and distance, and could therefore feel excluded.

This letter is interesting in that it raises a whole range of issues regarding the training runs. The training runs must by their nature aim to satisfy the needs of the widest range of members as possible but as the saying goes; " You can't satisfy all of the people all of the time"

When I first enquired about joining the club I was informed that it was to be expected that I should be able to run at least 5 miles at better than 8 minute mile pace and be looking to compete in at least one marathon within the first year! How many of us, I wonder, could meet this standard today!

In my personal opinion the challenge facing the Captain is how to satisfy the range of training requirements of the wide range of athletes in the club. Those at either end of the spectrum are particularly affected; i.e. the hares and the tortoises. The hares need a challenge in terms of pace, rivalry and maybe distance, the tortoises need encouragement and support. The difficulty is that these needs are not always compatible.

The objectives that we try to achieve as a club are:

Wednesday runs

- Distance range from 4 miles to 9 miles in winter.
- Speed coaching for those of any standard.
- A safe, varied and interesting run taking into account weather and light.
- A mixture of on and off-road in summer.

Sunday runs

- Distance ranging from 5 miles to 20 miles.
- Early season marathon build up.
- A mixture of on and off-road dependant on the weather.

Clearly the 'average' runner is catered for in his needs through the speed session option on Wednesday and the long distance training run on Sunday.

To go back to the letter in *Sapientia*, I agree that we are seemingly not catering for the tortoises in the normal training runs. If we did as part of the main runs then it would detract from the quality of training expected by the vast majority of members.

So what is the answer? The only practical solution is for someone to come forward to organise a small group to encourage and wean the starters. This is by no means new as Frank did just this a few years ago. Any volunteers? Your opinions would be welcomed.

John Haine

also from the same source

From The Scrapbook

Our treasurer reported at the last meeting that he had been having a clear out and had unearthed some minutes from one of the early years of the club.

We are pleased to have selected some highlights as follows:

Treasurers Report

The club fees would be fixed at £3:17:6d for the following 12 months. Once the new sports centre was complete at the Granvilles grammar school it was hoped we would be able to make use of the changing facilities.

The funds in the District bank stand at nearly £20.

Membership Secretarys Report

The Club membership continues to grow. It was encouraging to see several women taking up the sport and some debate ensued whether there should be separate prize categories in the races.
There was some concern that the club might be attracting the younger unattached females on the basis of our men's fitness and availability rather than the girls need to train.

Social Secretarys Report

Forthcoming events

June 3rd — Hot Pot Supper
Members are requested to bring thir own Pot.

Sept 14th — Bowling and Balti Night
This was cancelled due to Baltis not being invented.

Captains Report

The Captain reported that Derek Palmer (Veteran 40-45) was first in for the club in the Barnsley Marathon. Derek said that he had such a wonderful time that it was the sort of thing nobody could forget.

There was some concern that the Sunday runs were not returning before dark. It was agreed they should be limited to 30 miles with cut-offs available from 15 miles on.

Club Kit

The committee had considered in detail the standard for club kit and would make the following a requirement for training and racing:

Top

The racing top would be in the form of a vest in red with the club motif embroidered on. Paula would be asked to buy a stock of vests from Bratt & Dykes suitable for dying with red Dylon. For summer racing a thinner version could be made from parachute silk if required.

Shorts

Cotten dark navy blue gym knickers are recommended for the ladies. Shorts could be worn by the men provided they are below the knee. Starching is not required provided there is a well defined crease.

Track Suit

Members would be required to purchase a club track suit. Margaret had obtained 500 yards of a good quality serge which would keep the club going for a couple of years. The suits would be made to measure. The clubs image will be greatly enhanced if the trousers are flared.

Race Reports

Trig Point '98

For anyone who has not done this race; it is a 'C' class fell race with a number of route choices, all of which have been covered by various runners from the club. It is approximately 15 miles if you get it right, and whatever if you don't.

Rosie and I met up with George at Lew's house where we picked up our race numbers and had the usual discussion about what to wear. George chose about three layers which surprised me as it was a warm January day with a good weather forecast. Rosie and Lew opted for a T Shirt while I decided to wear a vest. We jogged the three quarters of a mile to the start where we were surprised to be told by a Staffs Harrier that we had to carry a wet-top, which is normal for fell running but had not been insisted upon previously for the Trig Point race. I'd offered to run back to Lew's to pick them up leaving Lew, who had said not to bother for him, still debating the point with the Starter. I had eight minutes to get there and back which I just managed, and was in time to hear the Starter announce that runners must not start without a wet-top. Lew got the huff and said that he would not run, but as the runners set off Lew was told to carry on by Richard Day, one of the organisers.

It is an uphill start for about a mile to where the first route choice has to be made. Having made my choice, I'd only gone half a mile further before I came across my first 'supporter' who gave me words of encouragement saying, "I see you have made the wrong route choice again." It's about time that PQ did it himself again.

On to the first trig point and then quite a flat stretch to the end of Marquis Drive where it is downhill to Morse Gorse. From here to Castle Ring is the hardest stretch on the course, mostly uphill and wet underfoot. At Castle Ring John Clemens was logging the numbers and surprised me by announcing that I was 32nd. Heading downhill again and towards oncoming runners gave a chance to spot and dodge your rivals as you aim for the next trig point. This was the time to make a critical route choice, and it was here that I made my big mistake. I had already made my decision as to which route I would take and nothing was going to change my mind. WRONG. I was behind three lads who looked very confident and decided to follow them. OK for half a mile and then we were caught up in a load of brambles. We were too far to the right and could only return to the original path to fall in behind people that we had originally beaten to Castle Ring, including Christine Kilkenney.

Once again down Morse Gorse where I thanked Dave & Kym for their words of encouragement, and up the long hill to Marquis Drive. From here it is about three and a half miles to the finish which I reached in 1hr 54m; about the same as last year. Crossing the line I look back to see another SMM vest approaching. It's Lew, but he's still huffy and decides not to go through the finish. We chat about it and run to Lew's for a shower. Must remember next year!

Dave Gillick

Walking the GR10 - The Pyrenean Trail.

Lying in my tent in the evening of a cloudy day in mid July I could not quite believe that my trans Pyrenean trek was soon to get under way. I was on a muddy campsite in Hendaye, a small French resort on the Atlantic coast close to the Spanish border and only about half a mile from the start of the GR10, the long distance footpath I would be following for the next seven weeks or so. The GR10, or Grande Randonne 10 to give its full title runs from Hendaye on the Atlantic through the mountains of the Pays Basque, Bearn and Haute Pyrenees to Luchon. From here it runs generally in an easterly direction to pass the sparsely populated and remote area of Ariege then across Pyrenees Orientales to end on the Mediterranean coast at Banyuls sur Mer. The total distance being 540 miles with over 156000 feet of climbing (and descent). The concerns and apprehensions which had been with me for weeks before setting out were now heightened by my imminent departure. Although used to long distance walking and having backpacked a number of times previously I had not tackled anything on such a scale and certainly not on my own. How would I cope on my own for 7 weeks? Could I carry over 40lbs in my pack for this distance without doing myself serious damage? Would my body, particularly my feet, stand up to the pounding? What would it be like camped on my own in the mountains; would I end up a nervous wreck? Perhaps my biggest fear was one of failure. These thoughts and many more raced through my head as I tried to sleep as the campsite band played on into the night. One thing was certain, very soon I was going to find out.

Walking the GR10 had first become an ambition of mine about 6 years ago when my wife and I were on a walking holiday in the Pyrenees. It was then that I became aware of this long distance path and said that I would tackle it when I retired, not really believing that I would ever do so. For years the GR10 was way at the back of my mind but when an opportunity for early retirement came along the idea started to ferment. I finished work in September 1996 and started to think seriously about the prospects of attempting the walk the following year. From then on the plans and preparations for the walk just seemed to evolve. I suppose I drip fed the reality of it to my wife, Ann, by first buying the guide book. The maps came next, one by one, 10 of them in all, followed by the purchase of a new rucksack and various other items of equipment. By the time I had arranged my travel details Ann had more or less accepted that I was serious and had agreed, perhaps reluctantly, to my going. There were many times during this period when I started to have cold feet and the thought of backing out crossed my mind more than once. However, I realised I had become committed to the the trek. I had told all my friends I was going, I had bought all the kit and maps and there was no way I could back out at that stage. It became a matter of pride. Buying my rail and coach tickets put the final seal on the

matter.

I travelled to Hendaye by train to London and then by coach from Victoria Coach Station. I had booked to Bayonne and intended to get a train from there to Hendaye, however, when the driver found out where I was going he agreed to drop me off, unofficially, at the Spanish border. From there it was a short walk into Hendaye. His parting words 'may your God go with you' sounding very ominous. That short walk told me things were not going to be easy. The rucksack felt like a ton weight bearing down on me and as yet I was not carrying any water. I couldn't conceive how I was going to carry it for 540 miles.

The next day, July 18 1997, I set out on my journey on a dull misty morning, walking the short distance to the coast to the start of the walk. I dipped my feet in the Atlantic, asked a French lady to take my photograph and was away.

As you would expect when starting at sea level I was soon into the climbing and by the end of the first day had travelled 16 miles and climbed 4100 feet, camping in the mist at the top of a col. It had taken me 11 hours! I knew the walk was going to be hard, what I didn't realise was just how tough it would be. I had a bad start losing the way a number of times and suffering under the weight of the rucksack. The weather was not what I had expected, it was damp and very humid with heavy rain at times. The pattern was repeated for the next four days when I struggled into the historic town of St Jean de Port having serious doubts about my ability to get even half way, let alone finish the walk. I had covered 61 miles, climbed 13500 feet, and was shattered. I found a campsite in the town, just about had the energy to put up the tent and then considered my situation. I decided very quickly that I needed a days rest and a fresh approach. I was tackling the walk like a challenge event and pushing too hard. I also realised I was not eating enough and my intake of water was insufficient in the hot conditions which had left me weak and dehydrated. I was alarmed that I needed a days rest after only four days but my confidence lifted marginally when I found that the German backpacker camped next to me had taken six days from Hendaye.

My morale and spirits were at their lowest during this first rest day, most of which was spent eating and drinking in an attempt to build up my energy levels. My situation could only improve and thankfully it did. I forced myself to take a steady, more relaxed approach to what was for me at that time a daunting prospect of nearly another 500 miles; after all I was fortunate of having no time constraints. I started to get used to the weight I was carrying and even became less irritated by the flies although the horseflies continued to bite painfully. I began to be less annoyed by the clanging of bells around my wild campsites. No matter where I seemed to camp, cattle or horses appeared and sometimes sheep or goats all of which announced their presence by incessantly clanging the bells

around their necks. At first I feared being trampled on in the night by either the cattle or the horses but eventually learned to ignore them. I did however have one very worrying night when camped miles from anywhere on a small plateau in the mountains. At dusk I unzipped the tent to find a large bull standing a few yards away. We looked at each other for a few seconds before I quickly zipped up the tent and considered my alternatives. There weren't many. I decided to keep my head down and hope for the best. I kept a close look out for any signs of attack and didn't sleep much that night. I continued to see him into the night looking even bigger in the moonlight. This apart my wild campsites made the efforts of the walking all worthwhile. Whether camped in remote and rugged mountains or in valleys beside streams and rivers the scenery was spectacular.

Gradually I became more attuned to the landscape and enjoyed the sheer magnificance of the Pyrenees. I learned how to relax more and would sit for lengthy periods just taking in the views. On one occasion I sat watching Griffin vultures drifting on thermals just below me. On another I sat watching a magnificant black woodpecker, a bird about the size of a rook. There were times when I had the company of marmots; they sat on rocks watching me as I slowly passed by, calling to each other with their shrill distinctive whistle.

Although I was coming to terms with my trek things never became easy. The weather improved after about a week, but where as it had been damp and humid it became very hot and sunny. The climbing continued to be hard and increased considerably as I got into the High Pyrenees and in the hot sun became very warm work indeed. Some days I would start a climb in the morning and still be going up in the mid afternoon, but despite the effort required the mountains never failed to impress and the sheer grandure was breathtaking.

I continued to make steady progress and eventually the 'mileage to go' column of my log showed less than travelled. This was a real psychological boost to my confidence. At Luchon, approximately half way, a friend travelled out to meet me for a day, bringing letters from home and welcome supplies in the form of homemade flapjack, sweets and cans of Boddingtons. The two days rest, the supplies especially the beer and having someone to talk to who could understand what I was saying was a real boost to my morale. We soon polished off the beer, sitting on a bench in a very wet town square. The next day I covered 19 miles, climbing over 5000 feet and followed this with a day in which I managed 5600 feet of hard climbing.

After 31 days I stayed at my first Gite d' Etape; until then I had camped either in the wild or at an official campsite. A Gite is a simple hostel providing fairly basic and cheap accommodation for 50F a night, some providing very good value meals. This one at Rouze was a converted barn on a goat farm in the mountains and what else could we expect for an evening meal other than goat meat: it was delicious. I was to stay at another five Gites on the rest of my walk; they were a luxury after my spartan existance.

to be continued

MEMBERSHIP MATTERS

From membership Secretary Mike Hammond we get news that the following have opted not to renew their SMM membership for the reasons given:

Mike Abell - Loss of enthusiasm
Julie Abell - No longer competes
Barry Crowther - Knee injury, unable to run
Dave Baxandall - Distance from club (Cardiff), loss of interest in running
Kielo Sauvala - Distance from club (Zurich)
Peter Gent - Injury, "time to finish"
Roy Hancox - no reason given

Sorry to lose you and we wish you all happiness in retirement.

Thus far (up to January 30th) 85 members have renewed including **Trevor Taylor**, who has moved to a new address, viz:
8, Abingdon Court Lane
Cricklade, Swindon
Wilts. SN6 6BL

Trevor has taken up a new position for Cranfield University at the Royal Military College of Science and sends greetings to those still around who remember him.

David Evans has rejoined the club and has resumed running. his address is:
22, Eastfield Drive
Whittlesey
Peterborough
Cambs. PE7 1SH

Please amend your address list to include Trevor and David.

We also welcome two new members to the club who are **Lorna Maden** and **Rose Priekulis**. Welcome, ladies. (May I have a few notes for a personal profile in the next issue? Thanks! ed)

Idle Thoughts of an Idle Runner by Plodder

As this is the first such article for dear old "Sap" I thought I'd kick off with a subject we all think about every time we go running - how Running makes us better Human Beings. We all have secretly nurtured the warm and smug knowledge that we are a cut above the rank and file. We tacitly remind ourselves of this fact as we cruise the pavements, a small smile of satisfaction playing across our lips (a bit like the one on the Mona Lisa). I have read many magazine articles on the mental, moral and spiritual benefits supposed to come to us through our sport, a sort of spiritual osmosis. There are whole books on the subject in our club library. Well-known Directors make whole films about it - the theme tunes become part of our popular culture and must be played at the start of the Potts Marathon to inspire us to marathon efforts of performance.

Let's look at some examples in print. Here's one by Brian Mitchell who, in 1961, was British AAA Honorary Senior Coach and Head of the English Department at Faversham Grammar School:

> " The athlete....is never, at any stage, satisfied; always, he knows that he has missed perfection. (At some point, he will read the poetry of Robert Browning)."

NB: I thought he was a bit heavy on punctuation, but since he is Head of English I suppose he must know what he's about.

Heady and inspiring stuff, but we who have read Browning (who was well known within literary circles for his punishing training schedules) knew this instinctively:

Fartlek Among the Ruins

Where the quiet-coloured end of evening smiles
Miles and miles
On the solitary pastures where our runners
Half-knackered
Stagger homeward thro' the twilight, stray or stop
And want to drop---

R Browning (Reprinted with the permission of Etonic)

Running can even make *women* better human beings! (I know this sounds implausible but bear with me and read on). This from Cliff Temple (Challenge of the Marathon, 1981):

> "Women have become more and more involved in marathon running, and the inclusion of the women's event in the 1984 Olympic Games will certainly not lessen its appeal....now more and more mature women - *often married, with young families* - are starting to run.....it is simply for the opportunity it offers to break away from the nappies-cooking-laundry-shopping routine which might otherwise engulf their lives completely."

Of course we must make allowances and remember that in 1981 you couldn't buy Pampers.

Next issue: The Seven Pillars of Interval Training.

TARGET SETTING

The setting of targets in running is similar to setting objectives in business or at home except for one major factor, we run for fun!! No matter how seriously we train it is still supposed to be our way of relaxing, please remember this at all times when things do not go to plan. A second point for me is that setting goals and ways to achieve them is an individual matter. Linford Christie and Ben Johnson had the same goals but very different routes to get there, I do not infer that any of us would resort to cheating, but many factors come into play when we set our long, medium and short term goals; current fitness, work and home commitments all need to be considered.

The procedure should start with a long-term aim; this can be one particularly important race, or an overall performance in a season long competition .I find it just about manageable to look forward for about a year, maybe you have the patience to set your sights over longer periods. The longer the timespan the more chance that something will occur to throw you off track, but there is also more time to recover from setbacks along the way. Once you have the aim in mind, the setting of milestones along the way will produce your short-term goals. Let us look at a couple of examples:

(A) decides in January to go for a half-marathon p.b. later in the year, he will look to the Great North Run in September as his highlight of the year. He works on his stamina, at first building up his mileage over the period up to April aiming to complete a twenty miler at p.b. marathon pace at this stage. The next couple of months should see a maintenance of the mileage but with the introduction of some speed work, it is important to monitor progress. The "easy" way to do this is to target one race per month as a big effort. This lets you know how well you are doing and provides the all important motivation. Our hero selects 10k and 10 mile races trying to set harder targets as the year progresses through to August when he looks for a 10 miler to be run at half-marathon p.b.pace.

(B) Has been a jogger for years but has recently been bitten by the competition bug and, having completed a marathon, now wishes to improve her times over shorter distances. It is January and an April 10k on a fast course is chosen as a goal. Having maintained her background mileage, leg speed is what she needs to work on. Twice weekly fast sessions are introduced, one if it is a race week. One of these sessions is over a measured four miles; every three or four weeks she blasts this course after a good warm up to log progress.

I do not believe in setting stringent targets, too many buggeration factors are at play. Try to stick to short-term plans, adapt medium-term aims to suit circumstances and treat long-term targets as an horizon to strive for, but beware, the unknown can be beyond the horizon.

John Clemems


Gi' us a kiss, Barbara!
The NSRRA Presentation Evening
Did I say something funny, Pam?
With Rita it's 6 to 4 to the ladies!
I look better in colour, honest!
"Abracadabra" - George practises his magic

Raising Revenue and Registering Runners

The MCAA's proposal for a '£10 per head Registration Scheme' was defeated by sound argument - but the need to raise revenue was sharpened by BAF's bankruptcy with debts now at £2m+. MCAA's response was made at its AGM on 8th December 1997 in two proposals relating to a new basis for 'Club Affiliation Fees' and a low-cost or no-cost 'Regional Registration of Club Members'

In March 1997 I had recommended that the current Affiliation Fees be revised and increased in such a way that would spread the cost more uniformly since, at present, a club with two disciplines and 51 members pays £1.37 per member while one with 400 members pays 37p for each. (see NSRRA Newsletter No. 122). So I am broadly in favour of MCAA's proposal for a "Poll Tax"; but I am also strongly in favour of a "graded tax" which recognises the different benefits which several distinct types of members receive. The latter point was given scant attention by MCAA's AGM and, from September 1998 the current 'composite' club affiliation fee will be replaced by a per capita fee of £3 pa on each member. This will make a substantial call upon the club's current income.

I have identified three broad categories of club members and I would prefer differential fees as indicated below:

(1) Members who compete or intend to compete in Track and Field and any other recognised discipline(s) eg X-Country, Road-running, Trail-running, etc. - £3 per head.
(2) Members who compete in any discipline(s) EXCEPT Track and Field - £2 per head.
(3) All non-competing members (eg social members, supporters, officials, honorary members) - £1 per head.

The proper recording of these several categories could provide the basis for a simple 'Registration Scheme'; and each member could be allocated a definitive Registration Number. Such a data-base could go a long way towards providing the data-sets necessary to support applications for grants from the Sports Council. There are also important administrative benefits of recognising and recording data on each member and his or her "activities"

However, the essence of my case for differential fees is that the several categories receive markedly different benefits from the National/Regional/ County bodies. Road runners receive little except from clubs and from race organisers/promoters - and they pay (often quite heavily) directly to the latter. In contrast, Track and Field requires and attracts heavy capital investment and a host of supporting services from managers of stadiums, officials, training schemes, etc. Neither BAF nor MCAA has provided hard evidence to allow documentation or denial of this view. I am, however, in no doubt that it is true;

and that 'social members' - who comprise some 30% of our club - often contribute to race management (as marshalls, acting-officials and general helpers) but derive little or no direct benefit from outside their club.

Whether or not MCAA are able and willing to recognise real and significant differences between several types of members of the 'family of athletics', clubs may be able to do so within their own communities and constitutions. And current thinking along such lines may lie behind the editor's invitation for me to write this rather boring article.

George Kay: SMM Vice President

As usual, George plays down his efforts made on behalf of all of us and I hope that you will agree that he has come up with a sensible and reasoned proposal to counter the original blanket '£10 per' demand of the MCAA. It is hoped that he will continue to press the case for differential fees to be introduced. Thank you, George. Ed.

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Letters to the Editor

Dear Gerry
I am not one to normally write in what can only be described as a serious tone, however, the talk at a recent club night has driven me to it.

The alternative training sessions which I have co-ordinated on Wednesdays are as far as I am concerned, a group of folk who choose to have a different type of run on club nights. It matters not a jot who leads it, or who goes on it, as at any time if it is not what they want, an individual simply walks, runs or staggers away. (Sorry, that was a little light hearted.)

The two points of discussion which amazed me most were that of insurance claims and protocol.

Any insurance liability, and I believe there is only third party cover, must be sorted out by the committee and made available to all members.

The question of protocol leaves me speechless. Some of our members seem to be so narrow minded that they seek to determine with whom other members can train. Lighten up folks, remember we are in this for recreation and above all, fun.

Yours sincerely

John Clemens

What's on in the Social Scene

The Christmas meal at Hatters' was very well attended and everyone seemed to enjoy themselves even though the accommodation was a little "cosy" and the Wild duck was a bit too wild.

The joint disco between ourselves and the tennis club was, on the other hand, not a success. We unfortunately had to cut our losses and cancel the event. Not so good for the club's finances as we had to bear half the costs - £62.50. Hopefully we can make good some of this on the raffle at the Presentation evening, our next event, at Brocton Golf Club. That's a plug for the evening and the raffle!

Another date for the diary is **February 21st**, the delayed Quiz night. This is a return match between ourselves and Stafford Harriers. The first event held at the County Officers Club was a great success and was made even better by our club running off with all the prizes. So lets keep the success going. **We need as many teams of four as possible.** The cost will be $5.00 per team, this will include some food which I hope we can organise between ourselves.

I have also made a booking for **Saturday March 21st** at Piccolo's in Stone (Italian type restaurant). *(Sounds like a pasta party prior to the Stafford Half-Marathon the next day. Ed).* The cost will be about £10 - £12 (ish) and 16 places have been booked, so first come etc. Please let me know ASAP.

Last year we tried to organise a Coast to Coast run but failed. Now we are having another go, this time it is a C to C run (see Mac's article this issue for more info). A small working party has been formed to sort out the details, so if you are interested contact Brian Hall, Mac, John Clemens or myself. Watch this space for more details.

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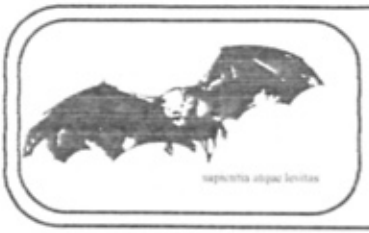
Seasonal Greetings.....

..... even if brought to you a little late. Kevin Wilkinson, winner of three consecutive BVAF Marathon titles at our Flying Fox marathon sent a greetings card to the club for Christmas and the New Year. Co-incidently, the Winter 1997 edition of 'Veteran Athletics' carried an article on Kevin who,since moving up an age group has won Welsh M45 titles at 5 miles, 10 miles, Half-Marathon on the road, at 10,000 metres on the track and the cross country. He was also awarded a Welsh senior vest in a match against the Army.



Stone Master Marathoners

Sea to Sea Relay Run

2 - 4 May 1998

Some of you may recall that, a couple of years ago we tried to organise a Coast to Coast relay run. Whilst most were enthusiastic about the concept, the thought of running on roads was a bit off-putting. The idea was accordingly put on ice. Even fewer may recall that the reason for attempting to stage the run on roads was the difficulty inherent in keeping track of runners off-road. The thought of runners being lost or injured in inaccessible places was more than beleaguered organisers could cope with. Safety was the driving force for planning. But runners voted, if you'll excuse the pun, with their feet.

Now, however, we have a new concept - the sea-to-sea. This is a mountain bike route following almost the same voyage from coast-to-coast as the walking route. The difference is, of course that runners can be tracked by supporters on bikes on the sections not available to motor vehicles. The course is 140 miles of traffic-free paths and traffic-calmed roads which form part of the National Cycle Network currently being developed across the UK.

The route designers recommend that the course is attempted from west to east to take advantage of the prevailing winds. There is a choice of start and finish points: Workington or Whitehaven in the west and Roker or Tynemouth in the east. There is a commemorative T-Shirt for those whose motto in life is "done that, got the T-Shirt" for these folk the advice is: get your card stamped (more later).

We are currently costing the trip and more details will be released as we know them. Basically, the trip will be by mini-bus to the start on Saturday 2nd May, B and B for two nights and mini-bus home on Monday 4th May. The relays will be planned on 5-mile sections which can be run singly or in multiples, depending on your fitness. Consequently, a minimum of 10 runners are required to make the run viable, with a maximum of 20. Of course, if you want to make your own travel and accommodation arrangements, that is OK too.

If you want to take part in this thrilling expedition, cut off and return the slip below:

I am interested in the sea-to-sea event: NAME(S).....

No. of runners.....No. of supporters.....Will the supporter **walk** Y/N **bike** Y/N

I will require the use of the mini bus Y/N. I will require accommodation Y/N.

Return this slip to Phil Sharratt as soon as possible.

What's On.....Racing

NSRRA: Programme of League Races For 1998

For the benefit of those who have yet to join the North Staffs Road Running Association, the programme for the 1998 season is reproduced below. Runners are grouped in leagues and age groups and points awarded according to where a runner finishes each race in his or her group. Each runner's best 12 results count towards end of season individual awards and all runners points count towards team awards. All this can be yours for just £5 a year which gives you free entry into races number 1, 15, 16 and 20. SMM needs YOU to compete in as many events as possible if we are to win the team championships. See George Kay or Mac McCoig for a form to join NSRRA.

01)	Sat 28 Feb	2.30 Bathpool 5 (AB+EVD)
		3.15 (C+XZ+LM+N)
02)	Sun 08 Mar	10.30 Stafford 20
03)	Sun 22 Mar	10.30 Stafford Half-Marathon
04)	Sun 05 Apl	11.00 Newcastle 7
05)	Sun 19 Apl	11.00 Uttoxeter Half-Marathon
06)	Sun 03 May	11.00 Crewe 10k
XX)	*Tue 12 May*	*7.00 Longton Park 5k (Reserve - Races 1-10)*
07)	Wed 20 May	7.00 Trentham Trailblazer 15k
08)	Sun 07 Jun	12.00 Michelin TT '8'
09)	Sun 21 Jun	10.00 Potteries Marathon
10)	Sun 12 Jul	10.45 Cheadle 4
11)	Sat 25 Jul	3.00 John Oultram 10
12)	Wed 29 Jul	7.15 CARSA 5
13)	Sun 02 Aug	11.30 Milton 10k
14)	Sun 16 Aug	11.00 Leek Half-Marathon
XX)	*Wed 19 Aug*	*Staffs Knot 5 (Reserve - Races 11-20)*
15)	Sat 05 Sep	3.00 Ipstone 5
16)	Sun 13 Sep	Stone 10k
17)	Sun 04 Oct	10.30 Madeley Half-Marathon
18)	Sun 18 Oct	11.00 Denstone Half-Marathon
19)	Sun 01 Nov	11.00 Werrington 6
20)	Sun 15 Nov	10.30 Eccleshall 10

The reserve races (marked XX) are worth your consideration as points awarded on these will count towards your season's results if, as happened in 1996, any of the designated 20 races are cancelled.

SMM Club Championship 1998

There are two separate Championships - Men and Women.

Rules -

1. *Scoring is as in NSRRA. First over the line scores 50 points, 2nd 45, 3rd 41, then 38, 37, etc. For the marathon event the fastest time over the year's races scores 50, next fastest 45, etc. Only your best race score in each Group counts, but competition is keen and the more races you run in each group the better your chances.*

2. *Your best score in 3 out of 4 Groups counts.*

3. *If several athletes have the same number of points at this stage, then their best performance in the 4th Group is a tie-breaker.*

4. *If there is still a tie, the **longest** distance in the Championships list in which the two have raced head-to-head is taken into account. The Champion is the athlete who came in first (even if both were beaton by another Club member on this occasion).*

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

Championship Race List for1998

Group 1	5th April	Newcastle 7
	2nd August	Milton 10k
	13th September	Stone 10k
Group 2	20th May	Trentham Trailblazer 15k
	25th July	John Oultram 10
	15th November	Eccleshall 10
Group 3	22nd March	Stafford Half-Marathon
	16th August	Leek Half-Marathon
	4th October	Madeley Half-Marathon
Group 4	1st March	Milford 21
	8th March	Stafford 20
	1998	Any Marathon

RACE RESULTS

Bare Wrist Run - Wednesday December 17th

	Est.	Act	Slow	Fast	Pos								
Simon Probert	29.45	29.45	0	0	1								
Brian Hall	27.24	27.24	0	0	1		Slow	Fast			Slow	Fast	
Brian Radford	31.29	31.36	7		3					1996			
Vernon Olivant	27.44	27.55	11		4	Andrew Wilding		3	1	Rita Banks	6		1
Mac McCoig	31.2	31.32	12		5	Dave Upton		3	1	Elaine Statham		9	2
Robin Cope	30	30.14	14		6	Roger Bolsover		12	3	Monica Darlington		11	3
Dave Gillick	24.35	24.2		15	7								
Derek Palmer	31	31.18	18		8					1995			
Richrad Shaw	31.04	31.24	20		9	Syd Carnell	3		1	Margaret Shaw		5	1
Phil Sharratt	28.35	29.03	28		10	John Elson	5		2	Elaine Statham		10	2
James McLellan	38.3	39.02	32		11	Chris Franklin	6		3	Sue Smith		16	3
John Clemens	25	24.25		35	12								
Russ Hall	25.07	24.31		36	13					1994			
Kevin Uzzell	25.25	26.05	40		14	Richard Shaw	2		1	Angela Coker	11		1
Lew Badger	27	26.19		41	15	Jonathon Howell	2		1	Elaine Statham	11		1
Brian Coker	28.3	29.18	48		16	Mac McCoig	3		3	Carol Lorimer	20		3
Mike Hammond	33.47	32.58		49	17								
Steve Lorimer	26	24.47		1.13	18					1993			
Roger Bolsover	27.5	29.49	1.59		19	Dave Gillick		11	1	Angela Glendenning		6	1
Derek Ford	35.5	38.35	2.45		20	Dave Baxandall	16		2	Kielo Sauvala		8	2
					1	Roger Bolsover	20		3	Pat Radford	10		3
Rita Banks	33.3	33.27		3	1	Derek Palmer	20		3				
Sue Smith	37.4	37.53	13		2	Lew Badger	20		3				
Pam Davies	30.32	30.5	18		3								
Lynne Foster	37.3	37.53	23		4								
Carol Lorimer	34	33.35		25	5								
Angela Coker	28.3	29.07	37		6								
Margaret Shaw	34.1	33.3		40	7								
Pat Radford	41	41.51	51		8								
Rose Gillick	32.1	30.53		1.17	9								
Paula McLellan	36.03	37.27	1.24		10								

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)	Vernon Olivant	3.15.00(34)
Simon Fielder	3.30.09(33)	Peter Williams	3.38.11(32)
Chris Barlow	3.40.59(31)	Mike Hammond	3.48.00(30)
Gerry Barnard	3.51.08(29)	Dave Baddley	4.08.58(28)
Richard Shaw	4.16.20(27)		
Lynne Foster	3.44.40(50)	Kielo Sauvala	3.43.21(45)
Margaret Shaw	4.19.00(42)		

Lausanne Marathon - Sunday October 19th

Kielo Sauvala	3.43.21		

Snowden Marathon - Sunday October 26th

Margaret Shaw	4.19.00	Bob Pope	4.23.00
Richard Shaw	4.43.00		

Cheddleton Xmas Pudding 10k - Saturday November 29th

Jonathon Howell	38.33	Dave Gillick	39.04
Simon Fielder	41.39	George Kay	42.07
Peter Williams	43.45	Peter Dalley	43.49
Angela Coker	44.05	Simon Probert	45.02
Rita Banks	46.05	Roger Westhead	46.22
Gerry Barnard	49.04	Barbara Brough	50.43
Paula McLellan	56.33	Angela Glendenning	57.16

***DG 2nd V50, GK 1st V60,
GB 2nd V60, RB 1st F50***

Basel Stadtlauf(6k) - Saturday November 29th

Kielo Sauvala	26.34

Stafford Common X-Country - Saturday December 6th

Ladies:

Carol Lorimer, Angela Coker, Pam Davies,
Rose Gillick, Lynne Foster, Barbara Brough

Men:

Jonathon Howell(88th), Dave Gillick(95th), Vernon Olivant(147th),
Lew Badger(157th), Simon Probert(208th), Gerry Barnard(226th)

Rugeley Power Sation 10k - Sunday December 7th

Lew Badger	40.18	Tony Bridgewood	42.34
Terry Murphy	45.21	Gerry Barnard	45.39
Lynne Foster	48.50	Sue Smith	49.35
Irene Murphy	58.34		

Hogs Back Race, Guildford, - Sunday December 14th

Gerry Barnard	1.06.52

Four Villages Half-Marathon - Sunday January 18th

Lew Badger	1.25.25	George Kay	1.26.45
Gerry Barnard	1.39.19		

GK 1st V60

University 10 - Sunday January 25th

Vernon Olivant	38.31	Chris Barlow	39.03
Jim Brough	39.40	Simon Fielder	40.07
Peter Williams	41.27	Ros Barker	41.46
Pete Dalley	41.56	Gerald Davis	41.59
Angela Coker	42.02	Simon Probert	42.03
Rita Banks	44.00	Gerry Barnard	45.14
Mike Hammond	45.49	Geoff Shallcross	46.48
Lynne Foster	47.05	Richard Shaw	47.39
Frank Shepley	48.11	Barbara Brough	48.35
Sue Smith	48.57	Peter Salt	53.04
Angela Glendenning	54.56		

RB 1st F35, LF 1st F40, RB 1st F50, BB 1st F55, AG 1st F60

Club Championship - 1997

	GP1			GP2			GP3			GP4			Score
MEN	A	B	C	A	B	C	A	B	C	A	B	C	
Jonathon Howell		50		45	50		41	45	45	50	50	41	150
John Clemens	50	45	50	50		50	50	50	50		45		150
Dave Gillick	45		45	38	41	45	45					38	135
Kevin Uzzell			41	41	45	41	37	41				45	131
George Kay		37		35	36	35	38	38	42			50	129
Lew Badger		38	38		38	38	36			45	41	37	121
Bernie Priekulis	41	41	37	37	37	37	35		38	41		36	120
Gerald Davis		33		33	35	34		37			38		110
Simon Fielder			35	34		33	33	36	37	37		33	109
Roger Bolsover	38	34		36	33	31	31		35				109
Terry Murphy		30	34		30	29		35	33	36	36		105
Peter Williams	36	32	36	32	31		29		30	35		32	103
Mike Hammond			33	31	28		32		31	38		30	103
Vernon Olivant					32	32			36			34	102
Chris Barlow		35			34	36						31	102
Gerry Barnard	30	29			29	28			34	34		29	98
Dave Baddley	31	25	29	26	24	26	26	34	28	32		28	97
Dave Upton	35	31		30			28						93
Richard Shaw	32	26			26	27	25		29	31		27	92
Bob Pope		27	31	28					32				91
Geoff Shallcross	34	28	30		27		27						88
Peter Salt		24	27			25			27				79
Bill Clarke							34					35	69
Andrew Wilding	33			29									62
Mac McCoig			32						26				58
James McLellan							24			33			57
Dave Baxandall											37		37
Jim Brough	37	36											37
Tony Bridgewood							30						30
Simon Probert						30							30
Frank Shepley			28										28
John Haine				27									27
John Elson					25								25
John Pennell						24							24
LADIES													
Angela Coker	50			50			50		50		50		150
Lynne Foster		45			50		45	50		50		50	150
Barbara Brough	41	41	41			50	38		37		45		136
Margaret Shaw			38			45	36	45	36	45		42	135
Ros Barker		50		38					45				133
Pam Davies	37		45	45	45		37	41	38				131
Kym Billington-Baddley	38	38	37	37		41	34	38	33	41			120
Angela Glendenning	35	36	36	36	37	38	33						107
Paula McLellan	36	37		35	38	37	32		32				107
Rita Banks	45		50				41		42				92
Sue Smith					41		35						76
Kielo Sauvala												45	45
Rose Gillick				41									41
Jill Pointon									31				31
Sue Haine									30				30

Subject to ratification

Group 1 | Newcastle 7 | Milton 10k | Stone 10k | *Group 2* | Trentham Trailblazer 15k | John Oultram 10 | Tittensor 10

Group 3 | Stafford Half | Leek Half | Madeley Half | *Group 4* | Stafford 20 | Bourton-on-the-Water 15 | Any Marathon

THE CARVER WOLVERHAMPTON MARATHON

100 YEARS IN BUILDING SUPPLIES

SUPPORTING ST. JOHN AMBULANCE

Please reply to:

THE CARVER WOLVERHAMPTON MARATHON AND HALF MARATHON
SUNDAY 6TH SEPTEMBER 1998

Carver (Wolverhampton) Limited is a privately owned Builders Merchant and Timber Importer founded in 1896 in Wolverhampton and based on an eleven acre site off the town centre ring road.

The writer joined the Company in 1993 as Sales Director as part of the Companys expansion into timber importing and production and the subsequent period has seen the Companys sales grow from £7½ million to £20 million now the largest independent single site builders merchant in the Midlands.

Over the 102 years of trading, the Company and staff have supported many charities, the most successful during its Centenary Year in 1996 when the Company raised some £10,000 in cash and building work for the SCOPE day centre in Wolverhampton.

In 1998 the Company has decided to revive the Wolverhampton Marathon, adding a half marathon with ***all*** proceeds to be donated to St. John Ambulance who need a large sum of money to rebuild their Wolverhampton headquarters.

The Metropolitan Borough Council and the Police have backed the event whole heartedly and Wolverhampton and Bilston A.C are actively involved on the organising committee.

If this 1998 event is as successful as expected we will make application to stage the British Veterans Marathon Championships hopefully to bring this back into the Midlands in 1999.

It would therefore be extremely pleasing to see Stone Master Marathoners involved in a "high profile" manner in the 1998 event perhaps on the finish tunnels or similar.

The Committee have given their blessing to this and the writer would therefore appreciate names of members ***who will commit*** themselves to being involved in such a role.

Your support will be appreciated.

Ivan Savage.

IVAN SAVAGE

MARATHON OFFICE: Littles Lane, Off Ring Road St. Patricks, Wolverhampton WV1 1JY. Tel: 01902 577199. Fax: 01902 577001.

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