SAPIENTIA

STONE MASTER MARATHONERS

Sapientia atque Levitas

February/March 2001

sapientia atque levitas

Contents

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

Tel: 01785 851483

e-mail: eccgerry@barnard14.freeserve.co.uk

Editorially Speaking

Changes afoot on the editorial front as this will be the last edition to be printed at the Radfords home of our founder and patron. Although where and how the magazine is produced is not visible to our readers, I can tell you that we have been very fortunate to have the facilities provided by Terry and Monica all these years but change comes about now with their retirement from the business. As Terry and Monica sail off into the sunset, (perhaps 'sunrise' would be more appropriate as they head east onto the Continental waterways!) they go with our very sincere thanks for their contribution to SMM, the Club they founded, over all the years and best wishes for a long and happy retirement.

Another very good night for SMM at the NSRRA Presentation Evening. This year the men were to the fore with multi-award wins for Simon Garside, Simon Fielder and Kevin Uzzell. Simon Garside also won the trophy for Most Improved Runner of the Year. Our ladies did us proud again with Yvonne Leeson, Pam Davies and Lynne Foster collecting silverware. Congratulations all. A new season awaits!

Don't forget Wednesday March 28th and the launch of the 20th Potteries Marathon at Trentham Gardens. Should be a good night. Enjoy your running

Jenny

CHAIRMAN'S CHATTER

It already seems an age since the year began; time seems to go by so fast, but it's not too late to wish you all the best for 2001. Let's hope the weather will start to improve and the land to dry out, so that everybody can get down to some serious training, and be ready for the season's races.

The Alsager 5 is first up (at least with NSRRA) so good luck to all who have entered.

Didn't we do well in the NSRRA league last year, there was a table full of trophies at the presentation night. Stone Masters were very much in the limelight, Group winners, Age Group winners, Team winners, Special award winners, etc. Very impressive.

I hope you enjoyed the handicap run, weather was kind but the numbers were lower than 1999 (47). Only 32 out this time but still some very good results; 16 within one minute , 5 were 10 seconds or under! 20 were slower than estimated; only 12 managed to go faster, ranging from 5 seconds to 6 minutes!

Have any of your new year resolutions lasted this long, or did they disappear within hours or days? If they are still going, well done!

Once again, all the best for the new season.

Much Sapientia

David Mason

David has a resolution for the year 2001 - which is to join a party on a walk along the Great Wall of China in September/ October to raise funds for the Acorn Children's Hospice. (Not true that it's a 'recee' for next years Club relay!) Chris Barlow has kindly agreed to be David's sponsorship agent looking to raise the sum of £2,500 needed for him to join the walk. Please give generously to support this very worthy cause. Ed.

News Briefs

*Club Captain **Richard Shaw** now sits on the NSRRA Committee in place of Mac McCoig who has stepped down after serving for a number of years.*

Make a note in your diary - for **Wednesday, March 28th** when it will be an away Club night at Trentham Gardens in conjunction with the launch of the 20th Potteries Mararthon. See the full page add further on in this mag for more details.

*Would anybody like some recent copies of **Runners World**? Lots of articles and tips to help your running. All free, gratis and for nothing! See me at the Club or ring me on 01785 851483. **Gerry***

Bring back the Aerobics - is the plea from those missing Maggie's classes on a Wednesday evening. Dwindling numbers made the session unviable but can we find ten to fifteen people who would make a firm commitment now? Please contact David Mason or Maggie to pledge your support.

*We always like to give recognition where it's due and this time it is to **Mac McCoig** for winning the Cross-Country Shield in the competition open to CO's in the TA. Mac also took the V50 award in the same race. Bravo, mon ami.*

Change of Address updates for your membership list:
Lynne Foster and **Frank Shepley** have moved to 'Dale View', Airdale Road, Stone, Staffordshire, ST15 8DP. Tel: 01785 818882
Steven Pickering has moved to Oakleigh House, 10 The Woodlands, Cold Meece, Stone, ST15 0YA. Tel: 01785 761623

New Members
Rosemary Wilson 50, Station Road, Stone, ST15 8ES. Tel: 01785 616212

Resignation: David Evans - out of town member living in Peterborough

SECSPOT

Like the title? This is the bit where I bore you with important details such as the forthcoming AGM, who will be staying on the Management Committee, etc., some of which I shall be repeating in the next magazine.

But before you go to sleep, a belated Happy New Year to you all from Diana, Ross and myself. No Christmas cards again as we chose to donate to charity. Just forgot to get this message in the last *Sapientia*.

The Millennium year was a good one for the Club as a whole, with membership slightly up on the year before - against the trend for most road-running clubs. In fact, one of the best known local clubs, PMAC, was wound up last year. Out of something bad usually comes something good however and we picked up one or two new members. Trentham RC did even better; many former PMAC members merging with the club to raise its numbers considerably in the year that also saw Trentham move, along with the rugby club, to a superb brand new headquarters at Hanford.

Why is he wittering on about PMAC and Trentham, I hear you say? Well, the point is that as with many organisations, success or failure depends to a great extent on the management of the organisation. For as long as I have been a member, SMM has had at its hub a management team whose commitment and vitality would be difficult to beat, and is the envy of many clubs. Capable of organising a range of events from the humble but enjoyable fish and chip supper to the prestigious presentation evening and excellent social weekends; from local races to, in the past , nationally acclaimed marathons—and all without going bankrupt!

Last year was the only year that I can remember when we operated without a Vice-Captain, but we muddled through the few occasions when Richard was not available with other Committee members taking the load.

Looking to the future, we will see some changes this year.

Mac McCoig, after six years as Treasurer, is standing down as is Patsy Gerritsen who has served her three years as a committee member. Our Editor Gerry Barnard has also expressed a need to be replaced after five years in the post.

At the time I wrote this article, we had managed to find a new treasurer, a replacement for Patsy and a vice-captain in the space of two nights - but despite pleading, cajoling, threats and blackmail - we've failed to come up with an editor. Mac refused to let me have any cash for bribery, perhaps will have more luck with the incoming treasurer.....!

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

To those committee members who are standing down, I would like to express on behalf of the Club our appreciation for the time and effort that they have contributed; without them and other members in the past, SMM would not exist.

On a final note, you may remember that last year we suggested the "Grass Your Mate" award for someone who had done something stupid or funny, and hopefully both, so that we could all have a laugh on presentation night. You were very loyal to your fellow members because there was virtually no competition! We have a couple of suggestions this time but if you think you have a nomination talk to Brian, in complete confidence of course!

Brian Hall

Vernon's tip for the Month

Drink more water - most of us do neglect this essential staff of life. To make it more palatable and routine - take a glass of water prior to having a coffee, tea or soft drink.

Hi.....

.....I've just returned from completing the Lanzorote International Challenge, and that's something that I never thought I'd be able to say having suffered, as we more senior members of SMM tend to do, with a bad back, pulled hamstring, arthritis and general terminal decrepitude, and what is more, it was all done without a painkiller in sight. So how did it go ?

For those of you that don't know, the Challenge is an annual event based at a sports centre in La Santa (ho ho ho) and consists of four races run on consecutive days; a 3 lap 10k, 13k off-road, a 5k beach run and a 23k trans-island run. This was its twelfth year.

Club members have taken part in the past and I've listened with some envy to their recollections, and this year my interest was re-awakened about two weeks before the Challenge when I heard Elaine and Mick Statham saying that they were off to do it. Well, I thought, Could I ? Dare I ? Surely this is for real athletes. But then Elaine said I needed a holiday so I went home, persuaded my wife, got a real good deal at the travel agents and away we went.

And upon landing I got cold feet. Lanzorote is a bit like a giant coal spoil tip by the sea but the weather is wonderful, nice and warm with a light breeze, the hotel great with the only cloud on the horizon being the uncertainty of the races. We arrived on the Thursday before the Sunday of the first race which gave enough time for a couple of runs to get acclimatised and enjoy the local cuisine. Alright Thursday night but was very foolish and had a paella on the Friday and was up all night throwing it down the toilet. Wonderful preparation, eh !

Anyway, full of trepidation as we made our way to La Santa on Saturday afternoon for registration and I kept thinking "What the hell have I let myself in for ?" OK if you just want to get round but before we left the UK Mick made me shake hands on a fiver bet which meant I would have to try. I knew that Mick was pretty fit as he had annihilated me at the Oakamoor cross country and had fin-

ished in front of me at the Wolverhampton half marathon, but I'm fitter now, ain't I ! So I registered, picked up all the info and my race number and returned to our hotel in Puerto Del Carmen.

Met up with Elaine and Mick at La Santa for the 10 o'clock start to find that Elaine has three stitches in her leg from a fall in training and Mick has a cold. Could this be my chance, or is it gamesmanship ? I could never beat Elaine normally, but could these stitches be my equaliser ? Then the warm up to music. Well to me it just looked like those grainy black and white film one sees of the Hitler Youth in full flow and all done to Rock music ! One thing of interest where at Registration we were given a small electronic chip to fasten to one of our shoes which would register the time across the start and finish lines so no matter where you were at the start, your time would be accurately recorded over the distance.

So off we went. My plan was to run the first lap at a brisk pace and try to keep up with Mick; attempt to up the pace on the second lap and then hang on to the finish. It was very warm, particularly when passing the sports centre and I finished about half a minute behind Elaie but two minutes ahead of Mick. One down, three to go.

Back next day for the 13k off-road and I was told that there was quite a bit of uphill slogging around a volcano. This could be just my cup of tea. It was tarmac for the first half mile then a dirt track, very uneven and climbing up and up to a rough tarmac track that was flattish for a bit before climbing once more. I glanced over to the left and saw the lead runners climbing a steep ridge. This looks interesting. It's very warm with a strong drying breeze and I noticed as I climbed the ridge that I was sweating profusely on the right side but bone dry on the left where the wind was coming from. Very strange. Up and over the ridge and down the other side; and what's this; Elaine is just in front. What does one do ? I've never passed Elaine in a race before. She's normally finished, gone home, and had her tea before I get to the finish line. In the end I made some comment about how pleasant this was and went on past. We were sheltered from the wind now and although it was all down hill, there was deep sand in places and it was very hot. Eventually the road to

the sports centre and on to the running track to finish about 30 seconds before Elaine. Mick had a bad run, due no doubt to his cold and the heat of the day, finishing about 10 minutes down. Two down, two to go.

The 5k run was on the beach at Puerto Del Carmen, about a mile along the front from our hotel and I set off for there nice and early, posing with my racing vest at the hotel as I went. Today was really something different. Three laps of a well marked and marshalled course through deep sand with hordes of sunbathers cheering us on. And what do you warm up to ? Well of course the Beach Boys recording of Little Deuce Coupe and Surf City. Wonderful. Now just imagine soft sand being churned up by about four hundred runners and you'll get some idea of the conditions. Mick passed me on the first lap and was having a good run; but I kept going and gradually caught him and started to put some work in on the second lap, desperately trying to find some firm sand. On the last lap I caught up with Elaine again. "What shall I do now ? Sit on her shoulder, say nothing and then put in a fast sprint ?" Like a complete idiot I said "Hello, it's me" at which she ran away from me. A bit further on and I came across a German that I'd beaten in the other two races so I sprinted, burnt him off and finished about two seconds behind Elaine with Mick only a short distance behind. Really enjoyed that.

The 23k trans island race started from a place called Macher, not far from where we were staying, and finished at La Santa. Quite relaxed now; just treat it like a Sunday training run, keep Mick in my sights and the fiver is mine. Returning from a light breakfast I thought "Why is the bus coming from La Santa with the runners at 8 am if the race doesn't start until 10 ?" A strange feeling came over me as I frantically searched for the race instructions and then my hair stood on end. Bloody Fool ! The race starts at 9 am and it's 8.45 now !!! It was the quickest warm up I have ever done. Sprinted out of the hotel to the hire car and sped off to Macher. Just got there in time and my dear wife was not amused.

The first part of the race was seriously uphill for about 5k before we dropped down to run through the lava fields. I knew that Mick was

behind me at this stage but not sure by how much when I had to stop to remove a plaster from my foot that was rubbing. Got my shoe and sock back on, had a quick look round for Mick and not seeing him, set off once again. The landscape here is really grim with black, razor sharp lava on either side of the road running back to the (hopefully !) extinct volcanoes. It reminded me of "Hotashslay" in the Thomas Covenant Chronicles. Being so high it was nice and cool, although sunny. I took my time thinking that when Mick catches me up I'll just tag on behind. Very nice watching the volcanoes as we pass and just lolloping along as you might say. Left the lava fields and into a village at the start of a long descent to La Santa and thought of stretching out but my hamstring wasn't keen on that. The road is dead straight now and all down hill with the sports centre clearly visible but seemingly miles and miles away still. Put in a burst over the last half mile and round the track to finish, and standing there were Elaine and Mick !!!

I stared in disbelief. "Where the ******* have you come from ?" "Oh, I passed you when you were tying your shoe lace" he replied. I was speechless, then we all fell about laughing. I just had this mental picture of Mick sneaking past on tip toe and nipping off to get out of sight. Well, it's only fun, isn't it; and I was only 5 minutes behind so the bet was safe.

So all done and dusted and I collected my medal. After all the uncertainty of doing four races in four days it was with great satisfaction that I got back to my hotel, had another pose in my running gear as I went past the swimming pool and all the fat roasting bodies as I looked for my dear wife. Not there, so it was up to the room for a heroes welcome. The door opens. "Oh, you've done it then." Turns and walks away. Somethings don't change, do they.

You can't really compare times in a series like this with one off races but Elaine won her group in 4.03.05 while Mick and I came nowhere; he in 4.26.45 and me in 4.16.45. Anyway, I've been to a foreign country, raced against foreigners and beaten some of them. That makes me an International, don't it !

Dave Upton

ALSO ...see Mick and Elaine Ad. in this issue

North Staffs Road Runners—2000/2001

"Marathoners take six Group Golds."

"It has been another splendid year on the road for members of Stone Master Marathoners.

In the final group placings just released by the popular North Staffs Road Runners Association, no fewer than five individual titles and one team crown has been won by the club.

Improving no end Simon Garside, champion of Group C. Last year he could only manage ninth spot, although his average was good enough to make him a serious contender this term.

With nine wins from 15 events he just edged out Michelin's Steve Owen, who himself chalked up five victories as these two swapped wins throughout the 20-race series.

Whereas Garside took his group by a mere 4 points, clubmate Simon Fielder won the Veterans Group V by a clear 71 point margin.

He enjoyed an impressive year with 13 victories and four seconds from 18 races, for a conclusive victory over second place Dave Wilson (Longton Harriers).

Fielder completed a memorable double by taking the Group M40 award, while Stone MM retained the coveted mens veteran's team crown ahead of Trentham and Stafford Harriers.

With eight to count this team section proved a close affair, but Fielder led the way and received good support from the likes of Dave Baddley and Kevin Uzzell.

Also on the victory trail for Stone MM were Yvonne Leeson (Group M) and Kym Billington-Baddley (W40).

It was Leeson's group that provided some of the best competition this year, with the Stone runner and Gill Russon (Cannock & Stafford) swapping victories during the season.

In fact they chalked up six wins each, the deciding factor being Leeson's higher performance total, running 17 races and taking advantage of Russon's absences to take the title by 19 points.

Billington-Baddley was never out of the top three and she retained the 40-44 title with four group wins, while team-mate Lynne Foster took third spot."

Reprinted from the Staffordshire Newsletter of December 7.

(Not known until the Presentation Night, and in addition to the above, Simon Garside also picked up the Stuart Dunston Trophy and that for the NSRRA Most Improved Runner of the Year while Kevin Uzzell also won the Derek Evans Memorial Trophy)

NSRRA 2000 SMM Awards and Top Ten Finishers

Name	League Points	Pos.	Age Group Points	Pos.
Simon Garside	**585**	**1st/C**		
Vernon Olivant	436	6th/D	406	10th/V45
Lew Badger	387	10th/D	431	6th/V50
Kevin Uzzell	447	5th/E	570	2nd/V50
Jonathon Howell	409	8th/E	469	5th/V45
Pam Davies	445	7th/L		
Yvonne Leeson	**585**	**1st/M**		
Kym Billington Baddley	450	4th/M		
Angela Glendenning	410	7th/M		
Paula McLellan	381	8th/M		
Maggie Freeman	295	10th/M		
Simon Fielder	**600**	**1st/V**	**600**	**1st V40**
Chris Barlow	432	5th/V	420	7th/V50
Terry Murphy	395	9th/X		
Mac McCoig	383	10th/X		
Dave Baddley	500	4th/Z		
Gerry Barnard			340	6th/V60
George Kay			271	7th/V60

Mens Open Team	1197	3rd
Mens Veteran Team	**3606**	**1st**
Ladies Team	1890	2nd

Compleat Runner (All 20 races) **Kevin Uzzell**

NSRRA PROGRAMME 2001

As those who have already signed up for this year will know, we can look forward to a series of races that should be full of interest as it is being run to a new formula. Gone are the existing separate groups for Open and Veteran runners, to be replaced by groups that are selected on merit alone, based on past performances. This means that each runner will have been graded against all other runners, based on last year's results where an average score will determine in which group they are placed this year. There will be six groups for men under the new structure and the top group will,

for instance, comprise about 17% of the top runners, be they Open or Vet. There are, as before, two groups for the ladies plus an "N" group for those members Not running at present, No longer running but keen to support and be kept informed about the NSRRA and Newcomers establishing a Group rating, etc. Another change concerns the allocation of points awarded. Now it will be a straightforward progression with the winner getting 50 points, the second 49, third 48, and so on.

By applying the new points system to last year's results it can be demonstrated that closer competition will ensue, which must be good for all concerned. Let us hope that race participation will be on the up as a result.

The first race, at Alsager, is almost upon us and this to be run over a new course. All very interesting.

01)	Sun 04 Feb	11.00	Alsager 5
02)	Sun 04 Mar	10.30	Stafford 20
03)	Sun 18 Mar	10.30	Stafford Half-Marathon
04)	Sun 08 Apr	11.00	Newcastle 7
05)	Wed 02 May	? ?	Clayton 10k
06)	Sun 06 May	11.00	Crewe 10k
R1	*Tue 08 May*	*19.00*	*Longton Park 5k (Reserve race)*
07)	Sun 13 May	11.00	Uttoxeter Half-Marathon
08)	Sun 27 May	09.30	South Cheshire Pre-Potts 20
09)	Wed 06 Jun	19.00	Westbridge 5—Stone
10)	Sun 17 Jun	10.30	Potteries Marathon
11)	Sun 15 Jul	10.30	Cheadle Festival Four
12)	Wed 25 Jul	19.15	CARSA Five
13)	Sat 28 Jul	15.00	John Oultram 10
14)	Sun 05 Aug	10.30	Berryhill 10k
15)	Wed 16 Aug	19.15	Staffs Knot 5
16)	Sun 19 Aug	11.00	Leek Half-Marathon
17)	Sun 02 Sep	10.30?	Wolverhampton Half-Marathon
18)	Sat 08 Sep	15.00	Ipstones 5
19)	Sun 15 Oct	11.00	Denstone Half-Marathon
R2	*Sun 11 Nov*	*10.00*	*Keele University 7 multi-terrain*
20)	Sun 25 Nov	10.30	Eccleshall 10.62

Launch of the 20th Potteries Marathon
Sponsored by Afford A Car
on
Wednesday 28th March
At
Trentham Gardens

6.30 pm A chance to run around the extensive Tren
and tham estate (courtesy of Trentham Leisure)
7.00 pm Showers available in Caravan Park
Groups led by Mark Roberts, Ken Rushton
and Dave Filmer

8.00 pm Opening of the launch

1. *Meet the Sponsors*
2. *View the latest in top class sportswear at the fashion show provided by Bourne Sports*
3. *Receive advice from one of the country's leading expert on "Spinning", the new cross-training craze*
4. *View a wide range of superb cycles for all uses- provided by Swynnerton Cycles*
5. *Get advice from Martin Early (Sports Therapist) on injury prevention, diet, etc. Martin is a former professional cyclist*
6. *Enter the Marathon at a reduced rate*
7. *Meet the surprise high-profile sports personality*

See you there

Getting it Right

I always think that in running terms this is an interesting time of the year as we look ahead and plan our race programme for the coming twelve months, perhaps trying to quantify what we hope to achieve in the way of race performance. For some it will be to break the three hour barrier in the marathon while for others it may be to run their first ten mile race or half-marathon.

For those on the up there will be the expectation of improvement and setting new PBs; while for others it will mean hanging on to what they have already achieved, even though this may be becoming noticeably more difficult each succeeding year!

Taking all other things as being equal, the key to achieving any of these is to prepare the body and mind as thoroughly as we can to face the challenge ahead and then on the day, make sure that we do not waste all that preparation by running a silly race.

What do I mean by a silly race? Most commonly it is one of two things - getting carried away and attempting to run at a pace that you have not trained for or misjudging your pace and running too fast in the earlier part of a race, either of which will usually result in struggling to the finish at a reduced pace.

I've certainly had personal experience of both of these, and the 'starting too fast' syndrome on many occasions in my early races, but I also have known the other side of the coin when I've been strong in the last miles and achieved a good finish time by running sensibly, which for me is usually at near even pace.

Even pace does not suit everyone and there are many differing views as to how a race should be tackled but one thing should be borne in mind, the longer the distance being attempted, the more important it is to get it right from the start of the race.

At this time the impact of getting an entry in the London Marathon is seen around the Club with the Sunday runs being extended and supplemented for those whose minds have suddenly become focused sharply on April 22nd. Building a suitable mileage base is important, and so are the quality sessions of fartlek, intervals or hill repeats. While doing the quality side there's not much time to think about anything else but out on the road or trail you should be starting to visualise the race ahead and how you will tackle it. It is important to develop this plan through your training and arrive on

the start line with a clear idea of what you are aiming to do. You are definitely the master or mistress of your own domain here.

Preparation for the day you may think only concerns getting the training right but, of course, it's much more than that. Tapering down for races over the longer distances, hydrating during the two days prior to a race and getting the sleep pattern right are also essential. On the latter point, I am a firm believer that a good sleep two nights before a marathon is most important as often on the night before, sleep can be affected by the many thoughts of the day ahead. Then there's race day itself. To say "Make sure that you travel with all the necessary running kit, race number and pins, and warm clothing for afterwards" may seem a bit unnecessary, but then you may not have heard of runners who forget to pack their race shoes, or take two shoes for the same foot!

Returning to the subject of race tactics, I think that we all acknowledge that you can not replicate racing in training so probably the next best thing is to try different ideas in races that are of lesser importance. If you have been used to blasting off from the start, try running at an even pace in a shorter race; a half-marathon, say, for those running London. This can be something of an act of faith as people normally by your side forge ahead in the early stages, but the real benefit comes in the latter part of the race when they are hanging on and you catch and overtake them in a strong run to the finish.

See you all in London!

Gerry

Don't Forget...

Stone Master Marathoners

Annual Presentation and Dinner Dance

Saturday 10th February 2000
Brocton Hall Golf Club

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

See Phil for tickets at £17.95 per head

The Old Ones are the Best

Not talking about we older members, of course, but the routes in, out and around Stone!

Have you ever thought that the path you may be struggling along has been used for hundreds of years by all sorts of people for all sorts of purposes? Certainly there is evidence that the track from the Coppice to Cotwalton and Spot Acre via Summer Street Lane has been used for centuries. There is a theory that Wulfric Spot, the Anglo-Saxon noble who founded Burton Abbey in 1004 and owned land at Cotwalton, (Cotwaldstone) gave his name to Spot.

Routes established by the 15th century set the pattern for today and the maps show the emerging shape of the town. The town then centred on the Priory and the trade that the Priory generated. The routes to Chester, Carlisle and Lichfield were well established.

Note that the track to Shallowford from Walton Heath is mapped. We must be the only people still using this track!

No major route existed North to South towards the West of the town, the route of the A34 is very modern.

Prior to a bridge being built in 1317, the river crossing was by a ford, another major river crossing being at Darlaston (Maiford).

A Charter in 956 records a grant of land from King Eadwig to his thane Aethelnoth on the River Trent at Darlaston. The land boundaries are defined as, "where the foul brook shoots into the Trent," (possibly Filleybrook), and rejoins the Trent at the "beautiful vale with the spring," (possibly Spring Vale, Tittensor).

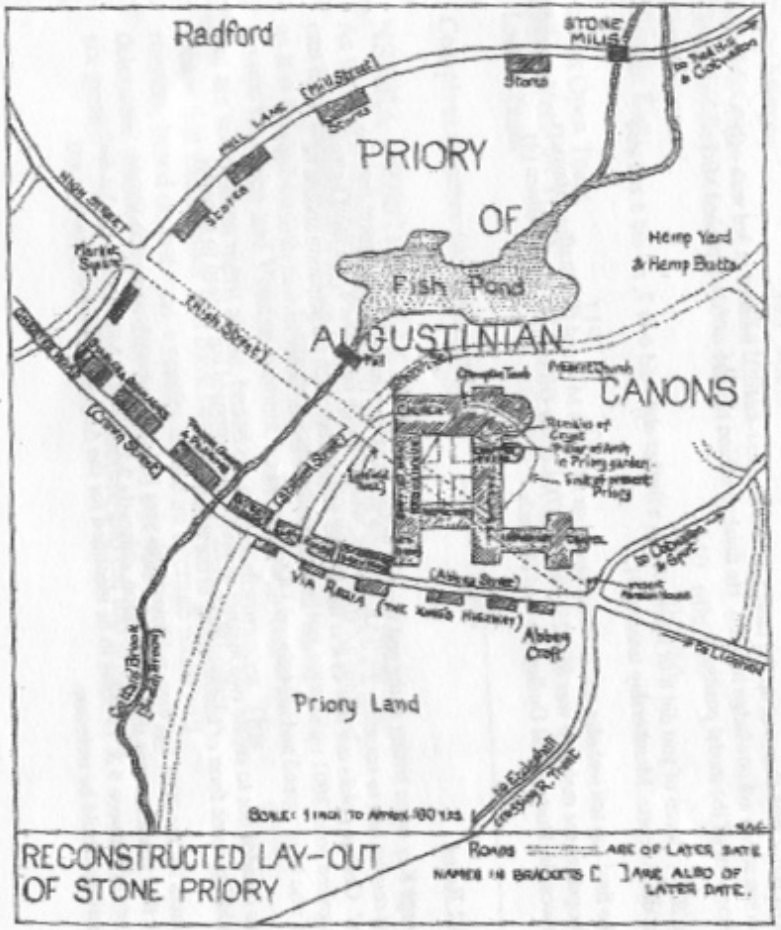
The second map shows the extent of the Abbey, including a large fishpond which was used to provide food.

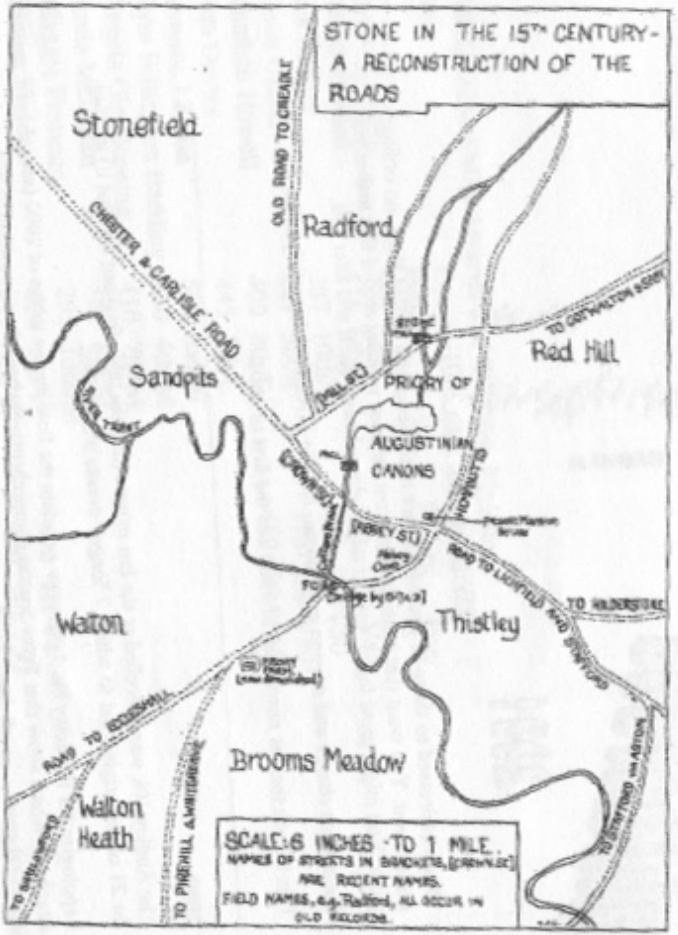
Stone, in fact, has changed little. The Abbey is now replaced with the modern equivalent, SAFEWAY. You are still welcome to enter on a Sunday, buy your fish, visit the refectory, enter the cellars, buy at the bakery, brewhouse and granary.

So, fellow runners, pay respect to the farmers, monks, pilgrims, soldiers and scholars who trod the tracks, paths and roads we now enjoy on our runs.

John Of Oulton (Oldeton) in the Manor of Kibbleston (Cubelsdon).

References: The Story of Oulton and Kibblestone
Maps from Philip Leason


Radford
STONE MILLS
Stone
PRIORY
OF
Fish Pond
Hemp Yard
& Hemp Butts
AUGUSTINIAN
CANONS
Priory Land
Abbey Croft
RECONSTRUCTED LAY-OUT
OF STONE PRIORY


STONE IN THE 15TH CENTURY-
A RECONSTRUCTION OF THE
ROADS
Stonefield
Radford
Red Hill
Sandpits
PRIORY OF
AUGUSTINIAN
CANONS
Walton
Thistley
Brooms Meadow
Walton
Heath
SCALE: 6 INCHES TO 1 MILE.

vernon's

stupid heroes

2001

"Wittering on" into 2001

This is addressed to those of you who aspire to the level of a Stupid Hero, no ordinary runner, you. You want that missing ingredient for your running record that makes you glow. You might glow faster, or you might glow slower, but it will alter you.

There is no charge and anyone is welcome. All that is required is participation!

This is both the last newsletter of 2000 and the first of 2001.

2000

The Audley 10k was cancelled at the last minute (and the table finalised without it) making for 21 of the original list to which 7 'longer' events were added.

I apologise for the delay but I can now circulate the final league tables of 2000 (see attached), which show that Peter Sarson comprehensively beat the opposition in this inaugural year.....well done, Peter.

Ken Bloor was charging up the table towards the year-end and finished in 3rd with only 9 scores so we acknowledge him too. He finished behind me and narrowly pushed Mick Jones out of the medal positions.

In 2000, eleven of you did 8 or more events; a further eight did 6 or 7; six did 5 and also six did 4 events. Membership totalled 51.

The final top ten includes one of Trentham, four of Stone MM and five Stafford Harriers. Altogether the make-up was SH (25), SMM (17), County Officers (2) andTrentham (4). Newcastle, Burton, and DudleyKW had (1) each.

2001 Rules

George Kay came strong at the end too but would have been much higher except that the rules restrict one to counting 2 'longer' events, when George had done 4, the most by any 'hero'. George points out that as it is the 'stupid' league then such participation should be recognised so in 2001 up to 4 'longer' events can be counted. Other revised rules for 2001 have also been agreed and are being published.

I have decided not to create two leagues as previously proposed but instead to consider introducing some form of handicapping in the future.

The races list for 2001 has been published, this year including reserve races. You should check that you have seen the latest edition, currently 2.2. There is a vacancy in the list for one race of between 9 & 18 miles to be identified for the August/September period so any suggestions would be welcome.

You are all invited to the 'Heroes" presentation evening on Sunday 4th February 2001 at the County staff club in Eastgate Street Stafford. Come and have a bite and a drink with the other 'Heroes'. There is no charge. You should expect the unexpected. All of you who completed 4 or more league races (including 'longer') (except if the only 4 were all NSRRA races as well) will be recognised. A mystery guest has agreed to act as presenter!

2001

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

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

On January14th five of us went to the 'Roman Nine' near Stratford -on-Avon (which had been circulated) and would recommend this fast course for next year. I (59.49) just held John Bassegio (1.00.15) off, followed by Doug Waddell (1.00.50), Bill Clarke (1.01.30) and Peter Burns (1.08).

As I have done all 3 races I am easily leading so let's see some challengers. Pete Burns has done 2 to get in 2nd place. Once 'trigs' results are out I will circulate a league table.

It is with much sadness that I comment on the untimely death at 52 of our colleague Graham Fenton, a Newcastle AC member, whilst doing what he enjoyed - competing in a cross-country in Birmingham. His cheery smile will be missed by all and he certainly had me galloping with him often over several years of racing.

Vernon

30/01/01

Contact details, Mobile tel. 07940 348053/Home tel. 01785 616116/Work tel. 01785 234890/E-mail v.olivant@ntlworld.com (N.B. all views expressed are absolutely those of the editor (me)).

NOTE: 2001 Results/Rules for 2001/Races for 2001 and Details of Presentation Night can be found on the Club Notice Board

Idle Thoughts of an Idle Jogger by Plodder

A very successful book in print at the present time is the pop-psychology book 'Men are from Mars, Women are from Venus'. I have skimmed the worthy tome and there seems to be much in that one could use – or could be used against one. I didn't realise that periodically, ones' woman would retreat to her 'well' and I to my 'cave' – an apt term in my case. I certainly know many men who, given the opportunity when their wives had gone into the well, would have it capped instantly with high-grade concrete. I also know many women who would likewise dynamite their man's cave entrance the instant he disappeared from view.

However, the basic tenet appears to be that men and women are SUPPOSED to be different, but that we've forgotten this simple fact and this leads to conflict. We even, the book contends, speak different languages. An example:

She says:	He Responds:
I'm so tired, I can't do anything.	That's ridiculous. You aren't helpless.
The house is always a mess.	It's not always a mess.
No-one listens to me anymore.	I'm listening right now.
We never go out.	That's not true, we went out last week.

And so on. The problem is, so says the book, that women just want to be listened to but men always feel they have to provide answers and solutions. Well guys, you don't need to provide all the answers! So having taken all this to heart – here's a crash course in Venusian for men (no more Mr. Fixit):

She says:	He responds:
This house is a *@!**!! Mess.	Be quiet or I'll drop my spaghetti again.
You never listen to me.	Shhh, I'm watching Corro.
These trainers stink.	You'll get used to it after a while.
We never go out.	What do you want to out for? We've got Sky.
I'm fed up with my job.	Huh, you should try MINE for a day.
I want a divorce.	Now you're being unreasonable. Have you been talking to your mother again?

Plodder's Golden Rules:

1. Your wife probably doesn't like you very much.
2. There's less to men than meets the eye.
3. There's always a good reason why you can't do what you want.
4. If you think you got away with it, you didn't.
5. Women can smell alcohol on the breath from 50 yards.
6. 'Nothing's wrong' means everything's wrong.

So what's this got to do with running? Well nothing really, but just remember that there are few things on this earth worse than smelly running kit and if you don't wash it yourself, spare a thought for the one who does.

SMM 2001 Club Championships

With just a slight variation, the Club Championships for the year 2001 will be as last year. Mens' and Ladies Championships will be contested as follows:

1. SMM Club Championships

Points will be awarded per the 2001 NSRRA series with 50 points to the winner, 49 to the second, 48 to the third, etc., in six nominated races with the best four results to decide the winner(s). In the event of a tie, head-to-head results will be considered; results from the fifth race will be utilised if a clear winner is not produced from this.

All races have equal weight; no restriction on which races are done. The emphasis is on shorter races but these are what Club members are competing in lately. The nominated races are:

1. Stafford Half-Marathon - most popular half last year
2. Newcastle 7 - second most popular race last year
3. Carsa 5 - most popular race last year
4. Pre Potts 20 - long race for the distance boys
5. Staffs Knott 5 - third most popular race last year
6. Keele 7 - organisers choice!

1. Club Ladder Championships

As for the last two seasons, this competition sets out to find the most improved runner, compared to last year, in their best eight races in the NSRRA series, based on age-related results so that all compete on common ground.

1. SMM Marathon Championship

Usually decided by the best marathon time achieved in any marathon run during the twelve months but has also been awarded in the past for a supreme effort in a race or event over a longer distance.

2000

SMM men's team cross-country races

Positions and / or times

	Oakamoor Summer Vets XC	Stafford Common Relays	Wye* Road XC	Park Hall XC	Stafford Common XC	Leek High Sch. XC
Lew Badger					138 52.21	154 42.13
Chris Barlow	16 33.46	19.28		152 46.42	158 54.09	175 43.46
Bill Clarke		19.16				
John Clemens		18.22		123 43.54	88 47.42	84 37.10
Brian Coker	17 33.52			158 47.00		
Simon Garside	3 30.52	16.45				
Dave Gillick				144 45.52		
Brian Hall	20 34.41					
Mike Hammond	34 37.34					
Jonathan Howell	2 30.43	17.30			73 46.16	98 38.03
Pete McArdle		20.29		162 47.26		
Mac MacCoig		20.25				
Terry Murphy	27 36.13					
Vernon Olivant					123 50.45	
Simon Probert		20.22			163 54.54	179 43.58
Frank Shepley	33 37.34			204 54.14	186 59.51	194 46.09
Mick Statham	30 37.07			209 56.40		
Dave Upton	40 39.29					
Kevin Uzzell	6 31.22					
Field	45	13 teams		213	202	215
RESULT **	**2nd & 6th**	**4th & 10th Vets**	**825 points**	**948 points**	**743 points**	**884 points**

(* full list of runners and results not available; ** senior points = vets points)

Overall position: Senior men, Division two - 9th out of 14 teams

Vets teams - 4th out of 9 teams

Another muddy season with Stafford Common achieving new depths. There must be something to be said for running uphill and better drainage.

We now have fixed weekends for the North Staffs cross-country races so that clashes with other leagues can be avoided. Unfortunately it looks as though the two Saturdays at the end of October will always be either side of half term and clash with the Karrimor making a full side more difficult.

These are:
Relays - Week 40
1st - Week 42
2nd - Week 43
3rd - Week 46
4th - Week 49

Support was strong at the beginning of the season but colds and other commitments took their toll. As usual we had a number of people who turned out regularly and with others kept the team going. My thanks to everyone including supporters. Unfortunately I did not see the individual results for Wye Road and that column remains blank. Of particular note was the Oakamoor Summer cross-country where we were placed second, but were not far off taking first place, and sixth. This year with a full turn out we should be able to win. See you there.

Jonathan Howell

(League 2000: Chris Barlow 2nd over 50, John Clemens 2nd over 55)

Ladies Cross Country League 2000

Stafford Common - November 18th

Angela Coker 25th - Yvonne Leeson 38th - Rose Gillick 43rd - Lynne Foster 53rd - Carolyn Moore 64th

Captain's Notes: "9th Team"

Thank you ladies for running - we all deserve a medal for running in the quagmire conditions - certainly the worst I've run in. A special thank you to Carolyn who ran her first cross country (Please don't let it put you off!) Next year will be better! Promise! FOOTNOTE: Richard, please make new venue for the next race.

Westwood High School - December 9th

Elaine Statham 20th - Angela Coker 29th - Yvonne Leeson 41st - Lynne Foster 57th - Maggie Freeman 65th

Captain's Notes:

No Team position available yet. League 2000: Yvonne - 2nd over 45 award;

Angela - 2nd over 35 award.

Thank you ladies for the turn out at each venue.

Club Championship Ladder 2000 (Age related) *(best 8 results to count)*

(Pos - 1999)(+/-)	BP5	SI20	ST½	NC7	CB10	UT½	TT	PP20	ST10k	PM	CF4	CA5	JD10	BR10k	SX5	LK½	IP5	DS½	KL7	EC10	Total	Pos
Kevin Uzell(2)(+1)	45	50	45	45	50	50	45	50	50	50	37	50	50	50	50	50	50	50	50	50	400	1
Jonathon Rowell(25)		41		37			41	45	38		50	41	45		45	45	41	38	41		353	2
Vernon Ollivant(5)(+2)	38	45						36	35		41	38	41	45	34	38	37	36		41	327	3
Lew Bodgan(4)(0)		35	34	32		41	37	38	36	41	33	34	38	41	35	37		37	38	45	319	4
Simon Garside(3)(-2)	35	38	37	34	41	45	38		37	37	36	37	37		37	41	38				315	5
Simon Fielder(10)(+4)		32	31	31	37	38	35	37	34	45	35	33	36	38		36	36	35	36	37	304	6
Chris Barlow(8)(+1)	36	37	36	36			34	35	31	36	45	36=	35		36			33	34	35	298	7
Dave Gillick(15)			41	38	45				41			45	34				45				289	8
John Clemens(1)(-8)	50			50			50		45									41	45		281	9
Terry Murphy(12) (+2)		34	32	28		37					34		32	35	31	34	34	32		34	274	10
Dave Baddley(31)	27		29	26	34	34		33		35	31	30	31	33						28	261	11
Gerry Barnard(11)(-1)		32		30		36	31					31					33	31	32	33	256	12
John Elson(33)	36	31					33		32			32	33	37	30						258	13=
Mac McCaig(20)	28						32	34	30	34				34	29	33		30	31	30	258	13=
George Kay(19)	41		50	41				41		38								45			256	15
Steven Pickering(21)	25	30	30		33	35	30			32	29	28		32	27	32					254	16
Richard Shaw(14)(-3)	29		29		35						32	27					32	28		32	244	17
Peter Salb(15)(0)	24			25	32	33						26		31			31				202	18
Doug Waddell (22)	31	33	33	29	36															31	193	19
Peter Williams(6)(-14)	33	36	38	35	38																180	20
Gerald Davis(7) (-14)	37													36			35	34		36	178	21
Roger Westhead (27)				27					33		38					35					133	22
Peter McArdle											30							29	33	29	121	23
Frank Shepley(24)	26											29			28						83	24
Simon Probert ( )															38				38		76	25
Bill Clarke(26)			35									36=									71	26
Les Freeman(7)				33			36														69	27
Dave Upton (34)															33				35		68	28
Brian Coker ( )															41						41	29
Bernie Priekulis(17)																				38	38	30

Dave Hargrave()	34																						34	31
Tony Pickering(23)										33													33	32
Mike Hammond (30															32								32	33
Howard Jones																				30			30	34

NB 1996 Final places adjusted to include Simon Garside and Les Freeman

(Pos - 1998()(+/-)	BP5	SI20	ST½	NC7	CR10	UT½	TT	PP20	ST10k	PW	CF4	CA5	J010	BH10k	SK5	LK½	IP5	DS½	KL7	EC10	Total	Pos
Pam Bowles(2)(+1)	41		50		50	50	50	50	45					50	50		50	50		50	498	1
Yvonne Leeson(5)	38	50	45	50	45	45	45		41		50	50	50	45	45	50		41	50	41	395	2
A Glendenning(3) (0)			41	45	41	41	41		38		45	45	45	41	41		45	45		45	356	3
Paula McLellan(7)(+3)	36		37	38	38	38			37		38	38	41	37	36		38				306	4
K Billington-B(8)(+3)	34		38	36	37	37		45			37	35	38	35			36	38		37	305	5
Lynne Foster(12)	35			37								41		38	37		41		45		274	6
Maggie Freeman(14)									36		41	37		36	38		37			38	263	7
Sue Smith(3)(+1)	37											36			35						108	8
Sarah Lockett (12)					36							34	37								107	9
Rita Banks(1) (-8)	45								50												95	10
Celia Hargrave()	50														37						87	11
Angela Coker(15)				41																	41	12
Margaret Shaw(6)(-7)			38																		38	13

So after another very competitive season our most improved runners, based on the age related tables, are **Simon Fielder** (+4) in the mens competition, while **Paula McLellan** and **Kym Billington-Baddley** share the ladies title (+3). Congratulations to you all.

For details of workings — see the club notice board

WHAT'S ON.....RACING

Sun 04 Feb	**11.00**	**Alsager 5 +**
Sun 25 Feb	**10.30**	**Bourton-on-the-Water 10k**
Sun 04 Mar	**10.30**	**Stafford 20 +**
Sun 11 Mar	**10.30**	**Cheadle 5**
	11.00	**Milford 21 X/C**
	11.00	**Cloud Nine Hill Race 8.75**
Sun 18 Mar	**10.30**	**Stafford Half-Marathon +**
Sun 25 Mar	**10.40**	**Ironbridge Half-Marathon**
Sun 08 Apr	**11.00**	**Newcastle 7 +**
Sun 22 Apr		**London Marathon**
Thu 26 Apr	**19.15**	**Milford Common 5 mile Race ****
Wed 02 May	**? ?**	**Clayton 10k +**
Thu 03 May	**19.15**	**Kibblestone 5 mile Race ****
Sun 06 May	**11.00**	**Crewe 10k +**
Tue 08 May	***19.00***	***Longton Park 5k (Reserve race) +***
Thu 10 May	**19.15**	**Swynnerton Park 5 mile Race ****

- **+ NSRRA race**
- **** SMM Spring Treble Series**

SMM Marathon Championship 2000

Kevin Uzzell	2.56.49	Jonathon Howell	2.59.00
Vernon Olivant	3.01.40	Simon Fielder	3.05.15
Dave Hargrave	3.07.30	Doug Waddell	3.09.56
George Kay	3.16.20	Peter Williams	3.18.55
Lew Badger	3.20.55	Bernie Prickulis	3.24.53
Steve Pickering	3.59.03	Dave Baddley	4.37.33
Mac McCoig	4.49.27	Tony Pickering	4.53.17
Celia Hargrave	3.07.31	Pam Davies	4.49.24

The 'Bare-Wrist Run' - Wednesday, December 20th

	Est	Act	Slow	Fast	Pos		Slow	Fast	Pos		Slow	Fast	Pos
2000 (Top ten)						**1999**							
Lew Badger	27.20	27.22	0.02		1	Gerry Barnard		2	1	Angela Coker	1		1
Simon Probert	29.40	29.44	0.04		2	Brian Hall		3	2=	Angela G	23		2
John Bassegio	26.00	25.55		0.05	3	G. Shallcross	3		2=	Irene Murphy	26		3
Mac McCoig	41.26	41.15		0.11	4								
Nick Dickens	26.20	26.08		0.12	5	**1998**							
Brian Hall	28.00	28.14	0.14		6	Bryan Radford	17		1	Angela Coker		23	1
Dave Upton	30.37	31.11	0.34		7	Brian Hall		19	2	Rose Gillick	51		2
Mike Hammond	35.12	35.49	0.37		8	Richard Shaw	24		3	Sue Smith		73	3
Derek Palmer	31.10	32.05	0.55		9								
John Haine	33.10	32.12		0.58	10	**1997**							
						Simon Probert	0	0	1=	Rita Banks		3	1
Paula McLellan	39.30	39.38	0.08		1	Brian Hall	0	0	1=	Sue Smith	13		2
Margaret Shaw	33.10	33.00		0.10	2	Bryan Radford	7		3	Pam Davies	18		3
Pam Davies	31.47	31.20		0.27	3								
Sue Haine	35.40	36.14	0.34		4	**1996**							
Sue Smith	39.20	40.00	0.40		5	A. Wilding		3	1=	Rita Banks	6		1
Elaine Statham	29.12	29.53	0.41		6	Dave Upton		3	1=	Elaine Statham		9	2
Yvonne Leeson	29.28	30.56	1.28		7	Roger Bolsover		12	3	Monica D		11	3
Rosemary Wilson	36.10	33.37		2.33	8								
Linda Ball	38.40	36.02		2.38	9	**1995**							
Ros Barker	32.00	29.04		2.56	10	Syd Carnell	3		1	Margaret Shaw		5	1

LANZAROTTE CHALLENGE 2001

CLUB LA SANTA

4 GREAT RACES IN 4 DAYS

25TH - 28TH November

10k Road Race - 13k Ridge Run - 5k Beach Run - 23k Race across the Island

We are looking to get a group together for this excellent event.

We need numbers as soon as possible to get the best deal on accommodation

Depart **Thursday 22nd November for 1 week**

Probably staying in Costa Teguise

COST allprox £300 for a week half board + car hire + insurance + £30 for entry to 4 races

Please contact Mick or Elaine Statham 01782 394366 /mick.statham@virgin.net

Race Results

Denstone Half-Marathon - Sunday October 15th

Kevun Uzzell	1.24.26	Jonathon Howell	1.27.25
Simon Fielder	1.30.41	Vernon Olivant	1.32.05
John Clemens	1.33.18	Lew Badger	1.33.45
George Kay	1.38.55	Peter McArdle	1.39.15
Chris Barlow	1.42.29	Pam Davies	1.43.59
Mac McCoig	1.45.16	Terry Murphy	1.45.34
Gerald Davis	1.47.03	Richard Shaw	1.48.32
Yvonne Leeson	1.50.59	Kym Billington-Baddley	1.57.29
Gerry Barnard	2.01.09	Angela Glendenning	2.13.19

Great North Run - Sunday October 22nd

Gerry Barnard	1.59.08	Sue Smith	2.04.
Linda Ball	2.06.		

Keele 7 - Suday November 12th

Kevin Uzzell	45.04	Jonathon Howell	45.42
Simon Fielder	46.45	John Clemens	48.13
Lew Badger	50.39	Peter McArdle	51.44
Simon Probert	53.25	Chris Barlow	54.40
Dave Upton	55.53	Yvonne Leeson	56.17
Mac McCoig	56.36	Howard Jones	59.54
Rosemary Wilson	1.01.10	Gill Stripp	1.01.44
Lynne Foster	1.04.00	Gerry Barnard	1.05.23

KU 1st V50

Eccleshall 10 - Sunday November 19th

Kevin Uzzell	1.06.33	Simon Fielder	1.10.02
Bernie Priekulis	1.10.31	Vernon Olivant	1.12.19
Doug Waddell	1.13.07	Lew Badger	1.14.18
Peter McArdle	1.16.35	Chris Barlow	1.20.11
Gerald Davis	1.20.21	Terry Murphy	1.20.33
Richard Shaw	1.20.51	Pam Davies	1.21.14
Mac McCoig	1.22.09	Yvonne Leeson	1.28.22
Gerry Barnard	1.31.54	Dave Baddley	1.33.38
Kym Billington-Baddley	1.34.46	Maggie Freeman	1.37.27
Angela Glendenning	1.39.48		

Cheddleton 10k - Saturday November 25th

Simon Fielder	41.39	George Kay	44.09
Yvonne Leeson	49.35	Caroline Moore	54.23

Shugborough 10k - Sunday November 26th

Lew Badger	46.00	Gill Strip	
Rosemary Wilson		Rose Gillick	52.00
Pete Williams			

Alsager Bank Multi Terrain 7

John Bassegio	47.25	Vernon Olivant	48.17
Bill Clarke	48.23	Doug Waddell	49.17
Dave Upton	56.15	Maggie Freeman	1.07.07

JB 1st V50

Rugeley Power Station 10k - Sunday December 3rd

Lew Badger		Terry Murphy	
Gerald Davis			

Rotherham 50 X - Country - Sunday December 10th

Vernon Olivant	9.00.00	George Kay	11.00.00

Wheaten Aston 10k - Wednesday December 27th

Lew Badger	44.40

Trig Point Race - Saturday January 6th

Jonathon Howell	1.52.50	John Clemens	1.58.50
Lew Badger	2.03.14	Simon Fielder	2.06. 08
Kevin Uzzell	2.06.33	George Kay	2.12.03
Vernon Olivant	2.12.30		

Roman 9 Mile, Stratford-on-Avon - Sunday, January 14th

Vernon Olivant	59.45	John Bassagio	1.00.
Doug Waddell	1.00.58	Bill Clarke	1.01.45

Four Villages Half-Marathon - Sunday January 21st

John Clemens	1.24.40	Ros Barker	1.31.24