SAPIENTIA

STONE MASTER MARATHONERS

Sapientia atque Levitas

June 1996

Contents

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Sapientia - August/September 1996

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Editorially speaking

It is the moment of truth with the deadline for the next issue of *Sapientia* fast approaching and yours truly still scrabbling around trying to make sense from the numerous bits of paper containing ideas, information, race results and suggestions at my elbow. Strange how clear everything seemed at the time they were written, and now I am reduced to staring at the words, hoping that something will kick-start the old grey cells back into action. We shall see. Another challenge along these lines is to recall later some of those thoughts and ideas that occur when you are out running; remote from the many distractions of everyday living. It is one of the blessings of our sport that we do get these moments to ourselves - but best save the deep thoughts for the right time and don't "drift off" when racing or running with vehicular traffic around you!

After banging on about the Tour of Tameside so often at least one of you has noticed that I did not make it this year. Whether it is just lack of motivation I do not know but I felt that I had insufficient training to get me through the very tough week of 6 races in 7 days. Training is a very personal thing in that we all have our own approach to what is required to achieve our aim - if indeed there is an aim to start with. Starting in this issue is a section that will be devoted to training, and racing, in all its many aspects. The objective is to pool ideas and use our experience from which we all may learn something; whether it is to train and race more effectively or perhaps reduce the chance of getting injured. Hopefully it will promote discussion but it will need your contributions telling of things that have worked for you. OK?

Contributions from Club members for *Sapientia* have been very good this time, please keep them coming. As you will read, they range from the biographical details of new members through items off general interest, to race information and reminders of Club rules and practises. All good stuff.

George Kay's appeal for marshalls struck a chord with Patsy and myself as we recently did our bit at the Evostick 10k and Stafford mile. Both interesting events, the first particularly for the quality of the field that big money attracted and the second for a splendid last stride win for Stafford and Cannock's John Mayock which climaxed the main race Made one forget the very cold wind swirling about the town centre that evening! How about you volunteering next time?

Chairman's Chatter

Well , that's half of 1996 "been and gone"! Now it is the holiday season in full swing, interrupting training schedules - or are you one of those people who manage to fit in a race or two that just "happen" to be on in the area that you have chosen for your holiday?

We have just come back from France, having had a couple of good weeks doing our own thing - walking and cycling plus plenty of eating and drinking which was very pleasant. It followed a rather hectic Saturday over at Bishop's Castle where your very own Hon. Sec. and I set off with my tandem to do the triathalon again. (We keep asking ourselves why?). Ivan does the 1km swim, we both ride 32km and this year we both did the 10km run as Ivan was being sponsored to do the event for S.C.O.P.E. (Perhaps we could interset some of you in donating to this charity?) It is a great day in which over 120 tandems, and even a triple tandem, took part. There are serious teams out to win but there are also some in fancy dress, family outfits with babies in a trailer - and us! We wore SMM kit (of course) and would you believe it, we won an award! Quote: "Most *elegant,* if not the fastest veteran crew", unquote. Some of us have still got it!

It is often said that you can prove anything with figures - we have decided ours are too big; we broke 4 spokes in the back wheel! But what really counts are people's experiences, so let's hear some of yours.

Much sapientia

David Mason

Some Words From The Captain About Discipline On The Run

It is very good to see so many new members attending the Club runs and I think that a few words about Club rules on the run might be timely. I want all members to read these notes, not just our new friends, because from what I have seen recently *many* memories need refreshing!

When running on the roads we use the pavement where possible, otherwise we run on the right-hand side of the road. The only exception to this is when "mustering" (see below).

Apart from specialised training runs like time trials, paced runs, speed work and hill reps, Club members are expected to follow the rules for mustering, which have been in practice since Terry founded the Club in 1977.

The person who has planned the route is the leader of the run and he or she is in charge. Only the Captain (or Vice Captain) has the authority to over-rule the leader.

The leader of the run will tell the front runners where the next muster point is and when it is reached each runner will turn and run back till they meet the slowest runner. Not just the faster runners but EACH RUNNER EXCEPT THE LAST PERSON.

If we are running on the roads we muster without crossing sides, keeping well in to the left in single file. The runners who are being mustered for should move away from the hedge to let the mustering runners come past on the inside. There are safety reasons for this manoeuvre, so please observe it.

On winter Wednesdays we try to stay on pavements but these can be narrow. When approaching a mustering point run in single file and allow room for returning runners to come past. There is usually a back marker with a flashing light.

If we are running cross-country it is best to muster after climbing a stile rather than before. This saves a queue and is sometimes safer. eg at the top of Bury Bank.

There is no need to muster back further than the slowest runner and it is best to turn just in front of them, especially on the dark Wednesday winter runs or on cross-country runs where people get spaced out and visibility is

Some Words From The Captain (Cont,d)

shortened by bushes etc. Sometimes runners wanting extra mileage will continue running back behind the last runner, but for ordinary mortals it is safer to muster as described or you may get left behind and lose sight of the group.

Finally if you are too weary to continue the run to the next official turn-back point you *must* let the leader or the Captain know. It is not enough to whisper something to a friend. It is very worrying for the leader to find that he has mislaid one or two runners and the stronger members have wasted a lot of time in the past running back to muster for people who have given up the run and gone home.

Monica Darlington, Captain

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SMM Support in the 'Promotion of Road Races'---

------ is greatly appreciated, even though the club does not have its "own" race. It has adopted the **Stone 10k** (Wednesday August 14th at 7.15PM start) and the **Tittensor 10m** (Saturday November 9th at 2.30pm start). Members and/or their spouse and friends are vital in the role of MARSHALLS and general assistants - such duties begin with supervision of car parking from 50 minutes or so before the race begings. Please make life a little easier for the organisers (ME!) by volunteering early if you are able and willing to participate. Your presence will be appreciated; previous experience is not essential; just the ability - and suitable clothing - to function out-of-doors for a couple of hours or so in whatever weather occurs. NSRRA expresses its recognition of an important job, done well by making a donation to SMM club funds in respect of each event. Perhaps if these sums, though small, were dedicated to some particular purpose the extra merits of marshalling would be better recognised. Meanwhile... ...THANK YOU in ANTICIPATION.....

George Kay

No NSRRA individual points table to hand for Club members yet but with the season about half way through we trail PMAC in the men's division with 1841 points to their 1858 while the ladies are second to Stafford Harriers with 971 points against 1231. Our position can be improved if we get more runners out in the remaining races, particularly those who score well in their groups; as our Z group runners do, for instance. Race dates for NSRRA and Club Championship races can be found under "Whats On.....Racing".

Lew Badger advises that as he will not be in town for all of the races in the forthcoming cross-country season, a captain is needed for the series . Volunteers please discuuss with Lew.

Out of town member Jimmy Grant is to be congratulated on his achievement in gaining a private pilot's licence at the age of 57. We are hoping to bring you words from Jim on this in a future issue.

We are pleased to see that Pam Davies has recovered and is once again running with us following the car accident in which she unfortunately suffered a fractured pelvis.

Mentioned last time was the Club coach to be organised for those travelling to run in the Lake Vyrnwy Half Marathon on September 29th. Please reserve your seats with Lew by the end of August. Lets have a good showing on this run in a beautiful part of our country.

The London Marathon organisation seems to have gone mad as so far I have three entry forms, all received under separate cover. Contrast this with the procedure that has gone before when it was difficult to get hold of a single form. Please see me if you want one of these, or two if you like! Marathon date: Sunday April 13th, 1997.

The canal boat trip from Norbury Junction proposed for June 28th did not go ahead due to lack of response from the membership. Pity, but hopefully we will resurrect this idea at a later date as it does make a very pleasant evening out.

New Members

We have gained quite a crowd of new members recently. After opening SMM to 16 year olds and upwards we have been joined by **Katie Gillick** on her 16th Birthday and **Russ Hall**, who was already a loyal supporter and family member. These young people can be contacted at their parents' addresses.

In addition please add to your address list -

Clare Draper (d.o.b 19.2.65)
Gestreon
New Stables
Ingestre
STAFFORD ST18 0RE

Tel - 01889 271186

Sharron Green (d.o.b 7.7.64)
31, Longton Road
STONE
Staffordshire
ST15 8DJ

01785 817729

Kym Billington-Baddley (d.o.b 18.2.59)
& **David Baddley** (d.o.b 22.7.53)
"Carnmore"
Highlows Lane
Yarnfield
STONE
Staffordshire ST15 0NP

Tel - 01785 760856

Peter Williams (d.o.b 17.11.48)
12, Bostock Close
Heritage Walk
STONE
Staffordshire
ST15 8YT

01785 819450

New members are invited to submit a few words about themselves by way of introduction to their clubmates and this is what some have said:

Peter (and wife, **Janne**) are parents to 3 young boys of 8, 6 and 4 years and relocated from Birmingham to Stone 3 years ago. Peter, a Sales Manager in Financial Services, was a runner when in his twenties and then started again 18 months ago; at first on his own but looked for a club and elected to join SMM. He says that he has "found other members to be very supportive & a treasure chest of experience & enthusiasm."

Kym and **Dave** are a husband and wife team who joined us in June and already have notched up appearances for the Club at the Shugborough Relays, in the Clayton 5, Cheadle 4 and John Oultram 10. They were introduced to the Club by Mike Hammond and say that they have received a warm and friendly welcome. Their ambition is to run the Potteries Marathon next year, to become more competitive and hopefully to win a few races for Stone Master Marathoners. Welcome all.

A Letter from Bosnia

Mac McCoig is currently serving a six month stint with IFOR in Bosnia and reports on his life there in the following letter to Terry & Monica.

A quick note to let you know I'm OK and all in one piece and that the snipers/land mines haven't got me yet. In fact, here in Croatia - Split to be exact - it is a fairly normal existance. Croatia is putting it's life back together and this year hopes to rebuild its' holiday trade. I think they're regretting having allowed 5.000-odd foreign troops onto their turf, taking up 1,000s of hotel rooms and making their hotel lobbies look like transit camps.

As for myself, I am accommodated in the Palace Hotel in a place called Casteli Stoin (Old Castle), which is about 6 km from the camp in which I work. The Hotel is a bit worse for wear, having been used by refugees during the last couple of years. I don't doubt that they'll make a good deal of money out of the IFOR troops staying there judging by the bar prices and the amount the Dutch put away each evening.

To turn to running, I can say I am not only running 6 days in 7, but I wear my SMM T-shirt every time. Thus the SMM bat is gracing the Adriatic coast with it's presence! However, I missed the Sarajevo Fun Run. This took place a few days after I got here and was apparently oversubscribed weeks before. They gave T-shirts to all finishers - what street credibility one of those would have! I have learned that 25 October 96 will see the Split Marathon take place. I have decided I shall train for it. I found out only by accident and I suspect that it is easier to find out what marathons are taking place in the Balkans by looking in Running magazine in the UK than local sources. 25 October will most likely be the date of this year's Karimor MM, which I will miss since I finish my tour of duty mid-November. I will, however, get a couple of weeks off, in July most likely, and I shall call in to run with the club of course.

Turning to my job here - to be honest there isn't a lot going on because the former warring factions are, in general, behaving themselves. Much of the work is simply monitoring what small amount of domestic traffic is moving and planning for the withdrawal of IFOR at the end of the year. Although the agreement was that IFOR would last one year only, talk of a follow-on force is prevalent. There is so much hatred amongst the various Factions one wonders if it will ever really end.

Best wishes and give my regards to the Club.

Club run from **Eccleshall**: **Sunday September 8th**
By popular request, there will be another opportunity to explore the by-ways beyond Eccleshall with the option of a walk along lanes and over fields. Assemble "ready to tun" at the car park on Stone Road just before Eccleshall's "central crossroads", with Kevin's cafe and public toilets both close by. We intend to **depart at 9.40AM** - ten minutes late to allow anyone who forgot about this change of venue to travel - rapidly - from the Club HQ. George Kay will lead; but assistance from those with some knowledge of the area and/or map-reading skills will be appreciated to ensure that most members do not get lost too much!

Running Off The Road------

-----seems to characterise Club runs nowadays, on Wenesdays no less than Sundays. Once upon a time when I really was a "beep beep" heel-banging marathon man, I would have complained on grounds that success in long distance road races required a weekly dose of some 20 miles on the road. Maybe I was wrong; but I enjoyed some success.

However, now that unfair wear and tear and the weight of numerous years take their toll, I have taken more and more to running - and walking - off the road - in events no less than "training"; and I can recommend the experience, if only as an occasional alternative rather than a major change of emphasis. In particular, since "the trial of the Potts" I enjoyed the **Peakland Heritage 36** and the **Malvern Marathon 35** on consecutive weekends in June. On each occasion, the weather was suitable for sun-worshippers and sight-seers alike - and the views were worth seeing. Each event offers considerable variety; and the two afford remarkable contrasts. Neither is easy - but you can (and should) walk when you want (or need) to do so. On both occasions, I added a few miles extra, just for fun; but this is not obligatory and with good map reading, etc, one can complete the courses within the specified distances. My times (6 hours 59 minutes and 8 hours 26 minutes) are regarded as reasonably brisk - for an old man - but you are allowed to enjoy a whole day (12 hours or more) on each occasion.

After a week's break to sample the Club run (on Sunday 7th July - 160 minutes over Hanchurch Hill etc!), I went up to Goatland (better known to TV fans as Aidenfield) for the 54 mile North Yorks Moors' Crosses Walk. This is a little more demanding.....with no food, only drinks, at checkpoints often half-a-dozen miles apart; and given a start at high noon,

very few finish without having to use their torches. However, there are some long stretches which are very amenable to real running; and despite my usual excursions off route to explore alternative paths, I was "home" before midnight after walking the last few miles in the dark but without any artificial light. What next? The difficult "Cloud 7" organised by the Staffs branch of the LDWA - over some 33 miles and 5,000 feet of climbing in "local" parts of the Peak District on 10th August. This is not for the faint hearted - nor for novices; but if any of you consider the Leek Half Marathon to be "hilly", try the "Cloud 7" sometime and it will put things into perspective.

That, of course, is what "Running Off The Road" is about - putting things into perspective. When marathons do really become hard-to-face; and ultra-distance road race seem impossible; and when you wish to see more than your opponents vest - assuming he/she is still in sight - then long distance excursions through spectacular coutryside in the company of like-minded fellows and with the security, organisation and direction with "events" offered could be the thing for a change.

If you don't believe me - talk to Kevin!

George Kay

Whats On.....Socially

Open Air Concert - Shugborough - Saturday 20th July 1996
A large group of Club members had a good night out at the open air concert with fireworks and lasers at Shugborough. This is always an event worth attending, particularly as part of a large group.

The weather was perfect, but then that was all part of the organisation! Everybody joined in the spirit of the occasion with a splendid display of dancing from a couple of our members and their wives. They didn't fall over once so I can only assume that as it was still fairly early in the evening they were still sober - which was more than could be said for most of us by the end of the night!

I would just like to say that as with organising of any event, it proved fraught from time to time but was well worth it all to see everybody together having such a good time. We are hoping to do it again on 31st August when a Last Night of the Proms event is being staged. If anybody is interested, details can be obtained from any Social Committee member. Remember - the more tickets we order, the cheaper it is.
Sue Smith

Fothcoming events:
Saturday August 10th - Barbeque at the Radfords.
Saturday August 31st - Last Night of the Proms at Shugborough.
Friday September 27th - Beer and skittles at the Dog and Doublet, Sandon. £4 per head including food in a basket - chicken, scampi or vegetarian lassagne. Names to Social Committee members ASAP.

Other ideas under consideration are:
Car Treasure Hunt.
Quiz night - probably for the Autumn.
Walk and lobby (walk followed by a plate of stew - potteries style - another Autumn event).
A themed Halloween night including a disco and buffet.
Coast to coast - a three day road relay following "Wainwrights Way" from St Bees to Robin Hood's Bay - this for next Spring Bank Holiday (early May).
A night at the theatre or ballet.
Bowling and Balti.

If you have any good ideas for a night out please let the committee know.

Cross-Country dates for the ladies
Early warning for all ladies - the cross-country season will be upon us before we know where we are. It's nearly time to get your spikes cleaned up again, especially if you are travelling to **Oakamoor** again on **Friday 9th August** for the **Veterans Challenge**.

Stoke-on-Trent Ladies League are having their first relay event **on 28th September** and teams can consist of under-17s, Seniors and Veterans.

The relay race is followed by the usual four events **19th October, 23rd November, 18th January (organised at Wedgewood by SMM)** and the final race, no date yet.

Monica Darlington, Captain

By the time the next issue of Sapientia is in front of you the cross country series for the men will be about to commence (on October 5th). This is a reminder then that you should be thinking now about taking part as we should be able to turn out more than the regular eight or nine that appeared last year. It is a good series - so come and join us.

Just prior to that, on Sunday September 22nd will be the 78th running of the **Polytechnic Marathon** on the Windsor to Chiswick course, starting at 9.15. George Kay has submitted the following under the heading of:
"An Invitation or a Challenge?
This is Europe's oldest marathon, first run in 1909; and this year Lew Badger and George Kay intend to make it an historic event, hopefully one to be remembered! For Lew, it will be his first marathon as a 'super vet'; and for George his first as a 'ancient vet'. Both hope to dip inside 3 hours. If one or two fellow SMM runners feel inclined to join us - perhaps as pace makers - they would be welcome. We expect to have two spare seats in a car departing EARLY on race day. **Entry details**: Qualifying times: Sub4 hour for men (4.15 for women) since January 1st '94 (or 1.40/1.45 at half-marathon). Closing date: August 31st. £12 fee + £4 bus fare (to get back from Chiswick to Windsor); finishers within 4h 15m receive medal, T-shirt and goody bag! We can supply a copy of the entry form to anyone interested.
LB.GK

Whats On.....Racing-2

Wed	14 Aug	19.15	Stone 10k**
Thu	15 Aug	19.15	Roaches Final & Presentation, Upperhulme
Sat	17 Aug	13.45	Race the Train, Tywyn, Gwynedd
Sun	18 Aug	11.00	Leek Half Marathon**++
Sat	24 Aug	10.00	Two Bridges, Dunfemline, Fife
Sun	25 Aug	09.00	Grantham Canal Run, Nottingham
Sat	07 Sep	15.00	Ipstone 5**
Sun	08 Sep	11.30	New Forest Marathon, Hants
Sun	15 Sep	11.00	Silverdale 7**
Sat	21*Sep	08.30	Circuit of Coniston Water, Cumbria
Sun	29 Sep		Lake Vyrnwy Half Marathon++
Sun	22 Sep	09.15	Polytechnic Marathon
Sun	29 Sep	10.00	Robin Hood Marathon, Nottingham
Sun	06 Oct	10.30	Madeley Half Marathon**
Sun	06 Oct	10.30	Gloucester Marathon
Sun	13 Oct	11.00	Denstone Half Marathon** (reserve event)
Sun	20 Oct	10.30	Eccleshall 15**++
Sun	03 Nov	11.00	Werrington 6**
Sat	09 Nov	14.30	Tittensor 10**++

** NSRRA races ++ Club Championship races
* Date to be confirmed

Again, just a selection of available races. Further details from Runners World Race Diary or Road Runners Club Long & Ultra Distance Running Directory if entry forms not available at the club.

Please report ommissions or inaccuracies to Monica or myself, preferably in a note

Trentham Trailblazers 15k - Wednesday May 15th

Jonathon Howell	56.25	Kevin Uzzell	56.50
Bill Clarke	60.27	Simon Fielder	61.23
Roger Bolsover	62.21	Brian Radford	62.42
Simon Probert	71.13	Lynne Foster	71.48
Gerry Barnard	71.54	Barbara Brough	72.54
Irene Murphy	77.59	John Pennell	80.46
Angela Glendenning	83.12	Pat Radford	91.05

BR 1st V60, BB 1st F55, AG 1st F60

Creda 10K - Sunday May 19th

Jonathan Howell	37.30	Dave Gillick	38.01.
Kevin Uzzell	38.05	Vernon Olivant	38.49
Lew Badger	39.29	Bernie Priekulis	40.07
Simon Fielder	40.50	Roger Bolsover	41.03
Bryan Radford	41.08	Rita Banks	43.32
Bob Pope	43.52	Pete Dalley	44.16
Lynne Foster	45.56	Geoff Shallcross	46.03
Gerry Barnard	46.31	Simon Probert	46.42
Sue Smith	46.55	Barbara Brough	47.32
John Pennell	51.12	Angela Glendenning	53.05
Pat Radford	57.35		

DG 2nd V50, SP 1st V55, BR 1st V60
RB 3rd Lady, SS 1st F45, BB 1st F50

Evostik 10K - Sunday May 19th

Simon Fielder	32.42	Gerald Davis	42.24
Irene Murphy	49.51	Derek Ford	53.45

Yorkshire Dales 100 mile Challenge - Sat/Sun 25-26th May

Vernon Olivant(28th)	26h 52m.	Kevin Uzzell(123rd)	33h.13m
George Kay(132nd)	33h 33	Celia Hargrave(132nd)	33h 33m

Simon Probert DNF
( ) finishing position: 444 started - 369 finished

Aldridge 10K - Monday May 27th

Simon Fielder	40.32	Gerald Davis	41.00
Terry Murphy	43.00	Sue Smith	46.30
Irene Murphy	50.03		

Recent Results - 2

Please report ommissions or inaccuracies to Monica or myself, preferably in a note

Michelin T & T 8.1 miles - Sunday June 2nd

Kevin Uzzell	51.50	Lew Badger	53.22
Bernie Priekulis	53.40	Gerald Davis	54.39
Simon Fielder	55.00	Bob Pope	58.31
Lynne Foster	62.33	Sue Smith	63.21
Richard Shaw	64.07	Barbara Brough	65.00
John Pennell	69.53	Margaret Shaw	74.26

Gerald Davis, 2nd O-55, SS 2nd F45

Parks Series 5K - Tuesday June 4th

Carol Lorimer	21.00	Lynne Foster	22.35
Sue Smith	22.58		

Inter Area 10k Championships, Solihull - Sunday June 9th

SMM - Team gold Rita Banks silver medal

Potteries Marathon - Sunday June 16th

George Kay	3.12.54	Kevin Uzzell	3.15.20
Simon Fielder	3.25.00	Bill Clarke	3.33.40
Bernie Priekulis	3.35.42	Bob Pope	3.53.13
Chris Barlow	3.56.18	Barbara Brough	3.58.17
James McLellan	4.29.31		

BB 2nd BVAF V55

Ellesmere 10k - Sunday June 16th

Gerald Davis 41.09

Shugborough Relays (4 x 2 miles) Wednesday June 19th

Mens Ultra Super Veterans (team age 240+ years) - SMM 1st - 52.04.4
Gerry Barnard 14.20.5, Bob Pope 12.43.2, George Kay 12.23.7, Bryan Radford 12.37.0

Womens Veterans (team age 160+ years) - SMM 1st - 55.06.5
Rose Gillick 13.50.3, Angela Coker 13.23.2, Lynne Foster 13.46.0, Sue Smith 14.07.1

Please report ommissions or inaccuracies to Monica or myself, preferably in a note

Clayton 5 July Friday 10th

Kevin Uzzell	31.02	Lew Badger	31.54
Bill Clarke	33.10	Gerald Davis	33.14
Rita Banks	33.14	David Baddley	38.00?
Kym Billington-Baddley	43.00?		

***RB 2nd lady

Cheadle 4 July Sunday 14th

Kevin Uzzell	24.05	Jonathan Howell	24.12
Bernie Priekulis	24.45	Roger Bolsover	25.00?
Gerald Davis	25.40	Simon Fielder	25.52
Bryan Radford	26.16	Geoff Shallcross	29.40
John Haine	29.51	Barbara Brough	30.21
Richard Shaw	30.26	Sue Smith	31.30
David Baddley	31.37	James McLellan	32.00
Kym Billington-Baddley	33.45	John Pennell	34.36
Margaret Shaw	35.11	Angela Glendenning	35.25
Paula McLellan	36.58	Sue Haine	37.00?
Pat Radford	37.23		

BR 1st V60, BB 1st F50, AG 1st F60

***RB PB 1min 30sec

Dawley 5 - Sunday July 12th

Gerald Davis	33.52

JCB 5 - Thursday July 18th

Simon Fielder	32.42	Rita Banks	33.00
Sue Smith	?	Barbara Brough	39.00

RB 1st lady, BB 1st F50

Gnosall 10k - Sunday July 21st

Lew Badger	?	Rita Banks	

Club Championship - 1996

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

	GP1			GP2			GP3			GP4			Score
MEN	A	B	C	A	B	C	A	B	C	A	B	C	
Lew Badger	41	37		50			38			38			167
Jonathon Howell		50					41			50			141
Vernon Olivant	45	38					37			45		45	127
Bernie Priekulis	38	36					36			36		37	111
Simon Fielder	37	35					34			35			106
Bryan Radford		33					33			37			103
Terry Murphy	34						30			34			98
Bob Pope		32					31			33			96
Kevin Uzzell	50	41					45						95
Dave Gillick		45					50						95
Richard Shaw	31						27			31		35	93
John Pennell	30	27					25			29		33	88
Chris Barlow							35			41		38	76
Roger Bolsover	36	34					32						68
Geoff Shallcross	32	30					29						61
James McLellan							26			30		34	60
George Kay												50	50
Dave Hargrave												41	41
Bruce Belcher												36	36
Mike Hammond	35												35
Gerry Barnard	33	29											33
Tony Bridgewood										32			32
Peter Dalley		31											31
Simon Probert		28											28
Andrew Wilding							28						28
LADIES													
Rita Banks		50		50			50			50		41	200
Barbara Brough	41	38					41			41			123
Lynne Foster	50	45								45		45	95
Sue Smith	45	41					45						90
Angela Glendenning	36	37					38						75
Pat Radford		36					36						72
Celia Hargrave												50	50
Irene Murphy	38												38
Monica Darlington										38			38
Margaret Shaw	37												37
Paula McLellan							37						37

Group 1
A = Crewe 10k B = Creda 10k C = Milton 10k
Group 2
A = Ellesmere Port 10 B = John Oultram 10 C = Tittensor 10
Group 3
A = Uttoxeter Half B = Leek Half C = Lake Vyrnwy Half
Group 4
A = Stafford 20 B = Eccleshall 15 C = Any Marathon