SAPIENTIA

STONE MASTER MARATHONERS

Sapientia atque Levitas

October - November 1997

CONTENTS

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EDITORIALLY SPEAKING

It is a lovely autumnal Sunday as I write, and shortly after the club run at Eccleshall. Thanks to all those who were able to make it over here to enjoy the splendid and mainly quiet countryside and to Patsy and friend Roland for manning a waterstop. In this issue, Brian Hall also touches on the subject of 'out of town'training runs, and today provided more proof of how they are welcomed by members so, especially to all of you who live away from Stone, how about setting a run in your area soon? Please add your name and the location to the list on the notice board.

Another reminder of the time of year where road racing will soon give way to cross country as the major focus through into the New Year. Compared to the number who do race on the roads, we seem as a club to struggle to get members interested in cross country and often the turnout is very disappointing. The message is that SMM needs you to give it a try - to make our presence felt, to improve our position in the league tables and, perhaps most importantly, to enable you to enjoy running as a member of a team rather than as an individual. Come and give it a try. First race is a relay on October 4th. Listen out for the announcement.

It is gratifying to get feedback from members and one suggestion is that *Sapientia* should include a "Letters to the Editor" section. I think that it is a good idea, but it will only work if you write in. Do you have anything to get off your chest? If so, please take the trouble to put pen to paper and get this up and running. Your ideas, gripes or suggestions will all be published if that is possible.It may also encourage our 'out of town' members to write in as we would like to hear their news and views too. Communication is the cement that binds us together.

We had a good turn out of volunteer marshals for the recent Stafford City Centre Mile meeting which this year was moved to Saturday afternoon and included a pole vault competition to get the afternoon programme underway. This attracted a large crowd of spectators and a close up of the vaulters in action made one appreciate their skill and nerve in attacking a bar fifteen feet and more above the ground. Rather them than me! The mile races also provided their share of the action and kept the crowd on their toes. Well done Stafford.

Lastly for this time around, don't forget the white gear when getting ready for the Wednesday runs, or at any other time when the weather is murky.

Good running

CHAIRMAN'S CHATTER

I went to London yesterday to take my aunt out to lunch, it was her 94th Birthday! She is as "bright as a button", still lives on her own, gets the bus to the shops and the library for her reading matter. Will have a laugh and joke with you and, as I witnessed, has a good appetite! Looks after folks ten and twenty years her junior! She seems as if she will go on for ever! I'm sure she will get the "telegram"! If I can stay as fit and able as she is I won't mind getting even older!!

The weather was kind to Shugborough once again, a great "Last Night of the Proms", a good turnout from the club, good music and bags of enthusiasm, flag waving, etc., etc. Thanks to our Social Sec/team once again. I believe there are a few more ideas in the pipeline too. See later pages.

Went to see the Great North Run again last weekend; it must be the biggest entry of any race, 30 to 36 thousand!! Seems like half marathons rule these days. Well done to those from SMM, 2 PB's I believe, and one of ten minutes, too.

Much sapientia

Dave Mason

Among **Elaine Statham's** achievements for 1997 are three Silver medals won in the 1500, 5000 and 10000m events at the Veterans' World Championships which were held in Durban from July 17th to 27th. Each time she was second to Pederson of Sweden, but in the 5000m had the satisfaction of setting a new W50 British record of 18.18. Our congratulations to her. Perhaps some words on this meeting for the next *Sapientia*, Elaine?

Closer to home and also in the news, in this case TV's Central News, was our own **Rita Banks**. Not this time for achievements in running, but another of her talents, when two of her paintings were featured in the Premier Art progamme. Couldn't happen to a nicer lady. Rita exhibits regularly and will be showing again before Christmas, date and venue to be announced. She will also accept commissions if you talk to her nicely!

The third lady to feature here is **Ros Barker** who has been putting in some sparkling performances this year including a 10 minute PB over the half-marathon distance when competing in the Great North Run recently. Terrific, Ros, looks like there's more to come yet.

The lean and very fit looking **Simon Probert** has just returned from a multi-stage event in the Pyrenees. Hopefully we can get him to tell us something about his adventures in the next *Sapientia*.

New Members

Peter Salt

Peter has been running for 14 years, but only now has joined a club, our club, which was on the recommendation of Angela Glendenning with whom he talked while running last year's Madeley Half-Marathon. Peter has run that particular half every year but one, having been egged on by his brother to take part initially. He is enjoying club life with SMM and the encouement that he receives from members. He currently runs four times a week and has this year competed in the Staffs Moorlands series, and the Gnosall and Milton 10k races. Peter was an all rounder at school and an amateur boxer for twelve years before turning to coaching in that sport.

Frank Shepley

"My introduction to road running came with the Potteries Marathon (in at the deep end!) in 1985. Having completed the Congleton Half and a few other local races as training I took part in the marathon 'for a bet' - and so pleasurable was the experience I didn't run again until the Stafford New Years Day Race in 1996!!! Since then I have done quite a few local races, (actually the Stone 10k did me!) and even had a crack at Oakamoor cross country (after much arm twisting). My ambition is to beat Lynne (*Dream on sunshine! - Lynne*) and to be beaten by Sue Smith (*who wouldn't?*) but that, as they say, is another story....."

Welcome both!

What Happened to Summer '97?
Another Summer draws to an end and we look forward again to returning to the bright lights of Stone and its various industrial estates for the Winter period.

Thanks to every runner who has organised and led a Wednesday outing into the countryside - this is the third year we hav used "volunteers" on a rota basis and the amazing variation in runs continues. For those who have not had the benefit of proving their knowledge of the outskirts, footpaths, bridleways and other routes where we trespass occasionally around I apologise - please remind me and I will ensure that you are not disappointed next year.

One feature we would like to expand is the "out of town" event where we drive a few miles out to give more scope for new or different routes- I will be trying to fit these into the next Summer rota over the Winter months so any ideas will be appreciated.

So to Winter and dark nights - a few safety hints:

- Always wear white kit and reflectives.
- run in single file when mustering or on narrow footpaths.
- muster to the left of oncoming runners.
- keep on the footpath unless unavoidable.
- take care when crossing roads.
- TAKE NOTICE of marshalls at muster points or road crossings.

Remember these simple rules are for your safety and the safety of other road users! With over 40 runners out regularly last Winter it is easy to get things wrong and misunderstanding can lead to accidents.

Most of all - enjoy the running!

Brian Hall

Kitshop News

Following on from Brian's timely reminder of approaching dark evening runs the following info has been received from our hardworking haberdasher

It's that time of the year again when leaves fall from the trees and red turns into white!

Your kitshop has a variety of white tops and a few pairs of white tracksters at **SALE** price of **£5**

Paula McLellan

The 34th Across Wales Walk

Long Distance Walks are not technically athletic events nor even races but these events have inspired George Kay and many other Master Marathoners to set themselves personal challenges. So when George completed his 10th 100 mile event this year the thought arose in several of us to have a go at a long event and we entered the 'Across Wales Walk'.

This walk starts on the English/Welsh border near Clun and crosses Wales in an east-west direction over a considerable number of hills to finish at Clarach Bay just outside Aberystwyth, a distance of 45 miles.

George couldn't make it because of Church Organ commitments. The rumour is that after his 100 mile events his Organ playing is minus the bass notes, since these require the use of his legs.

A team was formed of Rose Gillick as leader, Margaret Shaw on vocals and myself, as long as I brought the maps and compass. We had a few training events including the 'Cloud 7' which is a magnificent 30 odd miles round the Peaks. "That's a real tough 'un" said Dennis Banks, "If you can do that, the 'Cross Wales' is a piece of cake!"

Full of false promises we set off along with 97 others at the 5 a.m. start after a sleepless night. We proceeded well and made steady progress into daylight and the Welsh hills. The event was well marshalled and the route was easy to find although others at times seemed to shoot off at tangents.

Not only is Rose famous - she seemed to be known by other walkers - but also she sets a challenging pace which pulled us along. The big challenge is Plynlimon hill, which is only a few feet short of the 3000 feet needed to make it a mountain. The terrain going down the other side is dreadful due to bogs, drainage ditches and tussocks of grass. It took nearly 3 hours to do the 7 miles over Plynlimon!

With only 13 miles to go we were told at a checkpoint that Rose and Margaret were leading the ladies and this meant renewed vigour from the girls just as my stamina was waning. We came across 3 girls on mountain bikes, cold and miles from nowhere. They asked for help to fix a puncture but I was told in no uncertain terms by our leader that we hadn't time to waste!

After 13 hours 53 minutes we made the finish and the girls were first ladies in, in 26th place. My time was 13:52, one minute ahead, but that's down to tactics, not to ability. The fastest overall in a time of ten and a half hours was achieved by one of 4 men who completed the 'double' i.e. starting from Clarach Bay the noon before and apart from a couple of hours sleep in a barn turning round for the return trip. Apparently they couldn't get in the barn so stole some bin liners and slept under a hedge. At the finish, when offered the transport back to Aberystwyth, he declined, preferring to walk it instead!

To finish on a technical note for the anorak brigade the event was 'mapped' on GPS satellite navigation. This meant that at any time those with the receiver could see where they were, where they should be and in what direction they should be going. One user reported that when he was stood still on a reservoir dam wall it gave his position as 300 metres away, in the middle of the lake and moving at 8 mph!.

Thanks to my two companions for helping me through the hard times, I recommend the walk to anyone. If Dennis Banks reads this.....they've changed the route!

John Haine

Race Report

The New Forest Marathon

Since running a personal worst in London 1995, I have tended to shy away from the distance, but, being something of a fatalist, decided to have a try at the New Forest when I heard it being discussed by others in the clubroom after one of our Sunday morning runs. It seemed to me preferable to running another city marathon and we do know the beauty of the area from previous visits. The marathon was then three months away and there was still time to train specifically for the event. This would mean aiming for fifty miles or thereabouts a week with a couple of 20 mile runs in the month preceeding the race, which had worked OK for me in the past.For all sorts of reasons, I didn't reach my target mileage or even get in one 20 miler in, the longest I managed being an eighteen miler, run just 12 days before the race. So much for good intentions! Even paced running at a sensible pace would be needed.

With this in mind we made our way to the venue at New Milton, which also happens to be the home town of friends from our school days with whom we stay on a regular basis. Although not runners themselves, they are happy to accept someone in the final stages of marathon preparation, even if they can not understand why! Extra carbohydrates are readily available, the taking on of copius amounts of water and subsequent need for visits to the loo go unremarked and the need is accepted for the pre-race meal to be taken at the local Italian restaurant where a one and a half sized portion of spaghetti with the Bolognaise sauce in a separate dish is served by the waiter with just the faintest shrug of the shoulders. I couldn't resist a glass or two of wine to wash it down, either!

No problem sleeping and more luxury in the morning with honeyed toast and the sports section of the newspaper in bed, bringing thoughts of the condemned man, calm before the storm, etc.
At least I was very relaxed mentally when we eventually made our way to the starting area, just five minutes walk away from our digs, to watch the start of the half-marathon which was due off half an hour before our race. The assembly area for both races is close to the centre of town and when we arrived it was already a bustling scene of activity with runners limbering up, a bouncy castle for the youngsters and various stalls and food centres. There is also an information table where a list of runners is available from which it can be seen that the half is by far the more popular race - nothing surprising there - and it also tells me that a lady from Stafford Harriers is running the marathon. The Half-Marathoners are called to assemble and be led to the start en masse. We go to watch them on their way, about 1,500 runners which is about three times as many as have opted for the marathon. The bright sunshine and humidity will make conditions tough for all of us today.

Time for a bottle of water, a relax on the grass, a last minute check to make sure that the shoelaces are not too tight and another visit before it is our turn to assemble. On the way to the start, the SMM logo on my vest is recognised by Tracey, daughter of Stafford Harriers George Singh and we have time for a quick chat before being led to the start area for the pre race announcements. The gun goes and with good wishes ringing in our ears we set off up the slight rise of Station Road which is lined with people cheering us on our way. With a wave to Patsy and our hosts its off into the forest and already I'm sweating. The first mile marker comes up in 8.24 and the next two are covered in 7.57 and 8.07, which feels just about right. The terrain is undulating and the scenery varied so plenty to occupy the mind. At about four

miles I strikeup conversation with another runner and we chat through the next ten miles or so. The sun is still pretty warm but there is occasional cloud cover which is very welcome. The course is almost all on tarmac roads through the New Forest which are narrow with a 40 mile speed limit in operation. They are open but early on we are not bothered by too much traffic. Later it is a different matter, but most drivers are considerate towards us. Just before half way we leave the tarmac for a mile and a half section of flinty forest track where I greet Tracey again as I pass her. Its a bit of a relief to be back on tarmac and we are soon marshalled across the busy A35 where the halfway marker is reached in 1.46. I still felt comfortable at that stage, and was soon on my own again as my companion of 10 miles then started to push on as he was trying for a sub 3.30 run.Judging by the way he moved away, was still feeling very strong. We were running through another heavily wooded section with the sun filtering through the tree tops and I was now looking for points of recognition as we had driven this part of the course on our way into New Milton. It was approaching the 18 mile mark that the first real signs of fatigue set in, and I was also conscious of a painful heel developing, maybe the result of dithering on shoe selection and opting for too light a model. I'd stopped and had a word with Patsy in Brockenhurst and from there the hills seemed to be more numerous and steeper! Running was interspersed with a bit of walking and I was being passed by other runners, one of whom enquired after Monica, remembered with affection from Flying Fox Marathon days! Time was no longer the main preoccupation now, just survival. Still every step was one closer to the finish and there were people at the roadside with words of encouragement. Approaching New Milton, we turned just short of Sammy Millar's motorcycle museum, which we had enjoyed visiting the day before. This is something of a mecca and well worth a visit if you are at all interested in bikes, as the range of rare machinary on view and the standard of restoration is of the highest order. I digress though, as there is still a mile and a bit to go, but at least it is flat from here on. There's still a good crowd welcoming the runners back and I pass under the clock showing 3.51.08, much better than I'd expected when things had become difficult. After passing through the finishing funnel and collecting my medal, we don't stick around too long as the St Johns Ambulance lady wants to minister to me and I've had enough indignity for one day! Recovery is pretty quick once I've downed a bottle of orange and two cups of tea. I'm still six pounds lighter at that stage, but that will soon be back on. After another hour, I'm saying that perhaps the "never again" uttered earlier was a bit hasty, 'cos I know that I can do better than that! Takes me back to the completion of my first marathon in 1982, somethings never change!!

A well organised race in lovely surroundings. It was well marshalled, as I saw it, with plenty of water and sponge stations around the route. I know that Simon Fielder is thinking about doing it next year. Any more to keep him company? Definitely one to be considered.

Gerry Barnard

As a postscript to Gerry's New Forest Marathon 'bit', I waited on a corner near Brockenhurst town to cheer him on (very few people about at that point). Having arrived early, I sat on a roadside seat to eat my packed lunch and enjoy the sunshine. A couple came along and offered me some cold drink, which was most appreciated, and townspeople who did walk by passed the time of day with me in a pleasant way.

As the runners began arriving, I went to the roadside to cheer them on and it quickly became obvious that they could have trouble with the two way traffic on the bend. Some cars coming up behind the runners were weaving in and out between them and then coming face to face

with cars coming in the opposite direction, such was the narrowness of the road. I heard a few choice words being exchanged! Anyway, I was wearing my SMM badged cap and jumper so did my traffic control bit until the bulk of the runners had passed. Many grateful thanks from the runners and in the most, co operation from the drivers, although some made their displeasure known in the customary fashion!

Gerry arrived on the scene and stopped long enough to tell me that he was knackered, gave me a quick kiss and proceeded on his merry way. I watched him go, and when I turned back to resume 'traffic control' duties, found four more chaps waiting for a kiss!!! Being involved in race meetings can be quite exciting!

Patsy

More food for thought

In the week following my running the New Forest along came the Summer 1997 edition of Veteran Athletics with an article by physiotherepist Veronica Manley that probably could have saved me some pain if I had been aware of the message it contains two or three months earlier!

"Ken Overy, a 62 year old distance runner from Norfolk, suffers from pain in the quadriceps towards the end of a marathon race and was forced to jog/walk for the last three miles of this year's London Marathon."

"Quadricep muscles have to work hard during running, harder still when running uphill and even harder when running downhill. They work as an opposing muscle group to the ham-strings. As hamstrings contract, the quads extend, and vice versa. One group, therefore, relies heavily on the other's functioning capacity.

In your case, the pain does not occur during shorter runs. This, therefore, rules out any actual quads muscle damage, and also probably pain due to referred back problems, although it would be wise to have this checked out by a professional.

Secondly, in this case the pain tends to come on during races at the 18 miles mark, the classic 'hit the wall' mile marker. You mention also that you eat a carbo rich diet, that you load before the race and you drink isotonics throughout the race. So, what has gone wrong? Why the pain in the quads at 18 miles, when the prime movers in running are indeed the hamstrings?

Even with carbo loading, drinks and pre race rest, the muscles generally only have capacity to store enough glycogen to last 30K, and a marathon is 42K. When the hamstrings run out of glycogen, they steal some from the nearest neighbour that has some remaining. The quads now have to supply their reserve store to the hamstrings to be able to fuel the activity, until, of course, these also run out and what is left is the energy available from the vast fatty acid fuel store. Unfortunately, this store is not easily mobilised. The energy produced for the same effort is only at 50% of the rate that is provided by glycogen, thus your seven minute mile pace is reduced to a staggering 14 minute mile pace.

The end result of this change in fuel sources is sore quads, as they have had to do most of the work that the hamstrings should have been doing, coupled with a slowing down of the scheduled pace and forcing the adoption of an unusual running gait.

What can you do?

Trained athletes appear to be able to use glycogen far more economically, partly due to the fact that they convert less glycogen to lactic acid, but also because they have an increased capacity to stretch out their 30K store of glycogen by calling for help from the fatty acids earlier in the race.

Training enhances the ability to burn fat. 'Energy derived from fat oxidation in distance running is significantly increased following aerobic training, with a corresponding decrease in carbohydrate breakdown. This carbo-sparing adaption could be due to a facilitated release of fatty acids from adipose tissue as well as increased intramuscular fat in the endurance trained individual' [Jn Appl. Phys. 1986 5.62 Hurley BF]

What went wrong with your plan?

Training, remember, must be specific to the event for which you race. In other words, to do well in a marathon, you must train the 'systems' used in a marathon. You must both enhance the capacity of the central circulation to deliver blood to the muscles [increase cardiac output, stroke volume and capillary density] and develop the metabolic 'machinery' to consume oxygen within active muscle [increase size and number of mito chondria, increase metabolic enzymes and facilitate lipid metabolism].

To avoid the onset of fatigue at 18 miles due to glycogen depletion you can train the body to call up acid fuel earlier on in the race and save some of the glycogen store for those miles after 20.

I do not advocate increasing your weekly mileage. For a 62 year old your longest weekly mileage of 57 is fine, but I would suggest that you alter the balance of your training so as to incorporate at least two runs of 23 miles. This would train the body to switch to fatty acids fuel supply more easily and conserve the glycogen store. The pain in the quads would then, hopefully, be history. The hamstrings would have enough fuel to function effectively in the biomechanics of running."

Our thanks to the editor of Veteran Athletics for his kind permission to reproduce this article.

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)	Simon Fielder	3.30.09(34)
Peter Williams	3.38.11(33)	Chris Barlow	3.40.59(32)
Mike Hammond	3.48.00(31)	Gerry Barnard	3.51.08(30)
Dave Baddley	4.08.58(30)	Richard Shaw	4.16.20(28)
Lynne Foster	3.44.40(50)		

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		50	50	41	150
John Clemens	50	45	50	50			50	50			45		150
Kevin Uzzell			41	41	45		37	41				45	131
Dave Gillick	45		45	38	41		45					38	128
George Kay		37		35	36		38	38				50	125
Lew Badger		38	38		38		36			45	41	37	121
Bernie Priekulis	41	41	37	37	37		35			41		36	119
Gerald Davis		33		33	35			37			38		110
Simon Fielder			35	34			33	36		37		34	108
Terry Murphy		30	34		30			35		36	36		105
Roger Bolsover	38	34		36	33		31						105
Peter Williams	36	32	36	32	31		29			35		33	103
Mike Hammond			33	31	28		32			38		31	103
Chris Barlow		35			34							32	101
Dave Baddley	31	25	29	26	24		26	34		32		29	97
Gerry Barnard	30	29			29					34		30	93
Dave Upton	35	31		30			28						93
Richard Shaw	32	26			26		25			31		28	89
Geoff Shallcross	34	28	30		27		27						88
Bill Clarke							34					35	69
Andrew Wilding	33			29									62
James McLellan							24			33			57
Bob Pope		27	31	28									55
Dave Baxandall											37		37
Jim Brough	37	36											37
Vernon Olivant					32								32
Mac McCoig			32										32
Tony Bridgewood							30						30
Frank Shepley			28										28
John Haine				27									27
Peter Salt		24	27										27
John Elson					25								25
LADIES													
Angela Coker	50			50			50				50		150
Lynne Foster		45			50		45	50		50		50	150
Pam Davies	37		45	45	45		37	41					131
Margaret Shaw			38				36	45		45			128
Barbara Brough	41	41	41				38				45		124
Kym Billington-Baddley	38	38	37	37			34	38		41			117
Paula McLellan	36	37		35	38		32						107
Angela Glendenning	35	36	36	36	37		33						106
Rita Banks	45		50				41						91
Ros Barker		50		38									88
Sue Smith					41		35						76
Rose Gillick				41									41

Subject to ratification

Group 1 Newcastle 7 — Milton 10k — Stone 10k — Titlensor 10

Group 3 Stafford Half — Leek Half — Madeley Half — Any Marathon

Group 2 Trentham Trailblazer 15k — John Oultram 10

Group 4 Stafford 20 — Bourton-on-the-Water 15

What's on in the Social Scene

As is usual the social side has a quiet period during the summer with people going on holiday and lots of other things happening. Saturday 19th July saw the first of the Shugborough musical spectaculars, although I did not attend I believe it was as good if not better than last years, the fireworks were especially spectacular. The final event, The Last Night of the Proms, was on Saturday 30th Aug and again it lived up to all our expectations. The music not only struck a chord because it is so familiar, but because it epitomizes so much that is traditionally British. Henry Wood's masterly arrangements of sea shanties, *Jerusalem, Pomp and Circumstance* - all gave ample opportunity for a good sing along with loads of flag waving. The night culminated in to total audience participation with the singing of *Land of Hope and Glory* accompanied by a stunning display of fireworks unleashed in time to the music. Unfortunately little did any of us know of the tragic event that was to unfold in the early hours of the following morning with the death of the Princess Diana.

The other social event held during the summer was the traditional club barbecue held at the Radfords, many thanks to Terry and Monica for a great event. Also many thanks to our very competent chefs - Dave and Ivan, who with the aid of a little light refreshments (Bishops Finger - drunk not barbecued) managed to sizzle their way through a mountain of sausages, chicken, kebabs etc in record time.

So what's on in the near future. Well the social committee have got their heads together and have come up with a few ideas. The main theme is based on food. The winter months are spent running around the streets of Stone and there is nothing more off putting then the smell of food as you run pass the many restaurants. So to complement running, we thought that we could try and eat our way around Stone. We will try and organise a meal for the first Friday or Saturday (depending on the race calendar) for each month. The plan so far (maybe subject to change etc etc) :-

3rd October		Oriental Garden £15 - £20 approx
1st Nov	-	Bowling and Balti £10- £12
29th Nov	-	Fish&chips quiz night £ 3.50
18th Dec	-	Hatters (Thursday night) £20.00
17th Jan	-	Piccolos £?
7th Feb	-	Presentation Night at Brocton £?
7th March	-	Mexican (I don't know the name, but it is at the top of Radford street) £?
4th April	-	Piere Victoire £ 10 - £12

Hatters was announced at the club during September and was virtually sold out, however, at the time of going to press there are a few seats left.

We are also planning to re-visit the idea of running Coast to Coast using as much as possible Wainwrights Way. This will be 2nd - 4th May. We will need at least 15 runners to make it viable, ***so please look in your diaries and make it a date as with all our events.***

Phil Sharratt

WHAT'S ON.....RACING

Sun 05 Oct	10.30	Madeley Half-Marathon+ *
Sat 11 Oct	14.00/14.30	X-Country, Wye Road, Newcastle#
Sun 12 Oct	11.00	Cannock 10k
Sun 12 Oct	10.45	BAF Nike 10k Championships, Solihull
Sun 12 Oct	11.00	MVAC Half-Marathon, Burton
Sun 12 Oct	11.00	BVAF Half-Marathon Championship, S/hampton
Sun 19 Oct	11.00	Denstone Half-Marathon+
Sat 25 Oct	14.00/14.39	X-Country, Leek#
Sun 26 Oct	Var.	BVAF 5k Road Championships, Lee Valley, London
Sun 26 Oct	10.30	Stroud Half-Marathon
Sun 26 Oct	10.45	Worksop Half-Marathon
Sun 02 Nov	11.00	Werrington 6+
Sat 8 Nov	14.30	Tittensor 10+ *
Sat 15 Nov	14.00/14.30	X-Country, Stafford Common#
Sat 06 Dec	14.00/14.30	X-Country, Michelin Sports Centre#

\+ NSRRA Championship Races
* SMM Club Championship Races
\# Stoke-on-Trent Ladies league/North Staffs Men's League X- Country

If you are travelling, or just looking for another challenge or long distance events I do have a copy of the current ***Runners World Race Diary*** *and The* ***Road Runners Club Long and Ultra Distance Running Directory 1997.*** *Ed*

Advertisement

A WEEKENDERS PARTY WILL
BE HELD AT THE CLUB
ON OCTOBER 22ND

MAGGIE WILL SHOW YOU THE
NEW COLOURS AND STYLES
– FROM 8.30 PM

****

AEROBICS

Classes are now running again with Step sessions and Stretch/Tone sessions on alternate weeks.

Classes start at 6.35-6.40 each Wednesday and cost: £2 per week

RECENT RESULTS....

City Parks Etonic Grand Prix - Fenton Park - Tuesday July 22nd

Kevin Uzzell	18.50	Dave Gillick	18.55
Lew Badger	19.59	Lynne Foster	23.16
Gerry Barnard	23.52	Barbara Brough	24.32
Paula McLellan	26.39		

John Oultram 10 - Saturday July 26th

Jonathon Howell	1.02.20	Kevin Uzzell	1.03.12
Dave Gillick	1.03.21	Lew Badger	1.06.02
Bernie Priekulis	1.06.43	George Kay	1.07.03
Gerald Davis	1.08.36	Chris Barlow	1.08.46
Roger Bolsover	1.10.14	Vernon Olivant	1.11.03
Peter Williams	1.12.13	Terry Murphy	1.15.36
Gerry Barnard	1.15.40	Lynne foster	1.17.12
Mike Hammond	1.18.02	Geoff Shallcross	1.18.53
Richard Shaw	1.19.42	Pam Davies	1.19.50
John Elson	1.21.36	Dave Baddley	1.23.36
Sue Smith	1.27.32	Paula McLellan	1.30.32
Angela Glendenning	1.34.42		

***GK 1st V60, LF 1st F40
PD 1st F45, SS 1st F50***

CARSA 5 - Wednesday July 30th

Jonathon Howell	29.23	Kevin Uzzell	29.38
Lew Badger	31.13	Vernon Olivant	32.26
Gerald Davis	32.35	Terry Murphy	34.38
Mike Hammond	34.58	Ros Barker	35.45
Dave Upton	35.56	Geoff Shallcross	36.14
Roger Westhead	36.22	Gerry Barnard	36.24
Rita Banks	36.38	Lynne Foster	36.41
Richard Shaw	37.01	Pam Davies	37.15
Dave Baddley	38.24	Kym Billington-Baddley	39.44
Sue Smith	41.48	Peter Salt	42.44
Paula McLellan	43.06	Angela Glendenning	44.28

Milton 10k - Sunday August 3rd

Jonathon Howell	36.29	John Clemens	36.48
Bernie Priekulis	38.50	Lew Badger	38.53
George Kay	39.11	Jim Brough	39.37
Chris Barlow	39.52	Roger Bolsover	40.18
Gerald Davis	40.58	Peter Williams	41.39
Dave Upton	43.05	Ros Barker	43.40
Terry Murphy	43.57	Gerry Barnard	44.46
Lynne Foster	45.21	Geoff Shallcross	45.58
Bob Pope	46.51	Richard Shaw	47.12
Barbara Brough	47.24	Dave Baddley	48.36
Kym Billington-Baddley	50.23	Paula McLellan	53.23
Peter Salt	53.59	Angela Glendenning	56.03

***JC 1st V50, GK 1st V60,

Oakamoor X-Country - Friday August 8th

SMM Men 'A' - 2/7 - 85 points

Jonathon Howell 30.12(5th), John Clemens 30.38(8th), Kevin Uzzell 30.40 (9th), Bill Clarke 32.37(20th), Chris Barlow 32.38(21st), Vernon Olivant 32.33 (22nd), George Kay 33.03(23rd), Jim Brough 33.09(24th).

SMM Men 'B' - 7/7 - 265 points

Phil Sharratt 34.45(32nd), Dave Upton 35.53(41st), Mike Hammond 35.57 (42nd), Terry Murphy 36.50(47th), Frank Shepley 38.04 (51st), Derek Palmer 38.11(52nd), John Elson 38.21(53rd), Richard Shaw 38.30(54th), Gerry Barnard 38.43(55th).

SMM Ladies - 2/4 - 16 points

Rose Gillick 22.48(4th), Lynne Foster 22.56(5th), Barbara Brough 23.37(7th), Sue Smith 25.42(12th), Irene Murphy 26.38(14th).

City Parks Etonic Grand Prix - Hanley Park - Tuesday August 12th

Kevin Uzzell	18.16	John Clemens	18.33
Bill Clarke	19.18	Lynne Foster	22.56
Gerry Barnard	23.35	Barbara Brough	24.06
Paula McLellan	27.32	James McLellan	27.32

Series: KU 2nd V50, BB 1st F55

Race The Train, Tywyn - Saturday August 16th

Vernon Olivant	1.53.15	Dave Gillick	1.56.36
Gerry Barnard	2.14.25	Rose Gillick	2.18.40
Richard Shaw	2.47.27		

Leek Half-Marathon - Sunday August 17th

John Clemens	1.25.54	Jonathon Howell	1.27.01
Kevin Uzzell	1.28.00	George Kay	1.33.13
Gerald Davis	1.35.31	Simon Fielder	1.43.33
Terry Murphy	1.46.53	Lynne Foster	1.51.38
Margaret Shaw	1.55.04	Pam Davies	1.56.58
Dave Baddley	2.06.57	Kym Billington-Baddley	2.14.24

Staffs Knot 5 - Wednesday August 20th

Jonathon Howell	30.06	Dave Gillick	31.25
John Clemmens	31.32	Elaine Statham	31.58
Lew Badger	32.20	Vernon Olivant	33.03
Ros Barker	34.39	Simon Fielder	34.52
Bob Pope	37.14	Lynne Foster	37.45
Gerry Barnard	37.59	Richard Shaw	38.12
Dave Baddley	40.47	Kym Billington-Baddley	41.05
Sue Smith	41.37		

GB 1st V60

Litchfield 10k - Sunday September 7th

Jim Brough	40.51	Barbara Brough	49.04

Stone 10k - Sunday September 14th

John Clemens	37.43	Dave Gillick	39.29
Kevin Uzzell	39.41	Lew Badger	40.35
Bernie Priekulis	40.48	Peter Williams	44.00
Simon Fielder	44.46	Terry Murphy	47.01
Mike Hammond	47.24	Mac McCoig	47.34
Rita Banks	47.51	Bob Pope	48.11
Pam Davies	49.03	Geoff Shallcross	49.04
Barbara Brough	50.16	Dave Baddley	50.47
Margaret Shaw	50.48	Frank Shepley	51.37
Kym Billington-Baddley	53.50	Peter Salt	55.15
Angela Glendenning	61.41		

JC 1st V50, PD 2nd F45

New Forest Marathon - Sunday September 14th

Gerry Barnard	3.51.08

Stafford City Mile - Vets Race - Saturday September 20th

Jonathon Howell	5:09	Kevin Uzzell	5:18
Dave Gillick	5:18		

MVAC 10 Mile Championship, Nuneaton - Sunday September 21st

George Kay	1:03:45

The club kit report

Most people are aware that there has been an ongoing enquiry into what people want in terms of a club kit. The report was presented, as promised, to the September meeting of the Management Committee. The outcome of Committee meetings is the responsibility of the Club Secretary who publishes minutes after they have been approved. In this article I give the background to the report so that all members are aware of the research and findings.

On assuming the role of Membership Secretary, an initial review of recent enrolments (1996/1997) indicated a reluctance of new members to fulfil the agreement '....that I must purchase a track suit within six months of joining the club....' (SMM Application Form). Further enquiries revealed some apparent dissatisfaction with the tracksuit, particularly in terms of design and value for money. These discussions with members indicated a whole range of issues related to the use of club kit. Many were associated with the conflict between the issue of uniformity and the variety of practices and changing fashions which have developed over time.

The membership was informed of the enquiry by announcements at Wednesday and Sunday club runs. An article appeared in the August - September 1997 copy of Sapientia, requesting members' comments.

In summary one could say that the findings indicate a large measure of support for the use of club kit, though there were many and varied ideas on what should be done about the current diversity of practices, style and items of kit. A number of clear points of consensus were found and certain areas of contention. Many issues of practical detail are outside the remit of the report and the management responsibility of the committee.

Several recommendations have been made which the authors (Mike Hammond and Paula McLellan) think are practicable and realistic in the light of the findings. **The purpose was to achieve corporate uniformity through the use of colour and to enable individual freedom in design and response to fashion, within a structured framework (of Club rules).**

The findings are presented here in the format which they were delivered to the Management Committee:

4.1 41 of the membership of 106 responded (39%). Note that only 80 members actively (35 regularly, others occasionally) participate in events and/or attend the club.

4.2 Although the issue did not excite enough interest for active participation in a working party, all respondents interviewed had a point of view.

4.3 There was a vast array of ideas, points raised and suggestions made.

4.5 **All respondents were in favour of a club kit.**

There were a number of points where there was clear consensus.

4.6 There was both implicit and explicit acceptance of the red top and black shorts as racing kit.

4.7 The importance of safety consideration in winter - particularly white and reflective kit, was agreed.

4.8 The value of the 'corporate image' of the red and black 'uniform' was universally recognised.

Contentious issues:

4.9 The track suit was dated and not all would wish to wear the item, in fact some clearly stated that they would not be prepared to do so.

4.10 There were a number of suggestions. The most popular was that a sweatshirt top and trackster bottoms become the club designated 'outer wear'.

Additional information

4.11 The club has a stock of red and black material, suitable for track suits. This material has been purchased from club funds and in accounting terms has been 'written off' (the books).

4.13 Enquiries on alternative sourcing and costs, indicated the possibility of a local professional seamstress who will make up track suits.

4.14 Printing has been sourced - by agreement - from a local printer, who has silk screens for club logo, club name, club motto and other items.

As a result of the Committee meeting there will be a (re)statement of the rules covering club kit in due course.

Mike Hammond