SAPIENTIA

STONE MASTER MARATHONERS

Sapientia atque Levitas

October - November 1998

CONTENTS

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Editorially Speaking.....

Just a little slimmer this time - the mag that is, not me! - but hopefully you'll enjoy what there is.

Among the articles is a profile of a remarkable man I first read at about the time I started running, and it's worth a re-run I think. He's a particular hero of mine of whom Des Lynham would surely have to ask "How did he do that?" The subject is a great Welsh runner, Clive Davies, who was 65 years of age in 1981 when the article first appeared. I'm out of touch with news from the USA and have no idea whether Clive is still going or how many of his records still stand today (maybe one of you can enlighten me) but I think of him as a fine example of what is possible if you have the mind for it. You'll also find an item here about MSM, a unique and unconventional treatment for arthiritis. Apologies for the type being small - due to pressure of space on the only page available for it - but if you would like an easier to read copy, please give me a ring after October 7th when Patsy and I are due back in town.

I know that you'll find it mentioned elsewhere in the mag, but Ivan has asked me particularly to thank again all those who turned out to support the Wolverhampton marathon. A really good effort by team SMM.

I'm somewhat reminded here of an evening about twenty years ago when a certain pilot offered to buy me a drink. I should have been more wary as pilots are not noted for their generosity, and this one even bought me another. With the first came the query " Had I ever thought about joining the editorial team of the company newspaper?" and as that bore fruit with the next came "How about taking over as editor when I leave the company next month?" Needless to say I succombed - and as one thing so often leads to another - I went on to another company and another newspaper and eventually to Sapientia. Why am I telling you this? Read on.....!

Although the AGM is someway off, it is known already that we shall need to replace some committee members who have decided to stand down at that time. Paula, Ivan and Mac have all given years of excellent service to the club but now feel the need for a change. I have enjoyed my period as editor since taking over in 1996 but need to find a successor now so that I can turn to other things. So with still a few months to run this is the time for anyone interested in taking over *Sapientia*, running the Kit Shop, becoming Hon. Sec or Treasurer to talk to the above about what is involved and then perhaps work with them for the rest of this year. Remember, it's true what me old Mum used to say, "The more you put in, the more you get out". It's really true folks. Have a think about it, please. Now, what are you having?

Geoff

Chairman's Chatter

I must first of all thank the SMM team who managed the finish area of the half and full marathon down at Wolverhampton on the 6th of September.

Even with the strong possibility of dodgy weather, everyone turned up in the right place at the right time! I left home in misty conditions wondering what lay ahead but ten miles down the road it was clear, and apart from a few minutes under the umbrellas we were very lucky with the weather at the event and it all went off very well. I reckon we all looked pretty competent looking after the finish funnels.

Another good show for SMM.

Well done to those who ran too, some in each distance. It would seem very likely to be on the calendar for 1999. Good news.

But it put me out on the 5th of September. I biked to Ipstone to support the race only to discover after pedalling up from Frogall that the Fire Station was empty, not a sign of anyone!! It was only on the Sunday at Wolverhampton when I collared George I found out it had been put back a week (Stone 10k too) earlier in the year because of Ivan and his marathon!!

Had to do it all again on the 12th and the weather was 'orrible, cold wet and windy! Yes I know I should have read "what's on" in *Sapientia*! Still its all miles in the legs!

Much sapientia

Dave Mason

News Briefs

*Changes of address for your SMM directories - **Richard** and **Margaret Shaw** can now be found at **Foxvane, Highlows Lane, Yarnfield, Stone, ST15 0NP. Tel: 01785 760168** and **John Clemens** at **3, Stonefield Mews, Newcastle Road, Stone, ST15 8LB. Tel: 01785 818725.** We also now have an address for **Jayne Metcalfe** which is **15, Uttoxeter Road, Stone, ST15 8QX. Tel: 01785 616017**. Please hand amend your directories*

Nice to hear from **Geoff Frost**, a member of SMM since 1981 and now living at Malvern who has sent us some entry forms for the 6¾ mile **1998 Worcestershire Beacon Race** which is being held on **Saturday October 10th**. Geoff says that there's hard climbing, spectacular views and downhills can be lethal if it's wet. Does that sound like your sort of event? Unfortunately the race does clash with the Wye Road X-Country race but hopefully some will prefer this option and to meet up with Geoff again. Richard has the entry forms.

Patsy's Piece

I know that it is said by others in *Sapientia* but I also want to add my thanks to those of you who participated in the finish line duties at the Wolverhampton Marathon.

Making a commitment to do something weeks ahead is not easy, especially in the running circle when other important races or pressing family matters are on the horizon - and it is a bit embarrassing trying to hassle people into making a commitment. But some of you did, and most who said "maybe" also turned up on the day. A big thank you for that and putting up with my bleatings prior to the event.

Although not an active runner myself I am greatly interested in the running activities and have found when out in various parts of the country that we are still asked when the Flying Fox marathon is to resume. As that does seem unlikely, from what I am told, and we do come forward to help others put on races it does seem that we should be thinking more about staging our own event. I have no particular suggestion as to what sort of race to promote - but feel we should do something that attracts support from other clubs in the area. Perhaps someone would like to take it up?

Gerry has talked about Hashing in this issue and I have done some of that - even as recently as last year when we were in Brunei again. You do need a bit of stamina but as its not racing even a slowcoach like me can take part! "On On" is the call used along the trail - and also to end notices and letters.

So, "On On" from

Patsy

From the Captain's Table

This is my first report for *Sapientia* on the antics of the club and its members, something which I plan to do on a regular basis.

First of all, thank you all for supporting me as Captain since taking on the role in April. It is good that we can all share in light hearted banter at club runs and social occasions.

The move to sitting on bums and listening attentively to the parish notices on a Wednesday rather than hiding in the corridor, together with very few moans and groans has made my life a lot easier. Long may it continue!

Once again we are running out of daylight on the Wednesday runs. For those of you who prefer running in daylight and are able to keep up with the pace there are still the Sunday runs available followed by a bottomless pot of tea or coffee and fancy biscuits. This leads me nicely on to starting times. From the returned questionaires I was somewhat surprised to see that half the members wanted the earlier start time while the other half wished to stay at 9.30. The stalemate was eventually broken by a late return opting for 9.30. Those for retaining the traditional start time expressed their views most strongly and therefore as we are a democratic club I have decided to accept the decision of the majority. I know that some of you will be disappointed at this and may wish to organise a separate run at an earlier time. If this is to happen, please advise me and provide sufficient notice, say 3 weeks, to ensure that the 'regulars' are aware of the change. Also, I am proposing to invite Cheadle Running Club to one of our winter Sunday runs - watch this space for further details.

I am proposing to include details of the runs to be held on the following Sunday and Wednesday in the club night announcements, wherever possible, and in addition, place a copy of the runs on the notice board. This will enable you to select the right footwear if you decide to come on the run.

The summer runs finish on 7th October and I understand a fish and chip supper will follow. It has come at the right time for me personally as it is our 25th Wedding Anniversary the previous day and will save me taking Margaret out for a meal. Less expensive on my pocket! I have not yet recovered from falling into Bernie's trap which resulted in me having to buy him a PINT!

I would like to take this opportunity to thank all those who have organised a run on a Wednesday or Sunday, especially Brian Hall. That's not only for ensuring that there has been a Wednesday run but also for the excellent Treasure Hunt which was a big success and

enjoyed by all.

During the long hot summer months (only joking) it is pleasing to see a large number of club runners in our distinctive kit entering over 30 races with some excellent results:

1st, 3rd & 6th teams in Shugborough Relays in various categories and **Kevin Taylor** (2nd claim) ran the 2 miles in 9.41. Must be a club record!

Kevin Uzzell 1st home for club in the Potteries Marathon finishing 84th overall. 2nd O/50 in Park Series, Ironbridge 4.5k and 3rd 0/50 in the Wolverhampton Marathon.

Dave Gillick or **John Clemens** 1st home for club in the majority of Staffordshire Moorlands Series - the only exception was Marshes Hill where **Kevin Taylor** actually won the race by 26 seconds!

Rita Banks 1st 0/45 Leeds Marathon, 1st O/ 50 in Trentham Trailblazer, Michelin TT, Adtranz 20, Burton IOk, Clayton 5, John Oultram 10, Carsa 5, JCB 5 and Wolverhampton Marathon.

Pam Davies 1st O/45 Cheadle 4, John Oultram 10, Milton I Ok and Carsa 5.

Rose Gillick 1st Vet in Stone Steeplechase.

John Clemens 1st O/55 John Oultram 10, Milton 1Ok, also numerous Fell Races & came home 18th in Killcabe Fell Race.

Lynne Foster 1st O/40 Burton IOk, Ladies Race for life 13th overall & 5th Vet (Field of 600), 1st O/40 Deer Park IOk.

Sue Smith 1st O/50 Ladies Race for Life.

Ros Barker Ist 0/35 Trentham Trailblazer and Adtranz 20.

Jane Metcalfe 2nd Lady home in Adtranz 20 in a time of 2:32

We entered 2 teams in Oakamoor Invitation in August; the Men coming 2nd & Ladies 3rd.

Congratulations to you all, and if I have missed anyone out please accept my sincere apologies.

There were also a large number of P.B's - well done to all. Please let me know when you have achieved a P.B. as I feel there is nothing better than getting a well deserved round of applause! Not forgetting those unsung heroes who turn out for the club in all weathers either racing or attending the Wednesday/Sunday runs.

We have had some outstanding results in NSRRA races: Prior to Saturday's Ipstones 5 our Men's Vets lead overall by only 3 points (2797 points) from Stafford Harriers (2794) with Trentham in 3rd place (2685). points). In the Ladies we lead with (1488 points) from Cheadle with (897 points) and Stafford Harriers (714 points).

In the top 10 in the leagues after 14 races :

Simon Probert 576 points has on my calculations won X Group and also is 1st in Age Group.

Tony Bridgwood 3rd in X Group with 385 points from 9 races.
Vernon Olivant 8th in D Group with 304 points from 9 races and 9th in Age Group.
Simon Fielder 5th in V Group with 396 points from 10 races.
Richard Shaw 5th in Z Group with 348 points from 9 races.
James McClellan 9th in Z Group with 279 points from 9 races and 2nd in Age Group.
Rita Banks 2nd in L Group with 446 points from 12 races and 1st in Age Group.
Pam Davies 6th in L Group with 302 points from 9 races and 2nd in Age Group.
Ros Barker 7th in L Group with 260 points from 7 races and 5th in Age Group.
Kym B-Baddley 3rd in M Group with 383 points from 10 races and 2nd in Age Group.
Paula McClellan 4th in M Group with 357 points from 11 races and lst in Age Group.
Angela Glendenning 7th in M Group with 291 points from 9 races and 2nd in Age Group.
Margaret Shaw 10th in M Group with 242 points from 6 races and 3rd in Age Group.
With only 5 races left we need as many Club Runners out as possible to win our Men and Ladies Vet Groups.

The Cross Country season commences on Saturday 3rd October. The fixture list is published in this issue - remember to mark these dates in your diaries (and remember that Leek is at a new venue this year - per the map also printed in this issue). Your Captain will provide some liquid refreshments afterwards! Let's have a good turn out fot the club.

Finally, my Vice Captain, Pam Davies nearly always pips me at the post whenever we are competing in the same race but being the gentleman I am, my philosophy has always been "Ladies First"

Richard Shaw

PS. We encourage members to organise away training runs to provide some variety in our running - so for those of you that train away from Stone please see what you can do. Note also that we would like to publish these fixtures in *Sapientia* to let everyone know where and what time to meet, so plan ahead and let the editor have the details in good time. Thank you.

New Members Profile

Jayne presents her CV to SMM

"Well I thought that I might have got out of it and that it would be far too late to tell you all about me - but not according to dear Gerry!

There are some things I can't divulge, but I'm open to persuasion in the bar if you are that desparate. Oh, and don't believe everything you hear about students as only about 99% of it is right.

What am I studying? BSc Hons Occupational Therapy.

Where? Derby University and lots of local hospitals.

At what age? Yes, I have rather a habit of doing things late or rather, I've had time to gain lots of 'experience' (that's my line to impress). I quickly learnt that you don't have many secrets between fellow runners when your age is always in race results.

What experience? No, it's not what you think. When I say that I've dabbled in most things well.....er, I'll introduce you to sensible Jayne now.

I started off in shops, then working in Building Societies and in Finance abroad (Canada). Then I decided to do an HND and IIST in Sports Therapy, later doing an Osteopathy module and Aerobics/Step instruction. I put these to use at Health Farms and at Biddulph Leisure Centre (plus freelance) for three years.

Eventually I got fed up with the back-to-back 13½ shifts so turned to Occupational Therapy in 1996. Since doing this course I've done Orthopedics, Hand Therapy and Psychiatry (let me know if you're having a problem - only joking!). Next term it's Neurolgy at Cannock Chase Hospital - so tell me if I'm getting on your nerves!

I live in Stone with my father since loosing Mum suddenly this year. With looking after dad (who had a heart attack), going through bereavement, travelling to Derby and settling into work at different hospitals, **I RUN,** and it helps. Since joining the club the support and training advice received, including kicks up the .....and lots of pushes have given me more confidence. So much so that I have raced and, yes, even marathons (two). However, please be gentle with me at the moment as I'm still recovering from the 'Potts'.

Before joining SMM I ran with Suzy, and still do. Not the blonde haired but the four legged friend. We would have given Bernie and Flash a run for their money but Suzy didn't like the weather on Stone Steeple-chase day. Besides running, I play squash and enjoy biking, so if anyone wants to do some cross-training give us a shout.

Thanks again for the goodwill, friendliness and support that's been shown. Oh, and I love the kit, Paula!"

Jayne Metcalfe

Thanks, Jayne, and a belated welcome to the club. Gerry

PEOPLE: LIONEL FISHER

Getting better

At 65, Oregon's Clive Davies holds 25 age-group records

Clive Davies: Better with age.

Eight years ago, Clive Davies, 57, was talked into entering a 10,000-meter race in the hills above Portland. "It nearly killed me," he exclaimed. "I'd only jogged a few miles a week prior to that day. But I knew right then I was hooked for good."

Today he holds a total of 25 official U.S. age-group records. Among them are marathons he ran faster when he was 60, 61, 62, 63, 64, and 65 than anyone else ever of the same age.

Davies's record 26.2-mile efforts range from 2:47:46 in 1976 to his PR of 2:42:44 set in February, 1980, six months shy of his 65th birthday. Turning 65 on August 7, he went out the following month and attacked the grueling hills of Oregon's Lake Oswego to post a 1:21:52 in the Natural Light half marathon finals. His time bettered New Yorker Bill Brobston's age-65 half marathon mark of 1:40:49 by ahnost 20 minutes.

Davies trains, except for his once-a-week interval days, at a steady eight-minute-per-mile pace. Then he burns through marathons, pushing six minutes per mile almost the whole way.

"I just arrive at a pace that allows me to breathe without going into oxygen debt, then concentrate on holding it the first 10 miles," Davies says of his running strategy. "There I check my time and focus ahead another 10 miles without worrying about anything in-between. If I arrive at 20 on schedule, I figure I can tough out the last six."

Born in Swansea, Wales, the trace of something far away in his voice was carried to Pennsylvania as a teenager. He went on to the Art Institute of Pittsburgh. While serving in the Army in 1946, he met an Oregonian who expounded on the glories of the Pacific Northwest. Coming to see for himself, Davies was captivated and stayed. He's been in Portland since he retired after 34 years as a freelance art director with the McCann-Erickson advertising agency.

Davies has the burnt-out look of Coleridge's Ancient Mariner. His unswerving gaze beneath chalk-white hair impales you with raw intensity. Has he reached his full potential as a runner? No, he replies very seriously, he's still stretching for it. He thinks breaking a 2:40 marathon, perhaps a 2:38, will do it. He'll be happy with that.

"I'm better now than I ever have been. And I'm improving. The trouble

is, nobody expects an 'old' man to run so fast over such long distances. You're some sort of aberration is how they explain it. And that's the tragedy!

"We know a good 60-year-old can't beat a good 20-year-old if they're both mentally up for it. But I beat an awful lot of much younger runners every day because I believe I can. And they don't think they can: They're people who don't trust in themselves and who won't invest the effort to find out how good they can really be."

Clive's dream of a sub-2:40 marathon should have come true on the Sunday afternoon of August 16, 1980 in Cardiff, Wales. Nine days into his 65th year he was toeing the mark in the country of his boyhood. Alongside him was another Clive Davies, also a Welshman and marathoner now living in Melbourne, Australia.

After an article on Davies appeared in a magazine, the Davies from Australia wrote to his American namesake. The ensuing correspondence culminated in the meeting at Cardiff.

Everything was perfect for it - everything but the blistering heat of a midsummer afternoon. The American's split at five miles was 30:15, too fast for so hot a day, he knew even then. At 10 miles he started to pay for it - his time was 63:15. He didn't hear his split at 15, but at 20 it was 2:12:40. At 25 miles he slowed to 2:51:20. Fearing he would not break three hours for the first time in five years, he dug in grimly and finished in 2:58:07.

Back in Oregon, as October dwindled to its cold, wet-typical-end, Clive ran the Portland Marathon on a miserable day. His time was 2:52:12, lackluster for Davies but good enough to put him in the record books another time. In Portland on December 14, he recorded a 36:34 in a 10-kilometer run at Delta Park. Then a 1:18:16 at the Governor's Trophy half marathon in Salem on January 11. Finally, tackling his first ultra-marathon in Corvatlis on January 31, he went 60 kilometers in a record-setting 4:30:38, picking up the 50-km age-group record enroute as well.

"I tend to compromise," he says softly. "I let other people have their way. I've never been a tough family man or a very hard business negotiator. But it's different when I run. Then I give no quarter. And I ask none. You might say running balances me."

He was asked if he ever thinks about age. "No, not really," he replied. "It's simply irrelevant. You can't say to yourself, 'I'm 60 or 50 or 40 - no one expects much of me any more: You'd be amazed at what you can accomplish if you simply decide you can. Most of my chronological peers are entranced with the idea of running," he sighs.

"But they don't have the energy or desire to invest the effort in it. A few men have called me up and asked to visit. 'I used to be a runner,' they say. 'I'd like to get back into it.' But all they really want to talk about is their achievements. What they did when they were 'young.' "

He was silent for awhile, then continued and you could barely hear him. "It's living in the past. So few people ever try to achieve their real potential, ever give themselves half a chance of finding out what they're really made of. "And when they get older they even give up trying."

Davies, and his wife Frankie, 58, are planning to retire to their Oceanside home, near Tillamook on the Oregon coast. Frankie, whom Davies met in North Carolina in 1941, has never run; she has been Clive's quiet bulwark of support in his passion come lately. Davies looks forwarcl to painting, he says, and running in the gray Oregon rain. *Lionel Fisher is a Portland freelance writer who has run 18 marathons.*

THE RUNNER JUNE 1981 77.

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What's a 'Hash' ??

Some of us recently enjoyed a Saturday run in Hanchurch Woods with the Potteries 'Hash' - the local 'chapter' of a World-wide body known as the Hash House Harriers - so perhaps a few words on this once a month event may be of interest.

Firstly, it is a social event and not a race. As with our club and mustering, the aim is for the hash to stay together as much as possible and this is achieved by having a number of checks built into the run which comprises marked and unmarked trails. Naturally the faster runners should reach the first check first and their task then is to spread out and find the "on" trail, which can be 100 to 150 yards away in any direction. There may be several "false" trails found before the real one is confirmed, which should have allowed everyone to catch up as they start out once again. This is repeated several times until eventually you arrive back at the setting off point - unless its an "A" to "B" run - but thats another story! Once the running is out of the way its normal to head for the nominated pub - you will see that friendly pubs are selected for the apres-Hash - and there certain Hashers will be called forward and made to atone in the time honoured way of taking a "down-down"for some "sin" observed on the run. The "sin" may have been for not calling the others when the 'on' trail is found, for wearing new shoes to the run or even for the "Hares" if their run could be faulted in some way, which is normally not difficult. Newcomers also earn a drink on their first run. After that it's down to the serious drinking and usually some nosh. See you on the next one?

For details of the next events, see the "Whats on" page and the club noticeboard.

NORTH STAFFORDSHIRE CROSS COUNTRY LEAGUE

1998

RELAY RACES **SATURDAY** **3rd. OCTOBER**

BOTH RACES START AT 2.30 p.m.

PARKHALL COUNTRY PARK

STAGED BY P.M.A.C

JUNIOR MEN	(14 TO 17 YEARS ONLY)	JUNIOR LADIES	(14 TO 17 YEARS ONLY)
SENIOR MEN	(17 YEARS AND OVER)	SENIOR LADIES	(17 YEARS AND OVER)

TEAMS TO BE DECLARED BY 2.15p.m

4 RUNNERS PER TEAM

SCHOOLS/CLUBS CAN ENTER MORE THAN ONE TEAM

1st. RACE **SATURDAY** **10th. OCTOBER**

WYE ROAD. NEWCASTLE STAGED BY:- TRENTHAM R.C

2nd. RACE **SATURDAY** **24th. OCTOBER**

PARKHALL COUNTRY PARK STAGED BY:- CHEADLE R.C
LONGTON HARRIERS

3rd. RACE **SATURDAY** **21st. NOVEMBER**

STAFFORD COMMON STAGED BY:- STAFFORD HARRIERS

4th. RACE **SATURDAY** **5th. DECEMBER**

LEEK HIGH SCHOOL. LEEK STAGED BY:- STAFFS MOORLANDS

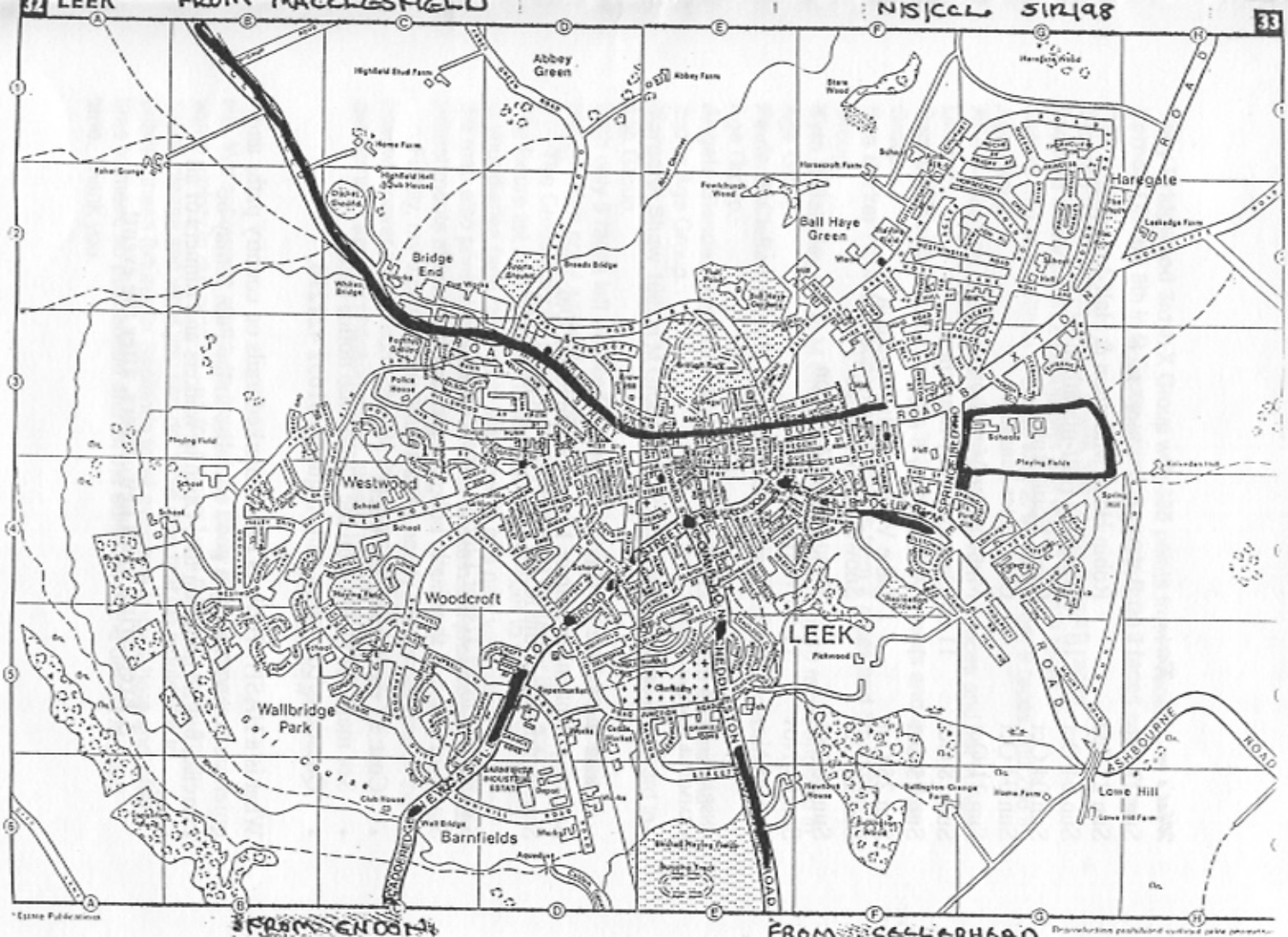
TIMES OF RACES

MEN

UNDER 11's	1.15pm.
UNDER 13's	1.30pm.
UNDER 15's	1.45pm.
UNDER 17's	2.00pm.
JUNIOR MEN	2.35pm.
SENIOR MEN	2.35pm.
VETS (Over 40)	2.35pm.

WOMEN

UNDER 11's	1.00pm.
UNDER 13's	1.15pm.
UNDER 15's	1.30pm.
UNDER 17's	1.45pm.
SENIOR LADIES	2.00pm.
VETS (Over 35)	2.00pm.


Abbey Green
Bridge End
Westwood
Woodcroft
LEEK
Wallbridge
Barnfields
Ball Haye Green
Harecate
Lowe Hill
ROAD
STREET

What's on.....Racing

Sun 27 Sep	11.00 Biddulph 7 "Moor" race
Sun 27 Sep	Robin Hood Marathon & Half-Marathon
Sun 04 Oct	10.30 Madeley Half-marathon*+
Sun 04 Oct	Great North Run
Sun 04 Oct	Gloucester Marathon
Sun 11 Oct	Manchester Marathon
Sun 18 Oct	11.00 Denstone Half-Marathon*
Sun 25 Oct	11.15 Walsall Flyer 5 mile
Sun 25 Oct	Lake Vyrnwy Half-Marathon
Sun 25 Oct	Snowdonia Marathon
Sun 25 Oct	Stroud Half-Marathon
Sun 01 Nov	11.00 Werrington 6*
Sun 15 Nov	10.30 Eccleshall 10*+

* NSRRA Series race
+ SMM Club Championship race

.....and the Potteries Hash

Saturday September 26th at 12noon - The Royal Oak Hash
Start and finish at the Royal Oak, City Road, Fenton.

Saturday October 31st at 12noon - the Castle Hash
Start and finish at the Castle Pub, Congleton.

- Cost: £1 per person, per week.
- See maps for location on the SMM club notice board.
- Questions/comments call Angus on 01652 421216.

What is a HASH? Hashers follow marked trails on country paths and quiet roads rewarded by a good socialise in the Pub. It may be exercise, but its good fun too! Open to walkers and runners of all levels.

A Free Drink to all newcomers, after the event!

With scandal dominating the headlines of late, my thoughts have turned (idly of course) to the kinds of causes celebre which beset the average running club. Is it drugs? Sex? Wild parties? Money? All of the above? I see it all published dramatically on the world-wide web amidst a blaze of publicity - Club President in hole in running sock scandal. Presidency at stake. Forced young girl to darn state-of-the-art hosiery. Said to be issuing rebuttal. Rumours of subsequent blister denounced as "gratuitous medical detail" Club constitutional crisis looms.

If only club life were as exiting as that! No, we are far too ordinary for that type of scandalous behaviour - we are far too middle-class. In fact at this moment we are reviewing the joining fee structure to match our class profile. Future applications will be means-tested. Club fees will be directly proportionate to the kind of car we own. Mercs will draw a triple fee and so on down through Porches, Jaguars, BMWs, Audis and so on. Some members will regret parting with the treasured Ford Capri since under the new fee structure this would have attracted a negative fee and a cheque for £50 would have been in the post along with several vouchers drawn on Bourne Sports. My next car is going to be an "A" reg Metro.

I feel, however, that the main crimes of club running are not middle-class values, they are far more frightening and, in the words of Lady Braknell: "May invite comment" Such crimes include **walking during a race or during training**. We are all aware of the sound piece of training advice - listen to your body. Donald Porter in the very useful volume "Inner Running" (Ace Books 1978) says:

> *"PACE. The harder and faster you run, the shorter the distance you can cover. If you're going to be out for 45 minutes, set a pace* - ***even if you have to do some walking."***

You try it. During a run just try this small experiment: Walk. I guarantee that this will happen:

a. You will run faster/more easily afterwards.

b. You will be crushed by feelings of guilt.

c. Someone will remark on it afterwards.

Another major crime is to wear the wrong kit. I recall running the Potteries Marathon in 83 temperatures. Quite sensibly I put on white kit anticipating a steaming hot run. White T-shirt with club logo and white shorts. Struggling through

Newcastle at about 22 miles I was encouraged by a club member who was supporting the runners with the words: "You've got the wrong kit on - that's winter kit you've got on there" That kept me going, I can tell you.

Well, it seems that you can run off with the Captain's wife/husband, embezzle the club funds, be involved with the Kray brothers, but never, never, never.....

a. Smoke a cigarette.

b. Run at 12 minute mile pace during training.

c. Wear your treasured Bangkok 10k T-shirt at a club run.

d. Cut off without asking during a club run.

e. Fail to muster.

f. Forget to submit your article to Sapientia on time, as promised.

Next issue: .....shame about the Titanic.

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Tailpiece on the 1998

The Carver Wolverhampton Marathon

First winner of the Carver Wolverhampton Marathon, Alan Clarkson with Monica Darlington and Lesley Badger of Stone Master Marathoners, whose club helped with the race organisation

Club Championship - 1998

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	
Dave Gillick		50		50	50		45	50		50			150
John Clemens		41		45	45		50				50		145
Kevin Uzzell		45		36	41			45				38	131
Bernie Priekulis				41			41				38	45	127
Chris Barlow	50			37			38					32	125
Simon Fielder	38	36		35	37		37	41		38	35	41	120
Vernon Olivant	36			34						45	37	50	120
Dave Hargrave	41						35				41		117
Simon Probert	31	37		32	38			37			34	37	112
Gerald Davis	34						34			41	36		109
Lew Badger		35			35			38				35	108
Roger Bolsover	37	38		33			31	36					107
Tony Bridgewood	32	34		31	34		30	35					103
Terry Murphy				30	33		28	34			33	33	100
Mac McCoig		32			31			33					96
Peter Williams	33						29					31	93
Richard Shaw	30	33			30		27						90
Gerry Barnard		31			32		26						89
James McLellan	28			28			22				31	30	87
Dave Baddley	29						25				32	29	86
Brian Coker	45						36						81
Bill Clarke					36							36	72
George Kay							33			37			70
John Haine				29			24						53
Peter Salt							23				30	28	53
Russell Hall											45	34	45
Jonathon Howell				38									38
Jim Brough	35												35
Robin Cope							32						32
LADIES													
Celia Hargrave	50						50				50	50	150
Rita Banks	38	41		45	50		38	50			45	41	145
Ros Barker	45	45		50			45				41	45	140
Margaret Shaw		36			41		35	45					122
Pam Davies	34	38			45		37				38		121
Kym Billington-Baddley	36			36	38		32				36	37	111
Barbara Brough	35						33				37		105
Angela Glendenning	32	35		34	37		29						101
Paula McLellan	33	34		33	36		30						100
Angela Coker	41	50					41						91
Rose Gillick				41			36						77
Jayne Metcalfe	37											38	75
Lynne Foster		37		37									74
Sue Smith				38			34						72
Gill Pointon				35			31						66
Sue Haine				32			28						60

Subject to ratification

Group 1 Newcastle 7 — Milton 10k — Stone 10k — *Group 2* Trentham Trailblazer 15k — John Oultram 10 — Eccleshall 10

Group 3 Stafford Half — Leek Half — Madeley Half — *Group 4* Milford 21 — Stafford 20 — Any Marathon

Race Results.....

Shavington 20 - Sunday May 31st (updated result)

Jayne Metcalfe	2.33.37	Ros Barker	2.35.52
Rita Banks	2.39.00		

Newcastle 7 - Sunday April 5th (updated result)

Chris Barlow	45.06	Brian Coker	45.18
Dave Hargrave	45.20	Celia Hargrave	45.55
Simon Fielder	45.58	Roger Bolsover	46.04
Vernon Olivant	46.34	Jim Brough	46.51
Gerald Davis	47.07	Peter Williams	47.24
Tony Bridgewood	47.45	Ros Barker	48.31
Angela Coker	48.52	Rita Banks	48.53
Simon Probert	49.15	Jayne Metcalfe	51.00
Richard Shaw	52.18	Kym Billington-Baddley	55.26
Barbara Brough	56.09	Pam Davies	56.37
Dave Baddley	58.08	James McLellan	58.47
Paula McLellan	61.46	Angela Glendenning	63.59

RB 1st F35, RB 1st F50

Carsa 5 - Wednesday July 29th

Kevin Uzzell	29.55	Jonathon Howell	31.08
Roger Bolsover	32.27	Simon Probert	32.32
Tony Bridgewood	33.40	Angela Coker	34.33
Rita Banks	35.04	Lew Badger	35.35
Pam Davies	36.08	Richard Shaw	37.09
Mac McCoig	37.28	Dave Baddley	40.14
Kym Billington-Baddley	41.13	Peter Salt	42.19
Angela Glendenning	44.21	Paula McLellan	44.37

PD 1st F45,RB 1st F50

Milton 10 - Sunday August 2nd

Dave Gillick	37.12	Kevin Uzzell	37.26
John Clemens	37.39	Roger Bolsover	39.54
Simon Probert	40.01	Simon Fielder	40.54
Lew Badger	42.14	Tony Bridgewood	42.33
Angela Coker	43.15	Ros Barker	43.47
Rita Banks	44.20	Pam Davies	45.27
Richard Shaw	45.32	Mac McCoig	46.48
Lynne Foster	47.53	Gerry Barnard	48.12
Margaret Shaw	49.02	Angela Glendenning	55.21

Milton 10 - Sunday August 2nd (Cont'd)

Paula McLellan	55.33

JC 1st V55, PD 1st F45

Hanley Park 5k(?) - Tuesday August 11th

Kevin Uzzell	15.23	Vernon Olivant	16.35
Simon Probert	16.38	Frank Shepley	19.07
Gerry Barnard	20.22		
also Nat Clemens	11.52 in the Junior race		

Oakamoor X-Country - Wednesday August 14th

SMM Men - 2nd/7

Dave Gillick	30.38	John Clemens	30.46
Kevin Uzzell	30.52	Jonathon Howell	31.07
Chris Barlow	32.22	Lew Badger	33.46
Tony Bridgewood	34.45	Mac McCoig	36.37
Richard Shaw	38.27	Frank Shepley	38.33

SMM Ladies - 3rd/4

Pam Davies	22.40	Lynne Foster	23.23
Rita Banks	24.22		

Leek Half-Marathon - Sunday August 16th

Dave Gillick	1.27.01	Kevin Uzzell	1.27.28
Simon Fielder	1.35.13	Lew Badger	1.35.58
Simon Probert	1.36.31	Roger Bolsover	1.38.35
Tony Bridgewood	1.39.44	Terry Murphy	1.41.49
Rita Banks	1.47.02	Mac McCoig	1.50.45
Margaret Shaw	1.57.00		

Staffs Knot 5 - Wednesday August 19th

Dave Gillick	29.49	John Clemens	30.25
Jonathon Howell	30.47	Kevin Uzzell	30.59
Vernon Olivant	31.39	Lew Badger	33.26
Rose Gillick	37.31		

JC 1st V55, RG 1st F50

New Forest Half-Marathon - Sunday September 6th

Pete Moseley	1.26.15

New Forest Marathon - Sunday September 6th

Simon Fielder	3.26.10

Wolverhampton Half-Marathon - Sunday September 6th

Frank Shepley	1.49.59	Lynne Foster	1.50.45
Ivan Savage	2.09.06		

Wolverhampton Marathon - Sunday September 6th

Vernon Olivant	3.05.17	Kevin Uzzell	3.10.22
Lew Badger	3.29.47	Rita Banks	3.38.03
Bill Clarke	3.44.25		

RB 1st F50

Ipstone 5 - Saturday September 12th

Kevin Uzzell	31.49	Vernon Olivant	33.20
Roger Bolsover	33.32	Simon Fielder	34.15
Simon Probert	34.22	Tony Bridgewood	36.10
Terry Murphy	37.02	Mac McCoig	37.50
Pam Davies	37.54	Richard Shaw	38.07
Rita Banks	39.41	Peter Salt	45.52
Angela Glendenning	47.07	Paula McLellan	47.25

SMM Club Championship 1998 - Marathon Table

Vernon Olivant	3.05.17(50)	Bernie Priekulis	3.05.46(45)
Simon Fielder	3.10.09(41)	Kevin Uzzell	3.10.22(38)
Simon Probert	3.22.20(37)	Bill Clarke	3.28.30(36)
Lew Badger	3.29.47(35)	Russell Hall	3.32.36(34)
Terry Murphy	3.44.01(33)	Chris Barlow	3.44.57(32)
Peter Williams	4.05.01(31)	James McLellan	4.34.04(30)
Dave Baddley	5.00.19(29)	Peter Salt	5.42.44(28)
Celia Hargrave	3.17.50(50)	Ros Barker	3.24.46(45)
Rita Banks	3.38.03(41)	Jayne Metcalfe	3.52.05(38)
Kym Billington-Baddley	5.00.19(37)		

Horse powder helps humans

An animal nutrient can ease stiff joints, discovers
Hazel Cavendish

JEAN LOCKYER had been running her animal feed business in the New Forest for 35 years when an attack of German measles brought on a crippling bout of arthritis in her hips, hands and feet. The symptoms were so severe, she feared she might have to sell up and retire.

She voiced her worries to a lorry driver who regularly delivered animal nutrients, and he came up with an unorthodox suggestion. Why didn't she try methyl sulphonyl methane (MSM), the remedy that she was selling for the treatment of stiff joints in dogs and horses? "It does wonders for people," he told her.

Mrs Lockyer, 56, reasoned that if it cured the inflammed hooves of ponies, MSM might just help her. "I was in such pain, I was prepared to try anything," she says. "I faced a future in a wheelchair - and the end of Lockyer's Stores."

Resorting to pets' remedies may seem far-fetched, but rheumatism and arthritis affects 11 million people in Britain, and there is a huge call for alternative treatments. One medical researcher describes MSM as "something that has been right under our noses for 30 years". Its rapid effect in relieving joint inflammation and pain is causing widespread interest, especially in Europe, America and Canada.

MSM appears to have had a dramatic effect on Mrs Lockyer. After just 10 days, one of her children said that she was walking like an ordinary person, instead of shuffling along. "In six months, my bent fingers straightened and within a year my reddened joints returned to normal." Eleven years later, she is still running her shop.

MSM is a natural sulphur based nutrient sold under a world-wide patent and available over the counter in animal Food stores in Britain. In the past two years it has been marketed as a "nutritional supplement" for human use under the name Supasulf.

'I was in such pain, I was prepared to try anything'

Patricia Culver-Williams, a district nurse and midwife, suffered severe arthritis in one knee after the removal of the cartilage. Having successfully treated her arthritic keeshond dog with MSM, she decided to try Supasulf.

"A consultant had told me I would need a replacement joint very soon, but a salt spoonful of Supasulf every second day has banished that grinding discomfort. The pain returns if I stop taking it, so I never go anywhere without my 'horse medicine'."

As well as its value as an organic sulphur compound - which aids the repair of damaged tissue - MSM is non-toxic and has been shown to have no side effects. It occurs naturally and abundantly in milk, raw meat, fish and fresh vegetables, but it is volatile and is easily lost during cooking, processing and refining.

Joseph Gaugas, a pharmacologist and senior research fellow for the Medical Research Council and the Wellcome Foundation, has researched MSM for almost 10 years. "The human body needs 850mg of dietary sulphur each day and a proportion of the population is not getting sufficient organic sulphur in its food," he writes in a scientific paper.

"MSM is a nutrient which donates sulphur to help in the repair of damaged tissue membranes, especially in diseased or damaged joints and in tendons and, thus, in the resolution of inflammation and localised pain. After ingestion it stays in the blood for considerably longer than other organic sulphurs."

Although several doctors and scientists in this country have researched the biochemistry and structure of the white powder, little has appeared in Britain's mainstream medical journals. Dr Anthony Clarke, consultant rheumatologist at the Royal National Hospital for Rheumatic Diseases in Bath, says: "I find this surprising. Doctors dealing with serious diseases are always interested in potentially Unconventional treatments."

However, many doctors are concerned at the lack of scientific trials to establish MSM's benefits for humans. Edzard Ernst, professor of alternative medicine at Exeter University, said: "Trials on humans must be undertaken before this substance can be taken seriously."

BUT, despite approaches from several drug companies; Dr Robert Hershler, 76, the American chemist who discovered the formula - originally the brainchild of a Russian scientist working in Germany a century ago - and who owns the patent, does not want it to be bought up, withdrawn from the market and subjected to expensive trials.

He argues that trials would so increase its cost that :MSM would become too expensive foe most people.

"It has been passed by the Food and Drug Administration as a nutritional 'supplement," he says: "We can provide it to the public very cheaply. You can compare it to vitamin C: doctors do not prescribe it, as sucking a lemon does not constitute using a drug - so anyone can obtain it over the counter. That is the way I want MSM regarded."

Nutritional Laboratories helpline: 0800373106