



Trentham Running Club Autumn 2005 Newsletter



Hi Everyone!

Its obviously been a great summer for our runners with some fantastic results being seen - unfortunately far too many to include in this small edition of the newsletter.

The club continues to evolve with new members coming and others going so hopefully we'll see lots of new faces at races over the winter months. The influx of new runner's has even meant the training groups have been revised and a summary of all the groups is included in this edition for anyone who has lost track over the last few months or who feels they just want to sample another group!

As ever, any comments about the newsletter gratefully received and any articles for inclusion in future newsletter's, please e-mail them to me at lynnecallaghan@whsmithnet.co.uk.

Happy running!

'Are you tough enough?' 100 miles in 5 days At 6, 500ft and over

Neil Middleton and partner Lesley Woodward are flying out to India on the 19th Oct to run in the Himalayan 100 mile stage race, a 5 day race running in the shadow of four of the worlds five highest peaks - Everest, Kanchenjunga, llotse and Makalu.

The race takes place between the altitudes of 6,500ft and 11,800 ft. on rough tracks with some long and difficult climbs. Speed is not so important as staying power and we have trained a little at 3000m and have been putting in the miles as recommended. We got the information and forms from Runners World 2:09 events Ltd. The details are also attached.

1st day of the race 24 miles, 2nd day 20 miles, 3rd day a standard marathon, 4th day 13 miles, last day 17 miles. We are

obviously running for our own pleasure and the adventure but we are trying also to raise money for Abbey School (Abbey Hulton) a school for children with special needs.

Any donation from club members would be gratefully received, you can donate by e-mail with name, address and amount to 'neil-middleton@supanet.com'.

We will publish the amount raised through the Evening Sentinel who are doing a feature on our trip prior to October 19th. We have official sponsorship forms.

If you prefer, you can donate directly to the School to Mrs Merrilyn Coutouvidis at Abbey Hill School, Geasley Road, Bucknall, Stoke on Trent.

Web: www.abbeyhill.stoke.sch.uk

e-mail: abbeyhill@sgfl.org.uk





2:09 RUNNER'S HIMALAYAN 100 MILE STAGE RACE

October 20-29



There are few places in the world where surviving five days of back-to-back running is genuinely worthwhile – the Himalayas are definitely one such place. You'll be in Sikkim Province in India, close to Darjeeling and the Nepal border. The views are of no ordinary mountains. With Mount Everest, the equally formidable Kanchenjunga, Lhotse and Makalu, you'll be running in the shadow of four of the world's five highest peaks – what a skyline!

The Event

The race takes place over five days in manageable chunks between the altitudes of 6,500ft and 11,800ft and on rough tracks with some long and difficult climbs, but essentially if you have a reasonable running background and could manage a marathon you will do fine as it is staying power and not speed that is important – there are no time limits on any stage.

It is possible for walkers and supporters to enjoy sections of the runners' route each day – on average the distances will be around eight miles and some walking training carrying a rucksack is advisable.

Race Support

The size of the race is limited to around 100 so that adequate support can be put in place without putting anyone at risk. Four-wheel drives, medical support and catering support are supplied by the local race organisers and promoters – Himalayan Run & Trek Ltd. The event has a very high rating for its eco-friendly approach to tourism and has received a AAA rating for the ground support.

Accommodation

You will be based at the Mirik Lodge Resort complex in twin-bedded bungalows on full board, and during the race stages you will stay in mountain refuges on most nights. On the overnight in Delhi you will be staying in a superior 5-star hotel. Single rooms are not available on the trail; single room supplement covers Delhi Hotels and nights in Mirik Lodge only.

Travel Details

Fully Inclusive Package

Oct 20 Depart from London Heathrow at 09:50 on BA143 to Delhi. Arriving at 23:00, transfer and stay overnight in a 5-star hotel in Delhi. Room only.

Oct 21 Transfer and flight with Jetair or Air India to Bagdogra, Darjeeling. Transfer to Mirik Lodge (40 miles – 1.5 hours). Dinner and overnight at Mirik Lodge.

Oct 22 Breakfast. Sightseeing in the Mirik area, visiting a monastery, tea estates and markets. There is an optional visit to Darjeeling, with a trip on the famous Toy Train with visits to the Himalayan Mountaineering Museum and Ghoom Monastery. Lunch & Dinner. Overnight at Mirik Lodge.

Oct 23 Stage 1. Early morning departure for the 1.5-hour drive to the race start at Maneybhanjang (6,600ft) and a Tibetan ceremony blessing all runners before the 24-mile route to Sandakphu (11,815ft). Uphill start followed by a few miles downhill, then rolling countryside on trails and an ancient cobbled track (marking the border between Nepal and India), finishing with a sharp climb in the last few miles. Overnight at Sandakphu in bungalows with rooms for two to six people. Post-run lunch and a full dinner is served at the bungalows.

Oct 24 Stage 2. Up early to see the breathtaking sunrise views of Everest, Lhotse, Makalu and Kanchenjunga – the only place in the world that four of the five highest peaks can be seen at the same time. The route is out and back along a well-marked jeep trail – 10 miles out 10 miles back – staying between 11,000ft and 12,000ft. Lunch and Dinner. Overnight at Sandakphu.

Oct 25 Stage 3. A standard marathon of 26.2 miles. From Sandakphu the first 10 miles to Molle is the same as the day before, this is followed by an out-

and-back section of eight miles to Phulet before heading downhill towards Rimbik. From Molle to Rimbik the trail becomes more difficult and the vegetation changes from treeless ridge line to dense sub-tropical forest, you will run through villages that are inaccessible by vehicle and you'll be greeted by smiling faces, crossing the river you climb a short way to the Sherpa Lodge at Rimbik. The Nepalese lodges are basic with limited showering, gas burners are brought in to supply hot water, as well as wash tents and portable toilets. Lunch and dinner. Overnight at the lodge.

Oct 26 Stage 4. Today's 13-mile stage from the hilltown of Rimbik (6,350ft) takes you downhill on a rough but surfaced road. Levelling out at the river, you then climb to the finish at Palmajua (6,560ft). Transfer back to the Sherpa Lodge at Rimbik for lunch, dinner and overnight, with the possibility of a folk evening of Nepalese and Tibetan dancing as this is your last night on the trail.

Oct 27 Last stage. Return to Palmajua for the start of the last, 17-mile stage. From the start you run uphill through the lush vegetation and large pine trees. Fantastic scenery as you crest the hill before dropping gradually down to the finish at Maneybhanjang. Transfer back to Mirik Lodge for the prize-giving and final dinner. Overnight at Mirik Lodge.

Oct 28 Transfer to Bagdogra for flight to Delhi. Transfer to superior hotel as a rest base and dinner before transferring to the airport for the early morning departure.

Oct 29 Departure on BA142 at 03:25. Arrive London Heathrow at 08:00. Or extended stay – see below.

Delhi-Agra-Taj Mahal Extension

Oct 28 On arrival back in Delhi check in to a 5-star hotel for two nights on room-only basis. Your additional time will include sightseeing in Delhi and transportation and guided visits to Agra and Taj Hamal.

Oct 29 Transfer to the airport for the early-morning flight departure.

Oct 30 Depart on BA142 at 03:25. Arrive London Heathrow at 08:00.

A full trip dossier can be emailed to you – email himalayas@209events.com.

The Weather

The weather in Sandakphu National Park (10,000-12,000ft) in October is usually clear and sunny with day temperatures of 50-60°F and the night temperature dropping to 30-40°F. It will be a little warmer at Rimbik and Darjeeling, Darjeeling can get damp and foggy. At Mirik (5,000ft) it will be between 60-70°F during the day. The monsoon usually finishes in early October, and snow is possible at Sandakphu from December.

India – Foreign & Colonial Office Advice website: www.fco.gov.uk.

Passport & Visas

You will require a full British or other national passport with six months remaining from the return date of the trip. British passport holders require an Indian tourist visa – we will supply the application form. A visa is required to enter Sikkim Province. This is handled in advance for you by Himalayan Run & Trek in Delhi and given to you on arrival in India.

Included in the price

Flights with BA to Delhi, Flights with Jetair to Bagdogra, UK airport departure tax, all transfers, one night in Superior Hotel in Delhi on room only basis, 7 nights at Mirik Lodge or on trail on full board, race entry, race support, dinner at Delhi Hotel before return journey.

Not included: Travel insurance, Indian departure tax, Indian Tourist visa

■ All travel arrangements are booked with our preferred Tour Operator Sports Tours International Ltd, ATOL 2711. Deposit cheques should be made payable to Sports Tours International, payments by credit card for travel arrangements will be taken by Sports Tours and you will receive a confirmation & invoice from them for all travel elements.

PRICES IN £s

	SINGLE	TWIN
Option 1	£2,295	£1,975
Delhi Extension	£514	£389
RACE ENTRY FEE	Included	
DEPOSIT	£300	
TRAVEL INSURANCE	up to 10 days £42, up to 17 days £46	

TO BOOK CALL 2:09 EVENTS LTD ON 0870 3500 209

Take a rickshaw around Old Delhi – mosque at sunset.



Trentham Running Club Autumn 2005 Newsletter



The club has a fantastic Over 60's veteran men's team which seems to keeps going from strength to strength and here are two clippings from the local press giving deserved accolade, which everyone in the club echo's – well done guys ... inspirational!

TRENTHAM VETERANS SWEEP THE BOARD

12:00 - 06 July 2005

Trentham veterans' over-60 squad added to their silverware with a clean sweep of medals in their age group at the Midland veteran 10K road race championships at Burton. Stan Winterton led the way home with gold in 38:21. He was followed in by runner-up John Keeling, who stopped the clock on 39:52. Geoff Rigby completed the clean sweep by coming third in the O/60 category in 40:11.

Their domination meant they inevitably also took the team gold to add to the bronze medal they claimed at the national veteran road relay championships at Sutton Park.

Club spokesman Ken Rushton said: "This was another superb result for the lads. They are a force to be reckoned with and this result has maintained the club's proud record in veteran events."

VINTAGE DISPLAY FROM TRENTHAM

12:00 - 21 September 2005

Trentham Running Club's all conquering veteran over-60 squad added to their trophy cabinet with gold at the Nuneaton 10-mile road race. Stan Winterton laid the foundations for the triumph by winning the over-60 individual gold after a thrilling sprint to the line with Massey Ferguson's Graham Patton.

Patton led for most of the race, with the dogged Winterton tracking him all the way.

The Trentham man closed the gap with every stride in the final mile and with 150 metres to the line, he sprinted clear to win in 62:58.

Club-mate Geoff Rigby scooped the bronze medal (66:48) and the victorious trio was completed by Alan Lewis, who came home in 76:08.

The event incorporated the Midland veteran championships for the distance and victory confirms their domination of the veteran road racing scene.

The squad won bronze at the national veteran road relay championships earlier this year and are also the Midland champions in their age group over 10K.





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♪♪ Getting to know you....♪♪

So, if you've been inspired by our vets-60 team, here's a little insight into the kind of effort needed to get to, and remain at the top of your game!

Name: Stan Winterton

Age: More than 59 less than 110

Years running: Have been running since meeting Don Shelley in October 1982. Trained for the '83 Potts Marathon to raise money for Cancer Research.

Motivation: The thrill of having ran a good race and trying to beat that other lot from Newcastle AC.

Best running tip: The surest way to get race fit is to race. If you have a bad one, shrug your shoulders and forget about it, look forward to the next one, remembering how fortunate we are to call ourselves runners.

Typical training
Sun - set aside for wife and family except when racing
Mon - 6 mile steady along the canal
Tue - speedwork on Birchall track
Wed - 6 mile - slow
Thu - 7 mile on a hilly course
Fri - no running - full days farming
Sat - 16 mile on a tough course with Alan Austin - others welcome.

Running vice: Starting back too soon after colds or injury, causing problems to recur. Don't think I'll ever learn on that one.

Other Interests: family, Friesian cattle, feathered friends, fund raising (for cancer research), football, could be another beginning with "f" but ~~can't remember~~ forgetful, no, not funerals!



Name: Paul Dixon

Age: 35 ish (maybe a lie)

Years running: 2 ½ years

Motivation: Serious knee injury through football (cruciate medial lig rebuild). Got fat and didn't like it.

Best running tip: Do only what you feel comfortable with. Most people have to work next day.

Typical training: Short 4-5 Monday, Tuesday & Thursday under Lionels guidance. Big run Fri or Sun 12-13m.

Running vice: Try to put a curfew on night before race (never works - ask Dave Ratcliffe!).

Other interests: Golf, footy, Carling, music (live)



Now
this is
surely
the face
of man
who
enjoys
his
running!



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JCB 5.

This ever popular race again pulled a good crowd from Trentham, esp from Lionel's group!

Race Position	Race Number	Name	Club	Mins	Secs
16	MV	BURSLEM PAUL	TRENTHAM	31	29
86	MS	ROSS CRAIG	TRENTHAM	39	19
106	MS	TAYLOR ANDREW	TRENTHAM	41	47
115	MV	JONES LIONEL	TRENTHAM	42	30
116	FS	JONES STEPHANIE	TRENTHAM	42	33
127	FS	RENSHAW JOANNA	TRENTHAM	43	23
130	FV	WEATHERALL GINA	TRENTHAM	43	27
131	MS	BEAUMONT LLOYD	TRENTHAM	43	40
137	FS	RATCLIFFE HILARY	TRENTHAM	44	7
142	FV	RATCLIFFE LYN	TRENTHAM	44	13
144	FS	EDWARDS SHARON	TRENTHAM	44	23
172	MV	BAILEY GEOFF	TRENTHAM	50	29

Newcastle 4 x 1 mile relays

Newcastle relays had a great turnout from Trentham this year with 3 teams running, veteran men, and two senior ladies teams. The day was swelteringly hot and this took its toll on some runners.

It was a great day which can hopefully be improved next year with wider promotion. As ever Newcastle dominated. Adela was TRC's start of the day however with the the second fastest ladies time (by a margin of only 1 second!), even though she ran 2 legs to make up the teams.

8	Trentham Vets A	Veteran Men	25:07
	Brian Riley	06:09	
	Steve Locker	06:15	
	John Fryer	06:38	
	Chris Bradbury	06:05	
10	Trentham RC	Senior Ladies	26:03
	Janet Hulme	06:20	
	Lynne Callaghan	06:00	
	Hillary Ratcliffe	07:57	
	Adela Salt	05:46	Del's 2nd leg!!
14	Trentham Ladies B	Senior Ladies	27:24
	Adela Salt	05:27	Del's 1st leg!
	Jill Phillips	07:28	
	Yvette Bell	07:06	
	Debbie Jones	07:23	

GOOD LUCK ADELA!

And on that note, everyone at Trentham Running Club would like to say good luck to Adela Salt as she moves onto pastures new with Newcastle AC. Newcastle will hopefully give Adela the opportunity to post some fantastic times as part of a strong ladies team.

And from one ex-lady member to another

LOUISE BACK WITH A BANG AFTER BREAK FOR AN INJURY

Louise Clowes (Lyme-Longstaff Cycles) has made an astonishing comeback from a broken vertebrae suffered in a car crash. The Maer solicitor, won her first race back with victory in the North West Classic Novice Ladies Triathlon at Nantwich.

She won by four minutes in 56.57 for the 200m swim, 20km bike ride and 2.5km run.

I'm sure Dan will pass on our congratulations to Lou



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Due to the changing membership of the club, we have put together a brief chart to help new (and old) club member's decide which group they wish to train with. We have recently expanded from 4 groups to 5 in order to cater for beginner's. and hopefully this group will be a gentle introduction to running and our club as a whole.

If you feel you are ready to move groups, we ask that you join up with another group rather than go out on your own or in pairs from the club. This not only helps to keep you safer during the dark nights, but also maintains the club structure.

Group Leaders	Sue & Pete Hewitt	Lionel Jones	Richard O'Keffee	Mark Hughes	DaveClarke
Tuesday Sessions	6:30pm, club house This group is for those new to running and those who wish to run about 10min/mile pace A run with mustering of up to 1 hour.	6:30pm, club house A group for runners at a pace of around 8 min/mile A run with mustering of up to 1 hour.	6:30pm, club house A more advanced group for those running at approx. 7 min/mile Speed work or hill reps	6pm, club house A more advanced group for those running at approx. 7 min/mile Speed work	6:30pm, club house Otherwise known as the fast group! For runner's of around 6min/mile quality and faster Speed work, hills or runs of around 1 hour
Thursday Sessions	6:30pm, club house This group is for those new to running and those who wish to run about 10min/mile pace A run with mustering of up to 1 hour.	6:30pm, club house A group for runners at a pace of around 8 min/mile A run with mustering of up to 1 hour.	6:30pm, club house A more advanced group for those running at approx. 7 min/mile	6pm, club house A more advanced group for those running at approx. 7 min/mile Either a run of around 1 hour during Summer months or hill work during Winter	6:30pm, club house Otherwise known as the fast group! For runner's of around 6min/mile quality and faster Speed work, hills or runs of around 1 hour
Sunday Sessions	No session	*9:30 am. 9-12 miles mainly off-road at approx. 9min/mile pace Lenjay@btinternet.com	No session	9:15am, club house. Runs at approx. 8 min/mile, over 2 hours	**The Sunday fast group consists of Dave ... just Dave ... No one else ... just poor old 'Billy-no-mates-Dave'

*This group meets at a different location each week (usually about 5 miles radius fromTrentham). All are welcome, but if you don't run regularly with the group then phone or e-mail Lionel Jones for the venue at lenjay@btinternet.com or 01782 373181.

** Anyone wishing to accompany Billy-no-mates-Dave on his Sunday runs of approximately 1 - 1 1/2 hours, can find him standing in the car park, (on his own) at around 9am. You can't miss him - he'll be the one on his own!



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Shugborough relays was another great event, run this year by Stafford Harriers. The fastest male of the day was Tom Humphries (C&S) in a blistering 9:03 and the fastest lady was Clair Martin (Tel) in 10:40. Again our Vets team pulled one out the bag and took 3rd spot in the 160yr cat.

team name	1st runner		2nd runner		3rd runner		4th runner			
MENS OPEN										
Stello Artois	Jon Williamson	11:58	Dan Clowes	11:29	Paul Tomo	11:52	Richard Ogden	11:23	00:46:42	11th
Guinness	Richard O'Keeffe	12:51	Paul Dixon	12:49	Lionel Jones	16:27	Ian Parton	14:40	00:56:47	25th
Carling	Bob Knott	14:21	Mick Bell	14:43	Deb Lovett	15:42	Adela Salt	12:04	00:56:50	26th
LADIES OPEN.										
Vodka & Coke	Lynne Callaghan	12:38	Julia Race	14:03	Hilary Ratcliffe	16:14	Alison Bradeley	19:40	01:02:35	7th
Bacardi	Alison Thomas	14:59	Sarah Patten	17:47	Lynne Entwistle	14:58	Lorraine McDonold	15:41	01:03:25	9th
MIXED TEAM OPEN										
White Wine	Jill Phillips	15:31	Dave Myatt	13:15	Yvette Bell	15:35	Jed Beaumont	13:52	00:58:13	18th
MEN VETS 160 YEARS										
London Pride	Ken Bloor	12:26	Geoff Rigby	12:24	Dale Colclough	11:30	Alan Evans	11:23	00:47:43	3rd
Black Sheep	Ken Pearson	13:46	Brian Riley	13:12	Frank Caci	12:47	Chris Bradbury	12:39	00:52:24	11th

Two races to put in your 2006 diary!

Shifnall Steeplechase ½ marathon

This tough half marathon was a refreshing change from the usual run-of-the-mill half marathon. Held on varied terrain from roads, to woods to overgrown fields, this was a pleasure to run. The race is only in its 3rd year and the name comes not from the numerous stiles which have to be tackled, but from the 5 church steeples the courses passes.

A very friendly atmosphere with excellent marshals – many of whom are kids from the sports college which organises the event. Other bonus' are the use of the showers and changing facilities at the end and a good bag to boot. Definitely an event to run but don't bank on a pb! 9/10.

TRC 'Christmas Do'

Now's the time to get organising the 2005 TRC Christmas do. Suggestions for venues warmly welcomed and even more warmly welcomed are volunteers to take on this challenge! Please let someone from the committee know of any ideas and an e-mail can be sent out to everyone to canvas support.

Club Championship

An update of the club championships will hopefully be available for the next newsletter.

Swinside 6, Cumbria

6 miles ... no problem ... treat it as a loosener...

'No-way-José'! Anyone who has ever been to Cumbria will know it ain't flat. 6 miles which felt like 16 miles, the use of karrabiners and rock boots wouldn't have gone amiss on some of those wicked little hills – and no, none of it was off road!

A great turnout for a race in the middle of nowhere and times that proved that Cumbrians are really half men-half mountain goats. The start and finish are at a pub so ideal for the social runner, but it does mean there are no changing facilities.

9/10 for those who like a small challenge. 2/10 for those looking for a gentle toolte in the country!



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City Parks Grand Prix results.

Sorry folks I haven't got the overall finish positions but we did have a lot of members completing all 4 races.

name	cat	Longton	Fenton	Tunstall	Hanley
D. BROOKES	M65	22:30	21.38.00	21.56.00	21.39.00
S.WINTERTON	M60	18:43	-	-	-
D.FRAN	M60	19:04	-	-	-
G. RIGBY	M60	-	20.16.01	19.30.00	-
A. AUSTIN	M55	18:41	-	19.28.00	-
C. BRADBURY	M55	-	21.27.00	21.00.00	-
D. MYATT	M50	18:34	19.11.00	22.36.00	18.42.00
D. FOY	M50	20:21	21.18.00	20.30.00	-
R. HUNT	M50	20:25	-	20.14.00	-
B. RILEY	M50	20:50	21.41.00	21.21.00	-
S. LOCKER	M50	21:15	20.37.00	20.24.00	-
M. HUGHES	M50	21:25	22.19.00	21.39.00	21.08.00
J.FRYER	M50	-	21.23.00	-	-
A. EVANS	M45	18:21	-	18.28.00	18.37.00
S. CHELL	M45	19:00	19.18.00	19.11.00	18.55.00
B.FOX	M45	19:17	19.51.00	-	-
T. WILKES	M45	19:34	19.23.00	19.08.00	18.56.01
G. MOORHOUSE	M45	19:37	-	19.18.00	-
F.CACI	M45	19:48	-	-	-
B. TONKS	M45	20:43	20.49.00	20.28.00	20.17.00
S. COLLIS	M40	16:44	17.28.00	17.15.00	-
K. BLOOR	M40	22:35	20.07.00	19.04.00	19.59.00
S. BAZELL	M	15:59	-	16.16.00	-
I.YATES	M	16:17	16.25.00	16.12.00	16.05.00
T.LAVER	M	16:35	-	-	-
M. STODDARD	M	19:19	-	20.04.00	-
J. WILLIAMSON	M	20:06	19.08.00	19.51.00	18.42.00
G. WEATHERALL	F60	-	27.12.00	26.32.00	27.31.00
J. HULME	F50	20:19	20.53.00	20.53.00	21.27.00
A.SALT	F	-	19.53.00	-	-
L. CALLAGHAN	F	-	20.18.00	-	19.37.00

Well, that's it folks until 2006. Anyone who has anything they want to put in the next letter (which will be out in January probably), please e-mail them to me. Helpers warmly welcomed!!