



T.R.C. NEWSLETTER

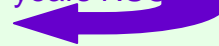
December 2004



TRENTHAM X/COUNTRY CHAMPIONSHIPS 2004					
BEST 3 RACES TO COUNT. ALL TROPHIES WIL BE GIVEN AT THE PRESENTATION					
	P	WR	S	L	TOTAL
I.YATES	6	9	13		28
S.BAZELL	7	7	11	11	25
C.JEFFRIES	9	10			
P.CRUTCHLEY	14	25	14	22	50
D.PEARSALL	16		35	29	80
C.MEIR		12	22		
S.DUNN		20	24	25	69
R.OGDEN		34		43	
B.WATTS		116	117		
D.CLOWES			61	56	
V/40					
P.CRUTCHLEY	14	25	14	22	50
D.PEARSALL	16		35	29	80
B.FOX	78		76	82	236
S.DUNN		20	24	25	69
K.BLOOR		71	145	137	353
V/45					
K.FINNEY	40	47	63		150
M.BAGGALEY	44	49	66		159
D.COLCLOUGH	60	55	43		158
K.RUSHTON	81	87	95	87	255
F.CACI	84	74			
A.EVANS		50			
G.MOORHOUSE		89	86	63	238
V/50					
P.CACI	135	141			
M.RUSHTON	174	165	170	164	499
V/60					
A.LEWIS	127	123		131	381
V/65					
G.CALVERT	147	140	149	150	436
B.HOPWOOD	164	166			
LADIES					
M.McMANUS	15	12	8	8	28
L.CALLAGHAN	19				
J.HULME	24	24	29		77
R.MEIGH	45				
A.SALT			20	14	
L.CLOWES		70	66		
R.JONES				43	
LV35					
H.OGDEN		64			
LV/45					
A.BRADELEY	80				
LV/50					
J.HULME	24	24	29		77

Hi folks – this is the last of my 2004 newsletters and I'm ready to try and make 2005's even better!

Not many race results in this edition as I have been sent plenty of other interesting bits and bobs for inclusion. However as cross country is always a favourite – these are this years NSC results



Well done to everyone who turned out for the club this year!

Getting bored of running up New Inn Lane? Tired of the same few miles around the club? Looking for a 'bit' of mud? Well read on my friend

Sunday Running Group 9.30
Leader Lionel Jones
During the Winter this group meets at a different location from the Rugby Club; usually 2-3 miles radius from Trentham. This allows a much greater variety of routes without having to run through the built up areas which we have to during the Winter evenings. The run is approx 10 miles of real countryside running. If you don't run regularly in the week and would to come along you can contact Lionel:

phone daytime: 01782 593893
phone evenings: 01782 373181

e-mail: ljenjay@btinternet.com

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As some of you may know a number of club members were lucky enough to experience the thrills and spills of the 2004 Athens Olympics – Steve Bazzell shares his experience

Athens 2004

Dover – and my indicators fail. Not the auspicious start I'd hoped for, but I had my tickets and I was off to the 2004 Olympics in Athens along with my parents. Overland across Europe, through familiar countries such as France, Belgium, Luxembourg, Germany and Austria to the unknown countries of Eastern Europe – Hungary, Yugoslavia, Macedonia and finally Greece and Athens; the home of the modern Olympics.



The Olympics were returning home and the Greeks wanted everyone to know, and the whole country was celebrating. Olympic flags were everywhere and everyone we met was friendly and very helpful, going out of their way to assist us. Travelling down through Greece the scenery was varied from the coast and the sparkling waters of the med to the mountains and Mount Olympos and clear blue sky's. The weather was hot every day, the temperature ranging between 40 and 45 degrees, and certainly not the weather to be running in.



Earlier concerns over the stadium not being complete, the risk of terrorist attack and the several of the competing nations pulling out were a thing of the past. The stadium was complete along with all the other facilities; security was very tight and not a single country pulled out. Everything was set for the XXVIII Olympics and two weeks of the fantastic athletics.

The athletics was fantastic, full of highs and lows - Kelly Holmes winning the double and the men's 4x100 relay. What a race that was, as the Brits stole the show from the Americans and then there was the disappointment with Paula Radcliffe in the Marathon and the 10000m.



There was surprises and excitement - The men's 100m final and the women's pole vault final. What an evening that was as the last three kept going higher and higher, setting a new Olympic record with each jump and then breaking the World Record as well. And



then there was sheer fantastic athletics - the Kenyans taking old, silver and bronze in the 3000m steeplechase and the Russian women doing the same in the long jump. And what about the Americans? Gold, silver and bronze in both the men's 200m and 400m.

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The atmosphere inside the stadium was fantastic, the Greeks cheering and shouting 'Hellas, Hellas' whenever a Greek was competing. As for when a Greek won, the stadium erupted, and they'd all sing the national anthem, as the athlete was awarded their gold medal. An experience not to be forgotten.



And when there was no athletics, there was plenty to do in Athens; a city full of life, history and culture, and dominated by the amazing Acropolis. There was the Acropolis and the Temple of Zeus to exploring the bustling markets, and the surrounding region had plenty to offer as well, from coastal islands to Marathonas - the home of the marathon - and the site of the famous battle.

After two weeks of fantastic athletics, the Olympics were over, finishing as they started, with an amazing ceremony and a night to remember. After 31 days, 10 countries and 5380 miles, we were at journeys end. What a trip and a once in a life time experience! Well there is Beijing in 2008!

THANKS STEVE FOR A GREAT ARTICLE!

Alsager 5 and Stafford 20

Below are details about two of the local race calendars regular favorites

Afford Rent-A-Car Alsager 5 February 6th . Just a reminder that there is a 1000 limit, with 300+ already entered please don't leave it until the day as you may be disappointed.

Vision Express Stafford 20.

This long established race takes place on Sunday March 13th . In addition to the main race this year for the first time there is a 3 stage relay . The first leg is 8 miles with the second and third leg 6 miles each. There will be prizes for the first Male Team, Female Team., and First Mixed Team. All entrants will receive a T-Shirt.

For any Further information please contact Ken Rushton on 01782 330853.

A message from Andrew

Hi, *Clinton*

I started running at Trentham High School when I was 13 during the 80's. I trained at lunch times on Monday, Wednesday, Friday, PE & Games. On Tuesday and Thursday evenings I went up to Northwood to be coached by Harry Harvey and trained with Rob Deakin. On Saturday or Sunday I would have a race or run around Hanchurch woods / Barlaston downs.

When I left school in 1986 I stopped running. When you stop it's hard to start again.

In 1993 I joined Trentham R.C. and trained with the slow group. After a few years I progressed and trained with the fast group.

Any new members may not know me as I've not been at the club for a couple of years.

Hope you have a Merry Xmas & Happy New Year.

Andrew

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A few races you may want to pencil in for 2005...

Text by Helen Ogden (thanks Helen)

Richard and myself have attended a few events that we enjoyed and would recommend to others.

The first was the Lichfield 10K which was a pleasant road race up hill and down dale. Richard was 26th at this event which was held on September 12th this year, with a time of 36.48 and I was 274th with a time of 49.34.

Even better than this was the Bestwood park 10K which is an off road course along pleasant trails. It's the 4th time we've done this race, and would highly recommend it. The organisation and pre-event entertainment, including a warm up to music make it quite unique. We would describe it as an undulating, but tough course, in pleasant woodland surroundings. Not the sort of course you would do a PB over, and there are one or two surprises – with nicknames of "heartbreak hill" and "toilet hill". The finish is one lap of a field where you get a bit of audience participation and your name announced over loud speaker as you finish. We've found it a friendly event and it draws us back year after year. It's a popular race with prizes and this year it reached its race limit of 600 as it keeps increasing in popularity, so although Richard does a PB each time his position in the field keeps slipping.

Finally, Richard did the Tough Guy "Nettle Warrior" for the 2nd year running which he says is NOT to be recommended and that he will NOT be doing it again, under any circumstances ... but he said that last time.

Classifieds

This new section to the newsletter will aim to join unwanted household, sports, clothing goods with new loving homes! A few people have suggested that a classified section would be really useful (especially at this time of year when we're all getting ready for a spring clean!).

The next newsletter will be out in March / April so let me know of anything you may want putting in nearer to the time – no goods this time I'm afraid.

Think of all the lovely loot you could make!!



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As many of you will know, a number of club members have resigned from TRC over the past few months. We would like to wish these members all the best in their new clubs and warmly welcome them back for a drink or run at any time!! We would particularly like to thank Steve Pyke (who remains a 2nd claim member) and Mick Hall for their work in almost all aspects of the smooth running of the club over the last few years(!) as well as Phil Greer for his work with the junior section.

And although he remains a solid member of the club, a big thanks goes to Bob Brett who has decided to step down from the role of club treasurer after many years 'looking after the books'.

Nigel Lee (Newcastle AC) races around the country on most weekends and many of them are more challenging than the usual road race. He recently took part in a relay race around the high peak trail in Derbyshire and he kindly offered to spread the word about this well organised event.

The High Peak Trail is on the track bed of the Cromford and High Peak Railway which closed in 1967. It starts at Cromford, near Matlock and goes up into the Derbyshire Hills and used to join up with the Ashbourne to Buxton railway line. It served various quarries on the route and the first two and last two legs of the relay follow very steep inclines (we're talking several Penkhull New Roads here!!) but after that it is mostly flat and off road.

The surface is suitable for bikes and the muddy bits were a thin layer, grey in colour, but not impossible.

The scenery was very spectacular, as after the inclines you run along the top of the Derbyshire hills.

The race was very well organised and you didn't have to wait for your team member to reach the start of your leg. Everyone started each leg at the same time - when the first runner came through.

It would be possible to do well with a reasonable team - mine came 14th out of 43 and averaged 6:36 per mile.

It is possible to double up because it is 5 legs out and the same 5 legs in reverse, so you don't necessarily need 10 team members.

The main requirement is to familiarise yourself with the details so that lifts and pick up points for the runners can be sorted.

Highly recommended and suitable for all abilities as legs vary between about 2 and 5+ miles.

I did not run with my running club. I took part as a result of Befriending various runners I met when I did races in the East Midlands, such as Chesterfield 10, Mansfield Half, Lichfield 10K. And one of them organised a team!

Thanks Nigel – anyone interested in doing this this year?

And Finally

The next newsletter should be out around March or April - so as ever any articles gratefully received! Hopefully some of the pieces this time have inspired some of our budding authors!

There are a number of different training groups out doing a variety of different sessions (see front page) - and I'm sure new ... as well as 'old' ... members would be interested to hear what you all get up to!

Let me know what you want in the newsletter. Do you want more results or more chat? Do you want race photos or do you want to avoid them like the plague?! But don't forget there is only limited space and a full breakdown of every cross country league across the country for 9 - 99 year olds won't be possible!

Hope to see down the club on training nights or at one of the races coming up in early 2005!