



T.R.C. NEWSLETTER

June 2004



City of Stoke on Trent Marathon

The CoSoT marathon was unusually cool ... and wet!! This made for some good times with Toby Laver and Ken Bloor both managing sub-3 hours and a further 7 members getting sub-3:30. In the ladies race, Julia Race and Gina Weatherall both turned out great performances after both having doubts over whether they'd be able to run. The really was great fun as ever and although the wet weather kept many spectators away, the buckets were still extremely heavy – more news about the final total raised for Animal Lifeline in the next newsletter.

8	Toby Laver		Trentham	2:53:19
11	Kenneth Bloor	V40	Trentham	2:55:11
24	Anthony Wilkes	V45	Trentham	3:10:56
25	Paul Davies	V40	Trentham	3:11:05
31	Steven Locker	V45	Trentham	3:12:15
46	Paul Burslem		Trentham	3:21:02
54	Mark Dean		Trentham	3:22:17
59	Neil Middleton	V55	Trentham	3:23:36
73	Terry Parton	V60	Trentham	3:26:22
93	John Fryer	V50	Trentham	3:32:07
107	Ian Grocott	V40	Trentham	3:35:51
111	Peter Caci	V50	Trentham	3:36:27
130	Gerry Calvert	V65	Trentham	3:41:08
165	Don Brookes	V65	Trentham	3:48:05
167	Mark Hughes	V45	Trentham	3:48:30
188	Robert Evans	V40	Trentham	3:53:46
223	Ged Beaumont	V40	Trentham	4:01:42
243	Robert Knott	V45	Trentham	4:07:28
281	Peter Rowlands	V65	Trentham	4:18:26
282	Brian Rawlings	V40	Trentham	4:18:42
337	Paul Dixon		Trentham	4:35:46
16	Julia Race	L40	Trentham	3:47:42
40	Gina Weatherall	L60	Trentham	4:36:42
74	Trentham Terriers		Relay	4:36:48



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Buxton Half Marathon Not for the light-hearted!

The Buxton half marathon was held on Saturday 5th June for those who have not done this race it is a very tough race starting and finishing in Buxton and includes several very tough climbs. Fortunately the race starts in the early evening and so the hot weather of the weekend was not as bad at this time of the day.

Several members of the club were competing in the event for the first time and some very reasonable times were posted. Bob Knott and his crew ran round together and ran about 1.50 full results not yet available whilst Lionel Jones a veteran of the event who declares that this event is one of his favourite runs of the year, ran around with Brian Rawling in around 1.57. Bob Knott even had his own fan club who forced him into several public houses in Leek on the journey back home, but as you can see from the CoSoT marathon results, it obviously didn't hamper his training!



Cardiff Marathon and Half Marathon October 3rd

'be there or be square'

If you enjoyed the London trip Phil and Mark arranged in April and want a bit more of the same, if you missed out on that and fancy a weekend ay, read on.....

"I am intending to run a trip later this year to the Cardiff marathon and half on October 3rd leaving Trentham on Saturday morning October 2nd to arrive in Cardiff at the hotel which I am told is 10 minutes walk from the finish of the race at the Millennium Stadium the marathon is also the BMAF Marathon championships which Trentham have done so well in previous years more details about the race by following using the web address below. If any member or runner from any club is interested please e-mail me or ring 01538-361526 price is £55.00 per person on a first come placing"

Mick Hall

<http://www.cardiffmarathon.org/>

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Membership report from your club membership secretary

The year closed with 120 registered members analysed below:

- Male – 102 (7 juniors) 85%
- Female – 18 (3 juniors) 15%
- Juniors aged under 11 years of age – 16 (not required to be registered with AAA)

This compares with year 2002/03 – 130 members

- Male – 106 (7 juniors) 82%
- Female – 24 (9 juniors) 18%
- A similar number of under 11's

Forthcoming events

Shugborough relays 23rd June

Fenton park 5k 13th July

Carsa 5 21st July

Trentham 10 25th July

Berryhill 10k 3rd August

Staffs knot 5 11th August

Hanley park 5k 17th August

Ipstone 5 11th September

Meerbrook 15k 19th September

If you're able and willing it'd be great to have 'all hands on deck' on the 25th July for the Trentham 10.

Staffordshire Moorlands Summer Series

Staffordshire Moorlands summer series is well underway again and if you fancy having a go at these tough little races, pop the following dates in your diary.

Oakamoor hilly 24th June

Birchall 1st July

Oakamoor edge 8th July

The roaches 15th July

Shutling sloe fell race 29th July

Parkhall hilly xc 5th August

Rudyard lake final 12th August

Go to the SMAC web site for details of the individual races

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Run Rabbit Run

If you ever doubted why you run (blisters ... rain ... joggers nipple!), the results of a recent study published in the Daily Telegraph (30 April 2004, p7) highlighted the health benefits of running.

- 30 minutes of running at 8mph will use up 405 calories, more than any other accessible activity such as swimming or cycling (at 14mph).

But don't think that you've got to lace your trainers up each time you've had one too many pints – you've only got to do 6 hours of ironing to burn the same equivalent! Pick from one of the many activities below for a lazy day alternative to that 3 mile jog:

Ironing	69 Kcal per 30 mins
Cleaning/dusting	75
Painting/decorating	90
Walking (3mph)	99
Golf	129
Badminton	135
Tennis-doubles	150
Lawn mowing	165
Cycling (12-14mph)	240
Swimming (slow crawl)	240

And finally

Following 10+ years as Trentham Running Clubs Treasurer, Bob Brett has stepped down and passed this 'money mantle' on to Louise Clowes. Bob's contribution to this role have been much appreciated over the years and his dedication and professionalism have been second to none.

A big thanks to Bob and good luck to Lou!