

# TRENTHAM RUNNING CLUB



1989

May 95,

FOOTNOTES  
95.

## A LETTER FROM YOUR CHAIRMAN.

Dave Filmer decided that the time was right for him to stand down from the chairman's role. I only hope I can follow in Dave's foot steps and provide help and assistance to the club and its members where necessary.

1994 has once again been an excellent year for Trentham Running Club. All our members have helped in promoting our small club friendly atmosphere, while at the same time we have achieved even greater heights than before, in terms of competition and organisation.

Sadley the editor of our last News letter, has decided to make the Middle East his home for the next few years and has left yours truly to fudge this years edition together. I'm sure you will all join me in wishing Don every success in his new venture. He has promised to post to us any coaching material that he can put together.

Once again this year there has been some notable achievements both in races and away from running. I have tried to include as much information as possible on individual successes in the following pages, but I appologise in advance for any I may have missed.

One disappointing note this year was the lack of support for the proposed club trip to France. I have to admit that I surcomed to pressure from 'Er in doors' and had to say no in the end. Hopefully 95 will see a better response.

This year our membership has been on the increase again. Considering other local clubs have found their membership in decline, its got to highlight how a small club like ours can prosper due to the attitude of its friendly enthusiastic members.

I would like to wish all members of Trentham Running club a happy and Prosperous new year.

Dale.

# TRENTHAM RUNNING CLUB



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## The Trentham Handicap Races.

Its 12 months since we held the Inaugural Trentham Handicap Race and I'm sure you won't remember that on that cold but sunny winters morning it was Don Foy who was our first winner. A great day was had by all and thanks to Kevin's endeavours the event found a sponsor in Meir Sports who kindly supplied us with lots of Prizes.

The race was followed by a presentation in the club house of prizes for the event, and also The runner of the year award 93 was presented to Dave Clarke.

The winter handicap's success prompted us to organise a summer event. It was ran over a slightly easier coarse avoiding any hills. Once again Meir Sports kindly donated some prizes and the event was well supported. George Bloomfield was the winner and was presented with a new trophy donated by Don Mclean.

Similar events are planned for 95 during January and July.



# TRENTHAM RUNNING CLUB



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Trentham RC. ' Flying Fox Team Champions '

It is with the greatest pride that I am able to report on the efforts of our members in the 1994 Flying Fox Marathon. Ken Bloor, Kevin Oakes and Mathew Hodgson were the first senior mens team to complete the 26.2 miles on a very wet and cold day. One or two runners from other club's mocked our teams's success saying we were the only team there on the day. All I would say to that is that our men took part on the day and deserve all the credit for competing in such demanding conditions.

Sadley we will be unable to defend our title next year as the Flying Fox Marathon is no more. Does this mean however, we will forever remain, 'Flying Fox Team Champions'....

Well done lads.

# Trentham

## ON THE COUNTRY '94'

Following last years first venture in to the off road version of our sport, the club once again decided to enter a team in the North Staffs Cross Country League.

We were once again competing in the second division and having finished 4th overall last year there was a good prospect of us improving and maybe gaining promotion to division one.

Prior to the league commencing we entered three teams in the Parkhall XC Relay event. To turn out three teams was an achievement in it's self and everyone who turned out really enjoyed this warm up for the league events.

Our teams finished 10th, 19th and 36th out of 40 teams.

The first league race took place at the Michelin Sports Centre, on a bright warm autumn afternoon more suited to the 'Michelin Ten' than cross country. All our members who took part competed well and a real team spirit was evident. Our total score for the six counters was 472 and much to our delight we had done enough to take an early lead in the division.

The second race at Leek was approached with great enthusiasm. Even without Alan Evans who was under orders from the wife and Steve Able who got held up in traffic on route from Cornwall, we were still able to field a strong team.

Over a very hilly Leek coarse, we once again performed heroically to win the second division race on the day and extend our lead at the top of the table.

Statements were now being made by the sports press such as Trentham AC. [ who ? ] have made rapid progress over the last twelve months are set to claim their first major honour in the sport as they sit at the top of division two.

'How are we going to share out six medals between twelve or more runners?' Was the optimistic talk between the members.

A few days later we were given some bad news. An official complaint was threatened by the Michelin, who just happened to be way back in ninth position. They said that one of their team was running for Trentham. If he was one of their team, he had a funny way of showing it, running as though his life depended on it, in the Trentham Green strip, not the yellow and green of the Mich.

Rules are rules though and we had to agree to discard TP's score on a technicality. This forced us down in to second place at Leek but we still maintained a slender lead overall.

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The third race took place at Stafford. Telford AC who were in second place and Stafford Harriers who were third both turned out their strongest teams. Telford, one of the Midlands top athletic clubs had obviously decided they didn't want to be beaten by Trentham. Never the less we turned in a good performance just getting edged in to third place by a Stafford Harriers team on home territory.

This result left us in second place overall in the league and only marginally ahead of Stafford.

The course at Stafford will be best remembered for having to wade across a treacherous bog on each of the 3 laps.

All now was to be decided on the last race at Wye road. We were back at full strength apart from TP of course and needed to turn in a strong performance in order to stand a chance of claiming top spot or at least gaining promotion as runners up.

Once again a fine all round team effort brought us home in second place on the day and we had done enough to claim runners up spot in the league.

The team was presented with runners up medals at the presentation afterwards and it was a proud moment for all of us to be part of a Trentham team which was recognised alongside teams such as PMAC, City of Stoke and Telford.

The league only presents 6 medals, but as you can see from the following results table it is a team effort over all four races and we had a total of 15 members who all played a part in our success. Dave has managed to get replica medals for all who took part.

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R.A. 1994 ROUND UP.

Once again there were some excellent performances in this years Road Runners Leagues. Our members turned out in their numbers to support the fixtures through out the year.

There have been many individual performances worth noting , but none more so than Joan Bateman and Steve Abell's efforts in completing all 20 of the NSRRA'S race's, which this year included two marathons. Steve also won the Derek Evans Memorial Trophy which is presented for the best performance overall by those runners that completed all 20 races.

This years MEN'S TEAM CHAMPIONSHIP was won by ourselves. Once again highlighting the improvement we have made as a club over the last few years. The winning team included. Steve Abell, Paul Clinton , Tony Pickering, Andy Clinton , Dale Colclough , Mick Hall , Kevin Oakes and Mathew Hodgson.

Once again we have had a good number of our members who achieved a top ten position in their respective league.

Group A	Dale Colclough.	( 5th )
Group B	Paul Clinton	( 3rd ) promotion to A
Group C	Steve Abell	( 2nd ) promotion to B
	Tony Pickering	( 3rd ) promotion to B
Group D	Andy Clinton	( 4th ) promotion to C
	Mick Hall	( 7th )
	Kevin Oakes	( 8th )
Group E	Dave Clarke	( 9th )
Group V	Graham Tunicliffe	( 8th )
	Terry Parton	( 10th )
Group Z	Dave Filmer	( 5th )
	Bob Brett	( 9th )
Group M	Joan Bateman	( 7th )

# TRENTHAM RUNNING CLUB



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## POTTERIES MARATHON TRIVIA QUIZ.

All the questions are based on our members exploits in the 94 Potteries Marathon.

I will donate a prize for the person getting the most right answers. It will be presented following the 95 handicap so please let me have your answers in advance.

1. which Trentham runner was first to 5 & 10 miles but didn't complete the distance ?
2. Name 5 runners, previously with other clubs, who completed the marathon and have since joined Trentham ?
3. Which Trentham Runner was first to the line ?
4. Who was our man at Clayton ?
5. which member spent all day 'chatting up' our wife's, girl friends, and drinking our beer ?
6. Which two male Trentham runners crossed the line holding hands ? ( reputedly ).
7. What was significant about Dale's time of 2.44.
8. Name two Trentham members who ran in the race, but not for our club on the day ?
9. What was Bob Brett's easy means of getting round the course ?
10. Who stopped for a lie down in Newcastle when he realised Trentham Gardens was still 5 miles away and sub 3 hours was but a distant dream ?
11. Who joined as a member before the race, completed the course and hasn't been seen of since.
12. Which Trentham Runner crossed the line and said, " Oh! is that it, I was just getting warmed up " ?

# TRENTHAM RUNNING CLUB



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PB'S 94.

This year must have been the club's best yet when it comes to individuals achieving personal best performances over a wide range of race distances.

Steve Abell, broke 3 hours for the marathon for the first time and 3 weeks later improved his PB again when he completed the Dublin Marathon in a time of 2hrs 52 mins. Even completing all 20 NSRRA races was not enough to stop him taking part in the 'Rotherham Round' 50 mile Trail race, completing the course along with myself in 8hrs 45 mins.

Geoff Bailey achieved PB'S in his new age group of M65 and also ran 5 Marathons during the year. A tremendous achievement by anyone's standards.

Dave and Joan Bateman took part in their first marathon, when they ran in London this year. They followed this up by also running the Potteries and Stone Marathons. Joan won her age group Prize in the Biddulph 7.

George Bloomfield was the first winner of our summer Handicap in a very competitive race.

Ken Bloor completed 3 marathon's and two half marathon's in a 6 week period claiming PB's in both distances an unbelievable feat considering this included the Snowdon Marathon.

Bob Bret completed the Flying Fox Marathon in under 4 hours and was one of Trentham's threesome who claimed the first three place's in Z group. Dave Filmer and Geof Bailey were the other two members who figured in the first Three Z's.

Bill Brown ran the London Marathon in a Personal best time of 3hrs 24 mins. Having recently retired, Bill will have plenty of time for extra training now, so we can expect even faster time's from him in 95.

Paul Clinton had a fine run in the Werrington 6 completing the course in 32.52. He also improved his PB'S over 8 different race distances. Paul was among the prize winners in The leek 1/2M, The South Staffs 1/2M and The Werrington 6.



CONT-

Andrew Clinton is fast improving and could be the one to watch next year. He had a notable run in the Tittensor 10 Knocking 7 minutes of his Michelin 10 time.

Dave Clarke wasn't overjoyed to reach Veteran Status but has since claimed PB'S over 6 race distances and picking up a prize for the first time in the Clayton 5. Does this mean that the older you get the faster you get ?

Bob Dickson was another Trentham runner who faired well in the Flying Fox, Bob achieved a best time of 3.24.

I improved PB's over six different race distances. and also completed two off road long distance events of 33 and 50 miles. Must be mad.

I was among the prize winners in The Michelin 10, The Potteries Marathon , The Clayton 5 and The Leek 1/2M.

Alan Evans proved that our Tuesday night 'eye ball's out' sessions do make a difference. A few months after joining us he ran a PB for 10k at Blackpool. He also had a fine run in the 'Mich 10.

Dave Filmer stood down as chairman towards the end of the year and has now been able to devote more time to training, he is intending 95 to be a year in which he will be setting records in all events.

Mathew Hodgeson ran the marathon distance for the first time in the Pott's and then followed it up by also completing the Flying fox marathon.

Terry Parton improved his PB again for the Marathon even though he just missed out on getting under 3 hours, by 2mins. I'm sure he'll do it in 95.

Ken Pearson completed his 5th Potts Marathon on the trot along with our member from London.

Tony Pickering broke the hour for 10 at Tittensor, proving he is well on his way back to previous form. He was also group winner in the Werrington 6.

Ken Marshall was delighted in completing the Howarth Hobble 33 mile off road race, in under 6 hours for the first time.

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Kevin Oakes has finally reaped the rewards of his endeavour. After many attempts he dipped under 4 hours for the marathon. He also had PBs over most other distances.

Graham Tunicliffe had a great first half of the year setting PBs in his new age group.

Keith Walley started the year in fine form at Alsager, setting a new PB for 5 miles. Keith also won his age group prize at the Clayton 5

Both John Bicknell and Craig Rowlands were plagued with injury for a good part of the season, but I'm sure next year will see them chasing PBs.

Geoff Lawton claims to hold the record for the fastest club member along Oak Tree Road and in to the bar.

## RUNNER OF THE YEAR NOMINEE'S

Could you please Nominate on this slip your choices of 'Trentham Runner of the year'.  
As in the past this award is for an all round effort.  
Hand the slips to Dale Colclough.

1st choice.....

2nd choice.....

3rd choice.....

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# TRENTHAM RUNNING CLUB



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POP QUIZ AND SOCIAL EVENING  
TO BE HELD AT LONGTON CRICKET CLUB.

SATURDAY 28TH JANUARY.

COMMENCES 8PM.

Please come and support our first social event of the year and help to raise funds for the club.

Ken Rushton has kindly offered to present a POP QUIZ on our behalf that will be designed to suit everyone's taste. It is a team event for between 3 to 6 people per team.

Please let Dave or Dale know if you, your partner and your friends will be coming along as soon as possible so we can get an idea of numbers.

You will be asked the very generous price of £ 1.00 per person for the evenings entertainment.



# TRENTHAM RUNNING CLUB



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## TRENTHAM RUNNING CLUB RECORDS.

The following page is a table of the club records as compiled by myself during December 94.

As you will see it is not complete and may contain some inaccurate details, but I decided to include it in the news letter to prompt a response from any one who may wish to add to or contest any of the records.

The times are only valid if set whilst being a club member.

I will issue up dates of the table periodically through out the year, so please let me have details of any new records or amendments.

Dale.

## OFF ROAD EVENTS

Most of these events are organised by Scout groups or the Long Distance Walkers Association (L.D.W.A.). They cater for both walkers and runners, the time limits are set for the walkers, so a 30 mile event would have a 12 hour limit. In the events the runners and walkers mostly start together, but some events have a runners start 1 or 2 hours later. The difference between these events and Fell races is that fell races are generally shorter but with a lot of steep ascent.

The off road events range from 20 to 100 miles, the longer events go through the night, which is a rewarding experience finding your way by torch light, through woods and un defined paths across fields and moorland. In particular one over night event the High Peak Marathon which is 40 mile starting at 11 pm at the end February, where thick mist, deep snow, driving rain and snow are often experienced. There is no way marking on these routes so some skill with a map and compass is needed, route descriptions are sometimes provided or you can follow the person in front of you and hope they are going the right way.

Most events require you to carry kit, i.e water proofs, first aid, compass, emergency food. Drinks and food are provided on check points, and usually there is a meal at the finish. Your reward for finishing these events is a certificate and badges are available at most events.

There is not usually any special prize for the first person to finish on L.D.W.A events but the Scouts provide prizes for every category they can think of.

There is around four events every weekend around the country, with numbers of starters ranging from 100 to 1,000. the L.D.W.A. have a 500 limit on their events.

The biggest event with the largest number of starters is the Howarth Hobble a 33 mile event in Yorkshire, around 1,100 start this event competing in pairs. I achieved an ambition this year by getting around the course in under 6 hours, this was helped by Dale who provided tremendous encouragement when I was flagging in the last few miles. Dale would comfortably do under 5 hours, but may not have the chance, as it was announced at the start that it will be the last time the event would be run unless another club take over the organising.

A local event to try would be the Leek Moors Marathon a 30 mile event starting from Flash near Buxton on June 4th organised by the Staffordshire Group of the L.D.W.A. Walkers start at 8 a.m., Runners 9 a.m. You could test yourself against Mike Hartley the countries top ultra distance runner holder of the Pennine Way record 271 mile in 2 days 20 hours and has finished and L.D.W.A. '100 mile' event in 16 hours. Anthony Chalinor is having a go also myself for the first time as in previous years I have been on the administration side. We do not get a lot of runners in the event, but we do get support from local clubs. No specified kit has to be carried, some will carry nothing others will carry enough for a weeks camping holiday. A detailed route description is provided, food and drink is available on most check points. So if you want an enjoyable day out try this event, entry forms available on request.

