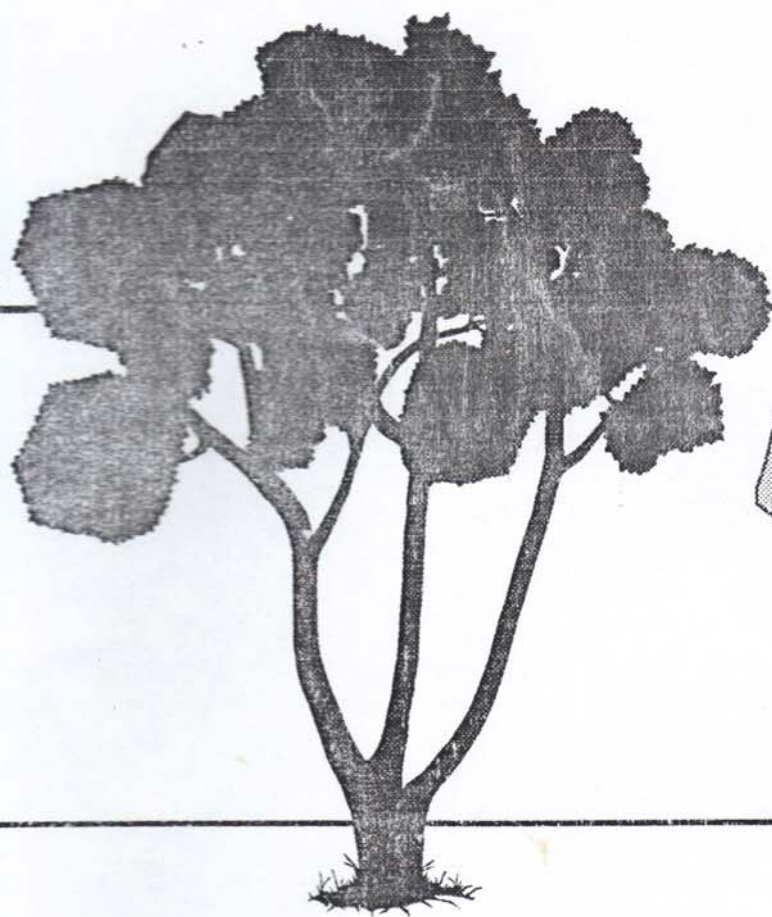


Trentham Running Club



**CLUB
MAGAZINE
OCTOBER
1996**

By Editor Don Foy



And finally to print!

Yes, this is it, but was it worth waiting for, when you've read it you will realise what you haven't been missing! A very delayed club magazine, the last one being written by our Chairman back in December 1994, while I was a few thousand miles away, working abroad. Still, better late than never, we thought we had better go to print with something, to get the ball rolling so to speak, for future regular issues.

The trouble with Dale and myself is that we set ourselves too high a standard, trying to put together a comprehensive magazine to make a more interesting read to all the club members. Because of the work-load involved, most of the stories are out of date by time we think of doing something about it. Unfortunately there are other things that get in the way of some serious running fun, that is, earning a living and for some of us, answering to the other 'arf.

So what we have now is a **panic attack** attempt at this magazine to make sure it is distributed at the AGM (1996 that is!) the only way to get it done. We have various articles contributed from other members, the main one in particular being how the club was originally formed back in 1989, written by a Mr Filmer. Was it a few inebriated runners who decided to run as many miles per week as pints drunk? Or another excuse to get another night out with the lads? Whatever it was, it worked, with several serious runners mixed in a club with now more than several serious drinkers! Either way we would be capable of taking on most for a competition on both.

Anyway, Dave decided that the Trentham story was too long to be told in one, therefore we will be continuing on with in future magazine editions. Eventually we will get the full story out of him in order to be able to compile it in one, for an introductory magazine to give to new members on joining, along with other relevant club information. I hope this story is not of similar length to Daves Jokes (which generally take about 6 miles to tell down the canal tow path!)

What we aim to do regularly in the future is to distribute some form of magazine, or newsletter, to keep all the club members informed of what has happened or is planned. This should happen every couple of months, since I do not intend to rush off overseas this time, unless the tax man catches up with me. So a few written contributions for the magazine from other members, would be welcome in the future. Just see Dale, myself or any of the other committee members to voice your opinion, however humorous, controversial or informative it may be, so long as it is not personal (i.e. don't mention our overweight ex-chairman, or invisible President! - then again, not a lot of you know who these characters are).



Trentham is a happy club where we settle our differences

This particular introduction section is my own opinion of club issues, which may not be the majority of the club members views. However, Members are free to contribute any written article to print and contradict what I have to say. That's the beauty of being part of a democratic club, being free to say what you want, to get kicked out.

Our club membership has continually grown, along with the successes in the racing field, while other running clubs have remained stagnant. We have also seen other clubs memberships falling, which could be due to a number of reasons such as failing to communicate to members, runners generating splinter

training groups, the club being too large to control, or not being organised properly, etc. We could also be in danger of falling into the same trap with these types of problems, if we fail to see the signs and address them quickly.

We have also lost a few members as well, which I think is more to do with the individual and what they wanted out of running, more so than the club itself.

It has always been the clubs intention to keep this a friendly, close knit club, where everyone knows each other. But there has been a significant increase in the number of members that have joined this year, making it difficult for everyone to put a name to a face, particularly with the training group structure we have. This is why we have generated a list of club members in this magazine. So you will all have to try to put names to faces, to make a point of knowing each other. Particularly the more established members, since the onus is on them to make the effort more so than the new-comer, in order to make them feel welcome.

Also (this is only a suggestion) the training groups should appoint a leader to take the group under their wing throughout the training session. Most of the established runners and club personalities take this under their wing anyway. What we probably require is a more informative session to give planned route, distance run and pace.

There is generally two groups of runners on the mid-week training sessions and two or three on a Sunday. There seems to be a change in the number of runners standards, where the club appears to have increased the fast group, due to either increased new members, and/or runners from the slower group wishing to concentrate on quality work. Either way, this grouping system works provided they stick together by **mustering** usually every mile. I would consider that the grouping system for the mid-week sessions be periodically reviewed due to the numbers attending, with a view to splitting up into three groups if numbers are too large.

Anyway, I will go into greater depth with this subject, along with other

topics next time. your views on this matter would be much appreciated.

The club social scene is quite good with attendance at races for both running and spectators being excellent. The Tues./Thurs. evening after training gathering at the rugby club bar is particularly well attended and considered socially healthy!

Discussions on an improvement of a social evening attended with partners have been made, with a view to a meal or other function being made on a regular basis, such as once a month, or three. Suggestions to our social/PR committee members please.

Paul Clinton continues to do an excellent job with the club handicap

leagues and will forward a final end of year report in the next issue.

It has been suggested to implement a race records system for the club for the various age categories, races and their respective dates achieved. This should be taken up towards the end of the year by myself or other volunteer, as a statisticians role.

The History of Trentham Running Club

Part 1 - "The Beginning" by David Filmer.....

In 1989 the A.A.A. (3A's) in their infinite wisdom granted licences for Blackpool and Sheffield to hold marathons on 16th June, the same day as the Potteries Marathon. No-one could have imagined that this action would result in the conception of a running club, that within seven short years, would become one of the areas premier clubs.

The marathon boom had peaked in the mid-eighties at this period in time was in decline. Since 1981 the potteries event became well established, but was "feeling the pinch". So race director Don Shelly was enraged that whilst there were other alternative dates available to Blackpool and Sheffield, the governing body gave permission for these two new races within a 100 mile radius of the Stoke event. When Don complained to the AAA he was told his objections could not be heard, since he was not an elected officer of an affiliated athletics club.



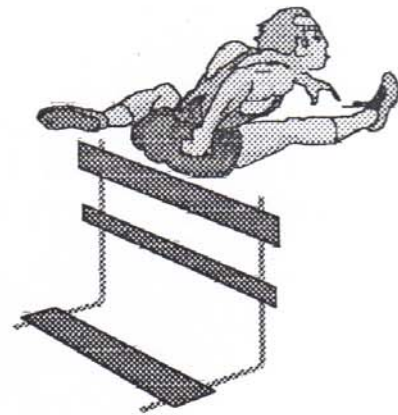
Don Shelly had for a long time considered there was a genuine need for a running club in the south of the city, since most of the established clubs were in the north. The large catchment areas of Trentham, Blurton, Longton, Fenton, etc, did not have a single club. He also felt that a local club could help with the organisation/operation of the local marathon.

The action of the AAA's was therefore the catalyst for Don to put his thoughts into action and as an officer of a club, he could object to the other races the following year. Ironically enough, this was never necessary, as the Blackpool race folded and the Sheffield event moved to another date. The Potteries has outlived all other major marathons of the 80's.

So in June 1989 Don approached a local character on the running scene (yours truly) who was very enthusiastic

about the idea and put it to his running mate Dave Clarke, who was as equally keen. At the same time Don also approached another local character, Don McClean who, coincidentally had made the acquaintance of Dave Filmer only a week earlier, when both were struggling (Ed: and still are!) along the canal tow-path, with the temperatures in the 90's in final preparation for the marathon.

These four (Shelly, Filmer, Clarke & McClean) decided to give it a go and after an advertisement in the Evening Sentinel, an initial meeting was held at Trentham R.F.U.C. on Thursday 6th July 1989. The response was overwhelming with over 60 people cramming into the hall. There were a lot there who had never ran before and indeed never ran again. Also a fair amount of people just "having a nose".



Another hurdle cleared

There were however a hard core of about a dozen committed runners, so the club was formed that night, with the very first training session held on Sunday 9th July 1989. The only members who have been with the club from day one are: David Filmer, Dave Clarke, Don McClean, Geoff Bailey, Geoff Lawton and Chris Bradbury (with a short break in the middle)

That was the start and it has by no means been plain sailing from that point to this, but that is for future issues, the story to be continued.....WATCH THIS SPACE!!!

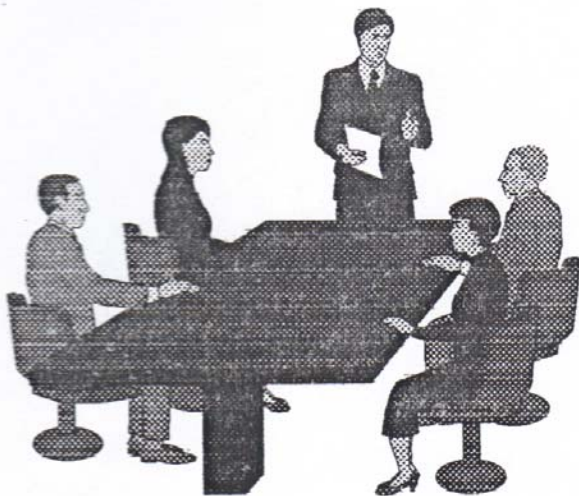
Dave Filmer

The Committee Members 1995-96

For those who are not sure of the current committee members going into the 1996 AGM (and may not be coming out as such!) they are as follows:

President:	Don Shelly
Vice President:	John Dove
Chairman:	Dale Colclough
Secretary:	Bill Brown
Treasurer:	Bob Brett
Social/fund raiser:	Dave Clarke
Coach/Editor:	Don Foy
NSRRA Rep:	Don M ^c Clean
Public Relations:	David Filmer
J. Oultram Race Committee Chairman:	Ken Marshall

Should you want to give or receive any information about race events, club issues, complaints or praises, any ideas that you may have which would improve the clubs image, or whatever, just approach any committee member to discuss it. Should you not know any of them, then someone will point you in the right direction. The committee members are usually the runners who turn up in green shorts!



Talking of club kit, this is available (shorts and vest) from either Bob Bret or Dale Colclough. This is the only kit we have at the moment, but we are looking into other items such as sweat shirts and track-suits for the future, with not such a loud colour. The bright green is very distinctive at the race track, but we need a bit more subdued colour green for the social scene, to avoid giving people head-aches.

Runner Profile

Dale Colclough

A lot of you runners may have seen this type of article before in print, which is a brief description and personal profile of one of the clubs runners. This will be a regular feature to let everyone know who each other is, with no better way to start off than with the club Chairman, Dale Colclough.

Dale is 37 years old and married to Sue with two daughters (you may have seen Sue organising the refreshments at the John Oultram race, where she baked those excellent cakes you can pig out on after a good run, feeling fully justified) He works as a Branch Sales Manager at Jatons Ltd in Stone, who supply the engineering industry with steelwork materials and fastenings, etc.

Dale got into running way back (and I mean way back) at school, the same as all of us, with cross-country. However he pursued the more glamorous side of sport through football. Disaster strikes us all when we discover girls, where everything goes to pot including our money, when Dale settled down to married life. Dale got pretty handy with a set of golf clubs as he sailed up the promotion ladder at work, where he eventually reached a 16 handicap! As a fool, with his body almost in tatters with business lunches, he decided to run the first potteries marathon, spurred on by the running boom media hype.

Dale actually started running seriously in December 1991, prior to this he had ran the first four potteries marathons and a couple of road races. Dale likes all forms of running, but his preferred race distance is the marathon, which he has a personal best of 2 hours 39 minutes and 37 seconds, achieved at the London.

Other racing achievements include a potteries marathon best of 2 hrs 44 mins and finished 15th! Which he considers his greatest achievement, by finishing in the top 20 and in the prizes of our local marathon event. His other major success was to win the Bird Rock half marathon in Wales (its good to win the Welsh at the best of times!) earlier this year in 74 mins and 28 seconds. This was particularly satisfying for Dale considering he came from behind, where he was a minute down at the half way stage and in third position, he eventually took the lead in the last mile. He almost slipped up at the finish by going in the wrong direction, following the lead car off the course instead of going to the tape finish!

Dales habits include drinking his favourite tippie - Marstons Pedigree, eating Chinese foods and pigging out after races and training snacks with breakfast cereals. His personal ambition is to be able to run a sub 2 hours 30 mins marathon, or at least a sub six minute per mile pace marathon. Also, for Trentham running club to be successful as a team in the cross country events at all levels.

Dale considers people misunderstand him at times in his pursuit of the clubs objectives and future. He genuinely cares and believes passionately in the success of Trentham running club, both socially and for sporting achievements. This is why he committed himself to the role of Chairman, with the acceptance of the duties and responsibilities that come with the job. Dale considers running is to be enjoyed like any other active sport, if you don't enjoy it then you shouldn't do it, or you should pursue something which is more rewarding. To enjoy sport then you have to set yourself goals for either the season, a fitness level, or for a particular distance, at a particular age.

Trentham Takes to the Country by Steve Pyke

Feel like a change from the twelve month round of road races? then try splashing through the mud in the cross-country. You can put aside your stop-watch and enjoy participating in a *real* team event. You may even find the break from the tarmac and the strength gained from the country will lead to new PB's in the spring.

Trentham running club has entered in two cross-country leagues, the North Staffordshire league and, for the first time the Birmingham league. In the North Staffs league we are looking to improve on a solid first season in the first division and in the Birmingham league we shall be taking our first steps in Division 5. The format of both leagues is similar, points are awarded to each finisher equal to their finish position and the winning team is the one with the lowest points total. The first six runners from each club count towards the team total, but the number of club entrants is unlimited. Participation in these events is free to all club members.

In the cross-country seasons opener, the Park Hall relays, our silver medal was a first in this event and the five teams that we entered was more than any other club. It was an excellent all-round effort by runners and support crew (perhaps the best performance of the day came from Dave Filmer- just able to contain his excitement long enough to get home and show his wife how lucky she was!)

The first round of the north Staffs League was marked by an outstanding performance from Richard Washington to win the Michelin race. Richard was followed home by another impressive turn out of green vests - nineteen in all - and Trentham finished in a best ever fifth position, ahead of several illustrious rivals.

The next fixture is at Leek and, bolstered by the return of Mick Baggaley (sidelined at the Michelin by a mysterious illness?!) and the most vocal supporter in the league (thanks George) we'll be looking for another great Trentham performance.

Why not come and join the team since every club runner assists in knocking back the oppositions counters.

Please Note Future Fixtures:

North Staffs Cross Country League:

2nd race: 26th November
Venue: Westwood High School, Leek.

3rd race: 16th November
Venue: Stafford Common.

4th Race: 7th December
Venue: Wye Road, Newcastle.

Birmingham Cross Country League:

1st race: 2nd November
Venue: Cloucester

2nd race: 23rd November
Venue: Rugeley.

3rd race: 18th January
Venue: Droitwich.

4th race: 22nd February
Venue: Michelin Sports Centre (Stoke).

Staffs County Championships:

Saturday 14th December at
Westwood High School, Leek.

Midlands County Championships:

Saturday 25th January 1997 at
Stafford Common.

National Cross Country Championships:

Saturday 8th March 1997 at Havant,
Hampshire.

Other Club Items by Don Foy

Trentham are on course to win the open Men's team competition in the NSRRA calendar of events this season, well clear of our main rivals PMAC. However, our veterans are not performing as well, where we are hovering around fifth position. We do have our hands full at taking on the other veteran teams at the

moment, no doubt we will have our day eventually.

Richard Washington looks set to win the NSRRA Championship, the first time for Richard and the club. He narrowly missed out on the championship last year and fully deserves his success this season. It has been a busy year for Richard in other respects as well, with him getting married and still maintaining his performances!

Other club members are prominently positioned in the NSRRA leagues, such as the following:

Paul Clinton 3rd in A, Ken Bloor 1st in C, Dave Filmer 1st in Z and Joan Bateman 3rd in M. We wish you continued success until the end of the season.

The club had a particularly good turn out at the Eccleshall 15 last week (16 runners) with Richard Washington having a comfortable race win in 1 hr 24 mins & 41 secs, followed by Paul Crutchley in 8th (1:29:30) Mick Baggaley 9th (1:30:32) Dave Clarke 11th (1:31:30) Paul Crookall 13th (1:31:53) & Ken Bloor 21st (1:35:29). With excellent support around the course on a very wet day, particularly from George.

Spare a thought also earlier on this year for our club member Toby Laver, who travelled from Reading to run the Trentham Trailblazer, paid his entry fee, then pulled a muscle while warming up and couldn't run. We look forward to seeing you in future events, and hope you have better luck!

It is planned to continue with track training at Northwood stadium every year now, during the summer season only. It is anticipated that runners in the early year (Jan. to Mar.) will be building up their mileage for the season or for the marathon. We should kick in with the track training around Easter time as lighter night approach, with myself taking the sessions on Tuesday evenings and recording the times on the computer for records and performance comparisons. More details will be given nearer the date.

Apologies that there is not a list of race results in this magazine issue but most of you would obtain the relevant results from race accordingly.