

Trentham Running Club

Spring 2005 Newsletter

Dear All,

Spring has arrived and its time for us all to cast aside our winter thermals and bare our pasty white legs again to the unsuspecting British public!

Hopefully everybody has had a good winter season, both training and racing and will mean we get some more good performances out for the club this year.

We've had a large number of new members in the last year so we should have an exiting year ahead - particularly for the ladies, who now represent 22% of the clubs membership.

For everybody taking part in this years London Marathon - GOOD LUCK - and hope you all have a great time!

Ed

Membership News

It is annual subscription time again and fees should be paid as soon as possible to our membership secretary Lionel Jones. Subs will remain at the same rate as last year - 20pounds. You will receive a membership form shortly.

Nike Bowerman

The Nike Bowerman van is visiting the club again this year. He will be coming to the club on Tuesday 5th April. For anyone who does not know about the Bowerman van, it is basically a guy in a van with loads of trainers! The rep can not actually sell you the trainers, so you will not get the hard sell, but you can try any trainers you fancy on the evening run. This year they will even be offering foot analysis; so make the most of this opportunity. It is well worth trying this out as it is cheaper than buying new trainers and finding you hate them after your first run!

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Trentham Running Club Annual Presentation Evening

22nd February 2005

For those members who were unable to attend this year's presentation evening, it was held at the Rugby club after a Tuesday training session, which facilitated a good attendance.

Awards were given out for performances in the cross-country season, road and off road club championships as well as the unique club awards.

Well done to everyone who won a prize on the night and a particular 'well done' must go to Adela Salt who, as you'll see from the results below is running fantastically and Lionel Jones for being voted Club Person of the Year!

Club Road Championships

Division 1	1 st Don Brookes	2 nd Stan Winterton	3 rd Alan Austin
Division 2	1 st Gina Weatherall	2 nd Ken Bloor	3 rd Malcolm Rushton
Division 3	1 st Lynne Callaghan	2 nd Louise Clowes	3 rd Jill Phillips

Off-Road Championship

1 st Lady	Rachel Meigh		
1 st Male	Richard Ogden		
o/40	1 st Bryan Fox	2 nd Dale Colcough	3 rd Ken Bloor
o/45	1 st Phil Greer	2 nd Dave Myatt	3 rd Ken Rushton
Lady Vet	1 st Helen Ogden		

Cross Country

Men	1 st Steve Bazell	2 nd Ian Yates	
o/40	1 st Paul Crutchley	2 nd Simon Dunn	3 rd Dave Pearsall
o/45	1 st Kev Finney	2 nd Dale Colclough	3 rd Mick Baggaley
o/50	1 st Malcolm Rushton		
o/60	Alan Lewis		
o/65	Gerry Calvert		
Ladies	1 st Mandy McManus		
Lady Vet	Janet Hulme		

Club Awards

Male runner of the year	Ian Yates
Female runner of the year	Adela Salt
Achievement of the year	Adela Salt - Snowdonia Marathon
Most improved runner	Steph Jones
Best marathon performance	Adela Salt - Snowdonia Marathon
Golden trainer award	Bob Brett
Club person of the year	Lionel Jones - support of new runners and behind the scenes help in running the club.



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The Year so far

We've already had a number of races from this year's championship calendar - Alsager 5, Stafford 20, Coniston 14 and Stafford 1/2.

Below are the club results

There was a massive Trentham turn out for this years Alsager 5 including some of our newer members:

T	Laver	27:35:00
S	Dunn	29:10:00
K	Finney	29:49:00
D	Myatt	29:55:00
D	Clowes	30:06:00
S	Chell	31:01:00
S	Winterton	31:02:00
A	Austin	31:26:00
A	Pestell	31:31:00
J	Williamson	31:48:00
P	Burslem	32:08:00
L	Jones	33:08:00
B	Riley	33:19:00
C	Bradbury	33:23:00
J	Hulme	33:36:00
D	Foy	34:13:00
A	Lewis	34:30:00
I	Grocott	34:36:00
D	Brookes	34:39:00
B	Watts	35:24:00
D	Ratcliffe	35:59:00
G	Calvert	36:16:00
P	Dixon	37:57:00
D	Filmer	38:08:00
R	Jones	38:20:00
L	Clowes	38:24:00
B	Rawlings	38:54:00
D	Lovatt	40:24:00
Y	Henshall-Ball	40:29:00
M	Rushton	40:37:00
L	O'Keeffe	41:08:00
S	Edwards	42:37:00
J	Collard	42:51:00
G	Weatherall	44:16:00



Stafford 20

Adela	Salt	02:05:38
Paul	Burslem	02:14:11
Adrian	Pestell	02:14:42
Neil	Middleton	02:23:44
Steven	Locker	02:32:25
John	Fryer	02:33:49
John	Dudley	02:35:52
Rachael	Jones	02:47:09
Brian	Rawlings	03:05:19
Debbie	Lovatt	03:09:50
Ged	Beaumont	03:09:50

Coniston 14

Daniel Clowes	01:31:02
Kevin Finney	01:31:08
Tony Wilkes	01:37:52
Norman Collins	01:52:27
Rachael Jones	01:54:50
David Ratcliffe	01:59:35

Stafford Half

Toby Laver	1-18.10
Simon Collis	1-20.49
Adela Salt	1-23.39
Stan Winterton	1-23.53
David Myatt	1-24.27
Paul Burslem	1-28.18
Janet Hulme	1-32.36
Terence Parton	1-34.59
Lynne Callaghan	1-36.08
Don Brookes	1-36.15
Paul Hickman	1-41.31
David Filmer	1-46.20
Malcolm Rushton	1-58.26

There are a number of races coming up in the next few months, details can be found on the Clubs web page or on the North Staffs Road Runners web page.

Cheryl & Brian's Wedding

*Cheryl and Brian will be getting married on 30th April 2005 - Reception at Keele Hall at 7pm
We would be delighted if you could attend.*

R.I.V.P

59 Mahogany Drive, Stafford Staffordshire

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♪ ♪ Getting to know you..... ♪

Trentham Running Club has over 100 members and due to its large size, it's not possible to get to know everybody. There are faces you may recognize but you don't know their name and similarly you may hear of someone but never actually meet them. As such, in a new-age group-bonding type of way, I thought it'd be good to introduce a new feature! I'm going to get the ball rolling and hopefully I'll have lots of ~~guinea pigs~~ volunteers for future issues. A questionnaire will be winging its way to you shortly!!

- Name:** Lynne Callaghan
Age: More than 20 but less than 40!
Years running: Joined TRC in Oct 2000 and before joining, just jogged 2 miles every now.
Motivation: Enjoyment and staving off old age!
Best running tip: Always have your excuse ready for a poor race performance – I have this down to a fine art now! Not sure what I'll do if I ever get a good race performance out! Also and more seriously, set your training log to run Sunday to Saturday, rather than Monday to Sunday. This has really helped me, as I know I've got the hard part done right at the start of the week and I don't feel I'm playing 'catch-up' by the weekend. (Thanks for this tip Dave!).
- Typical training week:**
Sun: Long run (2-3 hours)
Mon: Spinning session
Tue: Speed session (or 'hang on at the back session' in my case!)
Wed: Circuit training army style (with ex-army PT instructor!)
Thu: Hill session
Fri: Telly, wine and feet up.
Sat: 5 miles easy; swim and possibly a bike ride.
- Other interests:** Music, cinema, eating out, holidays, triathlon (just a beginner!) reading and probably most of the same stuff everybody else likes – sorry nothing exciting here like rally driving.
- Running vice:** Too much chocolate and not enough stretching. Would like to take up yoga but haven't got the time.



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Other News

Trentham Running Club Annual General Meeting

The club held its annual general meeting on March 15th 2005 at Trentham Rugby Club. There was a less than modest turnout, with the regular supporters attending. All members are urged to support such events - even if you do not wish to say anything, there will be issues discussed which affect you.

Never the less, the evening went well with financial statements being presented, membership feedback being given and updates from the men's and women's teams. The men's team manager post is vacant at present and any individuals wishing to nominate themselves, should put themselves forward to one of the committee members as soon as possible:

Chair: Richard O'Keefe

Club Secretary: Lynne Callaghan

Membership secretary: Lionel Jones

Treasurer: Louise Clowes

2nd Claim Club Members: Stephen Pyke, Dale Colclough

Presidents Day

Our President Dave Filmer, will again be organizing the annual Presidents Day for later in the year. Dave has suggested that the format may follow in similar lines to last years event which was hugely successfully and enjoyed by many people. It is anticipated the event will take place towards the end of summer, around September time. So keep an eye out on the web site for further details - its definitely not one to miss!

Himalayan 100

Neil Middleton and his partner Leslie will this year be taking part in the Himalayan 100 Mile Stage Race and Everest Challenge Marathon Event. As the name suggest the event is in the Everest Region and is completed over consecutive days and from the race blurb, is not for the faint hearted. The race is run from the 21st to the 28th October and hopefully Neil will be able to tell us all about it in the our December newsletter. I understand Neil will be collecting sponsorship for this event and I am sure further details will follow.