



Trentham Running Club Summer 2005 Newsletter



Dear All,

In this seasons larger-than-normal Newsletter (guess it's be busy!) we have a number of updates to give. We have news on various members progress in local events, as well as an update on performances at the Flora London Marathon 2005. We also have the first of a selection of 'getting to know you' questionnaires and just as a gentle reminder, if you haven't yet done so, please return them to me by either e-mail or on paper.

So happy training and enjoy the rest of the Summer!

Here are some of our members results from the local road race scene over the past 3 months.

Air Products 10k

Although not part of NSRRA program or TRC Championship program, this year TRC was represented by 4 members.

Chris	Meir		0:35:42
Tony	Wilkes	Men Over 45	0:39:49
Brian	Riley	Men Over 50	0:42:56
Christopher	Bradbury	Men Over 55	0:43:04

South Cheshire 20

A big TRC turnout for a pretty miserable day weather-wise!

Place	Time	Name	Category	Min/Mile
8	2:08:43	LAVAR, Toby	Senior Men	06:26.0
19	2:16:04	PESTELL, Adrian	Senior Men	06:48.1
22	2:19:17	BURSLEM, Paul	Men Over 40	06:57.7
38	2:31:16	MOORHOUSE, Graham	Men Over 45	07:33.7
47	2:35:50	MIDDLETON, Neil	Men Over 55	07:47.4
50	2:36:51	CALLAGHAN, Lynne	Senior Ladies	07:50.4
51	2:36:54	FRYER, John	Men Over 50	07:50.6
52	2:37:09	LOCKER, Steven	Men Over 50	07:51.3
53	2:37:34	ROLDSTEIN, Mark	Senior Men	07:52.6
55	2:38:41	HUGHES, Mark	Men Over 50	07:55.9
68	2:43:57	BRADBURY, Christopher	Men Over 55	08:11.7
84	2:52:08	RACE, Julia	Ladies Over 40	08:36.2



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Newcastle 7

The club had its best turnout yet this year at Newcastle AC's 7 mile road race. Toby has shown he is in great form so far this year and led the club home in 40:21. Another excellent performance was Jan Hulme, who not only got 1st Lady v50, but more impressively was 3rd Lady overall! If there was ever a good advertising campaign for Jan's spinning classes, this has got to be it!

<i>Pos</i>	<i>No.</i>	<i>Name</i>	<i>Club</i>	<i>Cat</i>	<i>Time</i>
8	197	Toby Laver	Trentham SM		0.40.21
15	216	Simon Collis	Trentham MV 40		0.41.47
18	157	Richard Ogden	Trentham SM		0.42.42
28	129	Stan Winterton	Trentham MV 50		0.44.04
32	52	David Myatt	Trentham MV 50		0.44.23
36	89	Paul Burslem	Trentham SM 255		0.44.57
37	92	John Keeling	Trentham MV 60		0.45.02
38	250	Alan Austin	Trentham MV 50		0.45.08
40	220	Geoff Rigby	Trentham MV 60		0.45.12
49	252	Tony Wilkes	Trentham MV 45		0.46.17
68	254	Frank Caci	Trentham MV 45		0.47.57
69	213	Steven Locker	Trentham MV 50		0.47.59
70	286	Janet Hulme	Trentham LV 50		0.48.02
79	278	Brian Riley	Trentham MV 50		0.48.43
82	217	Mark Hughes	Trentham MV 50		0.48.55
86	214	Christopher Bradbury	Trentham MV 50		0.49.11
90	206	Lynne Callaghan	Trentham SL		0.49.28
97	146	Don Brooks	Trentham MV 60		0.49.47
122	280	David Ratcliffe	Trentham MV 45		0.51.18
125	224	Norman Collins	Trentham MV 50		0.51.26
131	153	Gerry Calvert	Trentham MV 60		0.51.42
134	158	Helen Ogden	Trentham LV 35		0.52.03
168	33	David Filmer	Trentham MV 50		0.54.11
178	269	Tom Filmer	Trentham SM		0.54.51
192	277	Paul Dixon	Trentham SM		0.55.39
218	168	Malcolm Rushton	Trentham MV 50		0.58.08
229	170	Peter Rowlands	Trentham MV 60		0.59.07
259	188	Gina Weatherall	Trentham LV 50		1.03.30





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Stone Treble Series

This years Stone Treble proved every popular this year and 12 Trentham Running Club Members completed the whole series. Particular 'well-done's' go to Ian Yates, Simon Dunn, Dennis Frain and Helen Ogden, all of whom won their respective age groups. The full results for TRC are below:

Runner	H'church		Kibb		Total overall		Total		
	Pos'n	Time	Pos'n	Time	Pos'n	Time	points	Pos'n	
Ian Yates	1	30.55	1	30.16	1	31.04	3	1	91.75 1st Male
Simon Collis	2	31.54	2	31.22	2	31.38	6	2	94.14 2nd Male
Richard Ogden	6	33.22	8	32.38	8	33.00	22	6	98.60
Simon Dunn	9	33.43	9	32.55	6	32.52	24	7	98.50 1st M40
Dale Colclough	21	36.22	13	33.47	15	35.12	49	12	104.81
Bryan Fox	20	36.17	27	35.54	23	36.24	70	17	107.95
Dennis Frain	24	36.36	26	35.34	21	36.05	71	19	107.75 1st M60
David Myatt	77	43.05	29	36.24	40	39.49	146	38	118.78
Alan Lewis	48	39.58	63	40.58	48	40.36	159	41	120.52
Helen Ogden	64	41.19	70	41.26	59	41.52	193	52	123.97 1st F35
Ken Pearson	71	42.28	65	41.17	58	41.48	194	53	124.93
Ken Bloor	95	46.53	96	46.10	98	49.41	289	73	142.04

Please remember to wear club vests in any races you take part in.

Team prizes are at stake!!! If you are new to the club and have not yet got yourself 'kitted out', please speak to one of the committee members who will get you sorted out with a vest. Club colours are green vest and black shorts.

Team Managers

Just a quick update on the clubs team manger positions. Unfortunately this year Dale and Louise handed over the roles of men's and ladies team managers respectively. We would like to say thanks for all the hard work they have contributed to the teams whilst in post.

We are pleased however that we have 2 new mangers to take over these posts; **Dan Clowes** and **Adela Salt**. As I am sure everybody realizes, a lot of hard work goes into getting teams together for club events and as such I hope everyone will be able to offer support and encouragement to them both.



On behalf of the club, we would like to Congratulate Cheryl and Brian Rawlings on their recent marriage. We hope you had a fantastic day and wish you all the best for the future!





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Flora London Marathon 2005

And so onto a review of this years FLM.

14 members went down to London this year, some for the countless time and others for the first time.

Alison Bradeley ran her first marathon this year at London and finished very comfortably in 4:27. Alison's training must have gone very well as any worries about 'hitting the wall' turned out to be unfounded! Another well done should go to Alison for the money she has raised for her charity.

Trentham's top male on the day was Kev Finney who only very narrowly missed out on a sub-3. Our top lady and overall top club finisher, was Adela Salt who ran a remarkable 2:53 - even the ever modest Del has said she was delighted with her time. You'll find an article kindly written by Adela in this edition, giving us her perspective on the day.

In total 8 of our contingent managed to get under 3:30 which hopefully everyone will agree is pretty impressive! A massive WELL DONE goes out to everyone ... 26.2 miles is a long, long way!

Overall	R# No#	Name	Age	Time
680	399	ADELA M. SALT	W30	02:53:59
1166	29318	KEVIN M. FINNEY	M40	03:00:45
1731	8343	MARK R. DEAN	M40	03:08:27
2118	28963	ANTHONY N. WILKES	M40	03:12:08
2765	28025	GRAHAM L. MOORHOUSE	M40	03:18:45
2975	30456	STEVEN G. LOCKER	M50	03:20:42
3503	30481	NEIL M. MIDDLETON	M50	03:25:02
3506	28358	MARK T. HUGHES	M50	03:25:03
4663	24171	MARK. GRIFFIN	M40	03:32:02
5352	26475	PAUL. HICKMAN	M30	03:36:36
7364	29185	TERENCE. PARTON	M60	03:48:04
10677	28003	RACHAEL A. JONES	W30	04:05:15
11769	26476	GED S. BEAUMONT	M40	04:09:44
16624	50834	ALISON. BRADELEY	W40	04:27:31



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London Marathon 2005

Before anybody else asks, the first lady finished in 2.17, and yes, her name was Paula. I finished a good half an hour later, but what an experience.

I'd qualified for the England AAA Women's Championship this year, and I knew I was mixing with some of the best female runners in the world when I spotted mirrors and carpets in the portaloos, with flowers to freshen things up a bit!

Lining up on the start line, the butterflies were kicking in. The TV cameras went into action, and we waited in anticipation for the elite women to line up in front of us. A ripple of applause followed, as the likes of Sonia O'Sullivan, Benita Johnson, Margaret Okayo and Joyce Chepchumba all lined up, before a huge cheer as Paula Radcliffe walked out and stood amongst us. It was quite emotional, all of us "ladies" looking up to Paula with utmost respect at who we considered to be the best female runner in the world.

Haile Gebrselassie came out to start the race, which caused more cheering and wolf whistles before the claxon sounded. That was the last I saw of Paula, as her head bobbed off down the road ahead of us.

I didn't really know what to expect from the Championship race. There were probably about 100 or so at the start, but by 5K, the field had broken up and we were running in small groups. I was so used to running London with 30,000 other people, it felt strange seeing an empty road ahead.

Before long, I was running alone, and the spectators lining the route increased as I neared the Cutty Sark. All I could hear was roaring from the crowd, and amongst that there were shouts of "Keep going girl!", "Well done Trentham!". I couldn't believe that these complete strangers were singling me out and cheering me on.

One of the best moments for me was going across Tower Bridge. The crowds by now had grown considerably and the noise was deafening. I rounded the corner and saw the blue supports of the bridge but I couldn't see any other women in front of me. There was still cheering and clapping, still shouts of Trentham, and nobody else on the road but me. I felt like a champion, like it was me leading the race and not Paula, who by now was probably a good couple of miles ahead of me. I found myself being lifted by it all, and ran across that bridge full of emotion and pride, overwhelmed at the level of support.

It was hard in places running alone – you can see the course ahead, as well as all the small hills that are normally hidden by "the masses". I went through a rough patch at about 16 miles but by 20 I'd got back into my stride and was being pushed along by the support of the crowds.



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The “masses” started appearing on the other side of the road as I was heading for home, and I heard a couple of shouts of “Go Del from Trentham!” – one off Vernon from Stone Master Marathoners, and the other Kev from Trentham (sorry Kev didn’t see you – but thanks anyway!)

The pace I was doing would bring me in around the same time as the elite men, and I started to panic about the leading men trying to get past me and me tripping them up or getting in the way. As it happened, I was approaching Westminster when the men’s lead vehicle came past with Jimmy Saville on board, waving at me and me waving back (thank God that wasn’t on TV!) Next thing, a little man passed me on the left hand side. He really was short, and I later found out that it was Martin Lel from Kenya who won the men’s race. I didn’t trip him up or get in the way – he was going too fast for that.

The last mile is always the hardest for me. I’m absolutely exhausted but can’t stop as so many people are shouting encouragement. The support was fantastic, and as Buckingham Palace appeared ahead, I knew it was almost over. The 2nd and 3rd men went past me (Gharib and Ramaala), as I turned the corner and saw the finish. Somehow I always manage to muster some energy, and sprinted to the finish absolutely elated – I’d broken the 3 hours I had been aiming for.

Having received my medal, found my kit bag and headed for the changing area, I literally bumped into some of the women I had been chatting to at the start. We’d all achieved our goals, and all vowed to be back again next year and maybe go even faster.

I’d travelled down with a bunch of Stafford Harriers for the weekend, and when speaking to them later that night, they asked how I’d got on. Their excuse for me being quicker than all but one of the Harriers? They like to get value for money from races, and so take their time!

Adela Salt

(Thanks Del for agreeing to write this piece – and well done again on your fantastic performance)



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♪ ♪ Getting to know you.... ♪

Name: David Filmer .President (nobody else wanted the job), Club Founder (Yes, I'm the one to blame !!!!)

Age: 56

Years running:33

Motivation: Running to me is like the valve on a pressure cooker .It releases all my steam (and every one who knows me can confirm I've got plenty of that !)

Best running tip: At drink stations (especially in big events) Never dive in for the first drink you see .Go for one of the last ones .Not only will you escape the crush but you will save yourself valuable seconds but above all you will make the day of the kid who you take the drink off , You are probably his first customer !

Typical training

Sun 1-30 to 2 hrs very steady .With Lionels group if time allows or on own if not .

Mon 5 mile jog with Jim my dog, off road

Tues 1 hr either with John Bick in a.m. or with club if not working

Wed 5 mile with dog

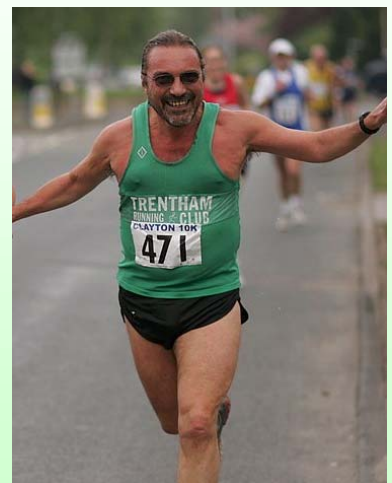
Thurs 1hr with J B

Friday 5 miles with the odd burst

Sat I NEVER run

You will notice there is not much quality in my training these days however I do always try to push the last mile in every run I do . Not very scientific but it works for me !

Running vice: Beer & getting behind a nice bottom in a race !!





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Gatehouse Clayton 10k

24 TRC runners took part in this tough little 10k this year. Toby and Adela continue to lead the club home in the Men's and Women's categories with fine performances. Our ladies also took away the team prize and hopefully there will be more to come this year.

Excellent runs also came out of 2 members who must now have realised the benefits of staying off the tipple the night before - I won't name names!

Sharon Edwards also completed the run in under 55 mins, in what must still be one of her first outings for the club. Well done!

6	T.LAVER	TRENTHAM	M	34-37
12	S.COLLIS	TRENTHAM	M40	35-22
22	R.OGDEN	TRENTHAM	M	37-05
23	J.THOMAS	TRENTHAM	M	37-18
32	S.WINTERTON	TRENTHAM	M60	38-30
33	D.MYATT	TRENTHAM	M50	38-41
36	A.AUSTIN	TRENTHAM	M55	39-03
44	P.BURSLEM	TRENTHAM	M40	39-21
48	A.PESTELL	TRENTHAM	M	40-02
49	A.SALT	TRENTHAM	F	40-03
69	F.CACI	TRENTHAM	M45	41-43
73	P.DIXON	TRENTHAM	M	41-52
74	L.CALLAGHAN	TRENTHAM	F	41-55
81	B.RILEY	TRENTHAM	M50	42-39
90	M. HUGHES	TRENTHAM	M50	43-27
106	A. LEWIS	TRENTHAM	M60	44-24
110	H. OGDEN	TRENTHAM	F35	44-31
126	G. CALVERT	TRENTHAM	M65	45-12
133	K. PEARSON	TRENTHAM	M50	45-56
161	J.PHILLIPS	TRENTHAM	F40	48-23
167	D.FILMER	TRENTHAM	M55	49-04
180	M.RUSHTON	TRENTHAM	M50	51-32
189	S.EDWARDS	TRENTHAM	F35	52-59
195	G.WEATHERALL	TRENTHAM	F60	55-05

We are still waiting for all the subscriptions to come in which this year have remained at 20 pounds - but don't forget there is an additional 5 pounds to pay after 30th June, so get your money to Lionel Jones , membership secretary ASAP!:

Weston, Tittensor Road, Barlaston, Stoke on trent, ST12 9ON

The City Parks Series will be in the next edition of the newsletter, when all 4 races will have been completed. If anybody has any articles they would like write, please send them to me at lynne.callaghan@fsmall.net and I will make sure they are incorporated in a future edition. As usual – any comments gladly received!



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A Busy Weekend All Round!

2 half marathons took place on Sunday 22nd May this year for our clubs runners, Chester and Uttoxeter. We had good results in both including another excellent win for the ladies team at Uttoxeter, continuing the season in strong form. The men's team also finished in 5th place in the team results at Uttoxeter.

Chester 1/2

Overall Pos	Name	Category	Cat Pos	Time
18	Jason Thomas			01:18:21
136	Tony Wilkes	V45	18	01:29:21
186	Mark Hughes	V50	9	01:31:49
191	Lynne Callaghan	L	6	01:32:01
431	Christopher Bradbury	V55	14	01:40:12

Uttoxeter 1/2

Overall Pos	Name		Cat	Time
22	Stan	Winterton	M60	01:25:00
34	Adela	Salt	F32	01:26:57
35	Paul	Burslem	M40	01:27:20
66	Graham	Moorhouse	M49	01:32:06
72	Kenneth	Bloor	M44	01:32:59
77	Janet	Hulme	F51	01:33:22
96	Alan	Austin	M57	01:35:02
130	Alan	Lewis	M64	01:39:08
132	John	Fryer	M51	01:39:26
152	Ken	Pearson	M52	01:42:41
176	Adrian	Pestell	M34	01:45:22
177	Julia	Race	F42	01:45:23
219	David	Filmer	M55	01:49:31
252	Jill	Phillips	F43	01:53:28
299	Malcolm	Rushton	M54	02:02:35

We are always looking for new social events and activities everyone in the club can take part in away from the more competitive side of things.

If you have any suggestions or ideas that you think would work well for TRC please let us know. For example the Christmas 'do' always goes down well with members and perhaps you think a mid-year meal would be a good idea, or perhaps you think a organised trip out to the Lake District for a weekend sounds good.

ALL SUGGESTIONS GRATEFULLY RECEIVED!!!