



# T.R.C. NEWSLETTER

## March 2004



### Presentation Evening

The annual club presentation evening went ahead on the 13<sup>th</sup> February at Trentham High School followed by a buffet at the Rugby Club.

Andy Wilton kindly turned out to support the evening and present the senior prizes in front of a great turnout of junior and senior squads as well as family and friends.

Particular thanks go out to Phi Greer and the rest of the junior coaches, Steve Pyke, Dale Colclough and Rose Greer for making it a successful evening.

The full prize giving results are listed below but particular mentions need to go to Danny Meigh, Dave Hollins and Lyndsay Peel who dominated the prizes.



Female Runner ... Year Lyndsay Peel

Male Runner ... Daniel Meigh

Best Marathon Performance ... Dave Hollins

Most Improved Runner ... Dan Clowes

Club Person ... Cliff Knowles

Achievement of the Year ... Dave Hollins

Golden Trainer ... ladies cross country team (although Steve Pyke came a close 2<sup>nd</sup> after locking his keys in his car at the Hanford Summer Series!)

### **North Staffs Cross Country League Results**

Senior men ... Dave Hollins (winner), Craig Jeffrey (1<sup>st</sup> runner up), Steve Bazell (2<sup>nd</sup> runner up).

V40 men ... Dave Pearsall (winner), Paul Crutchley (1<sup>st</sup> runner up), Alan Evans (2<sup>nd</sup> runner up).

V50 ... Malcolm Rushton (winner).

V55 ... Terry Parton (winner)

V60 ... Alan Lewis (winner), Barry Hopwood (runner up).



### Forthcoming Events



Coniston 14 – Saturday 27<sup>th</sup> March

Stafford ½ marathon – Sunday 28<sup>th</sup> March

Paris Marathon – Sunday 4<sup>th</sup> April

Newcastle 7 – Sunday 4<sup>th</sup> April

London Marathon – Sunday 18<sup>th</sup> April

Uttoxeter ½ marathon – 25<sup>th</sup> April

## TRENTHAM RUNNING CLUB NEWSLETTER

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## Juniors

THEY DID US PROUD – Phil Greer



At the end of their best season ever, the presentation night was the icing on the cake for Trentham Juniors.

After a long hard season which began in May with the City Parks Grand Prix where our juniors did us proud taking medals in every age category.

We then progressed through into the summer taking in the Staffs Moorlands Summer Series which was won outright by our top junior Daniel Meigh.

There were also fine performances and prizes for Kelsie Stair, Andrew Marsden, and Mathew Clowes in their respective age groups.

With the summer now over we entered into the cross country season which began at Utoxeter on the demanding course where our juniors were up to their waste in water but still battled on to compete at a very high level.

In the North Staffs Cross Country league it was grit all the way in what was to turn out to be their toughest test yet.

The U-11 Girls team came away with the silver medal as did the U-11 Boys and the U-13 Boys.

We also had some outstanding performances in the individual competition with Callam Rowley ( U-13 Boys) taking the bronze medal in his very first season,

As did Abbey Andrews ( U-13 Girls) and Samantha Bailey ( U-11 Girls ) a great achievement in such a competitive league. ( Well done to you all ).

We knew we would fair well in both the team and individual but our best individual performances came in the U-11 Girls and the U-15 Boys where both Lindsey Peel and Daniel Meigh both struck gold in the respective age groups

Which ended a perfect competition for our juniors.

With the winter almost over there was just one competition left and that is the toughest test of all, yes the County Championships which were to be held this year at Stafford Common would give anyone who was good enough to finish in the top six a county vest and a place in the county team where they would represent Staffordshire in the Inter-Counties at Woolaton Park on March 6<sup>th</sup>.

This may be the tallest order of the season but once again our top junior boy Daniel Meigh ( U-15 Boys )came up with the goods finishing 4<sup>th</sup> by the thickness of his vest and he will be going to the inter counties in the staffs team and I know he will do his club and his team proud.

Let's wish him and the Staffs Team all the best and let's hope that they can come away with a medal of any colour.

WELL!!!

I said earlier that the presentation night was the icing on the cake and so it was, it was truly a site to be proud of when our juniors came up to collect the awards that they had worked so hard for and that was echoed by our special guest and England international Andy Wilton.

Andy paid tribute to all the juniors and their coaches and said what a lovely sight it was to see them collect their awards after such a long hard season.

If you did not attend the presentation night it was your loss, but you will have another chance next year to pay tribute to the juniors who are after all the future of our club, when I am sure that they will be looking to improve this years performances.

Well done to all of them and thank you to all the parents and coaches as I could not run this section without your help.

See you all next year

Phil Greer

Junior Coach.

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### Junior Results



#### Summer Championships 2003

U-11 girls ... Lyndsay Peel (winner), Samantha Bailey (runner up).

U-13 girls ... Kelsey Stair (winner), Katie Toombs (runner up).

U-15 girls ... Anneka Hall (winner).

U-11 boys ... Matthew Pointon (winner), Matthew Clowes (runner up).

U-13 boys ... Calam Rowley (winner), A Marsden (runner up).

#### North Staffs Cross Country League Results

U-11 girls ... Lyndsay Peel (winner), Samantha Bailey (runner up).

U-13 girls ... Abbey Andrews (winner), Kelsie Stair (runner up).

U-11 boys ... Tom Taylor (winner), Robert Jones (runner up).

U-13 boys ... Calam Rowley (winner), Andrew Marsden (runner up).

U-15 boys ... Daniel Meigh (winner).

#### **A special note here for the ladies from Louise...**

I have now been made Ladies Team Manager. This prestigious title(!) means I will now be the one pestering you to enter events where teams are required, or there are team prizes to be won in normal races, and asking you to give up your Saturday afternoons to run round muddy cross country courses in the freezing cold from November onwards.

We now have several ladies who are training regularly and it would be nice to get a group of us out at some of the local races. We can always organise sharing lifts if anyone needs one. If any of you spot a race that you would like the other ladies to enter as a team, please let me know either on a training night, or contact me (details below) and I'll do my best to persuade everyone else to have a go.

If there is a ladies team-related event coming up I will put the details (e.g. location, date, distance, entry fee) up on the club notice board with a space to put your name and contact details if you are interested.

I am also interested in encouraging new ladies to join the club. We don't actually have a very high proportion of lady members, though it is probably better than in previous years. If any of you have any bright ideas on encouraging new ladies let me know. I have seen we have a rather high drop-out rate when new ladies have come down for Tuesday and Thursday training and was wondering if a slower/shorter run offered on the website would help. I would be interested to hear your views.

Finally I think we should give ourselves a pat on the back. At the Coniston 14 road race on 27<sup>th</sup> March, the ladies team of Lynne Callaghan, Julia Race, Louise Clowes and Rachael Jones picked up 3<sup>rd</sup> ladies team prize. Especially well done to Lynne who was the first Trentham RC lady home, setting a PB by a good margin. Good luck to Lynne and everyone else who is running the London Marathon.

Congratulations also to Jill who ran very well in the Stafford Half on 28<sup>th</sup>.

If you want to get in touch my mobile is 07762 345717, email

[louiseclowes@ukonline.co.uk](mailto:louiseclowes@ukonline.co.uk).



# TRENTHAM RUNNING CLUB NEWSLETTER

March 2004

## Birmingham & District Cross Country League - Division One

The first season on our return to the First Division of the Birmingham Cross Country League ultimately ended in relegation. We had, however, started very promisingly in the opening couple of fixtures in what is the toughest cross country league in the country.

At the first race at Senneleys Park the team packed well with Dave Hollins running impressively followed by Craig Jeffery, Steve Pyke, Dave Allen, Steve Bazell and Simon Collis. We had an even better team performance at the second race in Northampton getting 7<sup>th</sup> place on the day which left us 7<sup>th</sup> overall ahead of local rivals Staffs Moorlands and Stoke AC and just one place behind the illustrious Tipton.

Unfortunately we couldn't maintain the momentum. For the third race at Coventry the loss of key members such as Dave Hollins, Simon Collis, Steve Bazell and Jason Thomas was too much of a handicap despite strong runs from Alan Evans and Mick Baggeley who filled the fifth and sixth team places. On the day we finished last of the thirteen teams which dropped us right into the relegation battle.

For the last race we fielded a strong team including recent signing Chris Meir getting back to somewhere near his best form. It was also great to see a large number of runners who don't normally run the Birmingham races respond to the request for support. Most notable of these was Gerry Calvert who dug out his spikes wrapped in a 1986 edition of The Sentinel, which is when he'd last run a cross country race. Unfortunately, we were still missing Steve Bazell and Dave Hollins and this proved crucial as we needed every point if we were to close the gap on the teams above. We didn't so it's back to Division 2 next year. However, we should be optimistic that if we can maintain the level of support we had at Leek – where we fielded 16 runners – we should bounce straight back to Division 1.

### Results

#### Race 1, SENNELEYS PARK, SATURDAY 1 NOVEMBER 2003

Pos.		Name	Club	Time
21	D	HOLLINS	TRENTHAM	35.53
57	C	JEFFERY	TRENTHAM	38.15
59	S	PYKE	TRENTHAM	38.20
61	D	ALLEN	TRENTHAM	38.27
73	S	BAZELL	TRENTHAM	39.12
76	S	COLLIS	TRENTHAM	39.23
117	P	CRUTCHLEY	TRENTHAM	41.46
147	A	EVANS	TRENTHAM	44.18
149	P	GREER	TRENTHAM	44.29
150	J	THOMAS	TRENTHAM	44.30
155	D	COLCOUGH	TRENTHAM	45.19
157	D	CLOWES	TRENTHAM	45.35

#### RACE 2, NORTHAMPTON, SATURDAY 29 NOVEMBER 2003

Pos.		Name	Club	Time
13	D	HOLLINS	TRENTHAM	33.57
34	S	PYKE	TRENTHAM	35.15
60	C	JEFFERY	TRENTHAM	36.37
66	D	ALLEN	TRENTHAM	37.03
71	I	YATES	TRENTHAM	37.09
74	S	BAZELL	TRENTHAM	37.27
75	S	COLLIS	TRENTHAM	37.35
117	J	THOMAS	TRENTHAM	40.29

#### Race 3, Coventry, Saturday 10 January 2004

Pos.		Name	Club	Time
37	S	PYKE	TRENTHAM	29.52
51	D	ALLEN	TRENTHAM	30.22
64	C	JEFFERY	TRENTHAM	30.50
106	I	YATES	TRENTHAM	32.56
124	M	BAGGELEY	TRENTHAM	34.24
131	A	EVANS	TRENTHAM	34.53

#### race 4, Leek, Saturday 9 February 2004

Pos		Name	Club	Time
21	S	PYKE	TRENTHAM	30.22
38	C	JEFFERY	TRENTHAM	31.18
42	D	ALLEN	TRENTHAM	31.32
53	C	MEIR	TRENTHAM	32.14
63	I	YATES	TRENTHAM	32.54
65	J	THOMAS	TRENTHAM	33.05
74	S	COLLIS	TRENTHAM	33.41
89	M	BAGGELEY	TRENTHAM	34.40
91	R	OGDEN	TRENTHAM	35.10
111	D	CLOWES	TRENTHAM	36.50
112	D	MYATT	TRENTHAM	36.54
115	S	CHELL	TRENTHAM	37.20
117	P	GREER	TRENTHAM	37.25
123	A	EVANS	TRENTHAM	38.47
132	P	BURSLEM	TRENTHAM	40.22
142	G	CALVERT	TRENTHAM	43.24
146	M	HALL	TRENTHAM	46.33
147	B	HOPWOOD	TRENTHAM	47.28
150	M	RUSHTON	TRENTHAM	49.20

#### OVERALL POSITIONS

1	Loughborough Students	416
2	Birchfield Harriers	534
3	Coventry Godiva Harriers	767
4	OWLS	821
5	Birmingham Univ.	888
6	Tipton Harriers	977
7	Staffs Moorlands	1077
8	City of Stoke A C	1371
9	Kidderminster & Stourport	1382
10	Rugby & Northampton	1390
11=	Trentham R C	1460
11=	Halesowen	1460
13	Leamington C & AC	1712