



NSRRA August 2021

VirtualEdition 6



***“Well done with “Virtual”Events
Welcome back to “Actual Events”***

-Ken

Do not let the memories of your past limit the potential of your future. There are no limits to what you can achieve on your journey through life, except in your mind.”

— Roy T. Bennett, The Light in the Heart

Dear Runners

My first experience of an “Actual” event since my stroke was Betley 10K, not as a runner but as a volunteer. My wife Julie and I joined a team of behind the scene helpers who make it all possible, lead of course by Ken and Sue. It was hot day making it a tough course and probably tested your stamina and mind to the limit, I think you all did very well.



My stroke experience has taught me a lot about how I look at myself with regards to health and well being. My underlying health issue was a heart condition called Atrial Fibrillation (AF) which is something I didn't know about but I've now learnt a lot and am very grateful for the medical care and support from my family and the Stroke Association. Other members I know of who are stroke survivors are Mick Jones and Ken Richards, I am sure you will wish them well.

Every five minutes, stroke destroys lives. But with courage, determination and the breakthroughs that come from research, recovery is possible.

The pandemic has cut the stroke research budget in half, putting vital improvements in treatment and care at risk.

Please consider my Potters Arf run supported by Sarah Taylor with a donation to help fund vital services across the UK including critical support and pioneering research to help rebuild lives. You can find me on just giving under Graham's page or via this link:

<https://www.justgiving.com/Graham-Fletcher-Sarah-Taylor>

Your very grateful Editor Graham

CHAIRMANS REPORT

After what seems like an eternity live races are finally back. It was wonderful to see everyone recently at Cheadle 4, Betley 10K and Trentham 10k. Because we realise that some runners are still apprehensive of coming to live events we are still going to carry on with the virtual events alongside the live races. No points or prizes will be awarded but they will count towards becoming a Compleat Runner

which we know has been a focus for some throughout the pandemic. We are now in the second half of the season so both the groups and team competitions are shaping up nicely.

Thank you to each and every one of you who have taken the time to write reports; this is what makes the newsletter so interesting. We will be reverting back to printed newsletters in the future.

We finally managed to hold our presentation event in a slightly different format but I think it went down really well. Thanks to all who attended, we were blessed with good weather over the 2 days and no complaints from our neighbours so good news all round. Hopefully we will be back to our normal format for the 2021 presentation evening at Florence Club in January.

As you will be aware long time member Mick Jones suffered a stroke but thankfully Mick is continuing to recover and will be back compiling the tables for the team competition soon.

To each and every one of you who have supported NSRRA throughout this pandemic thank you so much.

Ken

A popular event for local clubs “Thunder Run” took place over the weekend of July 25th and 26th at Catton Park in Derbyshire. Newcastle AC, Stone Master Marathoners, Trentham RC and Silverdale RC all took podium places in various categories. Well done to everyone who took part.

Thanks
Ken



SIBLING RIVALRY IN THE STATHAM HOUSEHOLD : BRIEF HISTORY AND CURRENT STATUS.

The '83 Madeley Half was on the cards and the four members of the Statham Running House all turned up to run, Elaine and the boys weren't runners but I was, having started Marathon training for the '84 Potteries. John Bourne assured us that there was a fun run for the "non-runners" but this turned out to be the whole 13.1. "OK" they all said, "if you can do 13.1 miles, so can we." I was out in front in the household rankings but Andrew and Elaine came past at 8 or 9 miles, "You had better slow down," I called after them, "You'll never finish at that pace". I expected them to be sitting at the roadside exhausted but they were waiting at the finish. My place in the Statham Running House pecking order was beginning to become apparent.

Elaine was too busy playing squash for Draycott ladies and didn't race again until the Mich 10 in the Spring, "If I can run eight miles on Friday," she announced the week before, "I'll do it." I was marathon fit and actually beat her in this race, by about 30 seconds, my one and only victory. We came in together in the Stone Flying Fox Marathon in the autumn but she was away and gone thereafter. We initially joined John Bourne's Draycott Dawdlers, running from the sports club. Latterly David has set up Farman Close Athletics Club, named after the Close we lived in for 20 odd years. When things got more serious we joined Stone Masters then going to Stoke AC when Elaine started racing on the track.

The rest is history : She went shorter distance on the track and we travelled the globe to World Championships where she was winning gold medals and breaking world records. Also in the Duathlon discipline. I tried moving the goalposts going ultra over distances like the 56 mile Comrades Marathon and the White Peak 100 miles, fortunately she didn't see the point of running all day and night! However, when we did LDWA 25 or 30 milers, the signs were there, She would run on in front to the check point and as I arrived, appear at the door with a drink and a pocket full of biscuits; "No stopping here, that blond girl is only a couple of minutes in front! You can eat and drink on the run!"

The competitive racer couldn't be suppressed and she started racing again at the age of 75, unfortunately I had very reluctantly had to stop running a couple of years prior. However, my position in the household's running order was taken over by David now in his early

fifties, tempted into racing mode by the Park Run phenomenon, he runs every day in spite of a busy life. He is a member of NSRRA and finds virtually racing his Mum a real challenge and is usually very close but rarely in front. I was happily back in shoe cleaning, bag carrying and secretarial mode. Saturday morning at 0900 during lockdowns there is no Park Run and I have yet another function in the Running House, that of starter. I have a phone in each ear, one to Andrew in Manchester and the other to London and David. There are often the third generation, the grandchildren, also on the start line, usually running a maximum of 2 miles.



Tom (9) is in Manchester is arguably looking the most promising runner, his Nana likes his running style and attitude and he is already under 19 for 2 miles, Sam (14) in London would really rather chase a rugby ball round a field - like his Uncle Andrew, though his partiality is a squash ball. Lizzie, also in London is a promising gymnast and seems to like running as little as green vegetables. There could well be a late developer. I think they all need to watch out for Andrew when he has recovered from a Karate injury, a sub 20 mins 5k is possibly on the cards.

Lisa is Sam and Lizzie's mum and is a quite a handy runner when she can spare the time from the gym. Tom's mum, Anne, at times keeps up with Elaine for the first mile or two in a race and some more consistent training would see even better results.

This makes the total of nine Stathams on the running (me walking) scene and all were out in the Bakewell Park Run a little while back. We look forward with eager anticipation to the post run Portal coffee meeting to compare times and performances. Dave pre-Covid was just in front of Elaine with a best of 25.43 compared to his Mum's 26.40, about 9 minutes slower than her best in her mid forties. It will be interesting to see how we have fared through pandemic restrictions.

The Running House has been functioning for almost 38 years now and does not look like petering out. Long live the "Sibling" rivalry between the generations which keeps it going.

Mick Statham June 2021

Virtual Uttoxeter Half

Carol and I arranged to meet at Denstone Village Hall on Saturday 1st May at 8.30am to complete the Virtual Uttoxeter Half Marathon. However, the day before, Carol posted a photo of her foot showing a very bruised little toe. I took one look at it and thought, "Carol won't be running tomorrow." Carol is made of stronger stuff though, and right on cue she was there, ready to start.

Carl, one of our running buddies, said he would join us for part of the run, so we quickly got him to work, taking start line photos of us both with our race numbers. Then the three of us set off at a steady pace through the village and towards the JCB factory lake. As we ran along the lake side, quite a few fishers were setting up for the day and they nodded hello to us as they chatted away. We passed other runners and walkers out for their morning exercise, as well as lots of ducks who were in no hurry to move.

After completing three laps of the lake, we started to make our way towards the cycle route which goes along a dismantled railway from Denstone, passing through Alton and on to Oakamoor in the Churnet Valley. After about a mile and a half Carl had done his bit and he turned off the path, taking an alternative route back to his car. Now it was just the two of us facing another seven miles of running.

As we ran outward bound, the path was fairly quiet, with a skittering of dog walkers and cyclists. The sun was shining and it was wonderful seeing the bluebells bursting into flower and the hedges taking on their summer foliage. In the distance we could hear woodpeckers drumming away and a wide variety of birds were bobbing from place to place looking for breakfast.

About halfway down the track I suddenly spotted two creatures in a field to the left. Were they what I thought they were? Suddenly they emerged through the bushes and there, just a few meters away, were two deer standing on the path. They heard the sound of running feet and within seconds had disappeared into the undergrowth to the right. I've looked for deer on many occasions when out running and I just couldn't believe I'd seen two, so close up.

However, there was no time to dwell on this wondrous sight. The terrain was quite rough and we had to concentrate on where we were running as it would have been easy to trip on protruding roots or

uneven potholes. Thankfully, the recent rain had softened the ground so it lessened the impact on our feet. Before long we had reached the end of the track and then all we had to do was turn around and retrace our steps back again for another four miles.

The last two miles seemed the hardest and it was a matter of digging deep to keep the pace going to the end. But we kept at it and suddenly our watches showed the magical 13.1 miles. It was time to end the run, we'd done it! Now all we had to do was take some finish line pictures to send to Bryan Dale. We both started to feel the cold after stopping, so once the photos were done, we quickly popped our jackets back on and had a slow jog back.

When we reached the car park we looked at The Tavern public house over the road and thought we could get some interesting shots there. Just as we were clicking away the landlord appeared from behind a door and we felt the need to explain what we were doing. We did offer to buy a beverage, but disappointingly, he wasn't open for another hour! I'd just ran my first sub two-hour half marathon but there was going to be no celebratory drink.

We then turned around and saw a small sitting area ablaze with spring flowers, so what was the only thing two girls and camera could do when faced with such a sight? We quickly popped back over the road and started clicking away again. We certainly weren't going to forget the Virtual Uttoxeter Half in a hurry.

Carol Astbury and Julie Dudley



Clayton 10km virtual race.

As a club from Blythe Bridge it seems perfectly reasonable that our club hosts a race....The Clayton 10km. Due to lockdown restrictions still in place we had to hold our second year again as a virtual race.

Thankfully running clubs were allowed to meet so BBRC decided to race against ourselves for "Our Clayton 10km". On a wet Thursday evening, 21 club members met on a damp car park in Stone.

Club secretary Roger had plotted our route, nice and flat along the canal taking in most of "The Westbridge" race route.

At 6:30 our "race" started.

Lately my own running had been steadily improving, so I'd given myself the challenge of aiming for a PB and getting under that hour mark would make me happy.

Rogers "GO" signalled our blue Army to leave through the car park entrance. I started at the very back (bloody watch not wanting to start) but that spurred me on to want to pass people.

Thankfully the wet weather kept me cool as I ran my fastest first mile. Pounding along the canal and dodging the puddles I was almost at the front of our group, with our leader in my sights I kept on trying my best rather than my usual plodding along.

By half way I was well under the 30 minute mark, which spurred me on to keep doing my best. With less miles to complete than I had already ran, I was on my way home which personally I see as "downbank" even though still flat along the canal.

The monotony of the canal was tough and the puddles I now waded straight through.

The best way to get me to the end was to count "canal bridges". I'd guessed that there'd be 7 before the end and that I wouldn't look at my watch until I'd got to the fifth!!
1.....2.....3.....4.....and aha 5!

I looked at my watch 5.5 miles completed. YES not even a mile to go. My time said 46 minutes, I calculated if I ran the next mile at a steady 10 minute mile, I'd achieve being under that hour!!

I passed one more bridge and now our Team Support was on the other side of the canal cheering me in.

I ran as fast as I could, crossing the last bridge and back along the road into the car park.

I stopped my watch, huffed and puffed and then I took it in and rejoiced YES, I'd well and truly beaten my goal of an hour.....I'd achieved a nice mirrored 52:52. I was overjoyed!

Our Team event encouraged me to run my best after 14 months of solo virtual races. I cheered the rest of our team in along the opposite side of the tow path they were running on.

Soon all team members were back together and we were all grateful of the drizzle still hanging around.

Thank you NSRRA for inspiring us all to keep running throughout this pandemic with your virtual races.

Keep on Keeping on!!

Emma Lonczyk



Stone St Michaels 10k Virtual Race

Well, what a year it has been! After a disappointing 2020 on the NSRRA race front for me not being able to get my head around virtual races and to be honest I did not think the virtual races would still be happening in 2021. I decided I had to get myself motivated and get back into running races. So, I renewed my NSRRA membership and completed the first race, Alsager 5. I certainly found virtual racing a challenge, I wasn't happy with my time and so the next day I went out again and put my life and soul into running and got a much better time. I stayed focused and completed all 7 races getting myself new PB's in every race and some great T-shirts and medals. Race 8 Stone St Michaels 10k soon came around and was hopefully

the last virtual race before real races again. I decided instead of running this race solo I would do it on a run club night and get my running group to pace me around with some support along the way. I headed out from Nantwich Football Club (the meeting place for Nantwich Running Club) and onto the river. It was busy with other runners, walkers, and dog walkers, I manoeuvred around them with my running group. I got off the river and ran up towards The Barony, after crossing the busy road near Sainsburys it was an uphill mile onto Crewe Road, past the Peacock, up Park Road, into Coppice Road and onto Colleys Lane, I managed to pick up the pace on this stretch of lane as it was nice and flat and quiet with little traffic. I am now onto Middlewich Road and heading back into Nantwich Town, running as fast as I can, listening to my own heart beating and deep breathing. One mile to go and it is back onto the river, just half a mile to run now and up a little incline and onto Water Lode heading up another incline towards the club, head down and gritted teeth last push! I am done my watch clicks to 6.21 miles. My fellow runners had helped me to complete the last virtual race. I look forward to the real races now to finish off what has been a very challenging year.

A big thank you goes to Ken Rushton and his team for all their support and motivation during these uncertain times.

Diane Mason (Nantwich Running Club) #Runbettertogether#



BETLEY 10K

Would you like to do a race report on the Betley 10k ish says Ken, following my completion of this brutal course. Here am I congratulating myself on getting round in (for me, at my age) what I thought was a very respectable time when I am informed that it is about half a mile short, just to rub salt in the wounds and put my time into perspective.

“As the oldest current competitive runner in NSRRA it will be good to get your take on the race”, he says, or something like that. I hadn’t entered it up to a week before as I knew it was really a cross country course, so talked to Ken before running the “easy” Cheadle 4, in order to ascertain its nature. I’m fine running on roads and even trail so long as there are no roots etc sticking up as I obviously don’t want to risk tumbling and damaging my replacement metal hip. Nearly all on fields with a bit of track says Ken, but no roots etc. Me “What’s the grass like”. Ken, pointing at the flat “billiard table” Cheadle Rec. “Like this.” So in goes my entry.

The course is of course a replacement this year for the St Thomas 10k which we could not hold owing to the pandemic and therefore the non availability of the school race headquarters. As far as I can recall it is the first time a NSRRA race has been held completely on a cross country course. Older members will however remember races in the dim and distant past which incorporated sections on trails and tracks, notably the very tough Trentham Trailblazer 15k held in Trentham Park for two or three years almost 30 years ago and there were one or two others of similar nature in the early days of the Association. All this is in the brilliant book written by that doyen of NSRRA, the late, superb George Kay, who was the “Ken Rushton” of the association up to the early years of this century prior to the advent of computer technology, social media etc. The book is entitled NSRRA, THE FIRST 20 YEARS 1974-1994 and is packed with the history of the Association from its formation up to 1994. I treasure my autographed copy and often take it off my bookshelf for a browse. Younger members who have never heard of it, or George for that matter, would do well to have a look if they can beg, borrow or steal a copy.

Anyway that’s the end of the history lesson so on with the report. Apart from the races the main thing we have all missed during the past 16 months or so is the period before and after, when we can meet up with friends, colleagues, rivals, enemies etc on race day. The day dawned warm and sunny presaging a hot day to come. I arrived an hour before the start in order to chat to people not seen for ages as I had done at Cheadle the previous week. Lovely to see so many colleagues and friends. Almost the first was the admirable Dan Maddock who I had seen briefly as he passed me ascending the hill at Cheadle 4. Looking fit and well and showing what can be achieved in overcoming major illness if the will is there. Well done Dan and long may it continue. Association President and long standing friend Stan Winterton had made the journey to be part of the day so a quick chat with him. In typical fashion Stan had latched on to one of Trentham’s newest and most attractive young ladies in Darcey Alice who regularly

attends our training sessions at Cheddleton adding glamour and athleticism to proceedings. He stayed with her in order to give support to runners throughout the race; well that was his excuse anyway. Incurable, even at his age!! A quick chat with others as the temperature continued to rise and soon it was race time.

I hadn't bothered to go onto the course but did my minor warm up on the footpath outside the grounds so I had no idea what was to come. Waves one and two were quickly away and wave three including me soon followed. Down the track, a bit rough but no problem. Quite a fast start by me and feeling ok by the end of this section and near the front of the wave. Then!! On to Ken's "billiard table" grass and the first ascent. The grass had of course been cut and was stubby but the cuttings were lying atop the surface so there was a huge amount of loose grass covering the surface of the course. Since my hip replacement I have changed my running style and now run much flatter, not lifting my knees much in order that I do not bang my leg down hard into the ground. The theory is (mine) that by doing this I will protect my hip and prevent damage. Fine on roads but not on fields containing oodles of loose grass. Very quickly my feet were covered in grass as I dragged them through it and over I went halfway up the hill. Nice to get plenty of expressions of concern from fellow runners but I was ok, picked myself up and carried on having lost ground on those around me. From then on I had to be careful not to repeat the tumble so was a little more circumspect than I would otherwise have been, contributing to my slow time for the distance. However in view of the conditions and the heat I resolved that the priority for the day was to complete the course without injury and not worry too much about position or time. Nevertheless, like others, I cannot eliminate my natural competitiveness. Even though I have no competition in my age group at present I always try to beat younger runners for my own satisfaction. I could now see my good friend Malcolm Rushton and the revitalised Alf Slater, who seems to be taking his running more seriously and others in front of me. Anyway on I went, gradually losing ground on the much younger runners around me, mainly ladies of course since most of the men were already in front. Some welcome encouragement from spectators including the aforementioned Stan and Darcey as I managed to overhaul and pull away slightly from Malcolm and Alf though they were still close by the end of lap 1.

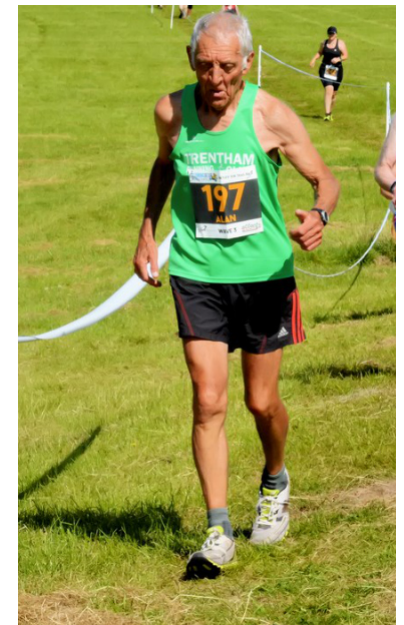
Drinks on the left shouts friend John Guest but didn't realise they were somewhat off the course and went past without seeing them. "Where's the drinks" I shouts to Mick Hall, "You've missed them". Sh*t I shout and immediately some kind young lady spectator passes a bottle to me. The early part of lap two was much like lap one except no tumble and gradually becoming more isolated from other runners.

Pulling away from Malcolm and Alf and having small skirmishes with the odd young lady runner, passing them on the downhill sections and then losing ground to them uphill as their youth and extra strength told until finally they got away, but good fun nevertheless. During the second half of the lap the leaders began to overtake me and I was grateful to receive encouragement from fellow Trentham runners, including Doug (Pan) Alcock, flying by and to give encouragement to them in return. Leading ladies also overtaking me including good friend Jo Stanfield looking good and on her way to a very creditable 3rd lady placing, well done Jo, excellent running for a 50+ lady and not far behind 2nd place.

End of lap 2 and this time picked up much needed bottle although I felt ok and was moving quite well considering the brutality of the course and the heat for an old beggar like me. Third lap almost a continuation of the second except even more isolated and almost on a training run but enjoying the challenge and peace and quiet. Into the last section and looking forward to the finish, but slight cock up here. As I said earlier I was more concerned with finishing safely than time or position so looking at ground and failing to see tape leading towards finish. Went past until turned round by marshal standing by gate at entrance to final field so did extra couple of hundred yards more than anyone else but no matter.

A great morning despite, as I said, the gruesome heat and course and as usual so well organised by Ken and his willing band of helpers and volunteers without whom such events would not take place. We owe them a huge debt of gratitude. The icing on the cake for my club, Trentham came at the prize giving when thanks to the brilliant turn out of both men and ladies the club more or less swept the board in terms of age group awards. Can't wait for the next one, having a ball and so lucky.

Alan



Westbridge 5

So, race number 7 in the 2021 NSRRA race calendar this year was Stone Master Marathoners' Westbridge 5 – another virtual, with a nice big window to give as many people as possible the opportunity to run it and in doing so, help raise funds for the Donna Louise Hospice. An amazing 296 people ran the race which raised around £500.

We managed to race it on the first really hot day of the year choosing familiar roads around Aston near Stone. It is in the area of the actual course, but we've tended to avoid the canal as it can get very busy and we've been super-cautious through lockdown for our and others' sakes.

Anyway, I've said we. I have been lucky enough, once allowed to run with one other person, to run many of last and this years' virtual races with club-mate Ellie. You may have seen the odd post from us on the NSRRA Facebook page – having to abandon a race due to a herd of cows, and dramatically having to re-route another when racing it when we were caught out by a road closure. For this race we were joined by a new member of the club – Annie – who was sampling the delights of a virtual race for the first time.

This race was actually pretty uneventful, thankfully. But I have to say I found it incredibly tough – I'd forgotten how heat really saps my energy and makes everything seem much harder work. Annie bounded off at an awesome pace – obviously I couldn't keep up, but having her in my sights for a while meant I got off to a pretty good start. Once she had disappeared from view the struggle to keep up the momentum began – when you are running on your own you have to keep reminding yourself you are in a race and that every second counts – and my legs were starting to pay for the perky first couple of miles. I didn't realise until these virtual races how many times you can fall out with yourself while running. Thinking up excuses – today it was the heat – to sack it off and try again tomorrow – and then telling yourself to just crack on and get it done! And all the time something in the background is nagging you to keep the pace up as Ellie really isn't far behind at times 5 miles can seem a very long way.

At last I was at the final turn back onto the A34 and running north towards Aston, and then turning into the lane to the Church – this is our home straight . . . checking the watch for the magic number 5 every couple of strides. Finally I see it and stop the watch, and I'm gasping for breath! Annie is there, fully recovered, and as I start to get

my breathing back under control Ellie is powering down the lane. We're done and discover all three of us have recorded a personal PB! Boom!!

I have to say the Virtual races really have kept me going through the last year or so. I kept running throughout, but very quickly my running became rudderless and I was getting low on ideas for what run to do each day. When the races started up I had to plan, and then started doing the odd speed or hill session and before I knew it I'd got some structure and motivation back. So thank you to Ken, Sue and everyone involved in NSRRA, to Andrew, Mick & Bryan – and to all the runners who posted their trials and tribulations on the Facebook page and so helped to keep our running community connected.



Nikki Towle (Stone Master Marathoners)

Trentham 10KM Road Race

The end to Covid restrictions and the chance to race face to face was what most of us had been waiting for or that's what I thought. Leading up to the day before I was excited to compete but then as the night before loomed I started getting the jitters and in typical Ruth style I started on the path to self-sabotage. What I mean by that is the attitude of I may as well eat too much and drink alcohol and go to bed late as that will explain why I haven't done very well on the day. So it started with fish and chips and beer and ended with a late night having gorged myself on sweets and red wine!

On arrival at the race I was pleasantly surprised by how lovely it was to see all the old faces and have a great catch up with everyone. The race as usual was well organised by Trentham Running Club and started on time with no hitches that were obvious. The weather was kind also with cooler conditions and a little drizzle midway round to cool us off after the cruel climb up to Beech Cave's and beyond. My previous jitters now all gone I set about running my own race. Knowing what the hill is like I set off at a steady pace not letting Jo Stanfield or Michelle Buckle or even the speedy and spritely Maurice Oldham drag me too fast at the start. For once in my 25 years of racing I paced the race well and ended up with a negative split with the second half 2 minutes quicker than the first and bagging a one minute quicker course PB set in 2018.

Everyone I spoke with after the race had enjoyed the experience although the main comments were about THE HILL. But many of us will remember it used to be two laps of that hill in the old days when it was the Tittensor 10.

Congratulations to the very deserving winners of the race Ben Bewley in a time of 37:32 and Jo Stanfield in 41:56. Both

winners having to battle close competitors as Michelle Buckle was just 5 seconds behind Jo with Amanda Kelly in hot pursuit 15 seconds behind her. Andrew Lamont was just 9 seconds adrift of Ben with Oliver Stone taking 3rd – Well done guys.

Ruth Watchorn
Rice



Cheadle 4

There was an air of anticipation at Cheadle recreation ground. The early morning sun hung in the sky and forewarned of a typically warm July day ahead. This was a day that we, the running community, had all been waiting for. We were back, racing each other in person, in a real-life organised event. As we arrived, we joined the excited but tentative runners milling about on the green and collected our race numbers and commemorative buff. There were a lot of familiar faces, and it was strangely peculiar to see them in person after the pandemic enforced hiatus, especially as many were wearing brand-new vests... Silverdale Running club were out in numbers, as were Gator Athletics Club... Our community is expanding, and it is great to see.

Earlier me and Kerry had collected my mum (Celia). Not only was it our first race back after what seemed like an eternity, it was her first race ever. Mum started running a couple of years ago to get fit, ready to donate a kidney to me. In the event, I struck gold and got a donor from the transplant list, but mum had caught the bug. At the tender age of 68, this season she has joined both TRC and NSRRA, well and truly throwing herself in at the deep end. She had no idea what to expect, but we reassured her that as far as events go, this is a typically friendly, well organised local example and there was nothing to be worried about. Apart from the hills, obviously.

I have been running consistently at 9-min-mile pace in the virtual events this year, so I opted to leave with the second wave. I had decided before-hand that if I achieved an overall time of 36 mins, I would be happy. I am mindful not to over-stress myself; I am still getting used to this transplant that has been with me for almost a year, and the balance is a delicate one. At the off I hugged mum and left the line with a spring in my step... I was incredibly happy to be there. The first mile of the Cheadle 4 lies, being mostly flat, and lulls us into a false sense of security. Many people overtook me here, but I considered my strategy (maintain on the flat, graft up the hills and make-up time on the descent) and watched my pace. 8.50's. I was bang on target.

Mile 2 is where the hills begin. I had heard tales of woe and bloodcurdling terror with reference to the Cheadle 4, but flat races are boring, right? I knew that there was a good mile and a half of graft ahead so dug in and maintained my effort, knowing that it would be at

the expense of my overall pace. The runners around me were all running well, and we jostled for position a little, but as we climbed the field started to extend. I could see myself gaining on some of the early sprinters but focussed on the climb and my breathing, occasionally looking up for marshals and bends in the road. After the first climb we hung a left and dipped briefly, before entering the cover of trees and climbing the lane. It was uneven under-foot, but the shade was very welcome. My pace had dropped to 10.20 but I was feeling strong. So far, so good. Still, we climbed.

Back on School Lane I passed a few runners and said *'Hi'* and *'well done'* as I passed. People were running out of puff, and at 2.5 miles the sight of the downhill was a very welcome, if a slightly daunting sight. It was steep. Careful not to overstride myself, I again had to work on maintaining my effort and containing my enthusiasm. I wanted a strong finish. As I descended, I could hear footsteps behind me, but they didn't seem to be gaining. I was averaging 8.00 pace, feeling flighty and and was making up for time I lost on the climb. I waved at Graham who was snapping photos on a steep section, I got passed by two of the runners I had overtaken on the climb who were on a real charge, and we rounded the corner into the town. I waved for the camera of Bryan Dale and as I ran up the slight incline, I could hear Ken on the finish-line loudspeaker. I had lost my bearings, but the end was close.

Suddenly I recognised the start point, and knew it was time to dig in and make my charge. I was in clear air but was gaining on a few more runners who had overtaken me earlier. As the race was chip-timed I knew that this was academic, and dependent on where and when we started, but old habits die hard. I didn't target anyone in particular, but I was more than happy to collect a few scalps between Mill Road and entrance to the recreation ground. Careful not to skid on the hairpin through the gate and back onto the grass, I dropped the hammer and pegged it toward the finish. Ken announced me crossing the line, and I pumped the air with my fist. I hadn't checked my watch for my time, but I felt good and was very pleased with my race. My TRC team-mates were waiting to greet me as I crossed the line and my clubmate Fiona handed me a bottle of cold water. My overall time was 36.18 and I had achieved my goal, my strategy executed to perfection.

I entered NSRRA this year to keep me focussed on my fitness, and to keep me engaged with the running community. While I was ill and

during the pandemic, I missed everyone and the events that bring us together in competition and friendship. It felt great to be back. Kerry crossed the finish line a few minutes after me, happy with her time, and mum followed soon after that. She hadn't died on the hills as expected, although she did say *'never again'* and *'when is the next one?'* which is the club runners' prerogative! The 2021 Cheadle 4 was a well organised and challenging event that has all the ingredients for great competition and a brilliant race atmosphere. It delivered on this recipe in typically impressive fashion. Many thanks to Cheadle Running Club and all the volunteers for making the event possible. It was a comeback event for all of us, but for me it was an extra special one that hopefully marks the beginning of the end of a tumultuous year for us all.

Daniel Maddock



Diabetes: the basics:

This article inspired from chatting with my running buddy Sarah Taylor.

There are two main types of diabetes: type 1 and type 2. When you've got **type 1 diabetes**, you can't make any insulin at all. If you've got **type 2 diabetes**, it's a bit different. The insulin you make either can't work effectively, or you can't produce enough of it. They're different conditions, but they're both serious.

Other types of diabetes include **gestational diabetes**, which some women may go on to develop during pregnancy. And there are many other **rarer types of diabetes** such as **type 3c** and **Latent Autoimmune Diabetes in Adults (LADA)** too.

In all types of diabetes, glucose can't get into your cells properly, so it begins to build up in your blood. And too much glucose in your blood causes a lot of different problems. To begin with, it leads to diabetes symptoms.

One in 15 people in the UK have diabetes, including one million people who have type 2, but haven't been diagnosed.

The common symptoms of diabetes include:

- Going to the toilet a lot, especially at night
- Being really thirsty
- Feeling more tired than usual
- Losing weight without trying to
- Genital itching or thrush
- Cuts and wounds take longer to heal
- Blurred vision

Diabetes UK have lots more information about the signs and symptoms of diabetes, as well as advice about what to do if you have some.

Living with diabetes is difficult. There are so many factors to consider and it can be stressful knowing what's best, but you shouldn't need to put your life on hold.

You'll find lots of information here <https://www.diabetes.org.uk/> to help you live well with your condition. From advice about treatments and what to eat, to practical guidance and emotional support, we've got you covered.

13.6 million people in the UK are at risk of developing type 2 diabetes. And type 2 diabetes is serious. There's currently nothing we can do to prevent type 1 diabetes. But researchers are working hard to understand the immune response and what triggers it.

We do know research has consistently shown that for some people, combined lifestyle interventions - including diet, physical activity and sustained weight loss - can be effective in reducing the risk of type 2 diabetes by about 50%.

<https://www.diabetes.org.uk/preventing-type-2-diabetes>

Runners and friends,

And the good news is, at long, long last, they're back! Some proper NSRRA races that is. How very pleasing it has been, to meet with friends and fellow runners from other clubs who we have not seen for

very many months. Although I cannot compete or take part at the moment, I so enjoyed seeing old pals at the blisteringly hot, Betley off road 10K. I send my congratulations to all who finished, as the heatwave conditions were such a tough test. I was impressed by the magnificent setting and a course without traffic is always a bonus.

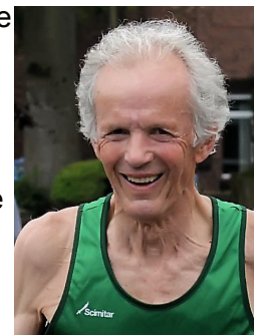
Now is definitely the time, at this stage of the season, to check out the updated race calendar and hopefully plan out your races for the remainder of the campaign. Unless you're one of the hardy souls, who have my complete respect, that are aiming to do all 20 events, then you need to do a minimum of 12, to count at the end of the season. It's always quite satisfying to complete a few extra ones, in order to drop any lower scoring results and to stop them from pulling down your average point's score. The races are coming along thick and fast at the moment and so in a few week's time, the league tables should be looking much clearer.

Hopefully, the proper races can continue now, without having to revert back to the virtual events of recent months. The virtuals have been a great way of keeping us all involved with NSRRA and have provided a great incentive to carry on training through difficult times. As helpful and encouraging as they have been, they just can't compare to the wonderful atmosphere of a real race and I'm sure that most would agree.

I would expect you noticed, that the 2020 trophy presentation was very different from the usual and quite a contrast to the cold and dark January evenings when we visit The Club. Liz and I spent a lovely hour or two, on a sunny Saturday afternoon in June, sitting in Ken and Sue's garden. We very much enjoyed the magnificent company of friends old and new, all aided by liberal helpings of refreshing tea and cake. Many thanks to Ken and Sue for sorting all the trophies and for offering us all such a warm welcome.

Planning is now quite advanced for this year's Cheddleton 10K Pudding Race and 2 mile Fun Run, to be held on Sat 27th of November. Starts are at 2pm for the 10K and 1.40pm the Fun Run. There will be the usual extensive prize list of a festive nature and Christmas Puddings for all, with all proceeds going to Cancer Research UK. Entries will be gratefully received at AVtiming. There is also a special award for a new course record, gents 30.42, ladies 35.57. They have remained in place, on the same course, since 1987 and 1991, will they ever be beaten?

Good running and best wishes to all, Stan.





Thanks to Bryan Dale and Mick Hall for supplying the photos.

Thanks To Sue and Ken and my wife Julie for proof reading

Cliparts Designed by pikisuperstar / Freepik

www.freepik.com/vectors/background>Background vector created by macrovector - Front page

[Background vector created by starline - www.freepik.com](https://www.freepik.com/vectors/background)

[People vector created by pikisuperstar - www.freepik.com](https://www.freepik.com/vectors/people)

