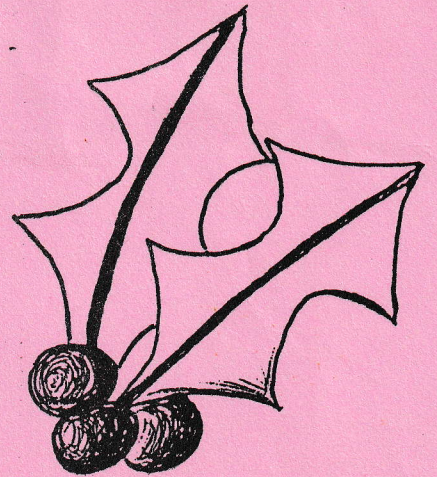
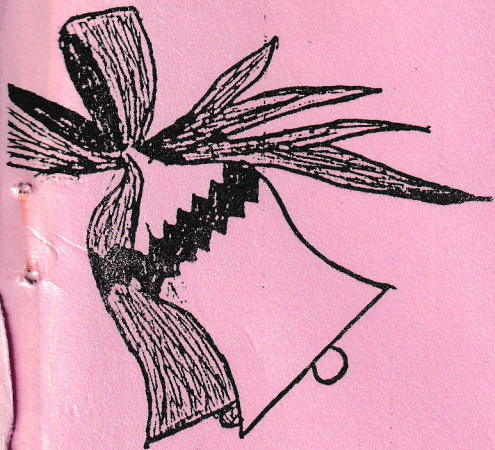


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ROTHERHAM

HARRIERS

NEWSLETTER



No. 2

December '84

FROM THE EDITOR

Well, we made it to the second newsletter, so far so good. I'm very pleased with the reception that the first issue received, most people seem to be in agreement that a newsletter was long overdue and the signs are very encouraging that we will be able to keep producing it.

This month we carry our first advertisement and next month we have been promised more adverts from local sports shops etc. I hope that their support for our newsletter encourages members to support these stores whenever possible especially as Richard Hnatt will give a 10% reduction on vests and shorts on production of his advert.

The only fault with this job is that you tend to lose a lot of your friends! They avoid sitting alongside me in the pub, and if I ask them a question they check first to see if I've a hidden microphone in my pocket before they answer. As for getting anyone to write a "Who's Who", well, it's like trying to get a round of drinks out of Mick Burke. I never thought runners could be so bashful, it would appear that no-one likes to write about themselves. Maybe I'm using the wrong approach, I think next time I'll use a questionnaire type method.

Taking up an invitation from the road racing section committee to sit in as a guest on one of their meetings, I was most impressed with the efficiency and the enthusiasm of them all. A lot of ground was covered with plenty of discussion re the '85 Marathon, maybe a possible change of route but also plenty of other new races in the pipeline. It's surprising how much work is involved in organising the races that we tend to take for granted. The length of time this meeting took purely on road racing business underlines just how much work the main Executive Committee had to cope with before it was decided to create several sub-committees.

Quick reminder about the Christmas Day race procedure, the preliminary handicaps will be up on the notice board Wednesday 2nd December. If anyone has any doubts about any of the handicap marks they should write out their complaint as soon as possible and hand it to one of the road section committee members. EVERYONE has the opportunity to examine the handicaps and any obvious error should be pointed out immediately. Don't forget to bring a present.

If anyone knows anything about Lythograph printing I would be grateful for the information, the present procedure for printing the Newsletter is a bit limiting, we need a way of producing pictures and sketches etc. but photo copying is a bit too expensive.

Once again, BIG thanks to everyone who helped produce the Newsletter.

Hope everyone has a very Merry Christmas and a Prosperous New Year.

Please keep the articles and info coming.

See ya in January.

BRIAN HARNEY

THE HARRIERS HOLIDAY PROGRAMME - CHRISTMAS 1984

- Christmas Day The 98th Challenge Cup Race
Herringthorpe Old Pavilion to Wickersley School and
back. A 6 mile handicap event for Ladies and
Gentlemen. 11.00a.m.
- Boxing Day Langold Races (enter by invitation). 11.00 a.m.
Presentation in the local Club.
Also, Ward Green race at Barnsley.
- Thursday 27th Dec. Sports Hall athletics at Herringthorpe Leisure
Centre. Events for all age groups, particularly
track and field athletes. Entries needed on the
forms provided. 2.00 p.m. start until 6.00 p.m.
approx.
- Friday 28th Dec. Childrens party for members and their friends
under 13 years. Co-op Club at the Stag roundabout.
3.30 p.m. to 7.30 p.m. Admission 30p per head.
Food will be required. Volunteers please inform
Ray Burgon, Sheffield 311495, or Keith Toyne,
- Friday 28th Dec. Family Party and Disco. 8.00 p.m. and bar till
midnight. Co-op Club. £2.00 Family Ticket.
We need family groups - parents to supervise their
children and vice versa. Teenagers especially bring
your Mum and Dad.
Music, games, prizes and competitions. We need food
on the night. No talented entertainers will be
turned down. Remember this is a FAMILY night. Full
details and information from the kiosk.
- Saturday 29th Dec. Round Rotherham Run. Details elsewhere. Evening
presentation at the Co-op Club.
- Sunday 30th Dec. A walk in Derbyshire. Led by Keith Degge. Suitable
for families. Approximately 10 miles. Wear sensible
gear. Cars meet at Herringthorpe Stadium at 8.45 a.m.
- Monday 31st Dec. A casual run from Herringthorpe Stadium (11.00 a.m.)
New Year's Eve By footpaths to Ravenfield & Conisborough then
riverbank to Doncaster Plant Heddquarers at Eden
Grove, Hexthorpe where liquid refreshment is available.
You need to ensure you have a car seat to return.
- New Year's Day The Famous Rawmarsh Road Races. Races for all groups.
Entries required one week in advance to Gary Roche on
forms provided. 11.00 a.m. start at the Progressive
(Titanic) Club, Rawmarsh

LETTER TO THE EDITOR

Dear Sir,

First, congratulations on the first Rotherham Harriers Newsletter - a worthy document - Long may it keep going! Let me now generate some controversy and perhaps further correspondence.

I find repugnant the heavy handed attitude which the Road Running Section take against those members of RHAC who break one particular AAA rule - the rule against impersonation or running with someone else's number. I feel that this is an attempt to cure a symptom, not a disease. The fundamental problem is the antiquated AAA rule which states that organisers of races are not allowed to take entries on the day. Why? To produce a start list so that if a world record is set it can be ratified, i.e. the runner involved appears in a programme. Who cares? World records are only recorded for the track; road races have World Best Performances.

The net result is that only those people who are so boring that they have nothing better to do but fill in and post entry forms actually take part in races. I don't want to have to decide three or four weeks in advance whether I think I will want to do a piddling 10Km race. At present I have an injury and I don't know how well I will be running in three weeks time. Must I invest £3 or so in the hope of being fit on the day - or, if I am fit, I'm sidelined. I don't say organisers should be obliged to take entries on the day, but I don't see why they should be forbidden from doing so if they can cope.

I am involved in two other running sports, both of which cope with entries on the day. In both cases competitor safety is a greater problem than in road racing. In Fell Racing many of the Classic Fell Races are in fact Entry on the Day only events, with AAA blessing since the affiliation of the Fell Runners Association to the AAA. Competitors can be spread out over courses of 20 miles or more on mountains where a sudden change in weather is not only possible but likely, even in mid-summer. Some Fell races do require entries in advance - these are often winter events where the field has to be limited - but they are the exception.

The other sport I would mention is Orienteering - a sport requiring much more detailed organisation than a road race.

On Sunday, 30th December, we have an event at Canklow (plug!), with entries on the day only. Will the expected 100 people come? Bad weather could cut the turn out to 50. 200 could cause parking problems. 300 would cause congestion on the courses. But we will try to cater, however many come, preferring to make it as easy as possible for people who are not involved in the sport to come along and have a go.

I don't say that Fell Running and Orienteering allow impersonation. Far from it. Road race results, if they are ever published, are just a list of names from which you extract your own performance and then file 'for reference'. By contrast, Orienteering results are used to compile national rankings lists and for awards below even my mediocre level. Fell runners can create danger by impersonation since if someone went missing the Mountain Rescue would be looking for the wrong person. But by allowing entry on the day, or allowing substitution registered with the organisers, the problem is eliminated at source; you have no excuse for impersonation, the few cases where substitution is not permitted being with good reason. Only occasionally (where seeding is involved) would the substitute have to run non-competitively.

cont'd.....

Letter to the Editor (cont'd.)

My view is that the AAA should come out of the 19th Century and meet the wishes of the majority of runners by allowing organisers to accept entries on the day if they so wish. It may be necessary to have entries in advance where there is a limit to the size of the field. But then the organisers should allow substitution of one runner for another on the day.

The only relevant safety aspect in a road race is the size of the field - the Police may want to know how many but they could not care who. Organisation to legitimise substitution would take some effort but a fee (e.g. half the entry fee) would recompense. Otherwise organisers should be required to refund the entry fees to non starters.

I accept the draconian measures proposed in the Impersonation resolution where entries on substitution are allowed on the day. Otherwise, the case has to be considered on merit, especially if the real owner of the number knew, or if an entry had been rejected because the field limit had been reached. With present AAA laws running without a number can be equally disastrous, with the risks of causing other runners to be disqualified for pacing. Why then pick on the rule on impersonation for special attention?

Attempting to enforce any outdated laws only brings ridicule to the law enforcement agency. After all, didn't the RHAC member who was awarded a prize when wearing someone else's number actually run faster than the other runners?

Yours in Running,

Henry Marston

THE 100 DAY FITNESS FAILURE

by LYN ROCHE

Being married to a Rotherham Harrier can certainly have it's drawbacks. My idea of becoming fit was to take Nurse training for three years for the local Health Authority and that's about as far as it goes.

When I was at High School I didn't mind taking part in any sporting activity providing there was someone fatter than me participating. I didn't mind being described as the 'next to the fat one' - somehow it wasn't as bad as 'the fat one'.

Unfortunately my puppy fat has remained and I've been on all sorts of diets in attempts to lose weight and become a 'Dallas' or 'Dynasty' reject. The trouble is that Thornton's Chocolate Cabins seem to jump out in front of me and force feed me all their goodies. When Gary decided that I ought to make another attempt at becoming fit I wondered what he had in store for me.....

'It's so easy you won't believe it', he said, checking through the 14,000 Running books he has, 'it's called the 100 Day Fitness Plan'. My God, I thought! 'On the first day you jog for one minute, second day for two minutes and so on - all the way to 100 minutes' - he seemed so confident for me I was ready to start right away.

The first day finally arrived and at the time we were at the Dorothy Hyman Stadium funning intervals - Gary and Alan Jones ran 400s and I checked the stop watch. It looked easy - once round the track in 68 seconds didn't seem to bother them so I decided to have a go.

cont'd.....

100 Day Fitness Failure (cont'd.)

The biggest mistake of my life! I kept to the back straight and began to jog. Dressed in woolly pom-pom, giant orange kagool, P.V.C. water-proof bottoms, C & A beaded gloves and a pair of suede boots I didn't achieve a P.B. but I did manage to run for 1m 5sec - 'WOW' (eat your heart out Zola Bud!) I felt so pleased I didn't even bother to warm down but I did replenish my fluids in the bar afterwards as most Harriers seem to do.

I approached the next day's two minute jog with slightly less trepidation but as I didn't intend letting the neighbours see me this meant waiting until 12.30 midnight before setting off. Gary had decided that now I was a serious runner I ought to look the part. I donned a pair of his New Balance Shoes, an old track suit and an even older commemorative T shirt. As we set off together Gary gave me little tips like 'Why don't you shut up' and 'Have you entered the New York Marathon this year'. You know the usual thing - his sarcasm never ceases to amaze me.

The two minute jog went quite well but the next evening was a different story. Checking that the neighbourhood was under curfew we set off again. Gary didn't realise that after 2 min 20 sec I began to suffer from oxygen debt. I managed to 'kid' myself back home taking in precious gulps of air every few seconds. I unlocked the front door and waved Gary off on one of his 150 mile training runs and what followed can only be described as fear.

As I closed the door I sank to the floor in agony, my lungs felt about to explode and my boobs felt like they were in a vice. Negotiating the stairs to take a shower seemed like scaling Everest (not the double glazing firm). I have always winced whenever Gary spat out phlegm after a race, it seemed a filthy habit, but here I was face down in the bathroom doing exactly the same. I almost performed my very own tonsillectomy and haemorrhoidectomy, I was coughing so much. At one point I was convinced I was about to have a heart attack and it must have been well over an hour before my breathing and pulse rate were normal again. I decided that the Fitness Plan was not for me.

I sat in the lounge awaiting the arrival of 'Mr. Fitness'. He duly arrived breathing normally, hair immaculate, no spit or phlegm in sight. He inquired how I felt and like a fool I said 'Great!' He was very pleased with my efforts and progress and was amazed I'd not collapsed (little did he know!)

I went to bed, dreaming of being rushed into Casualty and seeing all my friends there laughing because I'd collapsed during a 4 minute jog. I awoke next morning trying to think of an excuse for not going jogging. I drew back the curtains and lo and behold - the whole area was covered in snow. 'Thank you God' I said and promised never to swear again. What a pity I couldn't go for a run - oh dear what a shame! The cat, who had been watching me, must have thought I'd gone crazy as I jumped gleefully about the room.

Since that day I have come to the conclusion that it was a sign from above that running is definitely not for me. I admire all the Harriers for their ability to run and I wish you all the best for your future races but please stop asking me to take up running when you see me - PLEASE!!!

ROAD SCENE

Forthcoming Events

Dec. 5th	Time Trial
Dec. 25th	Challenge Cup, Herringthorpe. 11.00a.m. Old Pavilion. Entries by 10/12 to P. Humphries, 72 Green Lane, Wickersley, or at the Club.
Dec. 26th	<u>WARD GREEN 6</u> Entries 75p to RHAC members by 19/12 to D.H. Bennett, 40 Newhill Road, Monk Bretton, Barnsley.
June 1st	<u>RAWMARSH ROAD RACES.</u> (RHAC CHAMPS. EVENT). All classes, first race 11.00a.m. at Rawmarsh Progressive Club. Entries by 24/12 to G.P. Roche, 4 Nidderdale Place, Branley, Rotherham (see form in this newsletter).
Jan 13th	Ferriby 10 (closed)

Also note:-

The January time trial, due to New Year Holiday, will be on 9th Jan. 1985

Christmas Day Race. For the benefit of newer members this is a handicap start race in which the slowest is first off at 11.00 a.m. from the Old Pavilion at Herringthorpe. In recent memory there have been a number of occasions when the handicappers were caught out by newer or quicker runners, also by generously handicapped slower ones. I hope that strict rules and careful assessment will prevent the same this year and give us a race more like Peter Neal's win in 1982. The course is out and back to the footbridge at Wickersley school, the start and finish on the bend in Boswell Street. Recent winners: 1978 Stan Roe 43.23; 1979 Bert Garnham 37.58; 1980 Les Stone 39.30; 1981 Phil Walker 35.26; 1982 Peter Neal 32.32; 1983 Mark Ruddlestone 37.13.

Ward Green 6 on Boxing Day. This is a scoring race for South Yorkshire Championships, and next year will be part of the RHAC Club Championships. It is a two lap course right next to the M1 between Worsborough and Barnsley. Based on Ward Green Recreation Ground, it has a very steep DOWN to the M1 (Hound Hill Lane) followed by flat and then up Worsborough Hill to the lap point. This is a good club event and the downhills make it not a slow course. With this the only 6 remaining this year, current RHAC performances in 6 mile events of less than 40 minutes are given below:-

33.18	A. Clarke	(Phoenix)	36.12	H. O'Mara	(Phoenix)
33.33	J. Clarke	"	36.42	N. Plowman	(Barnsley)
33.42	P. Mirlees	"	36.53	D. Richards	(")
33.58	A. Gregory	(Barnsley)	37.02	E. Kirkup	"
34.57	S. Elvidge	(Phoenix)	37.45	G. Duff	"
35.29	F. Hibbert	"	38.02	K. Blades	(Phoenix)
35.56	R. Self	"	39.10	M. Sunption	"

These times might well be bettered at Ward Green, as the Barnsley event is well over six and hilly and the Phoenix is not short either.

Best placed at Ward Green last year was Malcolm Palfreyman (12th, 31.43) followed by Mick Hague (16th, 32.32) and we had a total of 8 finishers out of 112. That was a poor showing and it is to be hoped we do much better this year.

Rawmarsh Road Races really are on New Year's Day this year (or next year if you see what I mean). There are eight events for all categories before the combined senior race so don't let the 11.00 a.m. start time put you off if you are pushed for time, that is the start of the meeting.

This is the first event in the RHAC Club Championship, also S.V., and is traditionally well supported, so we hope for a really first class turn-out in club colours, both in standard in in numbers. The distance for seniors is nearer $5\frac{1}{2}$ than 5 and first RHAC scorer last year was Alan Jones with 26.12 in 3rd place behind Thompson and Weigel.

The route takes you, as last year, through the houses to Kilnhurst, up the hilly bit to Warren Vale roundabout and down the main road into Rawmarsh again.

An entry form for Rawmarsh is included in this newsletter and you can use the AAA forms also included to enter the Ward Green 6 and Ferriby 10 events.

Ferriby 10 is probably on January 20th but details are always late to hand for this race. Nevertheless, it is a popular and good standard event and is in the RHAC list for 1985. The outward half rises gradually which makes for a fast finishing 5. Often though, the weather is quite a burden. Closing date will probably be around the 8th January which could be after the next newsletter so keep your eyes on the noticeboard for details of this very worthwhile outing to Hull (in fact to the Humber Bridge).

Time Trials are very enjoyable events, but look unfortunately increasingly dangerous. There may be consequently be some minor (or not so minor) changes in route and start/finish arrangements forthcoming. Please do your utmost to co-operate with them, and with the officials on the night, as we do not want to abandon this popular feature of our club running. This is the alternative to increasing our safety.

As a first step, please note that all participants MUST wear light clothing and they must be 16 or over on the day of the run.

Peter Humphries,
Road Secretary

HOLMFIRTH 15 - 3rd November, 1984

The 1984 'Holmfirth' 15 produced an entry of 22 RHAC members. This testing 15 miler is becoming increasingly popular each year. This year's event attracted nearly 600 runners who had to battle against strong winds and heavy rain for the entire race. The road was even flooded in a couple of places. Despite the conditions however, most of our members were quite pleased with their performance. Pete Neal and Malcolm Palfreman in particular had fine runs with 8th and 20th positions respectively. Special mention also of the 'Old Man' Eddie Kirkup who took the over 55s with 73rd place in 1.28.45. Mary Rhodes finished in 1.46, looking remarkably fresh using this race as a warm up for the Barnsley Marathon.

RESULTS

1.	D. GASKELL	A.S.V.A.C.	1.17.45	109	D. RICHARDS	1.31.10
8	P. NEAL		1.20.11	113	C. LEDWIDGE	1.31.19
20	M. PALFREYMAN		1.22.17	117	J. MAUGHAN	1.31.49
39	C. BEIGHTON		1.25.07	118	D. CRRATT	1.31.51
40	A. BEIGHTON		1.25.33	128	P. HUMPHRIES	1.32.51
73	E. KIRKUP		1.28.45	184	P. ASHWORTH	1.37.25
85	M. COOK		1.29.59	278	Mary RHODES	1.46.48
97	B. HARNEY		1.30.38			

Apologies to other RHAC members who finished but are not listed, but the remainder of the results were not available when I left.

RACE REPORT
THE WOODMAN 10 K

Members of the Harriers and guests from Doncaster were out in force last Wednesday evening for the inaugural Woodman 10K road race. The undulating course, which took the participants through the Greasbro, Wingfield area was covered by no fewer than 98 runners, and on a breezy but dry evening first man home in just over 32 minutes was Paul Venables, who despite a stomach virus managed to break the pack.

Although Doncaster's Gary Davy contested the lead over the first couple of miles he lost vital places on the run in, and had to settle for 7th position. All through the race it was difficult to part the first five runners, and even at the finish only 10 seconds separated Steve Elvidge, Nigel Brookes and Richard Self. Chris Beighton ran a well deserved 5th place in 33.15.

It was pleasing to see Mick Hague looking sharp again after his injury and his 8th place secured him the over 40's prize. Even running the Barnsley Marathon three days earlier could not stop Maurice Cook from winning the over 50's award.

The ladies were well represented and their section winner in 42.29 was Helen Gent who looked surprisingly fresh at the finish. The first of the 'handicap scheme' winners was Andy Page (look out Andy we're on to you). Afterwards the presentations were made at the Woodman Inn where both sides were bulging at the seams. The separate category awards were made by Don Creamer (President), Peter Humphries (Road Secretary) and Mike, the landlord of the Woodman. Many thanks to Janet and Mike who, with the help of their beer have guaranteed themselves a place in the Harriers drinking history.

However, the success of the race rested firmly on the shoulders of Dave and Gary who, as rookie organisers not only came through with flying colours, but surprised a few people and set a standard for future Rotherham events. Everyone had a super evening and I am told should look out for the Summer 10K at the same venue.

RESULTS

		<u>Over 40's</u>	
1	P. Venables	32.24	1 (8th) M. Hague 34.45
2	S. Elvidge	32.53	2 (15) A. Peters 36.10
3	N. Brookes	32.57	3 (18) M. Hollowood 36.45
4	R. Self	33.03	
5	C. Beighton	33.15	

LADIES

		<u>Over 50's</u>	
1 (64)	H. Gent	42.29	1 (24) M. Cook 37.35
2 (76)	S. Cadman	43.29	2 (39) A. Davies 39.16
3 (85)	K. Rowbotham	45.47	3 (55) D. Creamer 41.35

PENISTONE TOUGH TEN - 11th November 1984

This is a new race and is described as the toughest ten miler in the country. According to the RHAC members who took part, no-one is arguing.

RESULTS

15th	Dave Richards	60.30	185th	Dianne Milnes	85.01
19th	Gary Roche	62.09	196th	Robert Bunting	86.48
110th	Danny Evans	72.40	197th	Ian Buxton	87.04
112th	Dave oughton	72.48	207th	Christine Boyes	97.07
121st	Richard Coy	73.21	208th	Steven Beech	99.05

THE WOODMAN 10K

POS	NAME	TIME	POS	NAME	TIME	POS	NAME	TIME
1	P.Venables	32.24	33	D.Gill (Don)	38.38	66	J.Wood	42.37
2	S.Elvidge	32.53	34	A.Ludlam o/40	38.41	67	I.Horsley	42.46
3	N.Brookes	32.57	35	R.Woodhouse	38.55	68	S.Ellison	42.55
4	R.Self	33.03	36	J.Davis	39.00	69	K.Baker	42.58
5	C.Beighton	33.15	37	N.Kennedy	39.00	70	J.Ashmoreo/50	43.02
6	A.Gregory	34.25	38	C.Manham	39.07	71	J.Hayes	43.04
7	G.Davy (Don)	34.37	39	A.Davis o/50	39.16	72	B.Green	43.24
8	M.Hague	34.45	40	B.Chambers	39.16	73	M.Davis	43.24
9	D.Godfrey	35.07	41	R.Rhodes o/40	39.41	74	D.Riley(Don)	43.27
10	D.Richards	35.08	42	A.Biggs (Don)	39.56	75	G.Huckbody	43.28
11	J.McDermott	35.30	43	M.Concannon	40.11	76	S.Cadman (L)	43.29
12	L.Crow	35.31	44	E.Bywater o/40	40.15	77	G.Garsideo/40	43.48
13	B.Harney	35.53	45	B.Bower	40.20	78	A.Etcheso	
14	T.Allen	36.00	46	D.Oxley	40.36	79	D.Weatherburn	44.28
15	A.Peters o/40	36.10	47	A.Taylor	40.42	80	B.Houghton(Don)	44.57
16	P.Rooney	36.11	48	H.Marston	40.48	81	S.Wallace	45.09
17	D.Moore	36.13	49	P.Jepson	40.51	82	A.Mincher	45.26
18	M.Hollowood	36.45	50	A.Pognore	40.55	83	S.Green	45.26
19	G.Green	36.50	51	D.Evans	40.55	84	J.Hart	45.41
20	M.Garratt	37.02	52	C.Fletcher	40.56	85	K.Rowbotham	45.47
21	P.Mumphries	37.08	53	D.Hague	41.11	86	B.Gent	46.04
22	B.Crow	37.12	54	P.Middleton	41.25	87	J.Evans	46.05
23	D.Watkinson	37.24	55	D.Creamer	41.35	88	C.Grime	46.05
24	M.Cook	37.35	56	A.Page	41.41	89	P.Ruddlestone	46.18
25	E.Iliffe	38.00	57	E.Taylor	41.47	90	T.Marshall	46.25
26	F.Tolley	38.04	58	N.Hobson	41.54	91	F.O'Neill	47.20
27	S.Wood	38.12	59	G.Bell	41.55	92	R.Clark	48.33
28	J.Tunstall	38.12	60	B.Smethurst	42.00	93	M.Mackland	48.47
29	G.Arditto	38.17	61	D.Butler	42.07	94	J.Kitson	50.20
30	M.Gaynor	38.23	62	A.Shearman	42.17	95	G.Vaughan	52.40
31	S.Heslop	38.28	63	P.Stephenson	42.28	96	A.Karause	52.40
32	T.Smith	38.34	64	H.Gent	42.29	97	J.C.Boyes	53.09
			65	D.Scaife	42.35			

AWARD WINNERS & CATEGORY POSITIONS

1 Paul Venables	<u>Over 40</u>	<u>Over 50</u>
2 Steve Elvidge	1 Mick Hague (8th)	1 Maurice Cook (24th)
3 Nigel Brookes	2 Alan Peters (15th)	2 Arthur Davis (39th)
4 Richard Self	3 Mick Hollowood (18th)	3 Don Creamer (55th)
5 Chris Beighton		

LADIES

1 Helen Gent (64th)
2 Sharon Cadman (76th)
3 K.Rowbotham (85th)

Many thanks to the Marshalls, Rotherham Harriers, the Runners and particularly Janet and Mike at the Woodman Inn.

(Look out for the 'Summer Woodman 10K)

GARY ROCHE, DAVE HOUGHTON

(ORGANISERS)

R.H.A.C. ROAD CHAMPIONSHIP RULES FOR 1985

1. This is a major club championship for which major trophies or prizes will be awarded as decided by the club committee. This should take place at a club function in January following the competition year, when other prizes and awards should also be made.
2. Thirty three races are listed as eligible. You will not be able to run them all as some will clash, e.g. Sheffield half and full marathons etc. They are chosen to be prestigious, support our own and other local clubs, South Yorks and Yorks championships, yet keep down travel and entry costs.
3. Run as many as you like, but best 10 to count. No more than 8 may be at less than 10 miles and no more than 8 may be at more than 10 miles, i.e. a short distance runner must include 2 races of 10 miles or more and a long distance runner must include 2 races of 10 miles or less.
4. In each stated race points to be scored as follows:

First member of RHAC	50 points
Second " "	49 "
Third " "	48 "

and so on down to 1 point or last runner, whichever is the case. This is irrespective of whether senior, junior or veteran but ladies will have separate scoring as they sometimes have separate races.
5. Competition to be run and prizes allocated in the following categories:-
 - a) Senior, junior, vet or lady: overall winner and RHAC Club Road Champion for that year; the major trophy.. Also runners up as decided
 - b) Over 40 veterans
 - c) Over 50 veterans (these also eligible for the major championship)
 - d) Ladies
 - e) Juniors
 - f) 'B' section runners (see below)
 - g) 'C' " " "
6. In the event of a tie for points, decision will go to runner with greatest total altogether for the year.
7. 'B' and 'C' sections to be decided at year start for the handicap list to ensure that not only the club's best runners get a chance in the competition, i.e. this is something like a football league system.
8. A special trophy/prize for the greatest aggregate of points during the season.
9. Club vests to be worn at stated events.

RHAC CLUB ROAD CHAMPIONSHIP

RACES ELIGIBLE 1985: (likely dates based on 1984, as soon as I have dates I will publish them).

5 miles	Langold	early April	
	Locks Park*	August	
	TUC 5*	early May	
	Rawmarsh*	New Year's Day	x DNR. - Cold -
	South Yorks Road League (1)*	late March	
	venues to be (2)*	mid April	
	decided (3)*	early May	
6 miles	Barnsley 6*	August	
	Phoenix 6*	June	
	Ward Green 6*	Boxing Day	
1/3 Marathon	Askern*	May	
10 miles	RHAC Club 10	May/June	
	Stainforth*	late May	
	Ferriby	mid January	x DNR Bad Knee
	Ernest Harper, Stannington*	mid April	
	Bob Midwood, Barnsley*	August	
	Askern	August	
	Rowntrees, York	October	
Half Marathon	Ritford.	E. 24 March	
	(St. Ledger, Tickhill	mid April)	
	Dronfield*	May	
	Sheffield*	June	
	Rotherham, Prince of Wales*	July 24th	
	York Run	March 24th	
	Robin Hood, Nottingham	October	
	Mexican Run	E. 31. March.	
Holmfirth	E. 7 July.		
15 miles		early November	
20 miles	Spensborough	E. March	10 March.
	Stainforth Darley 20*	August	
Marathon	Headriggs	E. 7. April.	
	Sheffield*	June	
	Rotherham*	September 22nd	
	Barnsley*	November	
	Chesterfield	October	
	Nottingham Robin Hood	October	
Wolverhampton	March 31st		

Events marked * are likely to be South Yorks Road League fixtures.

The events have been chosen to be as prestigious as possible whilst supporting Rotherham and local events, also South Yorks championships and Yorkshire champs. Also, a minimum of distant and costly entry events to cut down entry and travelling costs.

THE HEART OF ENGLAND MARATHON

Never heard of it? - Read on.....

The 4th November saw the running of the Heart of England Marathon and Fun Run at Atherstone, a small town about 15 miles north east of Birmingham. It is an event I knew nothing about until I read it in Running magazine.

Due to the lack of publicity for the event in our area, the Rotherham contingent therefore consisted of 5'5½" and 9 stone (i.e. me). The only reason I entered was as a result of being unable to run the Nottingham after contracting a mega cold the week before, where my target was to be sub 2hr.40. There therefore commenced a frantic search through the limitless monthly running literature for what I hoped would be a flat and fast (ha! ha!) marathon prior to 31st December in order to prequalify for London.

Hours of eye strain later I got the message that such an animal did not exist. I therefore compiled a short list of marathons (of which Banbury was not one) and eventually decided on the Heart of England. On receiving my number and the accompanying bumf my eyes immediately homed in on the words 'a runner's course'. This implanted thoughts of 1 in 5 hills leading to a state of falling over after 20 miles - never mind - could be a misprint I lied.

My preparation the night before the run was ideal - taking the fresh smog of a bonfire party until 2.00 a.m., waking at 6.30 a.m. the following morning (don't know how), and after being fortunate enough to find a petrol station open at that time on a Sunday morning I set off for Atherstone, taking periodic swigs of a bottle of water en route.

Conditions seemed more or less ideal as we waited for the 'off' on Atherstone main street. I went through my plan - 58 minutes for 10 miles, 1 hr.59 for 20 and keep going for the last 6; an average of 6 min 4.122138 seconds miling - we all work it out don't we.

In the first few miles I developed a good idea of the course, undulating but very picturesque and interesting plodding through many small villages in the area, the locals giving very friendly support - much more encouraging than the usual stock phrase of 'get them knees up'.

I joined up with a small group lying in about 12th place who were looking for times around 2.37 - a good group to stick with I thought. Checking my watch at every mile we went through 10 miles in 58.01 and I felt good. Between 10 and 14 miles however someone opened the door as more exposed terrain gave rise to a strong headwind which was coupled with some longish uphill drags. Fortunately I still felt strong and after 13 miles found myself running alone and gradually pegging back some of the runners up front.

Going through 20 miles in 1.58.13 I couldn't understand why I was still enjoying the run. From 22 miles onwards the route joined up with the stragglers from the fun run, which along with the local support spurred us on through the last few miles. A touch of cramp was creeping in during the last mile but I was ecstatic to cross the line in 4th place in a time of 2.33.03.

Spotting a group from Ranleigh Harriers I had met on the course, we decided to sample the local brew which was very good. Eventually staggering into the car park there was a shout from a parked car where a group of 5 or 6 seemed in very good spirits. One of them I recognised as one of the burly straggling fun runners with whom mutual words of encouragement were exchanged in the closing stages of the marathon. I was unaware at that time that he was the local rep. for Ind. Coope and had therefore come prepared with a

boot full of beer. The rest of the day is a bit blurred in the memory.

<u>RESULTS:</u>	1st	Mick McGeoch	2.22.07
	2nd	Chris Hallimond	2.25.38
	3rd	Unknown	2.28.45
	4th	Steve Elvidge	2.33.03
	5th	Sandy Johnson	2.34.53

STEVE ELVIDGE

MARSDEN TO EDALE (TANKY'S TROG) 2nd December, 1984

The route from Marsden to Edale is a Classic. It takes in Blackhill, Bleaklow and finishes over Kinder and down into Edale. It was fairly mild for this year's event but recent rain ensured that the bogs lived up to their usual reputation.

A slight mist over Blackhill helped several runners make a detour towards Buxton. However, overall the going was pretty good.

The race is organised by Bryan Tanky Stokes of B.G. Stokes, the Climbing and Mountaineering shop in Sheffield. All the proceeds of the event go to the Richard Children's Home. This was the 11th year of the race.

RESULTS

1st	K. Taylor	2.48
45th	B. Harney	3.18
67th	D. Carratt	3.29
160th	G.P. Shepherd	4.06
163rd	A. Wright	4.07

WORLDS VETERANS CHAMPIONSHIPS, ST. ANNES, JUNE 8th & 9th 1985

This is the new rearranged date for the above event, R.H.A.C. are planning a weekend expedition. The trip would probably be a bed, breakfast and evening meal in a Blackpool Hotel. How about taking the family to this prestigious event - it is only held in this country on rare occasions.

Anyone interested, please ring Jeff Ashmore on Rotherham 79465 for further details. It's advisable to book early, R.H.A.C. trips are always popular.

MICK'S MOB

Clearly the year has started soundly, and, with the exception of Jim Brogan, everyone is back in harness. (Did I hear someone say that was the best place for some of them?). During October I must single out Peter Neal for some fineruns (12th at Rowntrees '10', 4th in the Worksop half marathon and 8th at Holmfirth), Steve Elvidge for his 4th place, 2 hr. 33 min, in the Heart of England marathon and Rick Sharpe, as a newcomer, for his 23rd and 16th places in the S.Yorks. league. In addition, Kev.Jenkins, Nigel Brooks, Richard Self and Chris Beighton are also showing useful form. Well done lads, but keep looking over your shoulders because there's plenty of others breathing down your necks!

I would like to clarify a point I made in last month's notes, which one or two people probably misinterpreted as I scribbled the notes hurriedly. (The editor pressurised me with impossible deadline dates and threatened to withhold payment of my expenses!!) It all boils down to definition and 'jogger' is the most misused word in athletics. To me, being a jogger is a state of mind - not of ability. A man who runs 10 miles in 80 mins, but wants to improve to 75 or 70 mins and is prepared to work to that end and compete is not a jogger. A man who runs 60 mins for 10 miles, turns out only on Club nights to keep fit, rarely races and has no interest in progressing is most certainly a jogger or fun runner. To succeed or to improve, a runner must want to succeed. He must be prepared to work hard and give no quarter. That is the attitude and state of mind I am looking for. Ability does not enter into it.

On training principles, generally, I try to follow a phased pattern and the winter months should be the building phase with emphasis on stamina and strength. That is a period of high mileage, hill work and long interval sessions of aerobic running. This principal applies whether you are a marathon man or an 800m runner - but speed should never be neglected, hence I always like to include some fartlek each week and striding in warm up work.

In the Spring emphasis shifts to quality work, with the distance runner and the middle distance man shifting considerably in emphasis but mileage is reduced and 3, 4, or even 5 quality sessions of interval training, fartlek running and sprinting will be included. June/August is usually the main competitive season on track or road and again, emphasis shifts to a phase of low mileage and short, sharp quality sessions. This is obviously very much a generalisation as individual needs have to be catered for, but if you desire to improve, just to turn out and run is not sufficient. Training needs to be planned and progressive.

WARMING UP - Now we are into the Winter, this is something which is VERY important before races or hard running and is often neglected. I often see members come out of the changing rooms and go straight to the start of the T.T. or race event.

There are two reasons for warming up -

- (1) It reduces the risk of injuries from pulled muscles, particularly in cold weather.
- (2) It prepares the body to cope with the increased oxygen demand it will have to face when racing.

Most people find from experience what suits them personally, but I suggest a minimum of 15/20 mins easy running followed by some stretching exercises. Change into spikes if you are running track or cross country and then do 4/6 strides over 60/100 metres, starting easily and increasing the tempo so that the last two are close to maximum. Spend the final 5 mins. before racing staying warm and relaxed.

Contd:....

MICK'S MOB Contd.

.....btmo0
This means that you should llways allow a good 30/40 minutes for prep-
aration before a race and this is time well spent because if you are thoroughly
prepared you will run better, enjoy your racing more and, hopefully, avoid
injuries.

May I finish by wishing everyone in the Club a happy and successful
festive season. Eat, drink and be merry, but keep training.

MICK HAGUE

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RUNNING

.....btmo0
"When you are running in the street,
You've got to keep on your feet,
You've got to wear something bright
and keep it very light.
.....btmo0
Just be very careful
and don't end up in hospital.

by

MELANIE BARKER (Age 12)

.....btmo0

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ORIENTEERING - The Thinking Man's Sport

For those of you who fancy having a go at Orienteering, Henry is
organising the following event:-

The Canklow Kangaroo Caper - Sunday 30th December, 1984

This is an Orienteering event in Canklow Woods, open to all, with
courses suitable for all ages and novices. This is your opport-
unity to come and 'have a go'. Plenty of people will be on hand
to set you right.

Registration on the day is at Canklow Woods School, from 10.00 a.m.
to 12.00 noon (Wood Lane, off Canklow Road).

Entry fees: 18 and under 25p
 60 and over 50p
 others £1.00

.....btmo0
Do a short course and if you like it, do another. Further information
from Henry Marsten.

.....btmo0

WHO'S WHO IN ROTHERHAM HARRIERS? - MAURICE COOK

No.2 in a regular newsletter feature to acquaint you with fellow R.H.A.C. members. The spotlight this month falls on veteran runner Maurice Cook.

"I am 50 years old and have a wife Margaret and sons Gavin who is 15 years old and Jonathan nearly 18.

As a schoolboy and teenager my sporting activities were confined to cycling but two years National Service serving in Germany when I was 21 cured me of that. On parting company with the British Army and, after a brief affair with motor cycling and even briefer spell courting and marrying, I settled down to a more sedate way of life. Sport then came in no more energetic form than angling - twenty years or so of "Fur & Feather" matches where I could actually win our Christmas turkey, breeding maggots (at least I think that's what Margaret called them) then drowning^{them} and trying out most of the pubs on the Fens and Trent.

It was one cold dark evening in the early months of 1981 when, viewing my double chins and general air of unfitness, Jonathan then aged 14 but going on 24 threw down the challenge "bet you can't run across the playing fields". Shocked, and not a little hurt, by the lack of faith in his father, I accepted with the quietly spoken words (Don't be so silly" - or words to that effect. Little did I know it but that short exchange was to change the rest of the Cook family life.

After making sure that the neighbours were safely behind drawn curtains, off we went. A long, long time later after running, walking then staggering, I arrived back home to find Jonathan contentedly watching T.V. from MY chair. I had to admit defeat, the lad was right and I determined to start there and then getting myself into condition.

Saturday evenings were spent weight training at the Leisure Centre and there I made closer acquaintance with my neighbour Herr Peter Ruddlestone "Why not join me and the lads on a short run after the weight training" he invited (loosely translated from the German) and that's how the running really started.

My aim was to reach the Park Hotel and back by running, walking only when necessary - which was a lot of the way at first. Looking for new incentives, we turned in the opposite direction and ran UPHILL towards the Brecks and each trip added one more lamp post before turning for home. Then one never to be forgotten night we reached queens corner at Maltby without stopping, turned and reached home, again without stopping.

By this time I had really got the bug and decided that it just wasn't on to turn out wearing old gym shoes and trousers tucked into socks and set about selecting some "proper" gear. The laughter was so loud in our house at the sight of skimpy running shorts that it was a very long time before I ventured out in broad daylight to run.

All the time my weekly mileage was increasing and I was now running four nights out of seven. I decided to enter my first event - the first Prince of Wales Half Marathon finishing in 104.56 and, despite the extremely hot weather, enjoyed the experience so much that I set my sights on the full marathon later that year and continued training hard adding more long runs. I completed the Rotherham marathon in 3.29 and was soon looking for another one.

WHO'S WHO Contd.

I joined the R.H.A.C. in June 1982 and, with better advice, training and added enthusiasm got a p.b. of 2.44.01 in this year's London marathon which was a fantastic experience. Half marathon time 1hr.16, ten miles 55 mins and I still can't believe that Brian Harney, Dave Carratt and myself completed the Dalesway (80 miles) in one day and am looking forward now to the 3 R's this month and hoping for a run as enjoyable as last year's.

May I finish by wishing all our friends and fellow R.H.A.C. members a very Happy Christmas and all the best for 1985!"

BARNSELY MARATHON, 25th NOVEMBER,

A field of 860 took part in this year's Barnsley Marathon. Conditions were very good, just a slight headwind on the return let. This is always a well organised race and very well supported by local athletes.

Congratulations must be given to Barnsley Road Runners for the fast and efficient results service - Rotherham Road Racing Committee take note.

It's a pity that RHAC don't enjoy the same amount of press coverage and publicity in the Advertiser as the Barnsley Chronicle gives to the Barnsley Marathon. This year, as usual, the Chron carried a two page report on the race plus plenty of photos and also a complete result list ... WAKE UP ADVERTISER

RESULTS

1. Malcolm Mountford	2.22.09	240. Paul Shepherd	3.15.52
35. Pete Neal	2.41.36	290. M. Carr	3.21.20
47. Eddie Kirkup	2.43.16	303. Roy Varo	3.22.49
60. Maurice Cook	2.48.52	329. Keith Cleary	3.26.32
84. Ian Pashley	2.53.30	341. M. Teather	3.27.42
191. Norman Grimley	3.08.56	465. Mary Rhodes	3.47.48

ROUND ROTHERHAM RAMBLINGS

Just when we had shared out (not divided or split) the club amongst several sections we have the brilliant newsletter to bring us all back together again - a stroke of genius and the first edition was far better than one could expect in the time allowed to produce it.

Not only that, I've been to several of the section committee meetings and the enthusiasm is tremendous with 100% of the business concerned with one particular branch of athletics. Even the track and field meeting overran it's time despite the winter season having just started. It now remains for the executive committee meeting, which meets for the first time on 7th December, to "jell" the whole thing together.

We have heard from Tony Leach this week from his base at Stillwater at Oklahoma State University. He sounds full of beans and has been racing in Dallas several times, Tulsa and Arkansas but he particularly likes Boulder, Colorado. The skiing season starts there in September. In the race there he finished 5th in the Big 8 C.C. event, whatever that might be, early November he races in Missouri and 19th November the National Colleges event in Philadelphia. Does South Yorkshire league seem a little 'small time'?

The general verdict was that we did the right thing in adding the Maurice Jackson Memorial to the league match and June Jackson, I think, could see the point we were trying to make it a cheerful occasion despite the reason for the title. However, when the youngsters came along for their medals with smiles on their faces I think the ice was broken.

On a brighter note, two of our popular members are to announce their engagement officially at Christmas, if you don't know who they are you should get in the kiosk more often!

Throws coach Bill Parkins and his wife Stella celebrate their Silver Wedding in mid December - Congratulations from your many friends at the R.H.A.C. and I've got a ticket for the 'DO'.

Yet another break in at the kiosk is the only bad note. There is not much of value to take but in addition to making the place more secure, we could make use of a heavy, old fashioned safe: do you know where we can get one? Information to the kiosk please.

Despite the start of the winter, spring trips are already in mind - Isle of Man at Easter; Ostend and Belgium for half marathons. Names to the kiosk if you are able to make the trip and if you've never been on a Harriers trip, you've never lived!! It's not all running and you usually arrive back in need of a good rest.

Not many people know this, but one of our older members once claimed a 100 yards ^{world} record at Herringthorpe, but it was not allowed as it was found he had taken a short cut.

Have you got a Harriers Car Sticker yet? Plenty in the kiosk at 30p, it makes a very inexpensive gift for children to give to dad. Which reminds me that you should bring a wrapped gift if you are racing on Christmas Day, throw it on the pile and you pick up your prize in order of finishing - I hope you like purple socks and aftershave that smells like Chanel!

ROUND ROTHERHAM RAMBLINGS Contd.

Do you remember Bridget Elliott, discus thrower and ladies captain six or seven years ago? She left Rotherham to live in Belgium looking after horses. Well, we had a postcard from her this week from Brazil, still looking after horses. At her home near Antwerp she is in touch with the local athletic club, mainly road runners, and we did get an invite there last year but dates were not convenient. Bridget will be in Rotherham at Christmas so we will see how the conversation goes.

Have you tried the Sports Hall athletics yet, it can be quite entertaining. Every Saturday at the Leisure Centre at 5.30 and 5.0p to compete, all in preparation for the big one on 27th December. Many helpers are required and if you intend to compete, get some practice in first on Saturdays.

This week's Athletics Weekly lists the Shot Putt rankings and our club captain Graeme Stark at 42nd with a best performance of 14m 50. He also has Scottish qualifications and should be in the first half dozen there.

Cathy Garside, our international javelin thrower, also gets a mention. The forecast is that she should reach world class if she puts the work in and, if you were to see the training sessions at Old Hall, she is certainly doing that. At the moment she ranks 5th in Britain with javelin.

Do study the Christmas holidays week programme as there is something for everybody and it is possible, in fact, to take part in everything - if you do you will probably start the New Year a stone lighter rather than heavier!

Subscriptions are a little puzzling, as regards time of payment, to some people, mainly because the athletics year commences in October. We have found it more convenient in recent years to make the year from January and now we issue plastic cards accordingly. You should have the 1984 card in your possession now - if not, you haven't paid. Cards for 1985 (a different colour) are now available. Please volunteer your subs as it costs time and money to write to you. As we bring the membership into line you may have to produce your card at club functions and when you have a prize to come, so pop into the kiosk or post to Hon. Sec. as soon as possible then we can spend more time on athletics.

Running out of time - not chatter.

MIDDLEMAN

RAY'S PAGE

An organised run takes place from the pavilion on Sorby Road (off Morthen Road, Wickersley) for members interested in getting their training done on Saturday mornings. Changing rooms and showers are provided together with a cuppa and a biccyy (50p fee towards the rent).

For those who can discipline themselves to turn out we start at 8.30 a.m. and finish around 10.30 - you can then have the rest of the day to yourself.

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CHRISTMAS PARTY

For members interested in our Christmas party - turn up at the Co-Op Sports Pavilion, Wickersley Road (near Stag roundabout) at 7.30 to 8 p.m. on Friday 28th December - an enjoyable time for all.

DANCING +++ GAMES +++ PRIZES +++ BUFFET FOOD AND DRINK

Tickets at £2.50 FOR THE FAMILY (over 14 years of age) are available from Ray Burgon or from the kiosk.

GET IN QUICK +++ LIMITED NUMBER ONLY +++ DON'T MISS OUT

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CHILDREN'S CHRISTMAS PARTY

A party will be held for the 8 - 14 year olds, also at the Co-Op Sports Pavilion, Wickersley Road from 4.30 to 7.30 p.m. on Friday 28th Dec.

GAMES + COMPETITIONS + PRIZES + HATS + BALLOONS + CAKES
SARNIES + BISCUITS + TRIFLES

Parents willing to help and to supply goodies will be more than welcome as the charge for admission is only 30p.

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ROWBOTHAM'S ROTHERHAM RUN
(OR THE 3 R's)

Don't forget to come and support our lads during Saturday 29th Dec. They will be in competition against other clubs running the 48 miles around the Rotherham boundary (that's always assuming that they survive the previous night's party!!) Brian, Maurice and Dave say that a party the night before is NOT A GOOD ENOUGH EXCUSE NOT TO RUN - anyway 48 miles gives plenty of time to run off 10 pints and any hangovers they may have.

SUPPORTERS turn up at 8 a.m. 29th December at Tinsley Junior School (opposite Pike & Heron) and follow the run. Points and approx. times to see the competitors are: Tinsley Junior School 8 a.m.: Harthill 9.20 a.m.: Woodsetts 10.30 a.m.: Maltby Church 11.30 a.m.: Hooton Roberts 12.30 p.m.: Swinton 1.20 p.m.: Brampton Bierlow (Junction Inn) 2.00 p.m.: Elsecar Wentworth (the old Church) 2.20 p.m.: Grange Golf Club 2.45 p.m.: FINISH tinsley from 3 p.m.

IF YOU WOULD LIKE TO HELP AT THIS EVENT PLEASE CONTACT EITHER:
RAY BURGON, Sheff. 311495; MAURICE COOK, R'han 73668; DAVE CARRATT 79526

Contd.....

RAY'S PAGE Contd.

N.B. previous times for this event:

1980 R.Rowbotham 9.10.2.: 1981 D.Carratt 8.45.15: 1982 Q.Tupper 7.5.4. (Rec)
1983 M.Cook and B.Harney 7.30.00; 1984 ???

ANDDON'T FORGET THE 3 R's PRESENTATION AND SOCIAL

8 p.m. Saturday 29th December at the Co-Op Sports Pavilion, Wickersley Road.

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WOODMAN 10K

A great night was had by one and all at the Woodmen following the recent 10K event. Many thanks to Gary, David and Peter with their band of helpers for organising this very successful run, to time-keepers Keith and Bill, to Big Mick and his wife for tolerating us and last, but definitely not least, all the members who turned out.

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CHRISTMAS DAY HANDICAP

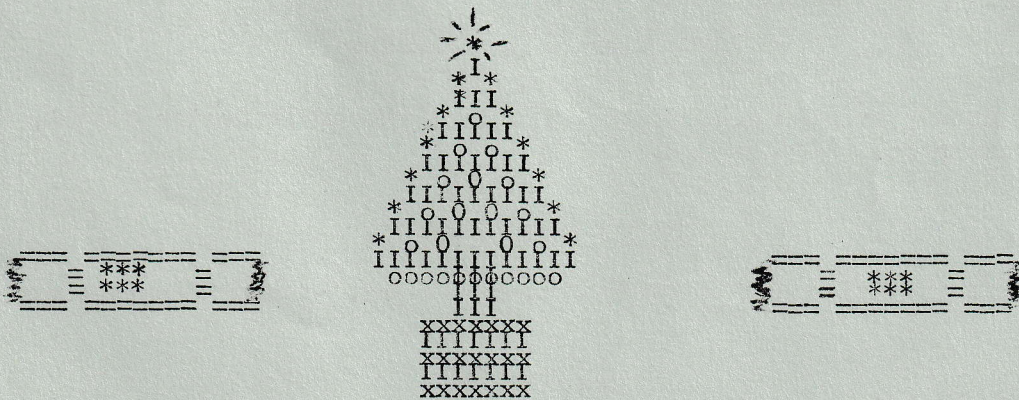
RUNNERS please take a gift wrapped present (nothing is too large or too small) to Santa's sack in the pavilion, Boswell Street and he will let you choose a parcel for yourself at the end of your run.

RUNNERS you could also win a prize for the FUNNIEST HAT so.... BE A SPORT and RUN IN A HAT.

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A MERRY CHRISTMAS TO ALL

RAY BURGON



UNDER 13's SECTION

Once again a very good turnout in the latest S.Y.C.C.L. meeting held on our home course in Clifton Park. Probably the best turnout yet over the first three fixtures.

The meeting was also held in conjunction with the Maurice Jackson Memorial Meeting. Medals were presented to the first three in each age group.

Congratulations must go to Chris Goulty and Claire Foster who both finished 3rd in their respective U/11 races and therefore picked up medals.

In the U/11 boys we again had 13 runners and in addition to Chris's great run we also had five finishers in the first 20. In the girls U/11 race we were represented by four runners and all had good results to put us in a strong position in the team totals.

As usual the U/13 results are not yet known in full but in the boys Ian Richardson was 4th closely followed by Dean Mellor, Mark Davies, Charles Tompkins and Darren Walker.

NEXT MEETING - 9th DECEMBER, ASKERN, DONCASTER.

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XMAS PARTY

This will take place on Friday 28th December at the Co-Op club, near the Stag roundabout from 4.30 p.m. to 7.30 p.m. All members of R.H.A.C. who are training in the U/13 group are welcome to attend. There will be small charge of 30p per child to cover prizes and soft drinks and, if possible, we would ask parents to help out by supplying some food (i.e. sandwiches, buns, crisps, sausage rolls). If those children wishing to come would give their names to either myself or Peter Lord we can then co-ordinate the making of food.

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INDOOR CIRCUIT TRAINING.

Every Tuesday evening 6.45 p.m. - 8 p.m. at Thurcroft Junior School, School Road, Thurcroft. 10p charge.

SPORTS HALL ATHLETICS

Training/competition nights every Sat. 5 - 7 p.m. at the Leisure Centre, 50p charge.

COMING SOON

R.H. first Sports Hall Athletics open meeting, Thursday 27th December at Herringthorpe Leisure Centre. Entries will be taken shortly. 30p per event entry fee (three events max) two track, one field or vice versa.

RAWMARSH ROAD RACES

Tuesday 1st January - Start at Titanic Club, Rawmarsh, Entries taken soon.

AN ANGRY LETTER

To The Editor:

Dear Mr. Horny,

I am a non jogger who has the misfortune to live opposite the Herringthorpe Stadium, and every Monday and Wednesday evenings I have to contend with hoards of silly people in shorts emerging from the stadium car park close to where I live.

I am usually walking the dog on the playing fields when all of you head-cases run by. They all look in great pain when they pass, but they all pretend to be enjoying themselves. Usually, when they see Tiny and me all they all suddenly shout things like 'Watch out there's a dog' or 'kill that dog' etc. Only last week, one of the runners, dressed in a Fireman's uniform and carrying a ladder, tried to kick poor old Tiny (my Hinalayan Mountain Whippet). I thought this was very unfair as Tiny was only trying to pass him. He then produced a window leather from his pouch and began to whip Tiny about the head. Only the quick thinking of a lady runner who managed to pull the man off Tiny saved the dog. Both runners then disappeared into a nearby hedge.

This is not the only complaint I have against the Horriers, or whatever they call themselves. Last month, my wife and I were walking down Wickersly Road when suddenly a strange man wearing a pair of broken spectacles and driving an orange Datsun pulled out of his drive, jumped out of the car and grabbed me by the throat, demanding that I pay my 1985 subs, whatever they might be! It's just not good enough. The only way my wife could persuade him not to strangle me was by volunteering to keep watch on the kiosk, which he explained had been broken into 734 times that week.

However, my worst experience of the Horriers so far was on the way home from work yesterday. Two runners came up behind me and for some reason shouted 'TRACK'. I immediately jumped off the kerb and into the path of an oncoming 102 bus. The doctor says that the pets can come off in about 6 weeks and the hair will soon grow back.

I am writing this letter from my hospital bed (Parkfields, of course) and I must inform you that my solicitors, Munt, Funt and Cunningham have been contacted. I intend to sue the Horriers for every penny that Ray Burgon's got.

Yours faithfully,

Major Upset

p.s..... I am also upset about not being allowed down Middle Lane on Time Trial nights unless I wear light clothing. I hate you all!.....

CROSS COUNTRY LINE UP

The days are getting colder and the mud is thicker but there's just no stopping these Rotherham Harriers. We are well into the cross country season now, the South Yorkshire League's in full swing and the numbers taking part just grow and grow.

Take the second South Yorkshire fixture at Cannon Hall Park for instance; no less than 85 Rotherham Harriers took part, spread over every age group. The corresponding fixture at Hillsbrough last year saw 54 of our members taking part. At Clifton Park (third fixture) a record 271 finished junior/senior/veteran men's event including, at a rough guess, 50 from Rotherham Harriers (no detailed results yet available).

So, what does all this mean for the forthcoming championship events? It means, particularly for the senior men, that everyone is going to have to really fight for their places. Gone are the days when Rotherham Harriers were struggling to field nine men in the senior men's championship; just making the squad of fifteen is going to be an achievement in itself.

The races are now coming thick and fast and everybody seems to be asking me about dates for the championship events. So, for the benefit of all you male cross country enthusiasts, here is the (almost) complete guide to the tortures that await you. Sorry, ladies, I've not yet got round to drawing up a complete list of your fixtures - see next issue of newsletter.

JIM BROGAN
CROSS COUNTRY SECRETARY

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NICE PLACE - TOUGH RACE

We met at Herringthorpe at twelve o'clock dead. My dad always has to be punctual! There were quite a lot there already, mostly under elevens. I looked around for my friends. Yes, there they were - Chris Goulty, Adam Lord, Simon Brock and Michael Dauris - another strong team today. The coach came and off we went. My dad drove off before the coach. Oh yes, we're going to get lost again. We took a different route to the coach. We went through Thorpe Hesley and up the motorway to the Dodworth turn off.

We arrived in Cawthorne. I was right - we got lost near to the centre of Cawthorne. We asked directions but they weren't much help. Eventually we got to Cannon Hall, the venue of the race.

I went to explore the bridge and look round the river. The coach arrived and all the under elevens walked the course. When we had walked the course we got warmed up with a few exercises. Spikes on and on hearing the whistle we lined up. I had a good position after juggling elbows with my nearest rival. I filled up with nerves. BANG - we were off, I got a fast start. Up the hill then down to the brook - very soggy. I jumped the brook and looked at the hill ahead. I started the long haul up the hill and was immediately tired. What was about three minutes seemed three hours. At long last, there was a down hill stretch then a flatter bit. I started to pick up a few places passing the gushing waterfall. I passed Simon Brock and urged him on. Trying to dodge the puddles, I ended up running through them. Up to the corner then I started to sprint for the line. I felt as if I would die. I'd finished and I thought to myself - nice place, tough race.

PAUL TOYNE (AGED 11)

CROSS COUNTRY CHAMPIONSHIPS 1985 - MEN

MEETING	DATE	VENUE	Categories	Distance	Race Start time	Maximum Entry	Max. No. to run	No. to score for team	No. closing date for entries
YORKSHIRE INDIVIDUAL	5th JAN (SATURDAY)	HILLSBOROUGH	Colts	2 miles		No Limit	No Limit		15th DEC
			Boys	3 "		"	"		
			Youths	4 "		"	"		
			Juniors	6 "		"	"		
			Seniors	7½ "		"	"		
YORKSHIRE VETERANS	20th JAN (SUNDAY)	HOWLEY, BATTLE	2 A/B	10,000 m	1.00 pm	No Limit	No Limit	3	5th J
			3 A/B						
			1 A 1 B	10,000 m	2.00 pm	"	"	3	
YORKSHIRE TEAM	26th JAN (SATURDAY)	YORK	colts	2 miles		No Limit	No Limit	4	29th DEC
			Boys	3 miles		"	"	4	
			Youths	4 miles		"	"	4	
			Juniors	6 miles		"	"	4	
			Seniors	7½ "		"	"	6	
			Boys	2 miles		"	"	4	
			Youths	4 miles		"	"	4	
NORTHERN	9th FEB (SATURDAY)	THIRSK	Juniors	5 miles		10	7	4	11th JAN
			Seniors	7½ "		15	10	6	

CROSS COUNTRY CHAMPIONSHIPS 1965 - MEN

MEETING	DATE	VENUE	Categories	Distance	Race Start time	Maximum Entry	Max.No. to run	No.to score for team	closing date for entries
NORTHERN VETERANS	10th FEB (SUNDAY)	SHERDLEY PARK, ST. HELENS	8-11	1500m		No Limit	No Limit		
			Colts	4000m		"	"		
			Boys	4000m		"	"		
SOUTH YO RKSHIRE	24th FEB (SUNDAY)	HILLSBROUGH PARK	Youths	6000m		"	"		
			Juniors	10,000 m		"	"		
			Seniors	10,000 m		"	"		
			Veterans	10,000 m		"	"		
NATIONAL	2nd MAR (SATURDAY)	MILTON KEYNES	Youths	4 mls		12	6	4	22nd JAN
			Juniors	6 mls		12	6	4	
			Seniors	9 mls		15	9	6	
NATIONAL VETERANS	10th MAR (SUNDAY)	CARDIFF							

RESULTS OF THE SECOND SOUTH YORKSHIRE LEAGUE FIXTURE AT CANNON HALL PARK,
Nr. BARNSELY ON SUNDAY 4th NOVEMBER, 1984.

BOYS 8 - 11

9. P. Toyne
10. C. Goult y
15. S. Brock
18. M. Davis
19. A. Lord
21. J. Beevers
26. P. Waterhouse
42. N. Owen
52. C. Hawley
53. D. Botterill
56. S. Houghton
62. B. Byczkowsky

69 finished

+++++

GIRLS 8 - 11

3. C. Foster
12. C. Goldsborough
22. M. Cooper

28 finished

+++++

GIRLS 11 - 13

12. H. Lakin
14. S. Lakin
19. J. Laird
26. C. Coe
30. L. Staton

33 finished

+++++

GIRLS 13 - 15

3. C. Sykes
11. T. Price
17. R. Atkinson

22 finished

+++++

BOYS 11 - 13

2. I. Richardson
8. D. Mellor
9. N. Winstanley
14. D. Walker
15. M. Davies
17. S. Abramiuk
20. C. Tompkins
22. C. Rowlinson
23. N. White
44. P. Beresford
53. M. Richardson

55 finished

+++++

BOYS 13 - 15

5. A. Townsend
7. A. Johnson
10. A. Walker
20. S. Day
30. D. Blades

53 finished

+++++

INTERMEDIATE LADIES

1. R. Woodward

18 finished

+++++

LADIES

11. J. Vezner
19. H. Gent
24. M. Rhodes
31. H. Maxwell

53 finished

+++++

YOUTHS

2. P. Wakefield
6. G. Townsend
14. S. Meherbon

38 finished

+++++

SENIOR/JUNIOR/VETERANS

5. P. Venables
10. K. Jenkins (J)
16. R. Sharp
18. R. Self
23. M. Ruddleston
25. N. Brookes
31. K. Blades (J)
38. G. Simpson
42. T. Kelsall
47. G. Duff (V)
57. M. Hague (V)
63. D. Richards
64. M. Jackson
67. S. Newsun
77. S. Dalton (J)
82. B. Harney
88. I. Jenkins
90. A. Parkin (J)
96. J. Brogan
104. M. Cook (V)
114. C. Last
116. M. Hollowood (V)
119. P. Ashworth
129. T. Pickering (V)
132. S. Greaves
135. M. Sunption
136. G. Eden (V)
138. A. Davis (V)
147. R. Rhodes (V)
152. B. Maughan
161. J. Davis (V)
172. B. Chambers (V)
214. P. Mace (V)
224. J. Davies
227. D. Foster (J)
229. A. Bryden (V)
233. B. Banks
236. F. O'Neill (V)

Rotherham Harriers are in second place overall after two meetings with 1028 points compared with 1194 for Hallamshire Harriers.

Yorkshire Ladies Championships at Heslington, York on 17th November, 1984 - official results not yet received - see next issue.

South Yorkshire League at Clifton Park on 18th November, 1984 - official results not yet arrived - again, see next issue.

JIM BROGAN
CROSS COUNTRY SECRETARY

WHAT'S AFOOT

by

Jeff Ashmore

(Feet & their problems No.2)

ADVICE ON BUYING ATHLETIC SHOES

Running shoes should be strongest in the area of cushioning, support and stability while still retaining reasonable degrees of flexibility, softness and lightness.

WHAT TO LOOK FOR WHEN BUYING ATHLETIC SHOES

Beside good fit and comfort there are certain things to consider when choosing athletic shoes:

1. The sole of the shoe should be durable on the outside with a soft layer on the inside and offer through flexibility at the foot so it can be bent easily by hand.
2. There should be adequate cushioning beneath the ball of the foot. With running much pressure is excessive in this area and especially so with short sprints.
3. There should be a good heel cup to hold in the heel but it should not be too tight.
4. The backs and sides of the heel should be firm for support and well padded so that the heel of the foot is stabilized. If the heel is too loose it can cause blisters or irritation from excessive motion and also allow for too much lateral motion which may lead to injuries.
5. The heel should have good absorption qualities to reduce the impact on heel strike and hence to lessen tendon and muscle strain. A slightly elevated heel (about 15mm or so) lessens strain to the backs of the legs.
6. The toe box should offer room for the toes to wiggle but the forepart of the foot should not slide from side to side since blisters may result from the motion. Your toes should not touch the end of the shoe as the feet will swell with activity and the pressure will increase.
7. Nylon shoes are not a must but they will dry easily and will not crack after becoming wet as do leather and suede shoes.
8. Tongue and upper should be well padded and should be fashioned to stay in place while running.
9. Shoes having a rounded back to the heel (when the sole comes up to meet the heel) help lessen the impact shock when the heel strikes the ground because of the greater surface area distribution at heel contact.
10. Heel width: runners in training land on the heels and have a wide, stable platform. Flared heels add extra cushioning at heel strike but if they are too wide, normal shock absorption is not allowed and excess stresses may occur to the legs.
11. The shank area under the arch of the shoe needs to be rigid and lie flush with the ground. The shank must not buckle at foot contact as heel and arch injuries may result.

In addition to the above factors, look for these points in tennis and squash shoes.

Contd..

Feet & their problems No.2 Contd.

Tips on shoe care

Don't wear wet shoes to train in, let them air dry, a heater will cause them to stiffen and shrink.

Use powder in your shoes to absorb moisture, lessen friction and prevent fungus infection. New shoes should be broke in before competing in them, so wear them a few times first.

CONCLUSION

Shoes are not always the cause of problems, nor are acute injuries always the cause of problems. Often, a foot imbalance will result in overuse on parts that are mechanically inefficient. Callouses or continual foot pain may mean that you have imbalances. This can be prevented, helped or reversed with a visit to a sports-minded chiroprapist. Realise that Mother Nature isn't perfect either.

One final point: individuals should always be measured on full weight bearing in a standing position and not sitting in a chair. I have seen and measured very many feet over the years and it is amazing how many people have one foot longer than the other and as much as a full size difference.

Can you imagine the damage one can do to your ankles, knees, hips and back if you were to run 50 to 100 miles per week with an incorrect shoe size?

JEFF ASHMORE

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WEAR SOMETHING BRIGHT

When you are training at home or at Rotherham Harriers in the dark - don't forget to WEAR SOMETHING BRIGHT AND LIGHT. Let the drivers know that you are there. You don't want to end up in hospital and miss the cross countries or not even able to run again do you? So, WEAR SOMETHING BRIGHT.

MELANIE BARKER (Age 12)

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WHERE ARE THE LADIES?

The ladies section of R.H.A.C. may have been formed in 1932 but it is still a sad fact that we haven't been able to field a team of four for the Womens National Cross Country Championships. We are also frequently outnumbered 6-1 in races five miles and over by other cluhs (several), some only being in existance a matter of a year or so.

The majority of local senior ladies road teams compose of women 30 years and over, some taking up the sport only because children or husbands compete and get hooked themselves.

Has the running boom by-passed us? Are Rotherham women frightened to compete? Or is it you men who prefer them to stay at home?

Come on, use some gentle persuasion on mum, daughter, wife or girlfriend, I'm fed up with the words "Where's all your lot then?" every time there's a race. Several newcomers in other clubs have even asked if I'm the only lady in Rotherham Harriers.

At one time we had more senior women competing than any other club in the area - let's get back on that footing.

MARY RHODES.

CHRISTMAS QUIZ

A little challenge for you over the Christmas pud. How well do you know your Club and it's history? Answer the following questions and a £5 gift voucher from G.T. Sports will be presented to the person with the most correct answers.

Some answers you may need to look for, some you may know and some you may have to guess at, but have a go. In the event of a tie then the winner will be decided on a draw from Brian Harney's jockstrap.

All entries please to Mick Hague or Brian Harney by 2nd Jan. 1985

1. In which year was the club founded?
2. The highlight of the Christmas period is the Challenge Cup race on Christmas day. Who is the record holder and what was his time?
3. The club's most prolific international to date is Alan Simpson who set a British record in 1965. What was his time?
4. Who was the last club member to win the A.A.A. Marathon Champ. and in which year?
5. Who is the only club member to have won the Challenge Cup on three occasions?
6. Which club member won the A.A.A. javelin title in 1957 with 236'7"?
7. The daughter of the present club President represented G.B. in the Olympic Games. Give the venue and the event.
8. In which year was the Challenge Cup first competed for on Christmas day?
9. Peter Elliott won the National Youths Cross Country Champ. in 1980 exactly 20 years after the feat had first been achieved by a Rotherham athlete. Who was that athlete?
10. In the Challenge Cup race which member has clocked 32 mins. or under for the present course on the most occasions?
11. Another name was added to the long list of Rotherham internationals this year by one of our up and coming youngsters. Give the name and event.
12. Where was the venue of the inaugural Club meeting?
13. Who won the first Challenge Cup race in 1888 over a ten mile course and where did that race start from?
14. Which Rotherham runner set a new record for the Pennine Way in 1979 and what was his time?
15. Alan Simpson once held a World record. For what event?
16. Who was the winner of the 1984 Challenge Cup race?
17. Peter Elliott holds a medal from a major championship at senior level. Give the name of the Championship and the colour of the medal.
18. Which club member once lost his false teeth by a wall at Todwick and found them the next morning?

RAWMARSH ROAD RACES: ENTRY FORM
(Under AAA and WAAA Laws)

New Year's Day, Tuesday 1st January 1985 at 11 a.m.

Changing, all starts, finishes and presentation at the Rawmarsh Progressive Club (TITANIC), Willowgarth, Rawmarsh (2 miles north of Rotherham)

Ages as at 1st September 1984

- 1 Girls U11 = 1 mile
 - 2 Boys U11 = 1 mile
 - 3 Girls U13 = 1½ miles
 - 4 Boys U13 = 1½ miles
 - 5 Girls U15 = 1½ miles
 - 6 Boys U15 = 2 miles
 - 7 Youths U17 = 3 miles
 - 8 Inters U17 = 2 miles
- All entry fees 30p. Trophies to first three
Awards to teams of three

COMBINED 5½ miles road race

- 9A Senior (10 prizes)
- 9C Ladies (3 prizes)
- 9E O/40 Vets (5 prizes)
- 9G O/60 Vets (1 prize)
- 9B Junior (3 prizes)
- 9D Vet Ladies (1 prize)
- 9F O/50 Vets (2 prizes)
- 9H O/70 Vets (1 prize)

PLUS 10 Spot Prizes

Entry fee for combined race 60p

ENTRIES CLOSE 24th DECEMBER 1984

ENTRIES TO: Mr G.Roche, 4 Nidderdale Place, Bramley,
Rotherham, South Yorks, S66 0LF

NAME.....

ADDRESS.....

RACE ENTERED.....

Date of Birth.....

CLUB.....

I declare that I am an amateur according to AAA or WAAA Laws.

Signed.....

RACE PERFORMANCES IN 1984

Use this form to report your race performances for purposes of club statistics and performance tables.

Your best performance over 5,6,10, half-marathon, 15, 20 or marathon is invited. We already have races which were organised by RHAC.

RACE with VENUE

DATE (approx)

YOUR TIME

Hand or post to Road Secretary, P.Humphries, 72 Green Lane, Wickersley, Rotherham, S66 0DD
or deliver to RHAC Club Kiosk for collection.

NEWCOMER

There's a new little Harrier on the scene. Member Trev Johnson's wife Margaret gave birth to a 7 lb.2oz baby boy a few weeks ago. Mother and baby Gareth are both fighting fit and Trev, from Wickersley, says he'll soon have the baby attending training nights.

CLUB VESTS

At long last, R.H.A.C. have got around to buying some new vests. We now have a choice of two and you are advised to get your order in quickly.

The first vest has been organised by Pete Neal who felt that the present one was far too heavy and uncomfortable in the summer (agreed). The new vest has a black Tricot nylon top and black Tricot Micro Mesh bottom with white trim, it has the star on the front and Rotherham H.A.C. on the rear; sizes available S/M/L for men, smaller sizes and ladies style to follow - price £5.50.

The other vest was organised by Ralph and is made from black Polyester with white trim and has got a small star and the wording Rotherham H. & A.C. front and rear. Available in S/M/L price £4.

ENGAGEMENT

Congratulations to our star 400m runner Kenny Worrall and Yvonne Taylor who are announcing their engagement at Christmas. Kenny aged 23, from Dinnington and Yvonne aged ? from Whiston decided a few weeks ago to take the plunge but had to wait for permission from Hon.Sec.!

RICHARD ~~FINN~~ SPORTS

ON PRODUCTION OF THIS ADVERT
AN EXTRA 10% OFF ALL SHORTS
AND SINGLETS UNTIL JANUARY 1985

NEWBALANCE

NB 555 (offer)	31.95
NB 455 (offer)	28.95
NB 399	19.95
NB 410	26.95
NB 770 (offer)	48.95

NIKE

Nike Terra Trainer (New)	£38.95
Nike Equator II	39.95
Nike Odessey	54.95
Nike Pegasus	29.95
Nike Internationalist	30.95
Nike Terra (offer)	19.95
Nike Mariah (offer)	19.95

REEBOK

Reebok Phase I	£29.95
Reebok Maree	25.95
Reebok Maree 1500	29.95

WINTER WARMERS

Helley Hanson Lifa Top	£7.95
Helley Hanson Lifa Bottoms	7.95
Long sleeved T shirts from	5.95
Reflective Vests from	5.95

Gortex Suits (Bill Rodgers)	£86.95
(Ron Hill)	
Rain Suits (Bill Rodgers)	32.95
(Ron Hill)	

Sub 4 Jog Suit - R.R.P. £36.95 Hnat Price £17.95

KEEP WARM AND HAPPY RUNNING!

RICHARD'S
~~FINN~~ SPORTS

52 WEST STREET,
SHEFFIELD 1
Telephone 755217



5th Annual Headstone Headache

10:30 am Sat. 22nd Dec. 1984

ALL PROCEEDS TO BRITISH ORIENTEERING SQUAD TO HELP FINANCE TEAM FOR 1985 WORLD CHAMPIONSHIPS IN AUSTRALIA. CAR PARK REDMIRE'S PLAYING FIELDS, REDMIRE'S ROAD, SHEFFIELD (SR 282861) IMMEDIATELY TO W. OF SPORTSMAN INN. THE RACE IS APPROXIMATELY 7 KILOMETRES; SLIGHTLY LONGER THAN LAST YEAR. FROM PLAYING FIELDS EXIT THROUGH GATEWAY 50 M. TO EAST OF SPORTSMAN INN. TO HEADSTONE (Q.R. 256874) & BACK BY ANY ROUTE. FINISH THROUGH CAR PARK ENTRANCE. ROAD FROM THREE MERRY LADS TO REDMIRE'S RESERVOIR IS OUT OF BOUNDS, AS IS PRIVATE LAND ABOVE FOX HOLLS LODGE AND ALL GRAZING LAND. COMPETITORS CROSSING WALLS IN PARTICULAR THE WALL TO THREE MERRY LADS CAR PARK WILL BE DISQUALIFIED.

ENTRY BY MAKING A DONATION TO THE BRITISH ORIENTEERING SQUAD OF 80P SENIORS / 40P AGED UNDER 17 ON DAY OF RACE. CHILDREN AGED 13 OR UNDER MUST BE ACCOMPANIED BY AN ADULT THROUGHOUT THE RACE. ENTRIES CLOSE DEC 15th. ENTRY LIMIT 200. ABSOLUTELY NO ENTRIES ON THE DAY

THE RACE IS ON REGARDLESS OF WEATHER BUT ORGANISERS RESERVE THE RIGHT TO CHANGE THE RULES IF THE SNOW IS DEEP. ALL PARTICIPANTS ENTER AT THEIR OWN RISK. ORGANISERS ACCEPT NO LIABILITY FOR INCIDENTS. AWARDS AT LEAST 1st U17, 17 & OVER, OVER 40, MALE & FEMALE 1st PARENT & Aged 13 OR UNDER CHILD (AGE ON DAY) SPOT PRIZES.

LIMITED T SHIRTS ON SALE & WORLD FAMOUS CAKE RAFFLE.

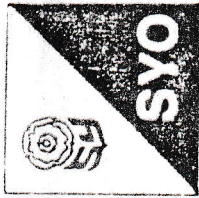
ORGANISERS ROB & JENNY PEARSON 137 GRAHAM ROAD SHEFFIELD S10 3GF

OFFERS OF HELP, CAKES, MINCE PIES, BRUBES WELCOME!

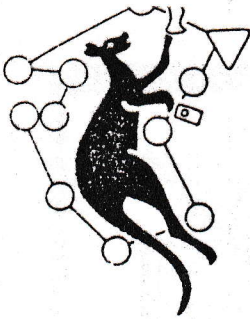
1st 2nd 3rd

PLEASE ENTER THE FOLLOWING FOR THE HEADSTONE HEADACHE

ENCLOSE A DONATION OF £ _____ FOR THE 'BRITISH ORIENTEERING SQUAD'.



SOUTH YORKSHIRE ORIENTEERS
invite you to the
CANKLOW KANGAROO CAPER
ON
SUNDAY 30 DECEMBER 1984



an open orienteering event suitable for all ages & abilities
(All proceeds will be donated to the 'Bound for Australia' Fund to help support the British Team at the World Orienteering Championships in Australia in 1985)

VENUE CANKLOW WOODS, Rotherham; less than a mile from the M1.
TRAVEL From M1 junction 33, take Rotherham exit; keep left at first roundabout A631 (West Bawtry Rd); keep right at next rdbt, B6066 (Canklow Road); in 1/4 mile turn right at end of car-lots into Wood Lane; park in school grounds as directed.
CAR PARK Space is limited so please park tidily as directed by marshalls. Please do not drive, or walk, on school lawns etc. NB This is a DIFFERENT SCHOOL from that used at previous orienteering events in Canklow Woods.
If you are bringing a coach please ring organiser.
TERRAIN Semi-open, gently sloping common-land with many small paths. Some old quarry workings, take care. Going generally fast.
MAP Area extended & re-surveyed 1984. 1:10,000, 5m contours, 5 colours, IOF legend.
COURSES Colour-coded courses suitable for all ages & abilities. From WHITE (short & easy, mainly paths & suitable for beginners) to BROWN (long & technically difficult)

ENTRY FEES 18 and under 25p
60 and over 50p
Other ages £1.00
TIMES Registration 10.00am - 12.00noon. In car-park.
Start 10.30am - 12.30pm. 100m from registration.
Courses close 2.30pm.

FACILITIES No toilets, please call en-route ie. M1 Service Stations, Sheffield & Rotherham city centres.
Orange juice at finish.
International orienteers (past, present & future ?) will be available to answer questions - and to sell raffle tickets, T-shirts, car stickers etc in aid of squad funds.

OFFICIALS Planner Henry Marston
Controller Clive Wilson
Organiser Ian Pyrah
1 The Fairway Sheffield S10 4LX
Tel: 302451