

10 p

ROTHERHAM

HARRIERS

NEWSLETTER



No.4

February '85

A RUN WITH **RON HILL**

ON SUNDAY MAR. 3rd AT 10.15 a.m

*Itinerary * 10.30 AM. A RUN INTO THE COUNTRY LED BY RON HILL*

** 12 NOON. AFTER A SHOWER + CHANGE, TUCK INTO
SANDWICHES + CAKES + COFFEE (FREE OF CHARGE)*

** 12.45 PM. A TALK BY RON HILL (YOUR CHANCE TO ASK THE
MARATHON KING QUESTIONS)*

** 1.30 PM. A TALK ON SHOES (COURTESY OF NIKE INTERNATIONAL)*

ONLY 100 PLACES AVAILABLE

RICHARD HNAT SPORTS

52 WEST STREET, SHEFF. 1.

TICKETS £1.50 EACH Available from above.

EVENT STARTS AT – WISEWOOD INSTITUTE,

WISEWOOD ROAD, SHEFFIELD 6

FROM THE EDITOR.

Well, here we are with the 4th Newsletter, wont be long before we hit double figures. Once again we have a bumper edition, which I hope you will find interesting. After only four issues a pattern is already emerging as to the make up of the magazine and we are getting articles and features from members on a regular basis. I would like a little more feedback from readers as to the popularity of these features, I'm not getting many complaints so I can only assume everything is OK, but please, feel free to criticise and suggest ideas of your own.

We print about 250 copies of the Newsletter, this seems to be the right number as all the copies are taken. Brian Gent has been a big help with the last two mags, not only in allowing us to use his machine, but even offering to print them for us which takes up quite a lot of time..

Just before Christmas I asked Peter Elliot if he would write something for us, after all 1984 was a hell of a ye ar for him with one thing and another. The resulting article is published this month and what interesting reading it makes and after last weeks time trial it wont be long before we see Peter right at the top again.

How about designing a new front cover? the one we've got is OK but a fresh face wouldn't hurt. I'm sure there are a lot of artists amongst you who could come up with something, maybe a different cover each month.

We are still looking at alternative ways of producing the Newsletter, something that enables us to print sketches, cartoons and photo's of Gary Roche etc. The lithographic system seems ideal and in fact one of our members has offered to produce the Newsletter for us using this method but unfortunately it will cost more than we can afford at the moment, however we shall keep trying.

One or two more letters this month, always welcome, we dont get enough of them. I've printed Henrys reply to Petes reply to Henrys Criticism etc, etc, etc,. I think we have heard both sides of this argument now, and we should let sleeping dogs lie. Please keep your letters coming though, it's nice to hear your views on any subject.

People still tend to be a little modest when it comes to writing about themselves. When I tackle them about writing a Who's Who, the most common retort is "me? I'm not a good runner, what have I done?". But dont forget, we are all members of the same club and the articles will help us to get to know about each other, regardless of running ability. Besides , we want to know about your other interests, it's not all running you know.

One of the more interesting I have had for the Newsletter comes from Arthur Etches. It was going to be just a normal Who's Who, but he wrote so much material that I have decided to print a couple of pages a month, starting with the April issue. I have already got 8 pages and we are not yet halfway through his long and varied (and Succesful) athletic carrear. I promise you that you'll find it totally absorbing, if you dont know who Arthur Etches is, ask someone to point him out to you, he's quite a man.

Anyhow, that's all, keep training, get well wrapped up and dont let the cold weather get you down, Spring's on the way and we'll soon be back in shorts and vests.

Deadline for inclusion in MARCH Newsletter.. WED. 6th. MARCH. CHEERS,

BRIAN HARNEY

Committee

The road section committee has met five times (six by the time you read this) and has got through a tremendous amount of work. There is nothing secret about proceedings and it is not a closed shop. If you feel that we are missing something, or if you have bright ideas or bees in your bonnet, let us know. Already Brian Harney, Ray Burgin and Geoff Green have been invited to meetings. Much of the time recently has been taken up by marathon organising and finance.

Club Championships.

With only two races gone of course this is still completely wide open. For interest however, the placings at present are as follows:-

Alan Gregory 100	Mark Ruddleston 98	Dave Richards 91
Pete Humphries 79(1st Vet)	Mick Garet 74	John Davies 67

Many have just one race result including Eddie Kirkup 47 (1st Vet over 50) Mary Rhodes 50 (1st lady) Janice Boyes 49 (2nd lady)

The committee will have to decide whether Alan Gregory can score in this competition: the intention was that RHAC club colours should be worn in races, though with that proviso second claim members should be eligible.

Races

The next in the Club Championship series is Spenborough 20, a hilly two-lap course on 10th March. If you have not already entered and want to do so get your £1 before 3rd March to Mr. F. Reddington, Flat 2, 49 Halifax Road, Dewsbury, West Yorkshire WF13 2JN.

The Dronfield half marathon on 17th March is also a scoring race, but perhaps the best standard will be encountered at the York run on 24th March. Plenty of people will prefer the local 10 mile alternatives however, Stannington College and Spire Ten.

The saga of the St. Leger Half Marathon has dismayed quite a lot of club members. Me too; it is a fine course and well organised. The timing is right too for me, coming after the nasty winter weather. It has always been very regrettable however that Tickhill Lions have to charge so much for the race and that they see fit to recognise so few as prizewinners. This is a case of runners being exploited. It is not these matters which have caused the trouble but rather financial irregularities (probably the AAA 50p levy not delivered). The outcome of all this is that at the time of writing, there is no permit issued for this race by the AAA and therefore no club member should take part. Its place in the RHAC Club Championship will be taken by a suitable alternative yet to be decided.

Marathon

A lot of progress has been made towards setting up a new route for the Rotherham Marathon. This is definitely going ahead on 22nd September and looks as though it will include a half marathon event. Permission has been sought for a change of route in order to use the town centre, and the race could even start or finish there. Rotherham borough council is considering ~~xxx~~ request for support right now.

10K Series

Suddenly a large number of 10K races have appeared on the race lists. We may well respond (since we cannot include them in the Club Championship at this stage) by setting up a special '10K series' - perhaps best 5 or 6 to count. There are at least ten events as far as I can see. The South Yorkshire Road list has them at Armthorpe, Penistone, Barnsley

ROAD NEWS (cont'd.)

and Rockingham and there is one at Doncaster (an interesting route through the town centre - it looks fast). There will be a summer version of the Woodman 10K and Gary Roche has been approached by a number of other public houses to set up a similar event. Also, by the Rotherham Advertiser in conjunction with the Rotherham Show. Watch out later for details.

Time Trials

Club members have on the whole been very understanding during changing of route and finish recently. I watched from various points last week (Feb. 6th) and I have to agree with what members have been telling me - it does look dangerous at times, almost a mile of runners going down Herringthorpe Valley Road. We are looking at the possibility of altering finish, course even location. We could for example run the time trials around Herringthorpe Fields (on the road of course, the S.Y. League route) or in Clifton Park (I know it's dark but it is possible) Against that of course is the fact that the route has become established and the time trials are quite an occasion which all enjoy.

We would appreciate your views. We might arrange some trial runs.

Albion Road

I thought the Club Awards evening last week was a huge success. It made a small profit and everyone seemed to enjoy themselves. Better still, it did a lot for club well-being. Thanks to all concerned for turning out in such large numbers.

Finances

The Road Section has negotiated a figure with which to support road racing during the present calendar year. This amounts to £500, being £300 to support races such as Road Relays, Yorkshire Championships and similar. Details will come later, but the figure is divided £150 senior, £100 veterans, £50 ladies. Bear in mind that this is a trial venture and could be changed in the future if not successful. In general we are going to support selected teams and individuals by entry fee and travelling expenses, and will do our best to be fair.

Peter Humphries. Road Sec.

CROSS COUNTRY ROUND - UP

January was a hectic month for cross country running, with all age groups in action. The enthusiasm and willingness to turn out has been continued in 1985 and already there have been notable successes, particularly in the Youths and Veteran Men.

Fourth place in the Yorkshire Individual on January 5th earned Ian Kennedy a Yorkshire vest to go with his selection to run for Yorkshire in the Inter Counties at Leicester. Also competing at Leicester for Notts in the Junior Men's event was Kevin Blades, surely the club's most dedicated athlete in this age group.

Pride of place must go to the Youth team who convincingly finished first team in the Yorkshire Championships at York on 26th January. What makes this victory all the more impressive was that with 4 to count, our 5th place man (Gary Townsend), placed 21st overall, and even if he had been 4th count, the Youth team would still have won. Congratulations, lads.

continued.....

The Ferriby 10 was run this year in atrocious conditions, in fact the Police asked the organisers to consider a cancellation. Those who turned out (395 finished) had very likely driven quite a distance through snow storms on tricky roads for the privelege and though the snow eased up it was very slippery underfoot for all but the last mile or so. And of course it was very cold.

Second claim member Alan Gregory was first legal runner honw, followed by the fast improving Mark Ruddleston. Peter Neal had to withdraw eh when his Round Rotherham effort caught up with him in the shape of knee trouble. With four to score we finished out of the team rankings with 147 points. It is interesting to speculate that had Alan run in second claim colours (and there were no other Hallamshire finishers) we would have in fact been third team.

Results are generally reckoned to be as much as 2 or 3 minutes down because of the conditions.

16	A. Gregory	55.09	161	M. Hollowood	62.18
22	M. Ruddleston	55.58	167	M. Garet	63.12
30	F. Hibbert	56.43	170	G. Huckbody	63.16
44	C. Beighton	57.29	179	M. Sumption	63.38
51	D. Richards	57.57	182	M. Gaynor	63.40
67	C. Ledwidge	59.13	212	G. Roche	65.02
94	T. Allen	60.28	219	J. Davis	65.18
101	M. Farmer	60.37	223	C. Mangham	65.37
111	J. McDermott	61.08	253	S. Chark	67.09
120	G. Williams	61.24	262	D. Oxley	67.50
130	J. Maughan	61 ¹ / ₂ 53			

This was a fine turn out on such a bad day. Congratulations to all the runners.

CONFIRMATION OF THIS YEARS SOUTH YORKS. LEAGUE ROAD RACES

<u>DATE</u>	<u>VENUE</u>	<u>FIRST RACE</u>
WEDNESDAY 10th April	LOXLEY	6.45
THURSDAY 25th May	BARNESLEY	6.45
Holiday WEDNESDAY 1st May June	ROTHERHAM	7.00
WEDNESDAY 15th May	ROCKINGHAM	7.00
WEDNESDAY 22nd May	ASKERN	7.00

CROSS COUNTRY RESULTS

January 5th - Yorkshire Mens Individual, Hillsborough

Colts - 2 miles

23 D. Walker
29 M.A. Davies
34 N. Marston

41 finished

Boys - 3 miles

15 A. Johnson
20 S. Day
23 Q. Walker
27 A. Townsend

61 finished

Youths - 4 miles

4 I. Kennedy
9 P. Wakefield
12 S. Atkinson
14 G. Townsend
16 N. McRobb
27 S. Ellis
38 finished

Jun. Men - 6 miles

14 K. Jenkins

25 finished

Sen. Men - 7½ miles

28 P. Mirlees
32 S. Elvidge
40 N. Brookes
46 R. Sharp
53 R. Self
56 P. Hunter
59 G. Simpson
61 D. Richards
62 P. Ashworth
62 R. Robinson

7½ finished

January 19th - Inter counties Championships, Leicester

Youths

35 I. Kennedy (Yorks)

Junior Men

136 K. Blades (Notts)

January 20th - Yorkshire Veterans, Batley

Over 40 - 10,000m

10 M. Hague
24 D. Powell
25 M. Hollowood
26 G. Duff
33 K. Mitchell
37 T. Pickering

52 finished

Over 50 - 10,000m

3 E. Kirkup
4 M. Cook
9 A. Davies
11 D. Walker
17 Q. Greamer
18 . Eden

37 finished

TEAMS

Over 40 - 3 Rotherham

M. Hague
D. Powell
M. Hollowood

Over 50 - Rotherham (2)

E. Kirkup
A. Davies
D. Walker

LADIES 4 MILE HANDICAP - WEDNESDAY 23rd January 1985

Conditions - Very cold wind, some snow

<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Handicap Based on Front Runner</u>	<u>Actual Time</u>
1	K. Asquith	40.44	0	40.44
2	S. Powell	41.06	10.00m	31.066
3	J. Gent	42.17	5.00m	37.17
4	C. Grime	42.54	11.00m	31.54
5	D. White	43.28	10.00m	33.28
6	L. Hague	43.55	10.00m	33.55
7	J. Winder	44.08	10.00m	34.08
8	H. McDowell	44.13	10.00m	34.13
9	J. Mole	44.31	13.00m	31.31
10	J. Boyes	45.19	10.00m	35.19
11	S. Cadman	45.21	17.30m	27.51
*12	H. Gent	45.38	18.00m	27.33
13	J. Beardsley	46.15	17.30m	28.45
14	S. Arnold	47.25	5.00m	42.25

* FASTEST

LADIES NIGHT - Every third Wednesday:-

6.30 p.m. competition of some sort, not necessarily as above.

8.00 p.m. Social evening - Homestead.

MICK'S MOB

There is little to report on the racing front this month, although the best performance was Mau rice Cook's run for 3rd place in the Yorkshire Vets Championships for the over 50's. The Yorkshire Championships at York saw a good solid team performance with the RHAC pack well grouped and challenging each other all the way. There is still a lot of progress to be made, but in conditions that did not suit the athletes of limited experience and mileage it was team running that bodes well for the future.

A few names were missing from the Yorkshire because of injuries and colds. One or two niggling injuries are creeping in and it is important to put these right quickly to avoid prolonged absenteeism. Most of these are over-use injuries, so try and ease back a little until they clear.

It's interesting that since the last Newsletter how many comments I have had about feeling under the weather, and how many people are going around with colds. The same principle applies as with injuries, ease back and rest until the cold clears and take plenty of Vitamin C.

CROSS COUNTRY RESULTS CONT'D

January 26th - Yorkshire Mens Team - York

Colts - 2 Miles

17 D. Walker
25 I. Richardson
43 N. Winstanley
44 C. Rawlinson
45 M. Davies
58 N. Marston
65 D. Mellor

102 finished
Team - Rotherham 7th

Boys - 3 miles

16 A. Johnson
20 A. Townsend
29 S. Day
50 A. Walker

104 finished
Team - Rotherham 5th

Youths - 4 miles

6 P. Wakefield
8 I. Kennedy
13 N. McRobb
15 S. Ellis
21 G. Townsend

83 finished
Team - Rotherham 1st

Junior Men - 6 miles

28 K. Blades
48 D. Foster

48 finished
Rotherham did not
finish a team

Senior Men - 7½ miles

46 P. Venables
67 P. Ruddleston
71 R. Self
72 C. Beighton
76 N. Brookes
82 M. Ruddleston
93 S. Elvideg
97 R. Sharp
137 P. Hunter
178 J. Dundhy
198 P. Ashworth
214 S. Heslop

335 finished
Team - Rotherham 8th

YORKSHIRE VETERANS CROSS COUNTRY CHAMPIONSHIPS - 20th January 1985

Take a bleak, grey January afternoon with sub-zero temperatures, find a rugged farmland course on a Pennine Hillside near Batley, add a few streams and gulleys and cover the whole with 4 or 5 inches of snow and you have the scene for the Veterans County Championships.

Despite the atrocious conditions the Rotherham lads equipped themselves well to return home with an assortment of medals.

First away were the over 50's and the juniors breathed a sigh of relief that Derek Lawson from Bingley has at last moved into senior status as he made light of the conditions in shooting away from the opposition to win at a canter. Behind Derek a real tussle developed between Eddie Kirkup Maurice Cook and another Bingley runner, Gerry Spink. The ever changing positions were finally resolved in the last mile as the experienced Bingley man drew away with Eddie third and Maurice 4th. A solid run by Arthur Davies in 9th place took them to silver team medals, unable alas to match Bingley's 1st, 2nd and 5th places. Nevertheless further consolation was that Eddie had won the over 55 award which promoted Maurice to 3rd place in the over 50's. Further down the field Arthur Etches was coping well with conditions hardly made for senior citizens and finished 2nd in the over 60's. A word of sympathy for Derek Walker, 11th, Don Creamer 17th and George Eden 18th who didn't make the scoring team.

The young men in the over 40's race could not match the example of their senior colleagues. Whilst Alan Spence, Bingley again, and Sheffield's Malcolm Martin settled 1 and 2, Rotherham scored Mick Hague 10th, D. Powell 24th, M. Hollowood 25th and G. Duff 26th, which gave them 3rd place team medals. The Bingley team machine was in unstoppable form scoring 1st, Holmfirth 2nd.

CROSS COUNTRY ROUND-UP (continued)

As always, the veterans, inspired by Eddie Kirkup and Mick Hague, produced excellent performances in the Yorkshire Vets at Batley. Keep your eyes on Mick Hallwood who improves with every run and has put quite a few of the senior men in their places on the road and over the country recently.

The most encouraging aspect of the current seniors programme is the depth of the squad. Despite the absence through injury of the Clark brothers and the two Pétés (Mirlees and Neal) they still finished eighth in the first 100 at the Yorkshire Team.

Selection for the Northern and National Championships has taken on a new meaning this year and your still injured cross country secretary can only grind his teeth in frustration at his own non participation.

Not to be outdone, the ladies are turning in respectable performances. On a bitterly cold day (January 27th) ~~xx~~ 14 hardy souls, along with a handful of dedicated officials and supporters travelled to Whitley Bay to contest the Northern Chamiponships. No prizes, but never mind at least they were there.

Finally, a reminder that for all the magic championships (Northern Mens, National Men and Women) travelling to these events will be by coach. As well as athletes we need supporters, preferably noisy ones. So please, let's fill the coaches and cheer our runners along. KEEP READING THE NOTICE BOARD FOR INFORMATION

Jim Brogan - Cross Country Secretary

SUNDAY JANUARY 27th 1985

NORTHERN WOMEN'S CROSS COUNTRY CHAMPIONSHIPS - WHITLEY BAY

Senior

Joan Veryman 53rd
Maria Farmer 63rd
Mary Rhodes 64th
Helen Maxwell 72nd

Intermediate

Rina Woodward
Lisa Wigley 78th

Junior Girls

Colette Sykes 49th
Beverly Hirst 66th
Tania Price 91st

Girls

Kerry Docherty 64th
Helen Lakin 85th
Sharon Lakin 88th
Jane Laird 151st
Helen Keightley 178th

Flat, snow covered course, very cold

YORKSHIRE VETS. CROSS-COUNTRY CHAMPIONSHIPS. 20th. JAN. 1985,

Take a bleak, grey January afternoon with sub-zero temperatures, find a rugged farmland course on a Pennine hillside near Batley, add a few streams and gulleys and cover the whole with 4 or 5 inches of snow and you have the scene for the veterans County Championships.

Despite the atrocious conditions the Rotherham lads equipped themselves well, to return home with an assorted array of medals. First away were the over 50s and the juniors breathed a sigh of relief that Derek Lawson from Bingley has at last moved up to senior status as he made light of the conditions and skated away from the opposition to win in a canter. Behind Derek a real tussle developed between evergreen Eddie Kirkup and Maurice Cook and another Bingley runner, Gerry Spink. The ever changing positions were finally resolved in the last mile as the experienced Bingley man drew away with Eddie third and Maurice fourth. A solid run by Arthur Davies in 9th place took them to silver team medals, unable alas to match Bingleys 1st, 2nd & 5th places. Nevertheless, further consolation was that Eddie had won the over 55 award, which promoted Maurice to 3rd place in the over 50 group.

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The young men in the over 40s race could not match the example of their senior colleagues. Whils't Alan Spence (Bingley again) and Sheffield's Malcolm Martin settled 1 and 2, Rotherham scored Mick Hague 10th, Derek Powell 24th, Mike Hollowood 25th and Gordon Duff 26th, which gave them 3rd place team medals. The Bingley Mean Machine was again in unstoppable form scoring 1st, Holmfirth finished 2nd.

OVER 40.

10th. M. HAGUE.
24th. D. POWELL.
25th. M. HOLLOWOOD.
26th. G. DUFF.
33rd. K. MITCHELL.
37th. T. PICKERING.

OVER 50.

3rd. E. KIRKUP
4th. M. COOK.
9th. A. DAVIES.
11th. D. WALKER.
17th. D. CREAMER.
18th. G. EDEN.
23rd. E. WAGSTAFFE.
26th. R. BURGON.
29th. A. ETCHES.

ROUND ROTHERHAM RAMBLINGS.

That was a great performance at York by the Youths cross country Team. Winners of course. Even Peter Elliott did not have the same backing went he went on to his Yorkshire, Northern, National, Grand Slam. I hope they will be getting plenty of support when the youths are at Thirsk for the Northern.....
.....Zola Budd at Birkenhead for the Womens Nationals, that should get a good crowd there. There is always a few spare seats on the bus, what the many who turnout midweek coming along to give some support AND also getting a run in over the Wirral peninsula before the races start. Its beautiful, I know, Ive done it, right to the Towers that gides ships into the River Dee. Bus 10.a.m. Feb 16th.....Soon be time for the club dinner, what marvellous occasions they have been so far. The presence of the Mayor, the Towns' national and international sportspersons including of course our contingent. This ~~is~~ is the towns no. 1. sporting occasion and I think only we can handle it! But when you come to think what we get out of the Town this is the Least we cando. For instance a grant of £3 to £400 for the marathon evry year for 15 years. A similar sum for the Boro' Sports for 25 years! And the Thousands of pounds we get in entry fees from Rotherham Joe Public. Yes we owe a great deal to the town whose name we bear.....Our Centenary has been mentioned for the past five years without getting any further, but at the last committee meeting we it was decided that there will be a full scale meeting on this subject alone. I dont think there will be any shortage of ideas of how we are going to celebrate but some original ideas are the thing. All details to the section secretary
.....Two pages of detailed argument in this weeks Athletics Weekly seemed to me to add up to nothing. Concerning that all Road Races should be absolutely accurate miles, as runners like to know their times are accurate. But flat and Hilly courses and the wind blowing one way or the other or snow & sunshine vary the times. If you have it too clinical you might as well compete by post!!! The other answer is get on the track..... Which reminds me that the track usually opens when the Summer Time starts, end of March. Track & Field Trials are just being arranged for the end of April..... The League fixtures are also being finalised details in next months issue..... Always on the look out for athletic talent and javelin coach Gary Garside was surprised to find long Jumper Samantha Leech having a talent for the javelin. Not only that, in strength tests she was outstanding. The reason was that as she is a horse show jumper, she had been used to lifting stable doors, moving haystacks and pulling horses about, I am sure that there is a rickshaw runner in China who is going to leave every body for dead.....
It is a fact though that throwers are in short supply. I think the jogging world for them is 'tug of war'. We need an organiser for a team, anyone interested? Its a very skilful event and it could bring the heavies.....
..... Since Mr. Angry blew the cover on the subscription man, he has sold his yellow Datsun and now travels in an unmarked car. You are not safe, he could spring out anywhere. Get into the kiosk and pay now before he strikes.....

MIDDLEMAN

Ladies Night.....January

Terrribly cold and windy but fourteen Ladies, ran the 4 miles handicap. (Results elsewhere). It seemed to go very well and the object of turning out together means strong teams which we want to apply to some of the races. Make a point of entering the ~~xxxx~~ Askern (near Doncaster) 9. £1.50 entry fee Medals all, entries close Feb 25th details from the kiosk
Next Ladies Night, Wed Feb. 20th... followed by Question Night, Albion Road Club

ATHLETICS & POPULAR MUSIC QUIZ (easy paper)

After chatting to a few of the "Harriers", it appeared that, after Athletics, the second most popular pasttime is listening to 'MUSIC'.

Of course, this covers a large area i.e. Classical, Punk, Soul, Jazz, Funk, Disco, Heavy Metal, Progressive, Big Band Sound etc. etc. Well, being a music "trivia" nut, plus my interest in Athletics, I have put together a quiz that combines the two.

Most of the questions are very easy, with just a few semi difficult ones for good measure. Enjoy it!!

1. Name the original title of the "British Adidas Marathon" in Bolton, Lancs.
2. What is Sebastian Coe's middle name?
3. Name three Sheffield based bands (pop. music) - only the famous ones.
4. Who sang "Secret Love" in April 1954?
5. The 'Spitfire' and the 'Orchid' are two names of running shoe but which company makes them?
6. Who holds the Marathon record time? What was his time? Name the venue? What model and brand of shoe did he wear? Who came second?
7. Name the Beatles first single and the year of it's release? Do you know Ringo Starr's real name? (isn't this quiz easy?)
8. Which soul band revived an old hit of the 60s, (going back to my roots) and had a huge hit with it in 1981?
9. Bev Kinch pulled out of the L.A. games through injury, name her event.
10. Mary Decker has just married a Brit, name him and his event
11. 1968 was a strong year for the music industry, can you name the artists who sang the following songs? a) Mighty Quinn b) Legend of Xanadu c) Lady Madonna d) Young Girl e) Jumping Jack Flash f) Baby Come Back g) Fire h) Lilly the Pink.
12. Give the stage names of the following artists: Paul Gadd; Vince Furnier; David Jones; Shane Fenton; Harry Webb.
13. Can you name the male and female record holders over the following distances: 5000 mts; 26.2 mls; 50 mls; 100 mls; 24 hrs; 6 days.
14. Who is Joss Naylor and why is he famous?
15. After a sudden bout of success, most football teams (God knows why) make a record but in 1970 and 1972 two records actually made No.1 and No.5 respectively. Name the two teams involved.
16. Which talented band of the 70s had hits with "I'm not in love"; "The Dean and I"; "Things we do for Love"; "Donna"; "I'm Mandy, fly me"
17. Name the lady marathon runner from New Zealand who once held the distance record until Grette Waitz relieved her of the burden a few years ago.
18. Rob De Castella was the red hot favourite for gold in L.A. last summer. After a thrilling race where did he finish and can you name the British runner who didn't complete the distance despite being the fastest Brit before the race?
19. Which famous vocalist (unfortunately, more famous off stage than on) sang these lovely songs: "The killing of Georgie"; "First cut is the Deepest"; "You're in my Heart" and "Sailing".
20. It's a sad fact that for a song to be 'big' these days, there has to be an accompanying video (this gives an advantage to the larger record companies) but the first 'band' to use promo videos for a song was only as far back as 1975 (around Christmas time). Can you name the song and the band?

I'll make them harder next time

GARY ROCHE

If you think that you know all twenty questions, let me have your answers before the end of the month - THERE COULD BE A PRIZE - WOW!!!

LET ME KNOW IF YOU GET OVER 70% CORRECT.

ECSTASY, PASSION AND PAIN

THE FEELINGS ENCOUNTERED BY INTERNATIONAL ATHLETE PETER ELLIOTT ON HIS ILL FATED QUEST FOR OLYMPIC GOLD.

1984 was to be one of the most important years in my life, everything was to be geared towards Los Angeles and the Olympic Games. From starting in athletics at the age of 12, to get to the Olympics had been my ambition.

I started the year off getting back from a foot injury. I was due to go to Australia and New Zealand on the running tour, I had been so successful on the previous year. I managed to get some decent track work in and went on the tour, missing the first two races but managing a 2nd in an 800 metres, a 1st in a 1500 metres and a 3rd in my debut mile, clocking 3.58.8.

On my return to England I was asked to run in an indoor International at Cosford, England v U.S.A. It was my first and only run indoors. I misjudged the pace and was beaten into second place by Rob Harrison.

I always believe you are allowed one bad run in a season, I counted that as being mine and really got stuck in to some very hard training. I averaged two sessions a day for six days but on Thursdays I ran first thing in the morning, finished work at 2 p.m., travelled to Leeds Carnegie College, where my coach Wilf Daish lectures and did two track sessions and a weights session.

In April a training group went out to Lanzarote in the Canary Isles where, even though the programme "Wilf's Gang" filed by Yorkshire Television whilst we were out there may have looked more like a holiday camp, the majority trained damned hard.

I had done some very good track sessions and was waiting for the 1984 track session to open. I had a few early races and one of these took me to Koblenz, West Germany where I was supposed to be going for a fast time over 1500 metres. The fast time did not come about but I won the race comfortably.

I then went on to run in the Yorkshire Championships, winning again and was ready for the United Kingdom Championships which were held at Cymbran, Wales. I qualified easily in the heats and was ready for the final. The weather was not very good, it was very windy and even though everyone thinks I can only front run I was reluctant to do so on this occasion. As the race progressed, going down the back straight, I found I was front running into the wind with everyone queuing up behind me, I kicked at 150 metres to go and left everyone, winning very easily.

There was just over a week to the Olympic trials at Crystal Palace and I was suffering from foot trouble but I couldn't afford to rest it. The actual trials themselves took part in the evening, the heat being at 8 p.m. and the final at 10 p.m. Some athletes thought this unfair in that there was not enough time to recover between the two races but it was the same for everyone. Out of the two heats, I had been drawn in the easier of the two so I did just enough to get in the final.

ECSTASY, PASSION & PAIN (cont'd.)

From finishing the heat to the start of the final must have been the longest two hours of my life, all I could think about was how hard I had trained for this race and how I owed it to everyone to get through to the Olympics - my family, sponsors, workmates and everyone else who had helped me through my career. I was going to win this race and that was programmed into my mind. When stepping out onto a track you have to think positively, if you go into a race with negative thoughts you will get beaten.

We lined up, the gun went off and we were racing, my intention was to front run this one but the other athletes would not let me so I sat in, waited for the right opportunity and kicked for home - winning. On turning to the camera I bowed, not out of big headedness, but out of joy that I had fulfilled an ambition.

In the television interview after the race I think I caused a turmoil within British Athletics when I announced that I wanted to double up and do the 800 and 1500 metres.

The following week-end I ran in the Easley Carr Mile, winning again and making my case even stronger about wanting to double up. The next race was to be the A.A.A. championships. I managed to get in some very good training even though I was still suffering from foot trouble. In fact, the last track session I did before the A.A.A. Championships was the best 600 metre session I have ever done so I knew I was on form.

On arriving at the hotel the night before the heats, I was handed a programme with an article in it headlined "The apprentice takes on the Master" - the A.A.A. had become a head to head showdown between myself and Seb Coe. As Steve Cram and Steve Ovett had already been selected for the 1500 metres there was one remaining place.

Once again I qualified comfortably for the final. On the day of the final there was a capacity crowd, the race began and I found myself boxed in for the first two laps but with $1\frac{3}{4}$ laps to go I managed to get to the front. I sat on Coe and, with 300 metres to go, kicked for home; Seb came past me down the home straight and everyone thought the race was over until I kicked again and won. On my lap of honour I received a standing ovation. I had gone into that race believing I could win and it paid off.

Due to a disappointment two years earlier at not being selected for the Commonwealth Games, I did not think in the back of my mind that I would be chosen for the 1500 metres place. When the team was announced I had not been chosen. Even though I was very upset about the incident I had still got my 800 metres place.

I had three more races before going out to L.A. and I was beaten in all three. I had needed a confidence booster to go to the games with so I was travelling out on a definite low.

To get acclimatized we travelled to San Diego and trained there for a week before going to L.A. The track we trained on was like running on the road and did not help my injury. A pre-Olympic meeting was put on and I ran in the 800 metres, looking for that confidence booster which I needed. I won the race and suffered no trouble with my feet at all. The next day I travelled up to L.A. I had two days rest before my first round heat

continued.....

ECSTASY, PASSION AND PAIN Contd.

The smog we had heard about was not as noticeable as I had imagined, but it was very hot and humid. The campus itself was excellent, having every facility. My first round heat came, it was the first four to qualify so that was easy. On my warm down I began to get pains in my right foot, not the same pains that I had had previously. I arned up the next day for the second round heat and the pain had got worse. I ran the race and qualified for the next round but after the race I could not walk on my foot at all so I could take no further part in the games. I had a bone scan to see if I had a stress fracture and the scan showed that I had, so I was put in plaster.

When I got back home I went to see a specialist and had further tests done on my foot which showed apart from a stress fracture I had also damaged other bones in my foot and I was to be in plaster for a total of five weeks

I am now on the way back to recovery and, hopefully, a full season in athletics.

PETER ELLIOTT

P.S. Look out for the next four years.

+++++

ANSWERS TO THE CHRISTMAS QUIZ

- | | | | |
|----|--------------------------|----|-----------------------------|
| 1. | 1887 | 10 | MICK HAGUE |
| 2 | ROY BAILEY 31m.07 secs | 11 | CATHY GARSIDE JAVELIN |
| 3 | 3m.55.7s | 12 | WEST END HOTEL. SHEFF. RD |
| 4 | CHRIS FLEMING?SMITH 1959 | 13 | J. LINTON TICKHILL |
| 5 | J.W. (Bill) BURNS | 14 | BRIAN HARNEY 72h.42m |
| 6 | PETER CULLEN | 15 | 500m |
| 7 | MONTREAL LADIES 800m | 16 | ROB FLETCHER |
| 8 | 1937 | 17 | EUROPEAN INDOOR 800m SILVER |
| 9 | ROGER DUNGWORTH | 18 | RALPH ROWBOTHAM |

Overall, a disappointing response, but the best entry came from Brian Mullsrky and Mary and Roland Rhodes, both with 24 out of 25 correct. Honourable mentions go to Steve Rowbotham (22) and Geoff Green (21). Well done to all of them. The winner will be decided by a tie break question later this week.

1	2	3	4	5	6
8				9	
10	11			12	
13				14	
15			16		
17		18		19	20
21			22	23	
24			25	26	27
28	29	30		31	32
		33			
34					35

ACROSS

DOWN

- 2. Third place medal. (6)
- 8. Go faster letters? (2)
- 9. 1500m winner at LA. (3)
- 10. Depend upon. (4)
- 12 Not only ,but (4)
- 13. As an athlete he forces things. (4)
- 14. Do high jumpers lean on this? (3)
- 15. Alcoholics anonymous. (2)
- 16. Are these shoes jaguar-like? (4)
- 17. Are we all unsuitable. (2)
- 18 Given to band for top 20 Xmas hit. (3)
- 19. Dash loses head to give remains of cigarette. (3)
- 21. Christian name of 9 across. (3)
- 22. Civil Defence (abbrv) (2)
- 23. Estimated time of arrival. (3)
- 24. Amateur athletics association. (3)
- 26. Do gals produce unwanted waste. (4)
- 28. Hit by all marathon runners at about 20 miles. (4)
- 31. Dr ... is a ~~xxx~~ prolific marathon runner. (3)
- 33. I left Brian giving roushage. (3)
- 34. Grow in changes to give a GB gold event at LA. (6)
- 35. Were all the American angels here in 1984? (2)

- 1. Chemical formula for the second place medal (2)
- 2. Big stock market winner in late 84 (2)
- 3. Team event at end of meeting (5)
- 4. These games are held every 4 years (7)
- 5&14. Downfall of Decker at LA? (4,4)
- 6. The place to be in 1988. (5)
- 11. Rub out. (5)
- 18. This controls amateur boxers. (3)
- 20. Don't be vague, ask for a RHAC vet! (5)
- 25. 100% British car company. (2)
- 27. One of the jumps. (4)
- 28. Make love not ~~xxx~~. (3)
- 29. Shakespeare wrote nothing about this. (3)
- 30. Cricket reason to be out. (3)
- 31. Losing the head of 36 across would give this. (3)
- 32. The number of GB gold medals at LA for sprinting! (3)

VETERAN RUNNING

If you are interested in competing in Veteran events you have to be over 35 years old (female) and over 40 years old (male) Below is a list of various events being held throughout 1985. This list covers events in Track, Field, Road and Cross Country, i.e. something for everyone. Why not hav a go!

<u>DATE</u>	<u>EVENT</u>	<u>VENUE</u>	<u>Closing Date</u>
10th March	British National XC	Cardiff	18th February
23rd March	Nat. Vets. Indoor Champs.	Cosford	20th Feb.
8th June	IGAL 10K Road Champs.	Lytham St. Anns	7th May
9th June	IGAL 25K Road Champs.	" "	7th May
16th June	25K Road Race	Brugges	D.T.F.
27/28th June	National Track & Field Champs	Wolverhampton	D.T.F.
11th August	National 10m Road Champs	Oswestry	D.T.F.
29th Sept.	Vets 10K Road Race	Barnsley	14th Sept.
29/30th Sept	European 10K and 25K Road Race Champs.	Granada Spain	D.T.F.
6th Oct.	Flying Fox Marathon B.V.A.C. Championships	Staffs	16th Sept.

Further details of any of the above events are available if required. Remember these are veterans only events and if you can hold your own with the seniors you will be even better against the vets.

A. Bryden.

A number of Veterans have been asking how they go about joining the Northern Veterans Athletic Club. We therefore give below a membership application form.

NORTHERN VETERANS ATHLETIC CLUB

75 Blucbell Avenue
Penistone,
Sheffield,
S. Yorkshire

Tel. 0226 765682

Dear

Please find attached Application Form for Membership. Could you please complete the form and return it with your subscription of £4.00 half yearly which includes £1.00 enrolment fee to our Hon. Treasurer June Aitchison 13 Lawns Avenue, Orrell, Nr. Wigan, WN5.8UQ. Your full subscription of £6.00 is renewable each September.

When your subscription is processed you will receive a copy of our Northern Veterans Newsletter, which is included in Ron Hill's 'Running Review', through the post each month.

We have races at least once a month at different venues. These range from Cross Country and Road which are usually 10K to Track and Field Meetings with awards in every five age groups plus handicap prizes.

We also have Northern Veterans Championships in most events. British Championships covering all events including Marathons and also European and World Championships.

Hoping to see you at one of these meetings.

Regards,

Lesley Cooper - Membership Secretary

NORTHERN VETERANS ATHLETIC CLUB

APPLICATION FOR MEMBERSHIP

Name.....Date.....
Address.....
.....Postcode.....
Date of Birth.....Birthplace.....
State Club (if any).....
County Qualifications.....Tel. No.....
Signed.....

OFFICIAL USE

Date of Election.....Signed.....
N.V. Number.....R.R. Copy.....

LETTERS TO THE EDITOR

Dear Brian,

My letter to the December Newsletter was written when I was feeling outraged at the terms of the Notice to Clubmembers displayed at Herringthorpe and published in the November Newsletter. I used strong words; so did the respondents. Nevertheless, there are areas of agreement and points that need clarification. I should emphasize that my criticism of officers of the RHAC was limited to the measures proposed in the notice about Impersonation.

The road section is clearly becoming more active in organising races, getting entries together and developing the Handicap Scheme. Obviously, any event that gets 3000 people together takes a lot of organisation. I calculate that the time I devoted to planning a minor (some would say piddling) event at Canklow Woods and attended by 250 people was comparable to the 150 hours that Pete Humphries contributed to the Prince of Wales. In this case, my responsibilities did not include organisational aspects, permission, publicity, registration, start, finish and producing results. I have some ideas for RHAC events, but it has been the South Yorkshire schools who have sought my help, which I have been pleased to give.

Pete Humphries may not have seen Orienteering results, but I assure him that they are produced for even the smallest competitive event. The time trial nature of the sport (starts at minute intervals) means that collated results showing the position and time for each competitor on each course are mandatory. It becomes a habit to send an SAE 9 (with pre-entries) or to address an envelope and leave 15p (for EOD) for a copy of the results or Orienteering and Fell races.

As Pete Humphries said, most races produce results. Some are excellent. The split times from the Lincolnshire 100 km or London to Brighton allow the serious runner to analyse his performance. Popular events like the Barnsley '6' produce appropriate glamorous results, through the local paper. The large field of the Prince of Wales precludes split times, but I gather full results will be put out this year.

Impersonation does affect the integrity of the results of races, although the individual knows what he did. With regard to the handicap scheme I understood that runners were required to submit their own performances, rather than the statisticians culling them from the results. The notice about impersonation did not in fact refer to the handicap scheme or best performance lists. Before that notice was produced it was possible for an impersonator to tell the statisticians of that fact, to set the record straight. Now it is impossible without risk of expulsion. Unless impersonation is eradicated, the consequence of this notice is that both schemes will be corrupted. Elected officers cannot encourage or openly condone law-breaking, but with this paradox in mind I am unclear why this AAA rule was selected for particular attention.

The rule against impersonation is logical - to prevent cheating by substitution or pirating a number without the owner's knowledge. It is this rule that has been broken by athletes who have merely been trying to get a run but have been thwarted by the ban on EOD, a ban which appears to have been made with organisers rather than runners in mind. If this ban was lifted and a reasonable proportion of races did accept entries on the day, the incentive to impersonate to get a run somewhere would virtually disappear. I don't suggest that anyone would take 3000 entries on race day, since EOD would attract a price premium. I suspect that when Prince

continued.....

LETTERS TO THE EDITOR (cont'd.)

of Wales entries were taken on the day, over 90% of the field entered in advance. If EOD was permitted up to half an hour before the start (and so advertised), I for one would be willing to help at registration before taking part in the race (I write with the experience of organising a start for 3 hours before running).

Personally, when planning my forward programme of events, my first priority has to be for the events that the family as a whole want to attend (even then there are often conflicts). Usually, when pre-entry is offered we do enter in advance, for a guaranteed run, pre-race information and a discount. I don't really object to entering in advance for an event or race that I expect to attend; it's when there is a strong possibility that I won't be able to go that I carp.

Let me give an example. On week-ends when there are several fixtures, including a local race in which the family have no interest, should I enter that on the offchance that the day will be one of the very few in the course of the year when long distance travel is impossible. I assure Bill Marshall that EOD would make me more (not less) likely to run in a local race in bad weather. It is the pre-entered runners who can to decide not to bother to turn up on the day, leaving officials aggrieved that they had to turn out for a depleted field. On other occasions, the financial commitment of a pre-entered runner (entry fee or lift share) may incite him to take part in a race even though he had not fully recovered from illness, injury, or a previous event, and so may end up a burden on the organisers.

There are justifiable reasons for wanting to enter on the day, or alternatively to register a substitution with the organisers. Allowing either would leave only the cheats, the mean and the idle wanting to impersonate. Cheats, who want someone else to record a good time for them or want to run in the wrong age group; mean, who don't want to pay the EOD fee; idle, who can't be bothered to register the change. In contrast, the officials to whom I have spoken have been unable to tell me of any overwhelming reason for proscribing EOD. Problems, yes, but not insurmountable problems to justify a total ban. I contend that we should attack the problem of impersonation at source by pressing for a lifting on the total ban on EOD in road races through a change in the AAA rules. RHAC members are not the only culprits, but clubs who have felt aggrieved by impersonation should perhaps be invited to support such a move.

Do club members generally feel that they should have the opportunity to get up on a Sunday morning and enter a road race, or are you happy not to run if you miss the closing date (for whatever reason) from 1 - 4 weeks in advance of the event? Would you be prepared to help the organisers before running? Let us hear your views.

Yours in running,

Henry Marston

P.S. In my letter I cited 10km as the length of race that is unlikely to attract many competitors from distant clubs, but which would be popular for EOD. I was not referring to the Woodman race, which with the subsequent gathering provided an enjoyable evening.

P.P.S. I agree that there are some Orienteering events that do not accept entry on the day for competitive courses, but even the British Championships held in Sheffield last year had EOD courses for novices/beginners/younger children.

LETTERS TO THE EDITOR (CONT'D)

Dear Sir,

Now that we have had a good laugh at Lyn Roche's '100 day Fitness Failure' can we have a look at the other side of the coin. To me, running is so essential to life that nobody can afford not to run, it is so natural and necessary. Remember also, we are descended from those who ran to stay alive and this fact and need is programmed into our brains. The advantages of running are so numerous and beneficial that a person must be a fool not to take advantage of it.

Niney nine per cent of people when asked, will tell you that Good Health is the number one requisite in life. Money can buy you a large house, a big car and holidays abroad but it cannot buy you health. The only thing that can ensure long life and good health is sensible eating and regular exercise. Running in my view is the panacea of life, combined with good wholesome food you are more than half way there to a long and healthy life. Fat is ugly, Fat is unhealthy and Fat is unnecessary. There is no need to starve yourself - just sensible eating combined with discipline at the table.

We have overcome the dreaded diseases of our grandparents such as smallpox, typhoid fever, T.B., malaria etc. but we have acquired degenerative diseases such as high blood pressure, hardening of the arteries, kidney troubles, nervous disorders, obesity, stomach ulcers, diabetes etc. Ill health need not be part of our life as it is with some people - just through lack of regular exercise and sloppy eating.

Overweight shortens life expectation and lazy people do not live long. Ageing is delayed when body and mind are kept working. Running relieves tension and depression. Most runners lose weight and so protect themselves against heart attacks.

So come on Lyn, have another go! The advantages far outweigh the few niggling injuries and setbacks you may get. Don't think about running, just do it - to the majority it's part of them - not an obligation but as basic as eating and sleeping. Don't endure, experience it and experiment with it. Most people feel guilty about being unfit and out of shape and running is the best way to alter that and start a new way of life.

Who knows? - after a few months of dedicated running you may achieve the 'Runner's High' - childhood dreams will return, neglected dreams will seem possible again and things will look different in every aspect. It is of utmost importance to remember that the body is the most valuable possession we have and it should be treasured as such. Look at how much trouble people go to buying material possessions - houses clothes, cars etc. and then have to insure them against loss or damage. Yet suggest to the man in the street that he should insure his health by running a few miles each day and he will look at you in horror and rush back to his car or his cosy armchair in front of the 'telly'.

However, facts are facts and the softness of our lives in this modern push button era is the reason why 50,000 people are off work every day with one common ailment - backache. Speaking personally, if I miss just one day's running through injury I have withdrawal symptoms and my senses seem dull. I was speaking to a seventy year old daily jogger the other day and he echoed my sentiments when he said "I intend to run to my own funeral".

So come on Lyn! throw away those nasty chocolates, get reading hubby's 14,000 running books and before you can say Alberto Salazar you will not be the girl next to the fat one but the attractive slim one with a sparkle in your eyes, the envy of all the non-running female fraternity.

Yours in sport, G. BELL

LETTERS TO THE EDITOR (continued)

Dear Editor,

First things first, and that is to say a big 'thank you' for sending me the 'Newsletter' which I have read from cover to cover. Not being as mobile as I was 60 years ago they are greatly appreciated.

I had drafted a letter a week or two ago, some of the contents of which were aimed at Henry Marston (December issue) for his use of the words 'repugnant', 'piddling' and his statement that the A.A.A. should come out of the 19th century. However, January's issue brought him enough stück for one month.

This impels me to remind any athlete immature enough to use such phrases that the AAA (never beyond criticism) is one of the oldest and most respected controllers of amateur sport in the world.

One of its first jobs (it was founded in 1880) was to bring the 14 month rule into operation as both clubs and individuals were behaving in an unsporting manner, i.e. poaching a first class runner from a small club (perhaps the only one they had) in order to enhance their chances in the the inaugurating C/C championships.

Such is the perfidy of man in his attempts to gain an advantage over others that the rule book is becoming more and more necessary - remember the Russian fencer at Montreal Olympics? The ever increasing efforts by drug takers to beat the examining bodies.

I am not suggesting that Henry would go this far but in case there are athletes who think that the governing bodies are toothless tigers, let me remind them that athletes have been successfully prosecuted when receiving (note - I do not use the word winning) a medal or a prize when giving wrong information or for misrepresentation and such.

It is my sincere hope that the easy going attitude that seems to prevail today when so many want to do their own thing, is not misrepresented by the few who wish to bend the rules in order to gain an advantage or for their own convenience. 'Nuff said as we honour our club's unblemished record.

Back to the 'Newsletter' - I must say that I like the attempts at humour by some of your correspondents and the wide scope of material copy used to fill the pages. Keep up the good work - I'll be back.

Sincerely Yours,

Eddie DeRoëck

Dear Brian,

Now that your club has a Newsletter may I take this opportunity to thank, on behalf of all the runners at Doncaster Plant Works Athletic Club, Gary Roche and David Houghton for inviting us to the Woodman 10K race a couple of months ago. We all had a marvellous evening even though we didn't win anything and I hope we will be invited to the next 10K that the lads organise.

By the way, I believe that Gary Roche is helping to organise the Doncaster 10K which will be taking place on September 11th. Of course everyone from Rotherham Harriers will be more than welcome.

Yours in sport, D. Gill. D.P.W.A.C.

What is Sports Medicine?

Mainly it is common sense. In the U.S.A. Podiatrists have spent a large amount of time researching the lower limbs and agree that a large percentage of sports injuries are due to faulty posture. To put this into perspective, one has to start at the feet and make sure they are in good order.

How things have progressed over the years regarding running footwear! No doubt older members can remember the plimsolls one could buy from Woolworths - absolutely no cushioning in the shoe whatsoever. It's a wonder we didn't have more people injured in those days but then the amount of mileage covered was nowhere near the mileage being run to-day. The presentday running shoe is indeed an innovation, but one can still go wrong when making a purchase. The cost can be anything from £8.00 to £60.00 but it is useless paying top price for a pair of shoes unless one has been measured for them properly. If I may re-cap from a previous article and remind you of the importance of correct measuring, i.e. in a standing position to check length and width. In normal chiropodial practice I never cease to be amazed at the number of people who have one foot longer than the other and this also applies to width fittings. I have known patients with as much as a size and half difference in their feet and usually wearing shoes of the smaller size. In a runner this could cause drastic problems such as over pronation and eventually lead to more serious injuries of the leg, knee, thigh, hip and back.

The Number 1 priority therefore when buying shoes should be measurement of the feet on weight bearing. Alas, very few shops offer this facility and it usually left to people such as myself. Unfortunately time does not permit me to be able to do this for every patient who passes through my hands and so many athletes will suffer injuries in their career because of this detail which is so often overlooked by the average man and woman.

Some Ideas on Injury Prevention

Avoid gutter running. If the camber of the road is excessive and injury can easily be sustained because the body is imbalanced.

Track Running on bends. Speed work on bends can be detrimental if the athlete is continually running in the same direction. Try reversing the direction now and again to prevent imbalance. Proper warm up and cool down is essential.

Have a medical check with a doctor before re-barking on a heavy training programme.

Avoid staleness from excessive training, rest for 2 - 3 days if this occurs. The wearing of cotton socks in preference to nylon will help to absorb perspiration and guard against friction blisters.

Skin and Nails

One of the most foot problems is blistering, the main cause being illfitting shoes, once again foot measurement is most important to determine the correct size.

The hallmark of many runners is black toe nails. This is caused by the foot sliding forward in the shoe when running downhill.

continued.....

WHAT'S AFOOT? (cont'd.)

Most of us at some time or another have fallen victim to injury. Speed of treatment is essential - the use of Impact Therapy (sandbag pressure waves) is excellent in early treatment followed by ICE treatment which should be followed in turn by accupressure or homoeopathic medicine and muscle strenghtening techniques which I will mention to you in the next article.

Muscle strenghtening techniques are becoming very popular amongst sports therapist. Over the past year or two I have spent a great deal of time on sports seminars and it is quite interesting to learn about these methods which I will write about next time.

* * * * *

TYPIST'S TEARS. (thoughts of the Editors Secretary).

I love my job. Well, loved it untill recently. Little did I know my working life would change so dramatically when my boss became Editor of the RHAC magazine.

Now once a month he comes into the office, all smiles, bearing chocolates and twinkling those blue eyes at me. Compliments abound, coffee is served to me and then he drops the double six: Six boxes of stencils and 45 sheets of illegible scribble along with 24 sheets of results to be typed. By tomorrow of course:

Well he is the boss, nothing for it but to get stuck in. After a while I begin to get interested in all these fascinating personalities. Is Ray Burgon really that rich? Is the subscription's secretary quite mad? Is Gary Roche a fitness fanatic? It's better than Dallas.

By this time I am totally engrossed in the happenings of the RHAC (all this running on Christmas Day must mean something). My normal work, for which I'm paid, gets further and further behind, the Financial Director gives me a stern look and asks why the monthly sales figures have not come to pass; Sorry, I say, but the RHAC Newsletter is due for publication, VAT will have to wait.

When I finish the final page I heave a sigh of relief, delivers the stencils to my boss who beams, gives me a big kiss and returns back to his normal self for another month. Never mind, the next edition is only a month away. Who will have won the handicap race? Has Lynne Roche become totally fit? How is Major Upset? I just can't wait.

P.B.

Beep! Beep! Beep! Five thirty on a Saturday morning! What a time to have to get up! I've got to drive over to Sheffield, pick up my partner and get to Glossop to check in ahead of our nine thirty start. For this is the week-end of the Karrinor International 2-day Mountain Marathon, the ultimate annual test of Mountain Craft in the country, on the longest week end of the year.

Creep out of bed, not to disturb the sleepers, downstairs to dress in the classic garb of Lifa long-johns and shorts, Lifa vest, orienteering top and polar top. The polar top's supposed to be temporary but it's cold in the house; what will it be like on Kinder! Get a good breakfast with 2 Weetabix (even I don't have 3), egg, toast and several energy packed drinks. The rucksack was packed last night so besides stoking the (internal) boiler, the only thing to do this morning is to fill the Thermos.

Out of the house a few minutes after the aim time of six fifteen. At least the roads are quiet but I'm still a few minutes late and partner Roger Baumeister is outside waiting for me. His injury of last week appears to have cleared, but I'm still suffering with a left knee and right achilles combination that restricts running to a fast jog, and has curtailed training. The aim must be to keep going and try not to let down the down the overall winner when the event was at Peebles in 1978.

The drive to Glossop is slowed by ice on the road, but we arrive in good time to register and collect the competition map. This is a 1:40000 map specially prepared for the event, and which could well become the definitive walkers map of the area, since it shows more detail than the 1:25000 Dark Peak map with the compactness of a 1:50000 map. Time for another drink, and pick up half of the tent that I am to carry.

The Karrinor is unlike any other marathon. Eating before a road race can spell disaster, but in this event it is essential.. Unless you keep stoked up well you could end up the victim of hypothermia, since before the end of the day you will be burning as energy the food you ate earlier. You are helped by the fact that you cannot run as consistently hard on the fells as on the road. Even superstars take 6 hours to cover the 40km marathon distance.

In this competition we have to be totally self-sufficient for 36 hours in mountainous terrain, and indeed there is a list of items that we are obliged to carry to ensure that we do not cut corners with our own safety. The only thing we don't have to carry is water, which we can collect from the streams. These, we notice, have been swollen by recent rain and are portentous of glutinous bogs. Despite having to carry everything we need, we find that each of our packs weighs around 16 lbs - chiefly a sleeping bag, food and that half tent - a weight that we are reasonably satisfied with, and requiring expensive gear to reduce much further.

We are pampered by having a coach to take us to the start, but I suppose the organisers know what is in store for us. As we travel we peruse the map, marked with all the control sites we may be asked to visit but as yet we only know the location of the start and finish. Walking to the assembly area we see a crocodile of kindred spirits snaking up towards the start, half way up a hill. This is not a mass start; runners are set off at minute intervals, with up to 3 starting at the same time on five courses.

Three minutes before our start we are called up and our names are checked off. A whistle blows and we move forward one line. This is repeated, then eventually we're off, but as yet we know not where. We've got to climb right to the top of the hill to collect the description sheet which

KARRIMOR (cont'd.)

tells us which controls we have to visit and in what order. The first halt is not for a rest but to mark these controls on the map. At least the climb has warned us up.

The first control is across Bleaklow, just beyond an area called The Swamp. If we keep above the ravine of Doctor's Gate on the right and aim for Hern Stones we should get a fast route. The Bleaklow plateau is squelchy but there are good routes at the edges. It's gently uphill along a runnable path, overtaking slower competitors (or are they conserving energy?). Hern Stones are easily recognised without needing the compass to locate it, but although they are in a peat area we only occasionally get knee deep. Now cross to Hern Clough and follow the Pennine Way route off Bleaklow. The groughs on Bleaklow and Kinder are erosion gullies in the nan-deep peak. Running along them, especially if they are eroded to bedrock, is easy. Crossing them is something else, hence we follow the stream around.

The Swamp proves not to be as formidable as its name suggests, and we are soon climbing up and around a knoll to drop down to the first control at a stream junction. An official insists that both members of the team go right to the control, for next we have to do an about turn, re-cross the ridge and cross Hern Clough just below The Swamp. Over the next ridge we pick up a path to Snake Road, from which we skirt along the top of a forest to avoid the rough moorland (we are debarred from running down the road). Soon we see our target, below Fairbrook Naze but a long climb up from Snake Path. From the control on a ruined hut we pick up a path that sets us on the way to the next control, a short leg on the same hillside, but with a couple of deep stream gullies between. During the morning we've been nibbling at 'goodies' but on this stretch we have some more substantial lunch. I've brought something called Trail Mix that you mix with water; more successful is the flapjack.

A gully leads us close to our control, but then it's the longest leg of the day to Win Hill. We could climb up to the Kinder Plateau but it will probably be quicker to drop down and follow a path just above the fields. Others obviously agree. The path is level at first, and then steadily uphill. A combination of running and walking helps us to make good progress. I don't have a drink at every stream!

The next control marks the start of a mandatory route to get us from Win Hill to Bamford Moor, below Stanage. You may know the route up Win Hill from the Yorkshire Bridge. Imagine it, a dramatically steep, muddy path down by the side of a stream. Runners from two courses were picking their way down. I pity the trippers out for the day trying to fight their way up. We have no chance of a diversion to the Yorkshire Bridge for refreshment; it's marked as out of bounds and there's a marshall on the road crossing keeping an eye out, supposedly for our safety crossing the road. It's the same at Cut-Throat Bridge, the next road crossing after two short legs.

The last long leg of the day takes us along Derwent Edge, past the rocks aptly named 'Cakes of Bread' to Back Tor from which we drop down to our control at yet another stream junction. It's downhill that I suffer most with my weak knee and ankle. Uphill I may be slow, but not markedly slower than the others. If we keep going we can show a net gain. On the level, I am running decidedly slower than most, but overtake when they stop. But I have to pick my way downhill to avoid twisting or stretching the weak joints. What a contrast to the stone-like descents in fell running tradition!

KARRIMOR (cont'd.)

Soon we are dropping through a wood to the lakeside track and push hard to the final control of the day at Slippery Stones. The course planner hasn't finished yet - we still have a 200 m stretch along a track to the Finish tent. The day's outing, covering 37 km with 1410m of climb and taking us seven and half hours, places us 41st in the field of 127 on our course who eventually reached camp. We have a good hour of daylight left to set up camp and prepare our food. By now the camp is fairly full since there are perhaps 800 pairs, mainly on shorter courses, already on site. We find a likely spot, a small knoll that is unlikely to get flooded, pitch the tent and get the stoves going to boil water. Our feast starts with soup, with goulash and mashed potatoes and celery as the main dish, followed by apples and custard. To drink there is orange juice and coffee. All this from a succession of pans of water boiled on two solid fuel stoves (they weigh nothing, and two are quicker than one).

We are sited in a position to watch late arrivals slogging up to the finish, and in the evening can see torch lights of those caught out on the moors when night fell. That was us last year. This year we have stepped down from the E (or Elite) course to A where even with injury and unfit we have not been disgraced (the eccentric Karrimor alphabet goes E, A, B, C with S somewhere near B). On the campsite we are able to chat with other competitors and hear their tales of success and woe. Big Ted Parkinson has come up from South Wales for the event and has made good time with Alan Wright. Pete Lewis, a Dark Peak Fellrunner who runs on the track for Rotherham is in 13th place with his partner. They are in contention with the leaders on our course, 45 minutes ahead of us.

After a restful Saturday evening (in sleeping bags in our tent to keep warm) we have another brew before turning in for the night. At least the weather was quite pleasant on the Saturday, but during the night it starts to rain. Unfortunately, we had not been able to get good separation between the flysheet and inner tent, and rain gets in to soak Roger's sleeping bag around his feet. Fortunately he managed to get some sleep in the evening, for I think he was awake well before the 6 o'clock reveille and didn't fully benefit from the clocks going back.

Breakfast is on the same basis as tea, boiling water for cereal (porridge) and drinks, with pre-cooked cold sausage for bulk. We have till ten past eight to get ready, eating what we can, striking the tent and wriggling out Roger's sleeping bag. The overnight leaders have set off at 7 o'clock, with a chasing start for those like Pete Lewis who were within an hour of them. The mass start takes us down the track to the previous day's final control, then back up through the camp site to the Eastern flank of Margery Hill. There we are asked to find a stream junction in the middle of nothing but mist. A sheep track takes us in the right direction for a bit, but after that indeterminate groughs confuse navigation. Thinking we have overshot, we turn north and spy runners moving with a purpose, unlike the others around us. Obviously these runners have found the control, as soon do we. The next couple of legs takes us past the foot of Derwent Dam and up through the Hagg Side Forest to the A57 and back onto Kinder.

The stiff climb up to the Kinder Plateau is ameliorated by various goodies, but soon we are on the path along the north edge looking for the 3 minute crossing to take us to the path along the south edge. In our anxiety not to go too far we turn too soon and do an 8 minute crossing and then have to pull back to cross a stream. The edge path provides good running, and in an attempt to run faster to keep up with Roger I drop my nap hand since we know where we are going. Ted told us last night that he had a control at Grindslow and that's where we are aiming now, overconfident. We get to

KARRIMOR. (cont'd).

We arrive at Grindsbrook, On the way to Grindslow Knoll, we realise that the control was at the previous stream crossing. Nothing for it but to turn back, inevitably losing a few places. A compass bearing across the Kinder Plateau brings us to Kinder river and a wet but easy route to the Downfall. Further round, another bearing takes us to a trig point in the middle of a black peat bog, so soft is the ground that the concrete trig point has been built on another that had collapsed.

The slither off the edge is again again a test for weak legs, but the end is in sight as we push up a stream valley to the Pennine Way crossing of the A57. There is now a real path across the man-eating bog. We soon leave the path however, as we have to skirt a large spur to the penultimate control near a rocky outcrop. From here we drop down to the Doctors Gate path for a long run in down the valley to the last control, from which, there are still 1.5km to go to the finish and complete the 30km and 900m of climb on day 2 in seven hours.

At last its over and we walk back to the car because there is a long queue for the coach. The soup and food provided at the registration do wonders to revive an ailing body. We find Pete Lewis and his partner hanging around the prize giving area to collect their prizes for 7th place in the A class, six places up on their overnight position, a commendable achievement. Next year the Elite class?

I am left with a feeling of achievement at actually finishing when perhaps I should never have started. But life would not be the same without the Karrimor. I must get fit for the next attempt.

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ROTHERHAM 'PRINCE OF WALES' HALF MARATHON. JULY 24th. 6.30pm.

It might be the depths of winter but already the members of one sub committee have given lengthy thought to the subject of this years race.

Following discussion with the Police, the course will remain the same as in 1984. Because of the contribution by Nike (numbers) and Beatson Clarke (computer work) they, in return, will receive ample advertising coverage.

The holiday abroad remains the first prize, but this year the prize list has been extended to the first 30 in the under 40 mens race. Also the other age groups have benefitted. At one time we hoped Merryweather Corbett and Dawson would be involved but at the 11th hour they decided against it. This year a full result sheet with positions, Names, Clubs and times will appear in the Rotherham Messenger issue of Sept. 5th. This is something we have to pay for, hence, the increase of entry fee to £2.25 (unattached £2.75.).

We hope that with all things considered, Great Britains largest midweek road race is still good value for money and you will still support the race. Entry forms will be out soon and may we ask that on your travels you distribute them far and wide for us. This year our target is 3,000 runners and clearly from such, it enable the club to function throughout the year and provide all sorts of promotions.

We remain yours in the half marathon,

President Don Creamer, Jim Brogan, Mike Hague, Pete Neal, David Haywood.

I am nearly 29 years old, married with 3 children, 2 girls and a boy.

My first real encounter with running was a 3 mile jog with my then future father in law. It nearly finished me off, I'd had it; Don't ask me why I said yes the next time I was asked to go but I did and that's how it really all started.

Stan, my father in law had entered for the Barnsley Marathon and so had my wife's uncle, the famous Alan Peters. Stan asked me if I wanted to enter so I did, although I didn't know what I'd let myself in for. I think the furthest distance I had run before Barnsley was about 10 miles.

The race itself turned out to be a lot more difficult than I had imagined and I dropped out at 19 miles. By this time I was getting the running bug and eagerly looked round for another Marathon, which just happened to be Rotherham.

I treated this race a little more seriously and started to do a bit of training. The race went O.K. and I was really chuffed to finish in 3 hr 5 min. After this I got really keen and went out training about 4 nights a week. My aim was to beat 3hr 5min for a Marathon so I decided to join the Harriers, hoping this would help me to increase my weekly mileage and also give me company to go running with.

I was smoking quite a few cigs at the time and thought that this would be a good opportunity to stop, telling myself that I'd be able to run a bit faster if I packed it in. All these factors must have worked because in May 1981 I reached my goal and ran the White Peak Marathon in 2 hr 56m.

After joining the Harriers I began to run more shorter races, both road and cross country, although I prefer cross country much more than I do road races. In the 1983/84 C.C. season I won the South Yorkshire C.C. league. It came as a bit of a surprise to me because I didn't realise until the last race that I was in with a good chance. This year I will be the runner-up.

Last year I competed in the London Marathon along with other members of the club - what a really fantastic experience that was, and to put the icing on the cake I ran my best time ever - 2hr 26 min. I hope to improve on that this year.

The only race I'd like to forget was last year at Rawmarsh Road Races when I was in the middle of relieving myself in the Gents when the whistle blew and the race started. When I came out and realised what had happened I pulled off my tracksuit and threw it to Lynne (who pretended not to know me) and set off after the pack as they disappeared round the corner.

I would like to race more but my job as a driver for the Area Health Authority sometimes prevents me from doing so, as I work week-ends and nights, but apart from this nothing can keep me away from the club on Mondays and Wednesdays.

EXECUTIVE COMMITTEE MEETING..a brief Report.

PRESENT...President, Chairman and 13 membersrep. all sections

APOLOGIES Three Members

New Members 19, Senior,5 Ladies,2 Boys ,4 Girls.

Correspondence. Circulars, Invitation to take part in Mayors Parade, Complaint from Letwell Parish council, Letters from D.Baum &A.Bryden

Section Reports..Succesful Youths cross country Team noted. Yorkshire champions.

FINANCE Round Rotherham Run overspend of £14.0

Bus to York subsidised by £10.0 and to Whitley Bay by £50.0

Coaches fees to Cleckheaton paid. 5 at £5.0. (Lecture on Female athletics, all

Grants made to Road Section for Special events. £150 senior, £1000 Veterans (day)
£100 Veterans and £50.0 Ladies

Other Business

Safety Factors at Herringthorpe. Insurance

Centenary...A special meeting to be called

W.Parkinson to replace K.Worrall on Executive from Track & Field

E. de Roeck informed the meeting about his further work on the History of Rotherham Harriers.

K.Degge informed the meeting about the latest developements of the projected Round Britain Run. (a National Event). It was thought very few clubs would be able to form a team.

The next Executive Meeting was fixed for Friday, April 13th (1st Friday is Easter)

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STOP PRESS

PETER ELLIOTT breaks 4 miles Time trial record. 18mins 48 sec, 28 secs faster than Tony Leachs previous best. Allset for a good summer season

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QUESTIONS AND ANSWERS NIGHT.

ALBION ROAD CLUB

entire

On Wed. 27th Feb. at 8.30pm the club is holding a question and answer evening where club members and their friends are invited along to ask any question they wish, concerning any aspect of running.

On the stage to answer your queries will be a distinguished panel of experts, namely, PETE HUMPHREYS, MICK HAGUE, JEFF ASHMORE, RALPH ROWBOTHAM, JIM BROGAN, DON CREAMER and GARY ROCHE.

So come along and help to make the evening a success, come and ask all those questions you've been wanting to ask, whether it be about injuries, or how to train, what about vitamins? (Mick H), how is the club run (Ralph) or even how to get your photo in the paper (Gary).

It would help if you wrote your questions out beforehand and passed them on to one of the panel a few days before. This will enable them to have a more complete answer for you.

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ROCHE'S RAMBLINGS

There were some very interesting points made at the meeting I had with the Ladies' section on January 23rd. In particular, they were concerned about the condition of their changing facilities and before any of the men get any funny ideas, I've been asked to tell you all that volunteers are not required. The conditions of the changing rooms and also the notice board are being dealt with.

Some of the Ladies requested that I explain the 'Club Championships Points System' and this is where the 'Newsletter' comes into it's own. In the Christmas edition Peter Humphries explains all the details regarding 'qualification for points' and how the system works. In the January Newsletter are all the races which you are required to run but remember, the emphasis is on the local open races and also the South Yorks. Road Relays. As most of you don't wish to go out and run a marathon, the Road Relays are perfect. About 5 $\frac{1}{2}$ miles in distance and of course on the doorstep. I would also advise you all to look at the 5, 6 and 10K races which are listed.

Briefly, the points system is as follows..... 1st Rotherham lady collects 50 points, 2nd collects 49 and so on. At the end of the year the points are added up and the lady with the most points wins (if there are enough ladies entering races throughout the year there will also be 2nd and 3rd prizes). Remember, you need 10 races to qualify.

As most of you know, the 'Round Rotherham Run' was staged just after Christmas and because of the distance of the race, approx. 48 miles, it becomes necessary to position marker signs every so often so that the runners don't get lost. I had a 'phonecall the other day from a councillor at Letwell, a small village near Dinnington and very annoyed he was too. Seems he didn't like our idea of 'Painting the Town', or spraying the village as the case may be. Anyway, after inspecting the 'damage', I feel that he let his temper get the better of him, although I must admit that from a distance the village does look like an overgrown banana - bright yellow no less. I've been told that so far three Jumbo Jets have had to be re-routed and Ray Burgon has made a small fortune selling 'Foster-Grant' sunglasses to the locals. But seriously though, signs of the removable kind would be a better idea, or even trying to summon up more marshalls. It would only be fair to explain to everyone that the road section had nothing to do with the organising of the 'R.R.R.'. However, apart from the incident with the paint the race was again a great success, with Peter Neal and Maurice Cook both beating the previous record.

After spending the last few months visiting our local psychiatrist, Lyn has finally revealed all, regarding her fear of Athletics and fitness in general. Apparently at the tender age of 3 years she was lining up for the 100 yards dash when suddenly some fool shouted 'the last time I saw anything as fat as that it had a harpoon in it'. You can imagine Lyn's reaction, she's never been the same since. These days the only way to keep her happy is to buy Thornton's Chocolate Cabin shares every birthday. For those of you who haven't met the dear wife she's the one who makes Geoff Capes look like Richard Self.

Nice to see Uncle Bill Marshall back in training again after a lay-off, I'm hoping that Bill will be fit enough to 'star' in the New Rotherham Marathon on September 22nd. There are still a few modifications to be made to the route, but after a training run round the course the other Sunday, most of the lads seem to think that it could be a 'good'un'.

continued.....

ROCHE'S RAMBLINGS (continued)

On a more serious note the St. Ledger half marathon on April 21st (same day as London) has been refused a permit by the A.A.A. In effect this means that you should consider not running but if you must please don't wear a club vest as this is against the rules of the A.A.A.

See ya next month,

GARY ROCHE

ANNUAL DANCE - SATURDAY 30th MARCH - THE CONSORT SUITE, THURCROFT

A small sub committee have had a couple of meetings to full discuss all aspects of the above dance. As in recent years, sportspersons from within the town who have excelled at National level have been invited. They are:-

- | | |
|-----------------|---|
| Peter Elliott | National 1500 metres champion |
| Eric Millican | National Vets. long distance swimming |
| Sue Earnshaw | National Schools 100 metres champion |
| Cathy Garside | National Schools Javelin champion |
| Ian Snodin | Played football for England under 21
v. Rumania |
| David Tomlinson | Played football for England Youth team |
| Martyn Tomney | Played Rugby for England Youth Team |
| Dean Willey | National weightlifting champion at 67 $\frac{1}{2}$ K |
| Paul Williams | Competed in World Games for Disabled. |

Four other candidates were considered and rejected by the Sub Committee.

The Mayor of Rotherham, Coun. G.S. Etchells will present the awards.

To avoid the heavy loss of last year the tickets are priced at £9.50 and even at this figure a subsidy of 50p per ticket is offered by the Club. Although it must be said that to obtain a meal plus live entertainment for £9.50 must rate as good value for money.

If past experience is anything to go by demand is expected to be heavy so please help by obtaining your ticket as soon as possible.

Bill Marshall, Jeff Ashmore, Ray Burgon, Keith Degge, David Haywood.

THE SUMMER WOODMAN 10K ROAD RACE

The 1985 Summer 10K will be run on 3rd July at 6.45 p.m.

More details of the race will appear in the May Newsletter.

G.R.

THE ROUND ROTHERHAM RUN - INTERNATIONAL

Country members of RHAC reading the January Newsletter may have been confused by reference to the 3R's, the Round Rotherham Run, or to give it its full title, the 5R's, Ralph Rowbotham's Round Rotherham Run. You saw a picture of the winners on the front cover. Now we have the Results. But first a comment or two.

In brief, the route follows the Rotherham boundary, with some licence to make it more interesting (muddy). We are indebted to Ralph Rowbotham for devising the original concept, and to Brian Harney for his determination to get this event established, this being the second true race over the route. Each year, some modifications are called for to accommodate earthmoving and roadbuilding activities.

We were fortunate this year to have Tinsley Junior School as an event centre, with registration under cover as well as changing and showering facilities. Sharp at 8 (well, at 8.15 when everyone was ready) Ray Burgin set the field off for the 48 mile post-Christmas jaunt. By going anticlockwise, we had to face the ploughed fields around Harthill before the Luncheon Adjournment at Maltby. The stew, fruit and tea proved too good to leave for quite a few, although some did declare beforehand that this was their target. Personally, I got modest helpings down in about 3 minutes before setting off on the Northern Sector. This part is characterised by canal towpaths which had often degenerated to linear marshes. (goody)

I had set off with some trepidation after a personal worst Christmas Day effort, the result of a knee twinge that prevented me from striding out. With the steadier pace of the 3R's, I had no problems and indeed was 15 min. faster than last year, although further down the field. Knowing the route definitely helps, so particular congratulations to the non-RHAC runners who persevered to the finish when darkness had fallen and the beer mats no longer stood out.

The day was rounded off with a social at which runners and the support groups were able to exchange experiences. Many thanks to all who gave of their time to help.

RESULTS OF THE INTERNATIONAL ROUND ROTHERHAM RUN

1	Peter Neal	RHAC	6h 54	Record
2	Maurice Cook	RHAC	7h 02	V50; All vets record
3	Paul West	Hallam	7h 16	
4	Dave Carratt	RHAC	7h 21	
5	Alwyn Nixon	Wales	7h 35	
6	Brian Harney	RHAC	7h 44	
7	Henry Marston	RHAC	7h 55	
8	Terry Allen	RHAC	7h 59	
9	Ian O'Mara	RHAC	8h 27	
10	Roy Varo	RHAC	8h 28	
11	Ian Pashley	RHAC	8h 55	
12)	Nigel Robinson	DPFR	8h 40	
12)	Ian Roberts	DPFR	8h 40	
14)	Arthur Davies	RHAC	8h 55	
14)	Dave Jones	DPFR	8h 55	
16)	Roger Baumeister	DPFR	10h 27	
16)	Alan Ireland	DPFR	10h 27	
18	Klaus Armstrong-Braun	Wales	11h 00	

Peter Neal, we hear, set off with the intention of running only part of the course, but kept going and finished ahead of Quentin Tupper's 7h 05 set in 1982. Rumours that Quentin left RHAC because an o/50 also beat his figures are unfounded.

Henry Marston

'Twas the week before Christmas
 And up at Lodge Moor
 The people were gathered
 All set to endure

For this was the Headstone
 The Headstone Headache
 Out and back any route
 See how long that you take

Onehundred and seventy
 Dressed for the part
 Stood on the line
 Ready to start.

The Yellow Jersey was presented to the favorite, Malcolm Patterson, on the start line, and then we were off, once round the field, over the road and past the deserted picnic tables at the 3 Merry Lads. From here, the purist's route is to cross Wyming Brook as high as possible and to aim directly across the moor to the Headstone, a rock pillar that dominates the Rivelin Valley. Most, however, drop down to a forest road, either by leaping over a cliff or following the top path and dropping down later. After 1 km on the road, a bridge on a hairpin bend marks the next decision point. A few climb steeply to the left just before the bridge, but most cross it for a steady climb to the Headstone Ridge.

On reaching the Headstone (decorated with a young lady in Father Christmas garb) you follow Fell Running tradition by turning round and running back to the start. Getting back to the forest road is easy; don't forget the left fork part way along it. The tough part is getting back up to the 3 Merry Lads. Only the super-fit run all the way up.

The Yellow Jersey proved to be the kiss of death to Malcolm's chances. He was third, one minute behind Steven Hale of Sheffield Univ. (27 min 43 s). Second was Tim Tett, who has recorded 3.44 for a mile (downhill!) The strong Rotherham representation included:-

26	John Abbott	24.33	
41	Ian Jenkins	35.53	
67	Chris Mangham	38.06	
72	Henry and Neil Marston	39.01	3rd parent and u/14
102	Ray Burgin	42.41	
107	Jeff Ashmore	43.46	
110	Arthur Etches	43.49	
153	Pat and Daniel Marston	59	1st mother and u/14
154	Jack Phipps	60	

The results didn't give club affiliation, so apologies for any errors. Later results were approximate because of computer failure - the results tent blew down. After the race, the world famous Cake Raffle, then to the Sportsman to plan for the 21st December 1985.

Henry Marston

THE ROUGH COUNTRY CALENDAR

<u>Date and Time</u>	<u>Event</u>	<u>Closing</u>	<u>Fee</u>
3 Mar 11.00	Chew Valley Skyline Class A Fell Race F. Sykes, Tame Ho., Delph New Road Saddleworth, Oldham OL3 5BA 13 miles	21 Feb ?	£1.50 inc meal J 75p 4m
3 Mar 10.00-11.00	Canklow Woods (Oakwood School) SY schools Orienteering (info-HM)	EOD to 10.30	25 p
24 Mar	Edale Skyline Class A Fell Race - 22 miles Entry forms - Brian or Henry	10 Mar	£2.00
31 Mar	Cawthorne Woods, Cannon Hall, Barnsley SY Orienteers (info - HM & others)	9 Mar EOD	1.80/60p 2.50/75p