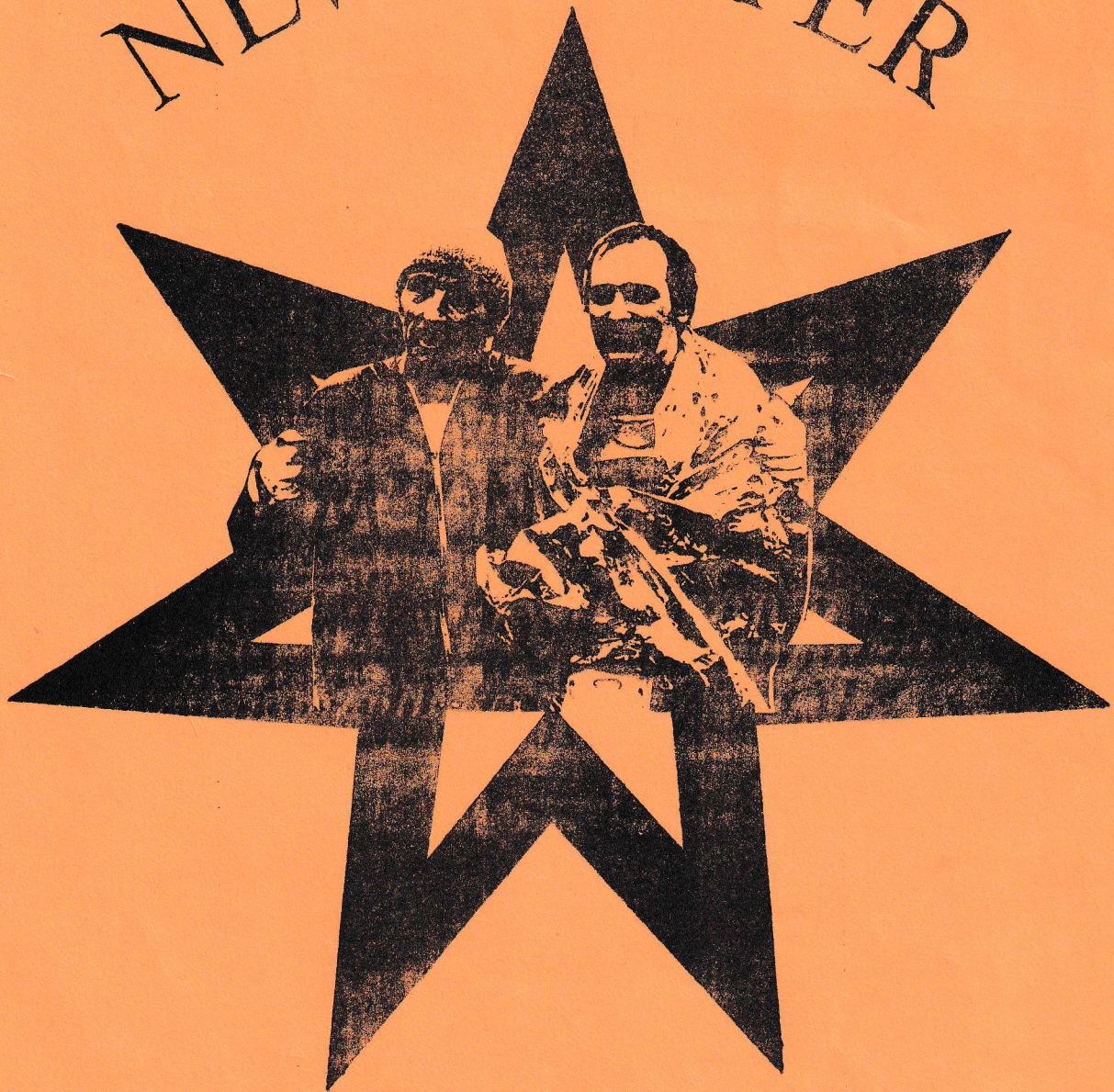


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ROTHERHAM

HARRIERS

NEWSLETTER



No. 3

January '85

# RICHARD HUNT SPORTS

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FROM THE EDITOR

First of all apologies for being a little late with this month's Newsletter, but with such a hectic holiday schedule to keep to the Magazine has had to wait a while.

How anyone can get bored over Xmas I will never know - they obviously aren't members of RHAC. For me the highlight of this year's festive break was the Walk in Derbyshire, the family night out at the Co-op Social Club and Rowbotham's Rotherham Run. Despite a misty, overcast morning a group of nearly 30 members gathered in the Plough Inn car park at Hathersage. Keith Dege ably took charge of five hour walk taking in some lovely countryside and of course the obligatory lunch time Pub halt. The family night on 28th proved to be the usual success and a couple of out of town runners (here for the Rotherham run) were quite impressed with the RHAC social scene. As for Rowbotham's Rotherham run this went a lot better than we had hoped. A few runners missed a turning or two but no-one got really lost.

This month's newsletter contains one or two letters, mainly in response to Henry Marston's criticisms of the AAA entry procedure. Poor Henry! He stirred up quite a hornet's nest, but everyone has a right to his own opinion and the pages of this newsletter will be open to anyone who wishes to air their views on any subject they wish. However, one has got to keep in mind that it is not our officials but the AAA who make the rules. As members of RHAC we elect officials to run the club on our behalf and that means making sure that all members abide by the AAA rulebook despite any personal opinions to the contrary. At the moment the club has got an enthusiastic and hard working bunch of officials who are second to none - let's hope they are able to weather a little criticism now and then and not take it too personally.

The Christmas Quiz, compiled by Mick Hague has proved to be quite a toughie, and one or two members have asked for more time to get the answers. The closing date has therefore been put back to Monday 4th February and the winners will be announced in the February newsletter.

I wonder how many of you keep a training diary. I have kept one for about 4 years now and find I am always referring back a year or two and comparing races and times. It's also worthwhile making a note of the weather and general conditions on the day, you'll be surprised how interesting this information is a couple of years later. Keeping a diary provides a useful barometer as to your standard of fitness. I wouldn't be without mine and would recommend anyone not yet converted to diary keeping to do so as soon as possible, you'll find it compulsive.

Finally, a last reminder about the World Vet Championships. A weekend in Blackpool in a good class hotel, Bed and Breakfast. Book your seat as soon as possible - see Geoff Ashmore.

Cheers!

BRIAN HARNEY

FRONT COVER

Maurice Cook & Pete Neal after their triumphant 48mile Rowbothams Rotherham Run.

## MICK'S MOB

May I begin by wishing everybody a very happy and successful New Year. This is a year that holds great promise and expectation, because the club has never been stronger in depth and potential at senior level and, with the interest, enthusiasm and application that has gone into the last few months, I fully expect some of that potential to be realised this summer.

Since the last newsletter results have been a little thin as December is generally a quiet month but I must mention Peter Neal's performance in the 5 R's at Christmas and congratulate him on the new record. I believe there is a valuable lesson here that if you are training at a high level, including quality work, you can cope with a wide range of events without specifically training for them (remember Steve Jones trained for the Olympic 10,000m this year and not the marathon). Other performances worthy of mention are Mark Ruddleston's 4th at Worksop and 6th at Rawmarsh and Steve Elvidge's run on Christmas morning for completing the course without falling over.

One of the problems at this time of the year is coping with coughs, colds flu and all the other bugs floating around. I also find January/March is a period when people complain about feeling lethargic, depressed and generally out of sorts. We all feel as if we are ready for some warm weather and the light nights.

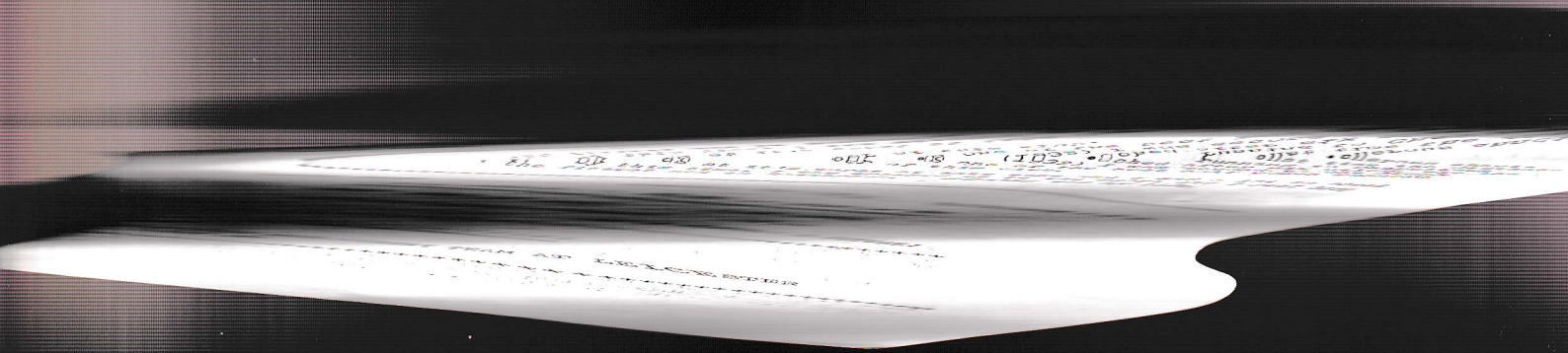
The medical profession is divided on the use of vitamins and tonics, many claiming that with a good, varied diet the average person is not vitamin deficient. Athletes are not average people. I am convinced that at best supplements are very beneficial and at worst they are at least an insurance against possible deficiency. On eating the right food I have always followed the hallowed "sea food" diet - if I see food I eat it. If we eat a good varied diet then generally we shouldn't become vitamin deficient and athletes have the advantage that they can eat large quantities without worrying about their weight but the quality of the food is just as important, indeed more so. If you are training hard your metabolism increases the demand for the essential substances to rebuild and replace body cells and tissue. In sweating we lose body salts or electrolytes that are necessary to maintain the body's equilibrium. These need replacing. Sometimes our diet doesn't cope with this increased demand, particularly in the winter when we eat less fresh vegetables, fruit, salads and lack the sunshine that promotes the production of vitamin D.

I believe that a good general multivitamin along with vitamin C to fight the colds and sore throats goes a long way to stave off the ravages of winter.

Next month I will give a more detailed breakdown of vitamins and supplements and the part they play.

Now for the commercial - I have a supply of vitamins and Turbo drink which I sell to help the club funds.

MICK HAGUE



BILL BURNS

In 1929 my father talked me into joining the Harriers against my wishes. In his younger days he was a well known useful cross country runner.

My first event was a six mile event at Parkgate and I hadn't a clue what was facing me! The other competitors told me I would have no difficulty in finishing. The course was two laps of three miles and this didn't sound too much. The biggest mistake I made was continuing after the first lap as I was completely shattered. At four miles I couldn't lift my legs, at Rosehill Park gates a bus loomed up and I jumped upon it with great relief until I realised that I had no money! I told the conductor the truth and he began to take my name and address when a lady nearby paid the fare, she wouldn't give me her name so I could not repay her.

I jumped off the bus and started to jog back to the finish which was just out of sight, as I came into view the spectators thought I was the first man home in the race and I received a tremendous reception, I felt terrible and hoped that I could do the invisible man trick.

Within a year of the above debacle, with the help of a generous handicap I won the Christmas Day Handicap quite easily. At that time the distance was ten miles and the start was from the White Lion running to Chapeltown crossroads and back. Coley Hill, which you reached after six miles, was the killer. By the way, the following year (1932) I was second to one Frank Wildsmith and I consider this chap was one of the best half dozen runners that I can remember being a member of this club.

The depression was at it's worst at this time and I had a lot to thank running for as, by this time, I was wrapped up in the sport and I must have been one of the fittest men in Rotherham. Running was my life.

\*\*\*\*\*

LADIES NIGHT ..... WEDNESDAY, 23rd JANUARY..... HERRINGTHORPE 6.30 pm

4 MILES HANDICAP - 20p FEE - PRIZES 1st TWO

COURSE: BROOM LANE, BRECKS. PACING ALLOWED.

MEET AT THE HOMESTEAD AFTERWARDS 8.00 p.m.

MAKE THE EFFORT - - - - - EVERY 3rd WEDNESDAY IN FUTURE!

\*\*\*\*\*

C O N G R A T U L A T I O N S

TO .... IAN KENNEDY

SELECTED FOR YORKSHIRE YOUTHS CROSS-COUNTRY TEAM AT LEICESTER  
JANUARY 19th

\*\*\*\*\*

Dear Friends,

Just a few lines to let you know what a great weekend we had on the Dalesway recently.

No sooner had we got under way on Friday night when Ray started telling the tale of the night he spent in prison, what a humorous story that was - so good was it that we drove through our destination and three miles on before we realised!

Booked into our digs, quick "hello-landlady" and smartly into the nearest pub. Good night that was, three or four pints, good chat with the lads and over the road to the chippie.

Up like a lark the next morning, good brecky and went to round up the other lads - all ready bar one who was ages coming, when Dave Butler finally arrived he said he'd had trouble getting out of bed because he awoke to find a six foot, twelve stone black dog laid across him nibbling his ear. Some guys have all the luck don't they? A quick photo session with Phill Allan and off we go.

Pleasant sunny morning, great scenery, good company - what a pleasure to be running. Three hours and eighteen miles later however, I wasn't feeling that way. Fortunately, we'd arrived at Grassington for the first break and after soup and sandwiches and three cups of tea I was ready for more. That's how we ran through the day, steadily jogging, stopping for tea, runners dropping in and out as the feeling took them. At five o'clock Saturday evening we had covered forty odd miles and called it a day.

Time now for a lovely hot bath, change and into the pub for 6.30. After we'd had a meal and a stroll round we settled into the serious business of boozing - what a great night that turned out to be with Ray on accordion, Brian Gent on washboard, Lee Carratt trumpet, Craig Taylor and Steve France on bass drum the place got really jumping. Caught up in the mood of the evening I was soon on the fifth pint and thought I was doing well till Ralph casually remarked that him and Don were into double figures!

The next day's running was the same as the first with runners dropping in and out to suit till we eventually reached Bowness, twelve weary hours later. Everybody who had run those two days were really pleased with their performance except one, but that's another story, maybe Maurice might tell you about that in the next edition.

Thanks to the eighteen joggers who made it such a memorable weekend.

Hope to see you all again next year.

DAVE CARRATT

**NOTE** ... next year's weekend booze up is already under discussion. The most popular suggestion so far is the 90 mile Cleveland Way. If you have any alternative route in mind .. SHOUT UP



## ROUND ROTHERHAM RAMBLINGS

The Christmas & New Year holiday has been as usual...Great??? Plenty of Healthy activity with the Rotherham Harriers is the key!!...Christmas Eve, a lucentime run with the President, coming down Ridgeway we shouted to the bus queue to join us, its quicker! The Lady in the fur coat shouted back 'are you getting fit for teneet'. Little did she know how true it was.....Christmas Day and the Race, bigger turnout every year, all eyes were on the hon. sec. He looked good, ran a tremendous race and he always preferred second prizes anyway...We had a look in at Ward Green on Boxing Day, not many from Rotherham, only Mary Rhodes amongst the Ladies, we have plans to alter this.....In the Honestead on the way back we met Ivan Pratt, a member for many years, now in London but always at the Christmas day race, except this year. He had just flown in from Australia, after previously shuttling between Peking and Hong Kong for Mrs. Thatcher!! He is also Treasurer of the Amateur Rowing Association.....Didnt run in the homestead Ten, which is a fun run but Don Creamer persuaded them to give a prize for guess your time, a gallon of beer, guess who won it!.....A lot of telephone calls for the Sport Hall athletics, but too late, we had to cancel because of lack of entries.....Both Christmas parties were a success, some of the younger members joined their families for the evening 'din' as well, they should make good endurance runners.....The Round Rotherham Run, another success, 48 finished and the back up team enjoyed it as well, the hot meals and drinks at Maltby Church were welcome, the atmosphere being like a gypsy camp. It seems next year we're having a control room, telephones and maps. This leisure age is becoming a full time job.....Didnt expect many for the Derbyshire Sunday hike, not only because of the previous days activities but because of the thick fog. But off we went to meet at Bathersage and no less than 25, a large party for a hike, the fog cleared and Keith Degge planned a pleasant walk with the return being through Eyam.....But on New Years Eve, brilliant sunshine for the run to Doncaster, but unlike last year, only three turned up. But we took the footpaths to Ravenfield and met our guides from the Doncaster club at Conisbro, a little bit of Broad then down past the Castle to the River Don bank for a mile or so, then a big climb to the disused viaduct where the view was superb. The river far below and the sun shining on the castle was tremendous. But the detour made the run two hours long, but when Ted Allen got the Pies and Peas on top of the bear it was well worth it.....A Smaller entry at Rawmarsh Road Bases, too many had been having a 'fit neet', but all went to plan. The presence of the Australian Boys and Youths Team was unique, even though they won most of the prizes, but remember its New Year for them also, not Easter!!.....Just had a thought about Frank Taylor while we are in the snow! He works on the Canberra you know and keeps fit running round the decks. He will be in the sunshine now on his umpteenth Round the World trip. But its not all honey he did go to the Falklands with his wife, on the ship.....Quentin Tupper lost his his R.R.R. record of course to Peter Neal. Q. has left us now you know, he got married, lives in Leeds and has joined Valley Striders.....Good to see Bill McRobb at Christmas after several months absence due to pressure of work. Can we get him back, everybody write to 1, Amble side, Walk North Anston.....There is a lot of talk about there being plenty of money in athletics now and I thought our club was well off, but Spensboro have just bought a \$5,000 bus and are subsidising a \$5,000 club trip to Norway, and they are a smaller club than us.....The fixtures are coming in for the track meetings this summer and any new Men please bear in mind its not all Marathons. If you are under 30 try the track for speed work, we shall be holding 3K, 5K, and 10K races in the early Spring, dont miss them.....And dont forget we need the big strong people for the throwing events. If you know of any, tell us quick.....Thats it

MIDDLEMAN

## A TRIBUTE TO THE PIED PIPER OF ROTHERHAM HARRIERS

### HIS NAME IN REAL LIFE.....BRIAN STEEPLE

Now about to enter his 73rd year, this man is indeed a real modern day Pied Piper. I have lost count of how many people, male and female, who Brian has very gently but firmly, persuaded to run for health's sake if for no other.

Since the age of 16 he must have logged up enough miles to cover the earth's surface twice over. To my knowledge he has a record of unbroken running from being a teenager to being a senior citizen. This in itself is something to shout about because no matter how much we enjoy our sport, most of us have had a break from it for a month or two, or even a year or two, only to come back again because we miss it so much. In Brian's own words "if you feel a bit stale with too much training, cut down the mileage a little and keep the battery topped up as it were, until the lethargic feeling wears off. You will then be able to pick up the threads and soon return to a good standard of fitness very quickly". Words of wisdom indeed!

Here is a brief resume of the life and times of Brian Steeples. Born 1912 his sporting career started at the age of 16 with Dinmington Wheelers (racing cyclist). At the age of 18, in 1930, he joined RHAC and won the Xmas Day Race in 1937. He has a substantial collection of clocks, cutlery, assorted pewter tankards and a cup for 2nd place in the Sheffield Star walk. With the commencement of World War II his effective running career ended and he served with the Royal Marines where he won medals for boxing, cross country running and swimming. Brian continued his association with RHAC after the War and living in Sheffield, he made the double bus trip to Rotherham whenever the opportunity allowed.

When his wedding day came around our previous Secretary for many years, Sid Garner, was best man.

Part of Brian's keep fit routine, at around the age of 38 was to walk to his place of work daily, 2½ miles to Attercliffe.

Having turned 40 his athletic career turned towards the Doncaster to Sheffield marathon and the year 1956 was to be the start of many appearances in this event. Around this time he started training with the Sheffield United Harriers and became a popular figure with members of this famous club. Along with Hallamshire the name of Brian Steeples became legendary. He has rubbed shoulders with all the top class runners from S.U.H. in their golden years, Johnny Nicholls, Derek Walker and Ken Wood (when Ken would allow it), all internationals of good standing. Not so long ago Brian persuaded Derek Walker to make a comeback and an awful lot of work went into this. Derek is now a member of RHAC, becoming very fit, and is a real challenge to the veterans around to-day. Running behind Brian one day, Derek was heard to shout between pants 'spit t'other road'. One assumes that the wind was in the wrong direction.

Most of us in RHAC have known Brian for the past 10/15 years, during which time he lost his wife Mary after many years of illness. In Brian's own words, his fitness helped him cope with the strain of looking after Mary. His 70th birthday was celebrated in grand fashion with around 100 guests attending. It was amazing how we kept it a secret from him right up to the evening itself. He was quite taken aback with it all but as usual came through the evening full of the humour we have come to expect from him.

Last year was the World Veteran Championships in Perpignon, France, and Brian had the distinction of being first and last in the world rankings, he being the only competitor in his age group.

The Pied Piper of Rotherham Harriers (cont'd.)

Brian has now moved on to pastures new and we wish him well in his new life. I am sure our President, Don Creamer will agree, being one of his followers, that Brian is truly the Pied Piper of not just R.H.A.C. but in fact South Yorkshire, which now contains his many friends and running colleagues, who know only too well the influence and infectious drive this man had had on many of our lives.

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ROAD SECTION ANNUAL AWARDS EVENING

On Monday 28th January 1985, 8.00 p.m. at the Albion Road Club.

The cost of this evening is only 60p, for which you get pie and peas, entertainment, and best of all the chance to meet socially with your colleagues in the road running section.

This is the meeting at which we intend annually to award the mileage certificates (which Jack Phipps has been looking after since Brian left), the club best performances and the club championship awards. Since this is the first year of the championship it will not of course be awarded this time round.

All the trophies won in 1984 will be officially presented, including Challenge Cup, Club 10 etc. There will be individual awards for best performances at for example 5 miles, 10 miles, half and full marathons.

The club's top athletes will be there and four special guests: Doug Rufus, Brian Steeple, Jack Phipps and Bill Burns have been invited by the road section as guests of honour. This is an evening for EVERYBODY who has an interest in road running and will be a big step forward to the improvements we are looking for in 1985.

Albion Road is a big clubhouse - but we can fill it. Get your ticket for a great yet cheap night out and come along and enjoy yourself. Tickets from kiosk or committee members, just 60p.

Approximate timetable: Start 8.00 p.m.  
Mileage awards 8.30 p.m.  
Road awards and presentations 9.00 p.m.

(with a break for beer now and again if anyone likes it)

Then the entertainment and refreshment.

Albion Road is Rotherham side of the rugby ground between Wellgate and Clifton Lane. See you there!

P.H.

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WHO'S WHO (WHO WAS?) - LORRAINE HAGUE

Lorraine Hague (nee Cooper), age 25+!! Occupation - teacher, hobbies ex athletics, horse riding, eating and sleeping.

Like many other athletes I became interested in athletics at the ripe old age of 10. It was at Blackburn Primary School on rainy mornings when my class teacher coached me over hurdles along the school corridors whilst all the other kids were working so hard at their maths (hence my limited intelligence - at maths anyway).

My objective was the Inter School Sports which in those days was held at Broom Valley School. In following years it was transferred to Herringthorpe St adium. Here I lined up for the hurdles and won in record time. I also took part in a number of events like the tennis ball throw, long jump, 60 yds sprint and the relay. (Just like later days in the Northern Women's league when we all used to fight for which eleven events we were going to do for a point or two.)

At the age of 14 I joined Hallanshire Harriers and met a man called David Scanlon who became my coach for many years. My very first race was the Yorkshire Women's Cross Country Championship in Graves Park which I won as an intermediate. At that time I didn't even realise it was a championship race. From then on I seemed to favour cross country running and went on to represent Yorkshire on several occasions. (Since then I have gradually gone downhill). The late adolescence meant boys and I gave up running at 18/19 and got engaged. Shortly after this first retirement, Dave Scanlon who had done all the hard work in trying to make me hurt myself in training tragically died of a brain haemorrhage. This situation more or less sealed my fetirement. However, my engagement ended and within a month or two I was off running again.

During this lull in my life I met a certain Mr. Hague and asked him to coach me. With a career change I left Kenning Car Hire and started at Lady Mabel College, Wentworth and consequently more running. The successes began to follow once more, highlighted by winning the British College 3,000m Championship at Cwmbrun in a new Colleges record. Still on a high, the following day I also won the Stannington Road Race, beating Stoke International Chris Reddy.

By this time Mick had fallen for a young athletic bird and couldn't wait to marry me. After finishing at College in 1979 we were married in the Chapel at Wentworth.

(I won't bore you with much more but the editor is hovering over me with a screwed up copy of Athletics Weekly wanting more and more facts.)

The next highlight was a competition my husband had secretly entered me for. The Miss Race competition where I reached the final along with my friend June Beardsley (editor's wife to be). Along with our supporters, including Pat Rowbotham who became our publicity manageress, we finished 1st and 4th. This resulted in a week end in Paris for two and for June sports gear and cosmetics.

\*\*Back to the running game and during the ensuing years I took part in a number of events. Back into the Yorkshire cross country team and success in the South Yorkshire League. However, road running became very trendy and following my success at Stannington, I quite enjoyed them. Rawmarsh on New Year's Day resulted in another win.

cont'd.....

WHO'S WHO (continued)

I couldn't possibly mention all of them, but one race I must mention was of a very high standard at Gateshead where we fielded a very strong team with Angeal Creamer, Sharon Moxon (a good ex Rotherham Harrier) and myself. Half a mile from home Angela, international Kath Pilling (now Kath Carter) and myself shared the lead right until we reached the stadium where I was absolutely k..... (tired) and the two track runners slowly pulled away. But with Sharon Moxon in 4th place we easily captured the team race.

Other team successes followed at this time with Kin Rowbotham also running well. We won team prizes in the Isle of Man, Yorkshire cross country championships and many local road races.

The social side of the Club has also been outstanding. Events which stand out are numerous, but the Easter Isle of Man Festival trips which Mick and I organised for a number of years hold many memories. So also do the trips to Prague for the European Championships and the exchange visit to Germany where we competed indoors.

My regrets so far as running is concerned is that I could never be consistent as I needed driving and cajoling all the time. Perhaps if I'd had a good coach instead of a good husband I might have done better! (He'll kill me for that).

Recently my other love - horses, has taken over and I now spend much of my time riding. Who knows - I may return one day as a super vet. but there's a long time to go.

Here ended the first Who Was of 1985!

Lorraine Hague.

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MILEAGE DIARY COMPETITION

The Club annually runs a Mileage Competition and the 1985 Mileage and Diary sheets are now available. The completed Diaries are handed in at the end of the year and awards are made for mileage covered - "Gold" - 2,000 miles, "Silver" - 1,000 miles and "Bronze" - 500 miles. A special award is made to the member recording the most mileage in the year and at the discretion of the Club officials other awards may also be made.

The Diary sheet is a useful and interesting way of recording your running activities and helps as an incentive to keep you on your feet and to maintain a regular training schedule.

Diary sheets available from Jack Phipps - Competition entry fee £2.00

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ATHLETICS & POPULAR MUSIC QUIZ (an even easier paper)

1. Name the joint winners of the 1981 London Marathon.
2. Who was voted the BBC sports Personality of the Year in 1983-84?
3. The song "Do the loomotion" was sung by Little Eva, but what is this famous singer/songwriter's real name?
4. Before Michael Jackson's "Thriller" album which L.P. sold the most copies?
5. During the summer of 1984, which two men broke the pole vault record on the same evening?
6. The Chinaman' Zhu Jianhua broke the high jump record last summer but where did he finish in L.A. (position)?
7. Which T.V. actor had hit songs in the 70s which included "Dancing with the Captain" and "Grandma's Party"?
8. Jim Diamond has just had a No.1 hit with "I should have known better" Name the band he fronted in 1982-83.
9. Which famous running guru died a few months ago in New York?
10. Steve Overtt still holds a County record from his younger days but not for running - name the event.
11. Name the English singer/songwriter who has had no fewer than four No.1 hits in the States but never a solo No.1 in Britain.
12. Name the two artists or bands who sang these very apt songs: "The Runner" and "Run for Home"
13. Name two International races that Keith Fordyce holds records for. (Brian Harney might help you with this one)
14. Over the past few years which country has dominated the race walking scene?
15. Which Radio 1 D.J. doubles up as the 'Gay Cavalieros' and has such people on his shows as Mr. Angry; Ruth; The Geese; The Anoraks and The Thug? (to Geoff and Mick, guess who isn't running on Christmas Day 1986?)
16. Name the Christmas number 1 song of 1983.
17. What do Chris Brasher, Steve Jones and Mike Bishop all have in common? (and it's not the R.A.F.)
18. Name the past winners of the "Prince of Wales" Half-Marathon.
19. Who sang "Two little Boys"? (No, it wasn't Phill Allen)
20. Can you name the only solo No.1 from Diana Ross?

ANSWERS AT THE FOOT OF THE PAGE - BUT NO PEEKING!

GARY ROCHE

\*\*\*\*\*

- |     |  |
|-----|--|
| 1.  | Dick Beardasley and Simonsen                   |
| 2.  | Steve Cream                                    |
| 3.  | Carol King                                     |
| 4.  | "Runmours" by Fleetwood Mac.                   |
| 5.  | Vigneron and Guinon (France)                   |
| 6.  | third  |
| 7.  | Paul Nicolas                                   |
| 8.  | P.H.D.   |
| 9.  | Jim Fixx                                       |
| 10. | Long jump                                      |
| 11. | Elton John                                     |
| 12. | The Three Degrees and Lindisfarne              |
| 13. | The Comrades and London to Brighton            |
| 14. | Mexico   |
| 15. | Steve Wright (Got the Boese off..)             |
| 16. | Flying Pickets with "Only You"                 |
| 17. | They are all connected with Reebok Racing Club |
| 18. | Rob Sinclair (81, 82 and 83) and Mike Hurd 84. |
| 19. | Rob Harris (Sorry about that Phill)            |
| 20. | I'm still waiting.                             |

ANSWERS

## FIRST MARATHON

Barnsley Town Centre, 25th November - target under 3.27 for women's R.R.C. 2nd class Marathon standard. After nine years of training and racing various distances it's my first marathon. Why Barnsley? They say it's tough, I've watched it for several years and wanted to find out for myself, besides it's the S.Y. Champs.

The weather is kind for once, just cool but I've put baby oil on my face, shins and legs just in case, it also helps to waterproof - as Holmfirth proved. Re-tie shoelaces for the umpteenth time, last minute good luck-kiss from husband Rowland and line up. Feel claustrophobic so it's a great relief when the gun goes.

Easy pace to start, first feeding station and there's a mad scramble for drinks but, as Roly had advised, I'd drunk plenty before so I wouldn't have to take cold drinks and risk an upset stomach. Shouts of encouragement every few yards, downhill towards Stairfoot. A familiar Hallamshire voice shouts "Take it easy on these early downhills", that's a voice of experience and advice I take.

Approaching Wombwell, great support from people I know, some I don't but who cares. "Have you brought your Fan Club?" someone asks, "6th lady, Mary" - can't be, but a Barnsley runner confirms who is behind me and I realise I'm 2nd S.Yorks. Don't get carried away, it's early days yet.

Up to Brampton where Roly will be. All the years I've been here I've never noticed that Rotherham boundary sign before. Ten miles and 69 minutes, bang on target and still feel good. A broad Barnsley voice from the roadside comments "Look at all t'women, whose gerrin t'Sunday dinner?" I'll ignore that remark mate.

Hardest part for me mentally is up to the turn when you see those in front coming back, lose a bit of time and concentration, must wear blinkers next time. Half way, pause slightly to rinse mouth and run blindly into sun; 15 miles, a bit slow, don't panic - I can make it up again. Several women pass me and my spirits flag slightly, their superior weekly mileage begins to show. Eighteen miles, first bad sign of cramp in toes and feet, it's a usual problem for me but I'm determined to run 20. Twenty miles 2.33.06 and at least ten minutes behind schedule but a PB by 4 minutes for twenty miles.

Officials urge me on, it's great to be known; approaching Stairfoot my toes and feet cramp terribly and prevent running so I was reduced to walking that part of the course I was most looking forward to. A hand comes on my shoulder "Come on Mary", it's Rachel from S.C. Striders; try everything I know to get rid of cramp but to no avail, oh for my dad's "bit of cold lino". Twenty-two miles, Roly tells me he'll see me back at the finish, he suffers more than I do just watching me. Long way to go with cramp but I'm determined to walk it, encouraged by marshalls and runners who are still coherent. Runners appearing out of fields bring a smile to my face, I know where you've been.

Twenty-four miles looming up, still unable to run a few steps and the clock car pulls up alongside showing 3.27, oh you cruel man you.

Last few hundred yards and there's still a few people standing outside the Technical College - they are not going to see me walk in! Break into a run, toes and feet O.K., feel full of running and run all the way to the line. Time 3.47 - oh well, health permitting, there's always next year.

Verdict: "Barnsley" isn't all that bad, it's the weather that makes it tough but that can happen anywhere. It's well organised and there's tremendous support.

MARY RHODES

## CROSS-COUNTRY ROUND UP

December 9th saw the completion of this year's South Yorkshire League fixtures at Campsall with Rotherham Harriers finishing second at this meeting and second overall to Hallamshire Harriers for the series as a whole. Individually, members of Rotherham Harriers performed with distinction (see individual merit awards later on) but perhaps the most heartening aspect to emerge is the sheer number of runners taking part, particularly in the Junior/Senior/Veteran men's event, where fields of well over 200 are now commonplace (271 finished at Clifton Park compared with 100 or so in previous years). This upsurge has been reflected in the much increased turn-out of our own athletes and augers well for the forthcoming championship events.

For those athletes who are relative newcomers to cross-country running, a word or two of explanation about the structure of the cross-country competitions is in order. The season commences in October with the South Yorkshire League fixtures, normally fair, held at various venues in South Yorkshire. Anyone who is a member of a club affiliated to the South Yorkshire Cross-Country League can take part, there being events for all categories. These fixtures are normally completed by the middle of December.

The championship events then commence in January. The first Saturday in January is usually devoted to the men's Cross-country championships and these essentially serve as trials for teams to be selected for the Inter-Counties Championships held later in January. The Yorkshire men's Team Championships take place in late January and entry is through clubs only. Note the distinction between the Yorkshire County Championship, otherwise known as the Yorkshire Individual and the Yorkshire Team Championship; the Individual is open to anyone, irrespective of club, who has a residential or birth qualification for that county whereas the Team Championship is for teams selected by clubs affiliated to the Yorkshire Cross-Country Association.

The second Saturday in February is traditionally reserved for the Northern men's Cross-Country Association Championships. There is a limit placed on the number of athletes which can be entered by a club, 10 for the Boys, Youths and Junior men's events and 15 for the Senior and from these entries, a maximum of 10 in the Senior Men's event and 7 in the Boys, Youths and Juniors can run on the day. The first 6 score in the series and the first 4 in the other events. This scoring format is also followed in the Yorkshire Team Championships.

The first Saturday in March sees the event of the Cross-Country season, the National. As you might expect, the standard is very high and encompasses the best cross-country runners in the country. Again, selected teams are the order of the day, those being Youths Junior men's events (12 entered, 6 to run, 4 to score) and Senior Men's (15 entered, 9 to run, 6 to score) events. Also, the distance of the Senior men's event is nine miles, compared with  $7\frac{1}{2}$  miles in the Yorkshire and Northern Championships. The Senior men's National is considered to be one of the most exciting and colourful events anywhere in the athletics calendar.

In addition to the major Championships described above, there are also the South Yorkshire Championships, normally held on the Sunday preceding the National and following the format of a South Yorkshire League meeting, except that the athletes are competing for individual and team South Yorkshire Championships. There are also open Cross-Country meetings at various times between October and March (for example, Gateshead in November) but league and championship fixtures tend to dominate the cross-country scene.

Women's Championships follow a similar format to the men's but are held on separate dates and at different venues - a complete list of women's Championships is shown later. Veterans (both men and women) have their own Championships and the dates and venues are provided in the previous edition of Newsletter (men's) and this edition (women's)

Contd....



CROSS COUNTRY CHAMPIONSHIPS 1985 - WOMEN

MEETING	DATE	VENUE	CATEGORIES	DISTANCE	RACE START TIME	MAXIMUM ENTRY	MAXIMUM NO. TO RUN	NO. TO SCORE FOR TEAM	CLOSING DATE FOR ENTRIES
YORKSHIRE VETERANS	20th JAN (SUNDAY)	HOWLEY BATTLE	1A/1B etc	5000 m	1.00 pm	NO LIMIT	NO LIMIT	3	5th JAN
NORTHERN	27th JAN (SUNDAY)	WHITLEY B.Y./ NORTH SHIELDS	Girls	3000m	2.00 pm	NO LIMIT	NO LIMIT	4	12th JAN
			Juniors	3000m	2.20 pm	"	"	4	
			Inters	3500m	2.40 pm	"	"	4	
			Ladies	4500m	3.00 pm	"	"	4	
NORTHERN VETERANS	10th FEB (SUNDAY)	SHERDLEY PARK, ST. HELENS	1A/1B etc.						
NATIONAL	16th FEB (SATURDAY)	ARROWE PARK DIRKENHEAD	Girls			NO LIMIT	NO LIMIT	4	
			Juniors			"	"	4	
			Inters.			"	"	4	
			Ladies			"	"	4	
SOUTH YORKSHIRE	24th FEB (SUNDAY)	HILLSBOROUGH PARK	8 - 11	1500 m		NO LIMIT	NO LIMIT		
			Girls	3000m		"	"		
			Juniors	3000 m		"	"		
			Inters	4000 m		"	"		
			Ladies	6000 m		"	"		

(continued)

SOUTH YORKS. C.C. LEAGUE - RESULTS OF 4th MEETING AT CAMPSALL ON SUN. 9/12/84

Boys 8 - 11

9. P. Toyne  
10. C. Goulty  
19. A. Lord  
22. J. Beevers  
24. P. Waterhouse

27. M. Davris  
38. N. Owen  
40. M. Swift  
42. C. Hawley  
44. S. Houghton  
46. D. Botterill  
48. M. Wood

58 finished

Girls 8 - 11

5. C. Foster  
11. C. Goldsborough  
16. M. Cooper

21 finished

Girls 11 - 13

16. J. Laird  
17. H. Lakin  
26. T. Keightley  
27. C. Coe  
28. M. Barker  
34. L. Staton

34 finished

Girls 13 - 15

3. C. Sykes  
8. T. Price

10 finished

Boys 11 - 13

9. D. Walker  
16. S. Abramiuk  
18. C. Rawlinson  
42. P. Beresford

44 Finished

Boys 13 - 15

6. A. Johnson  
10. A. Townsend  
15. A. Walker  
43. S. Clayton

48 finished

Inter. Ladies

2. R. Woodward

13 finished

Ladies

16. J. Vezmar  
25. M. Rhodes

38 finished

Youths

2. I. Kennedy  
5. G. Townsend  
11. S. Ellis

Senior/Junior/Veteran

5. P. Venables  
8. P. Neal  
12. P. Mirlees  
16. K. Jenkins (J)  
23. N. Brookes  
26. R. Self  
28. S. Elvidge  
29. M. Ruddlestone  
34. A. Beighton  
45. M. Jackson  
51. P. Hunter  
53. M. Hague (V)  
57. K. Blades (J)  
58. G. Duff (V)  
73. D. Richards  
74. B. Barney  
78. A. Darkin (J)  
80. P. Ashworth  
82. A. Peters (V)  
84. J. Brogan  
87. J. Maughan

104. M. Hollowood (V)  
107. I. Jenkins  
180. J. Davis  
209. E. Wagstaff (V)  
210. P. Allen  
226. D. Foster (J)  
237. D. Newman (V)

LEAGUE INDIVIDUAL AWARDS:

Boys 13 - 15

3. A. Townsend

Inter. Ladies

1. R. Woodward

Youths

3. G. Townsend

Junior Men

1. K. Jenkins

Senior Men

2. P. Venables

Veteran Men

2. G. Duff  
3. M. Hague

Rotherham Harriers finished second overall to  
Hallamshire Harriers (3807 points to 4265 points)

SOUTH YORKS. C.C. LEAGUE - RESULTS of 3rd MEETING AT CLIFTON PARK ON SUNDAY  
18th November 1984.

Boys 8 - 11

- 3. C. Goulty
- 12. P. Toyn
- 16. M. Davris
- 18. P. Waterhouse
- 20. A. Lord
- 32. C. Hawley
- 38. M. Moore
- 40. N. Owen
- 41. M. Wood
- 42. M. Swift
- 44. D. Botterill
- 45. S. Houghton
- 48. M. Walton
- 55. B. Byczkowski

63 finished

Girls 8 - 11

- 3. C. Foster
  - 13. C. Goldsborough
  - 14. D. Kelsall
  - 24. M. Cooper
- 29 finished

Girls 11 - 13

- 6. K. Docherty
  - 13. H. Lakin
  - 14. S. Lakin
  - 20. J. Laird
  - 29. T. Keightley
  - 30. K. Parker
  - 32. C. Coe
  - 33. M. Barker
  - 37. L. Steton
- 43 finished

Girls 13 - 15

- 2. C. Sykes
  - 9. T. Price
- 18 finished

Boys 13 - 15

- 5. A. Townsend
  - 9. A. Walker
  - 23. S. Day
  - 31. A. Johnson
- 56 finished

Boys 11 - 13

- 4. I. Richardson
- 11. D. Mellor
- 18. D. Walker
- 22. S. Abramiuk
- 25. C. Rawlinson
- 28. C. Tompkins
- 42. N. White
- 45. P. Beresford

52 finished

Inter. Ladies

- 1. R. Woodard
  - 16. M. Maxwell
- 17 finished

Ladies

- 8. J. Vezmar
  - 14. T. Maxwell
  - 17. M. Rhodes
  - 21. H. Gent
- 49 finished

Youths

- 2. P. Wakelfield
  - 4. G. Townsend
  - 7. I. Kennedy
  - 10. S. Ellis
  - 24. J. Ryan
- 38 finished

Senior/Junior/Veterans

- 2. P. Mirlees
- 5. P. Venables
- 7. K. Jenkins (J)
- 13. I. Newsome
- 14. P. Neal
- 16. S. Elvidge
- 18. C. Beighton
- 19. R. Sharp
- 22. N. Brookes
- 25. M. Ruddleston
- 32. R. Self
- 34. K. Blades (J)
- 38. A. Beighton
- 51. M. Hague (V)
- 54. G. Simpson
- 58. S. Newsom
- 62. S. Dalton (J)
- 64. P. Ruddleston
- 70. M. Jackson

Senior/Junior/Veterans Contd.

- 74. E. Kirkup (V)
- 75. P. Hunter
- 77. D. Richards
- 80. G. Duff (V)
- 83. P. Ashworth
- 86. A. Parkon (J)
- 94. G. Roche
- 106. S. France
- 110. S. Heslop
- 111. J. Maughan
- 115. A. Peters (V)
- 125. M. Hollowood (V)
- 126. I. Jenkins
- 135. P. Riley
- 137. J. Brogan
- 141. P. Rooney
- 152. T. Smith
- 154. E. Pickering (V)
- 161. M. Sumption
- 164. A. Davies (V)
- 165. G. Eden (V)
- 175. G. Huckbody
- 177. R. Rhodes (V)
- 182. B. Robinson
- 192. M. Maughan
- 194. J. Davis
- 197. N. Grimley (V)
- 220. A. Ibberson
- 232. G. Wheeler
- 234. D. Creamer (V)
- 242. I. Wood
- 246. S. Roe (V)
- 257. M. Foster (J)
- 265. P. Banks

271 finished

Rotherham Harriers placed 1st in this meeting with 1096 pts. to Hallanshires 1088 but Hallanshire retained their overall lead with 3338 points to Rotherham's 2989 points.

Apologies to anyone who has been missed out of these results - there was a mix up over numbers.

CROSS-COUNTRY ROUND UP (Contd)

And finally, a word about travel to major cross-country championships. Normally, Rotherham Harriers provide a coach to transport athletes, officials and supporters to the major championships where selected teams are entered. One unfortunate consequence of this policy is the club usually incurs a substantial financial loss, due to the fact that coaches are normally far from full. However, with the current interest in cross-country events there is no reason why we should not fill up our coaches. Why not? Perhaps you've not made the team for the Yorkshires, Northerns, Nationals? Remember, those who have made the teams need support. So, why not go along and support them? There's nothing better for the morale of a flagging athlete labouring round a muddy cross-country course than to have "Come on Rotherham Harriers" blasted in his ears every hundred yards or so.

So, come on all you runners, runners wives and children and friends. Lets fill that coach going to York on Saturday 26th January and support your team.

REMEMBER: YORKSHIRE TEAM CHAMPIONSHIP: YOUR: SATURDAY 26th JANUARY,  
TRAVEL ON CLUB COACH: WATCH NOTICE BOARDS FOR DETAILS.

JIM BROGAN  
CROSS COUNTRY SECRETARY

RAMMARSH ROAD RACES - 1st JANUARY 1985

<u>YOUTHS</u>			<u>BOYS U/15 RACE</u>		
1	D. Paulin	Aust. 15.39	1	A. Tillyard	Aust 11.02
2	D. Wilson	Aust. .49	2	J. Plowright	Aust .09
3	C. McKenzie	Aust 16.21	3	A. Cook	Aust .39
4	R. DeHighden	Aust .26	4	C. Grant	Aust .40
5	I. Ashforth	Hallam 17.00	5	A. Johnson	Roth H .57
6	M. Cuthell	Aust .14	6	N. Bentham	Donc AC 12.02
7	S. Mitchell	Scunthpe .24	7	A. Townsend	Roth H .05
8	R. Jackson	Aust .29	8	N. Horkins	Aust .09
9	I. Sanderson	Spensboro .29	9	B. Day	Roth H .12
10	M. Radcliffe	Hickton .37	10	A. Walker	Roth H .18
11	S. Ellis	Roth H 18.13	11	J. Kaycock	Rock AC .20
12	P. Holman	Aust .13	12	M. Smithurst	Donc P.W. .21
13	M. Goats	Aust .13	13	S. Worriow	Wakefield .34
14	G. Norton	Hallam .32	14	A. Cotton	Donc P.W.A.C. 43
15	P. Littlewood	Wakefield .40	15	I. Norton	Hallamsh .57
16	G. Townsend	Roth H .52	16	J. Stablers	Wakefield .59
17	J. Ryan	Roth 19.05	17	J. Bailey	Donc P.W. 13.13
			18	M. Chandler	Spensboro .20
			19	L. Warburton	Spensboro .24
			20	S. Thompson	Aust .49
			21	S. Grayson	Stainforth 14.43
			22	P. Jackson	Sheff AC 15.12
			23	S. Mawhinney	Spensboro .19
			24	P. Iberson	Roth H .20
				TEAM - Rotherham Harriers	

RAMBURN ROAD RACES (cont'd.)

THE COMBINED 5 1/2 MILES RACE

1	C. Cope	Sheff. AC	26.34	61	H. Stafford	Done	31.09
2	K. Angus	"	.51	62	R. Fletcher	Spensoro	.15
3	J. Cook	Stainforth	.58	63	A. Riley	Dark Peak	.16
4	B. Clayton	BRRAC	27.07	64	H. McLean	BRRAC	.19
5	A. Gregory	Hallam	.12	65	T. Conway	UNATT	.21
6	M. Ruddleston	Roth	.15	66	M. Crick	Rock AC	.22
7	D. Leather	BRRAC	.20	67	D. Maddigan	D.H.T.C.	.23
8	D. Grayston	Stainfth	.28	68	M. Garrett	Roth H	.28
9	D. Wright	Hallam	.31	69	S. Smith	Spensoro	31.29 L
10	R. Seager	Charnwood	.40	70	D. Griggs	BRRAC	.31
11	K. Singleton	Wakefield	.56	71	H. Borehan	Sheff A.C.	.37
12	D. Cartwright	Penistone	.59	72	D. Curtis	UNATT	.37
13	N. Judge	Spensoro	28.14	73	K. Mitchell	Roth H	32.00
14	P. Neal	Roth	.23	74	J. Davis	Roth H	.00
15	K. Binney	BRRAC	.35	75	J. Judge	Spensoro	.06 L
16	P. Lewis	Dark Peak	.37	76	J. Glover	Spensoro	.09
17	J. Alflett	Salisbury	.44	77	A. Stainer	Wakefield	.09
18	A. Whittaker	Spensoro	.52	78	D. Gill	BRRAC	.13
19	E. Kirkup	Roth H	.53	79	S. West	BRRAC	.13
20	G. Naylor	Rock AC	.56	80	A. Reading	UNATT	.14
21	S. Butler	Wakefield	29.00	81	A. Walker	BRRAC	.18
22	G. Maycock	Rock AC	.06	82	M. Broadhead	BRRAC	.22
23	I. Wainwright	Dark Peak	.06	83	R. Main	BRRAC	.24
24	J. Lowe	Wakefield	.11	84	D. Hughes	Hallam	.25
25	P. Ashworth	Roth	.14	85	J. Farnsworth	D.H.T.C.	.29
26	D. Richards	Roth	.19	86	R. Kent	Penistone F.R.	.32
27	A. Hughes	Escafeld	.26	87	G. Pickstone	Hallam	.32
28	D. Hayes	Stainfth	.35	88	D. Kent	Wakefield	.32
29	H. O'Mara	Roth H	.39	89	G. Benbridge	Roth H	.32
30	D. Mills	Stainfth	.41	90	D. Goddard	Sheff. A.C.	.35
31	D. Beckett	Hallam	.43	91	R. Rhodes	Roth H	.35
32	J. Hinchey	BRRAC	.47	92	B. Bedford	BRRAC	.42
33	L. Woodhead	Rock AC	.51	93	D. Jackson	Wakefield	32.44
34	M. Tibble	Wakefield	30.01	94	L. Whitehead	Hornwell	.50
35	B. Harney	Roth H	.02	95	J. Wright	Penistone	.54
36	A. Ellis	Roth H	.03	96	M. Darlston	Wakefield	33.03
37	M. Hunter	Wakefield	.04	97	J. Brown	Steel City	.24
38	A. Hicklin	BRRAC	.07	98	J. Holroyd	Wakefield II	.36
39	B. Sprakes	Stainforth	.07	99	K. Beaumont	Wakefield H	.40
40	P. Rowe	Steel City	.13	100	C. Ibberson	Roth H	.49
41	R. Greaves	UNATT	.14	101	D. Creamer	Roth H	.55
42	B. Woodward	BRRAC	.16	102	P. Beckett	Hallam	34.00
43	J. Hardcastle	Longwd	.16	103	P. Haynes	Roth H	.02
44	A. Audsley	Wakefield	.20	104	J. Senior	Scunthorpe	.23
45	G. Williams	Roth H.	.21	105	M. Rowland	UNATT	.25
46	M. Palli	Wakefield	.26	106	M. O'Brien	Wakefield	.27
47	R. Handcock	Wakefield	.28	107	T. Littlewood	Wakefield	.39
48	S. Hine	Sheff. Utd	.28	108	D. Hague	Roth H	.45
49	P. Humphries	Roth H.	30.30	109	M. Rhodes	Roth H	34.49 L
50	P. Oxley	Longwood	.32	110	R. Knight	UNATT	.53
51	S. Heslop	Roth H	.37	111	A. Page	oth	.55
52	D. Altemby	BRRAC	.41	112	J. Heeley	BRRAC	35.02 L.VET
53	M. Hague	Roth	.43	113	N. Wilson	Roth H	.05
54	R. Ramsbottom	Charn	.43	114	H. Garside	Roth H	.05
55	M. Theobald	Hallam	.45	115	C. Watkin	Newark AC	.17
56	A. Ward	BRRAC	.50	116	A. Rennison	UNATT	.21
57	B. Horsfall	Wakefield	.53	117	M. Smart	UNATT	.22
58	J. Wooton	Wakefield	.59	118	B. Smithurst	Done	.29
59	D. Heeley	BRRAC	31.02	119	T. Whiteley	BRRAC	.30
60	P. Bolland	Spensoro	.08	120	K. Worrall	Roth H	.30

continued

RAWMARSH ROAD RACES (cont'd)

GIRLS U/13 RACE

1	C. Fothergill	Hallan	10.02
2	A. Faherty	Skyrac	.07
3	R. Shaw	Hallanshire	.36
4	R. Stokes	Skyrac	.42
5	C. Humphries	Hallan	.50
6	H. Downes	Wakefield	11.05
7	C. Bentham	Doncaster	.20
8	A. Lynch	Doncaster	.20
9	A. Dolan	Skyrac	.23
10	C. Betts	Hallanshire	.25
11	K. Humphries	Hallan	.28
12	C. Ward	Spensoro	.33
13	J. Hardcastle	Longwd	.42
14	K. Haworth	Spensoro	.49
15	J. Mason	Spensoro	.50
16	J. Oxley	Longwood	.52
17	S. Smith	Spensoro	12.18
18	H. Bain	Spensoro	.23
19	N. Dean	Skyrac	.49
20	K. Hallas	Spensoro	.53
21	S. Bleasby	C.Gate Sch	13.09
22	D. Mitchell	Scunthorpe	.10
23	L. Oxley	S.Gate Sch	.50
team - Hallanshire Harriers			

BOYS U/13 RACE

1	S. Foster-Swam	Aust	9.29
2	M. Mathisa	Aust	.35
3	J. Warburton	Spensoro	.44
4	J. Dove	Hallan	.46
5	M. Senior	Hallan	.46
6	J. Donnison	Hallan	.47
7	J. Pyrah	Tapton Sch	.49
8	N. Brookes	Donc	.59
9	R. Walsh	Spensoro	10.02
10	D. Walker	Roth H	.03
11	P. Cull	Tapton Sch	.05
12	A. Carrington	Spensoro	.09
13	J. Flynn	Aust	.18
14	A. Waite	Tapton Sch	.20
15	A. Severn	Stainforth	.26
16	N. Wainwright	Tapton	.37
17	S. Taylor	Tapton Sch	.47
18	K. Sangster	Spensoro	11.04
19	H. Rowland	Worwell	.14
20	R. Kelly	Spensoro	.24
21	I. Senior	Spensoro	.35
22	H. Brown	Spensoro	12.27
team - Hallanshire			

GIRLS U/11 RACE

1	C. Maycock	Rock AC	6.15
2	J. Ashforth	Hallan	.22
3	S. Fitzgibbon	Hallan	.25
4	G. Wainwright	Hallan Sch	.38
5	L. Bedford	Hallan	.42
6	S. Cull	Hallan Sch	.50
7	G. Hardcastle	Longwood	.51
8	S. Brown	Hallan Sch	7.08
9	N. Ineson	Wakefield	.16
10	S. Osborne	C Gate Sch	.26
11	J. Cox	Roth	.34
12	F. Newman	Wakefield	.35
13	H. Dean	C.Gate Sch	.42
14	H. Rowe	G.Gate Sch	.42
team - Hallanshire			

BOYS U/11 RACE

1	J. Dwyer	Aust	5.47
2	J. Glover	Spensoro	6.02
3	I. Brown	Wakefield	.04
4	P. Bentley	Spensoro	.08
5	S. Parsley	Hallan	.09
6	N. Haley	Stainforth	.20
7	J. Carrington	Spensoro	.23
8	N. Wilbey	BRRAC	.25
9	I. Bartran H	Hallan Sch	.26
10	C. Goulty	Roth H	.28
11	N. Jpton	Wakefield	.30
12	A. Groves	Hickleton	.34
13	I. Bolland	Spensoro	.35
14	S. Kelly	Spensoro	.39
15	P. Betts	Hallanshire	.48
16	D. Taylor	Hallan Sch	7.08
17	H. Stokes	Skyrac	.10
18	N. Daurin	Roth H	.10
19	N. Woods	Hallan	.14
20	D. Short	Donc P.W.	.20
21	C. Groves	Hickleton	.43
22	H. Page	Roth H	.54
23	S. Garside	Roth H	.54
team - Spensoro & Dist AC			



1984 RHAC CHALLENGE CUP (CHRISTMAS DAY)

No.		HC TIME	REAL TIME	No.		HC TIME	REAL TIME
1	R. Fletcher	47.49	37.19	30	H. O'Mara	52.36	35.36
2	R. Rowbotham	49.12	42.12	31	B. Chambers	52.38	40.38
3	D. Evans	49.43	41.13	32	N. Hobson	52.41	39.41
4	G. Garside	49.56	42.56	33	K. Jenkins	52.47	34.02
5	J. Hepson	49.56	39.26	34	D. Weatherburn	52.49	44.49
6	M. Masters	50.21	39.21	35	P. Neal	52.55	33.10
7	G. Green	50.26	36.56	36	L. Parker	52.58	42.58
8	M. Ruddleston	50.34	33.34	37	S. Elvideg	53.12	34.27
9	K. Rollinson	50.36	42.06	38	G. Benbridge	53.18	40.03
10	R. Woodhouse	50.48	38.03	39	R. Grinley (L)	53.22	48.12
11	P. Ruddleston jn	50.50	33.50	40	J. Elvideg	53.23	37.38
12	C. Manghan	50.53	39.38	41	B. Burns	53.25	53.25
13	M. Carr	51.00	40.00	42	N. Kennedy	53.25	37.40
14	K. Rodgers	51.09	35.54	43	I. Horsley	53.42	43.42
15	N. Grinley	51.16	39.01	44	S. Gladwin	53.47	38.17
16	P. Riley	51.30	38.15	45	N. Taylor	53.51	46.21
17	D. Hague	51.32	41.32	46	C. Ledwidge	53.54	36.39
18	B. Harney	51.35	35.05	47	G. Wheeler	54.20	42.20
19	C. Ibberson	51.36	40.06	48	A. Etches	54.25	43.55
20	M. Hague	51.40	34.55	49	K. Ridgeway	54.36	39.51
21	A. Pognore	51.42	41.12	50	D. Burke	54.47	44.02
22	R. Self	51.44	33.59	51	S. Clarke	54.48	41.35
23	M. Concannon	51.46	39.46	52	L. Pritchard	54.55	37.55
24	R. Sharpp	51.50	34.50	53	D. Cadman	55.05	42.52
25	D. Creamer	51.52	39.52	54	J. Winder (L)	55.24	54.24
26	S. Heslop	51.53	37.38	55	P. Ruddleston sn	55.33	47.03
27	R. Burgon	52.07	44.07	56	H. Marston	57.38	43.53
28	M. Cook	52.07	35.37	57	K. Degge	61.30	45.30
29	F. O'Neil	52.22	46.22	58	P. Haynes	62.29	42.44

Fastest time - P. Neal 33.10

In just about average conditions this year Rob Fletcher, who joined us in 1984 was a worthy winner of the annual event. We were thankfully free from controversy this time, but I have to admit that the handicaps were not as good as I would have liked.

On the face of it, they were not too bad and there has been no real adverse criticism. However, the handicap scheme recently introduced seems to have lead to alight penalising of the faster runners and this is something we will have to have a look at. The fact that Rob won by, in the end, a comfortable margin is a reflection of his improving status rather than carelessness on our part. We could legislate against such a possibility for example by heavy handicapping, or insistence on a larger number of qualifying races. This however would make the occasion very different event, by ruling out many current entrants. Members must consider the advantages and drawbacks of 'so doing and let us have their views.

Bill Burns, perhaps RHAC's most popular member, was first off this year, and as usual it looked hardly possible to catch the front runners after such a start. The start position held well up into Listerdale at the front, though of course there was much jockeying lower down the list. By halfway however the writing was well and truly on the wall. Ralph Rowbotham had pulled back the leaders with now only Bill Burns in front of him, and clearly being caught. Fletcher had moved ominously through the field though and the question of whether Ralph could hold him was answered soon after the turn.



RHAC CHALLENGE CUP (continued)

It was then only a question of whether the fast men could catch the lead. In other words, would the leader tire? The answer was no and although both Mark and Paul Ruddleston came steaming through the field there was no way they were going to get anywhere near on the day. Likeliest to catch Rob was probably Geoff Green, who off a decent handicap had put aside his usual trick of stopping halfway, and really hammered down from Wickersly. He just had the leader in sight at the Stag, but that is a long way to make up in less than a mile and he eventually had to ease up a little for seventh place.

Rob Fletcher is a local man, born in the Wentworth district, and is 27. He has only been running about six months, his previous best performance being 1.33.59 in the Worksop half marathon. He is a lecturer in Agricultural Engineering at Bedford College of Higher Education, though his home is still at Hooper. We look forward to seeing more of him on his frequent visits back to this area and hope that his running improvement will continue.

Peter Humphries

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LONDON MARATHON

As you probably know, the Club was given five 'Wild Card Entries' for the 1985 Marathon. The Road Running Committee decided that the fairest way of allocating these entries was on a draw system. The names of all the known rejected applicants were put in the hat on Wednesday, 9th January, at the Homestead and the following five names were drawn:-

- 1) A. Pognore
- 2) B. Gent
- 3) T. Fisher
- 4) M. Concannon
- 5) R. Fletcher (Xmas Day Winner)

Reserves:-

- 1) J. Davies
- 2) M. Masters

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OFFICIAL NOTICE TO ALL MEMBERS.

The new style plastic membership cards cost the club a great deal of money and would be very difficult to replace therefore we hate to see them being misused. It has come to our attention however, that during the present Arctic conditions we are experiencing, that one or two members have been seen wantonly abusing their cards ie, scraping ice off their car windscreen. This kind of vandalism will not be tolerated, Richard Self has already been severally reprimanded after being spotted using his card as a sledge in Clifton Park. Please help by looking after club property. Thanks.

RHAC ROAD RACE PERFORMANCES 1984

It is intended to publish annually the full list of road performances at 5, 6, 10, 15 and 20 mile distances and half marathon and marathon distances. They will not be 'ranking lists' due to the different difficulties of the various races.

If you find your performance missing or wrongly stated, let us know and a correction can be made. It is particularly difficult to make a list for half and full marathons as there are so many. Consequently I have to ask you if you will make a note of your 1984 times in any races on the tear-off slip and let me have it at the club or at 72 Green Lane, Wickersley. In my absence, leave such notes at the kiosk.

Starting in 1985 there will be facilities available for you to report your race times straight away at the club; I hope you will co-operate by doing so.

RHAC 15 MILE PERFORMANCES 1984

All at Holmfirth - a 2 lap hilly course run in bad weather this year.

P. Neal	1.20.11	B. Harney	1.30.38
M. Palfreyman	1.22.12	D. Richards	1.31.10
B. Beighton	1.29.07	C. Ledwidge	1.31.19
A. Beighton	1.25.33	J. Maughan	1.31.49
E. Kirkup	1.28.45	P. Humphries	1.32.51
A. Gregory	1.29.27	P. Ashworth	1.37.25
M. Cook	1.29.59	M. Rhodes L	1.46.48

RHAC 20 MILE PERFORMANCES 1984

Spensborough - a hilly course run in early March  
Stainforth - flat but run in August heat

1	P. Neal	1.55.14	Spensborough	17	E. Bywater	2.23.46	Stain
2	P. Venables	1.55.22	Stainforth	18	R. Woodhouse	2.24.44	Stain
3	J. Brogan	1.58.29	Spensborough	19	T. Hibberd	2.25.49	Stain
4	H. O'Mara	2.01.31	Stain	20	M. Hollowood	2.27.52	Spensborough
5	C. Ledwidge	2.02.24	Spensborough	21	M. Carr	2.27.16	Stain
6	A. Peters	2.04.58	Stain	22	J. Abbott	2.27.56	Stain
7	D. Richards	2.06.12	Stain	23	A. Jevons	2.39.59	Stain
8	P. Ashworth	2.07.05	Spensborough	24	K. Cleary	2.40.32	Stain
9	T. Allen	2.07.33	Spensborough	25	C. Horry	2.42.48	Stain
10	M. Cook	2.09.29	Spensborough	26	M. Rhodes L	2.43.53	Stain
11	P. Rooney	2.10.22	Stain	27	M. Leaning	2.46.21	Stain
12	K. Blades	2.10.27	Stain	28	P. Jepson	2.46.21	Stain
13	E. Iliffe	2.13.45	Stain	29	A. Horry	2.48.48	Stain
14	M. Sumption	2.15.47	Spensborough	30	D. Burke	2.53.38	Stain
15	D. Moore	2.18.41	Stain	31	L. Parker	2.58.49	Stain
16	S. Wood	2.21.32	Stain	32	R. Jones	2.59.23	Stain

RHAC 1984 5 MILE ROAD PERFORMANCES

\* = second claim

KEY: R = Rawmarsh (long 5, hilly); L = LANGOLD; P = Locke Park;  
 1 = S.Y. League, Rotherham; 2 = S.Y. League, Hillsborough;  
 3 = S.V. League, Askern; T= TUC 5, Barnsley (RRC certified)

Best times are quoted, figures in brackets show other races also run.

24.36	T. Leach 1	29.58	G. Roche R
24.51	A. Gregory 3(12RT)	30.08	D. Whitworth R
24.52	A. Clarke 1(L)	30.10	A. Parkin T
24.56	D. Allen 1	30.11	G. Simpson R
25.00	J. Clarke 1(L)	30.24	R. Robinson 1(2)
25.12	P. Mirlees 3(12P)	30.34	B. Bower T
25.49	P. Venables L(12P)	30.34	P. Allen 3(L)
25.56	P. Hunter 3(2RT)	30.46	A. Davies 1
26.07	F. Hibbert 3(12R)	30.58	D. Walker 1
26.08	C. Beighton 3(12)	30.58	G. Green 1
26.12	A. Jones(R)	31.00	M. Teather 1
26.18	K. Blades 3 (L1)	31.15	M. Burke R(3)
26.25	P. Neal P(R)	31.32	D. Baum 1
26.31	A. Beighton 2(R)	31.40	M. Farmer (ldy) 2
26.38	G. Greaves L	31.50	A. Shearman 3
26.44	I. Newsome 1	31.53	D. Jones 1
26.56	M. Palfreyman 2	31.54	D. Oxley 2
27.02	P. Ruddleston 3(12)	32.07	M. Nalty R
27.04	S. Dalton 1	32.18	C. Maughan 1(2)
27.07	M. Ruddleston	32.21	D. Creamer 1(RL)
27.08	N. Brookes T	32.29	J. Maughan R
27.11	D. Pettitt L(12)	32.32	Q. Tupper R
27.16	S. Newsom 1(R2)	32.46	H. Marston 1
27.27	D. Richards 3(12RI)	33.06	D. Weatherburn 3 (R)
27.39	S. Elvideg 2	33.14	S. Roe 3(12)
27.42	M. Jackson L(1)	33.21	K. Rollinson 2(1)
27.47	C. Ledwidge 2(RP)	33.24	S. Lanbe R(T)
27.48	M. Renshaw 3	33.24	M. Clohessy R
27.57	P. Young 1	33.29	D. Hague 1
28.07	B. Godfrey 1	33.43	A. Pogmore 1
28.08	P. Humphries 3	33.56	D. Page 3
28.21	R. Self R	34.04	D. Senior (lady) 3
28.22	R. Rhodes 3(12LT)	34.14	P. Wilson R
28.25	P. Ashworth T(LRP)	34.22	H. Gent (lady)L(R)
28.47	M. Cook L	34.24	A. Ibberson R
28.51	B. Cooper 3 (12L)	34.29	I. Horsley 1
28.51	D. Houghton P	34.43	P. Haynes R
28.55	J. Brogan R	34.52	A. Cutts R
28.56	T. Smith L(1)	34.56	M. Wilson R
29.01	D. Watkinson 1	35.14	H. Gordon 1
29.10	A. Ellis 1(R)	35.26	J. Cutler (lady) 1
29.29	K. Banks P	35.50	P. Schofield (lady) 1
29.39	I. Jenkins 1(2)	36.13	M. Rhodes (lady) 3 (12T)
29.39	T. Allen 2	36.41	P. Thirlwell R
29.40	E. Kirkup 1(T)	36.59	D. Larkin R
29.43	P. Ruddleston 3	37.35	K. Degge R
29.48	T. Birks R	37.46	P. Mace R
29.48	J. Davies L(1)	43.22	R. Burns R
29.51	J. Davis 2(R)	44.20	D. Foster T
29.53	B. Harney R		
29.53	D. Maughan 3		

Please notify errors or omissions to road secretary

RHAC AND S.Y. RACES 1985

PD = Probable Date, details to follow.  
 CAPITAL LETTERS DENOTE RHAC CHAMPIONSHIP  
 SY Denotes South Yorkshire Championship

Entry

<u>Date</u>	<u>Race</u>	<u>Dist.</u>	<u>Closes</u>	<u>Entry details</u>
✓ 1.1.85	RAWMARSH ROAD RACE	5+		
✓ 13.1.85	FERRIBY TEN	10	closed	
- 10.3.85	Norton 9 (SY)	9	3.3.	K. McAvoy 58 Instone Terr Askern, Doncaster £1.50 12 noon 600 limit
✓	PD SPENBOROUGH 20	20		Details to follow
- 17.3.85	DRONFIELD H.M.(SY)	HM	not stated	B. Griffiths, 7 Dale Cres Hathersage, Nr. Sheffield £2.00 11.00 a.m.
- 24.3.85	Stannington Coll (SY)	10	11.3	G. Smith Stann Coll A.C. Myers Grove Lane, Sheffield £1.80 11 a.m.
- 24.3.85	YORK RUN	HM	23.2	Mrs. E. Dove, 2 Branden Grove Malton Road, Yorks. 2 p.m. Send for form;
27.3.85	PD S.Y LEAGUE (1)	5	on day	
- 31.3.85	WOLVERHAMPTON MARA	M	31.1 may close early	SAE to W.M.H.Q. Tettenhall Horse Sanctuary, South Perton Farm, Jenny Walker Lane Wolverhampton WV6 7HB
14.4.85	HARPER 10 (SY)	10	7.4.	G. Pickstone 202 Rurel Lane Wadsley, Sheffield 6 £1 1 p.m.
14.4.85	LANGOLD RACES	5	7.4.	K. Blades 59 Conisten Rd Workshop
17.4.85	PD. S.Y. LEAGUE (2)	5	on day	
21.4.85	ST. LEGER (SY)	HM	31.3.	PObox 222 Doncaster DN1.1DD £4.50 10 a.m. No permit yet: check before entry.
28.4.85	T.U.C.5, BARNSELY (SY)	5	21.4	D.H. Bennett, 40 Newhill Rd, Monk Bretton, Barnsley 75p 12 noon
- 5.5.85	Barnsley Half M (SY)	HM	15.4.	M. McNally 29 Havercroft Rise South Hiendley Barnsley £2.50 11. a.m.
8.5.85	PD: S.Y. LEAGUE (3)	5	on day	
19.5.85	STAINFORTH TEN(SY)	10	4.5.	J. Cook, 73 Kendall Road Bentley, Doncaster £1.50 12 noon
27.5.85	ASKERN 1/3 MARATHON (SY)	8.7	13.5	as 10.3.85
5.6.85	PD. RHAC CLUB TEN	10	on day	
16.6.85	SHEFFIELD MARA (SY)	M	1.5.	S.M.H.Q. Sheffield 10 a.m.

16.6.85	PHOENIX SIS (SY)	6+	9.6.	Race Sec., Phoenix Social Services, POBox 50 Ickles Rotherham. 3.15 p.m.
24.7.85	PRINCE OF WALES (SY)	HM	10.7	C.Wing, 41 Renishaw Ave. Grange, Rotherham £2 6.30 p.m.
31.7.85	LOCKE PARK RACES (SY)	5	24.7	address as 28.4.85 60p 6.45 p.m.
4.8.85	BARNSELY SIX (SY)	6+	17.7	Amenities and Recreation 50 Huddersfield Rd., Barnsley £1.25 3.15 p.m.
11.8.85	BOB MIDWOOD 10 (SY)	10	4.8	J. Fleethan 21 Binstead Grove Wadsley Bridge, Sheffield £1.75 11a.m.
18.8.85	DARLEY 20 (S.Y) (Yorkshire Champs)	20	3.8	D.Jennings, 'Silverdale' Kirton Lane, Stainforth Doncaster £2 10 a.m.
26.8.85	ASKERN 10 (SY)	10	12.8	as 10.3.85 £2 12 noon
26.8.85	Arnthorpe 10K(SY)	10k	7.8	C.Dunn, Uplands Rd., Arnthorpe, Doncaster £1
14.9.85	Penistone Show 10k(SY)	10k	not stated	J.Wright, Providence House Ingbirchworth Rd, Thurlstone
22.9.85	ROTHERHAM MARA (SY)	M	2.9	G. Roche, 4 Nidderdale Close Branley, Rotherham S66 OLF 12 noon.
29.9.85	PD ROBIN HOOD NOTTINGHAM	HM		Details to follow
29.9.85	Barnsley 10k (SY)	10k	14.9	as 5.5.85 £1.75 11.a.m.
6.10.85	PD Rowntrees 10	10		Details to follow
13.10.85	Rockingham 10k (SY)	10k	28.9	L. Hudson, 99 Pogmoor Rd., Barnsley £1.50 11.a.m.
20.10.85	PD CHESTERFIELD MARA	M		Details to follow
3.11.85	PD HOLMFIRTH 15	15		Details to follow
10.11.85	Penistone 10 (SY)	10k	not stated	Sports Centre, Penistone for details
24.11.85	BARNSELY MARA (SY)	M	1.11	P.Gledhill, 9 Richard Rd, Darton Barnsley £2 11.30 check time limit
26.12.85	WARD GREEN SIX (SY)	6	19.12	as 28.4.85 £1 11.a.m.

LETTERS TO THE EDITOR

An open letter to Henry Marston

Dear Henry,

Having read your letter to the editor in the December Newsletter, I should like to point out that I take great exception of myself and many others re... 'being boring people, and having nothing better to do!', simply because we enter races according to the rules.

Having been involved in organising many different competitions in the past, I know only too well the value to the organiser of receiving entries beforehand, after all competitions and athletic events are mainly for the benefit of the competitor, and it is only common courtesy to help the organiser in every way possible. As to your remarks about the Road Running Section being heavy handed, I feel that you do them a great injustice considering the fresh ideas and improvements they have brought to the club. I would therefore respectfully suggest that it's people like yourself (the Mean and Idle) who are out of step - Mean because you don't want to risk the entry fee on the off chance that you may not be fit, or the weather may not be to your liking and Idle, that is too idle to fill in an entry form.

Finally, wearing my other cap, I wonder what would happen if the officials and marshalls took the same selfish attitude and decided to wait until the day of the race before deciding whether or not to officiate.

Yours sincerely,

Bill Marshall  
Track and Field Committee

Dear Editor,

Give the Girls a Chance

I agree to a certain extent with the points that Mary Rhodes mentioned in last month's newsletter re the lack of women competitors in open races. It's true that Mary has been our most consistent lady runner over the years and it's an understatement to say how much we appreciate her consistency. However let's get the facts straight on some of the other points Mary makes.

During 1984, and especially since the re-organising of the Club last year there have been more and more ladies turning out for the club. Seven ladies ran the Woodman 10K and at the Penistone tough ten it was nice to see Janice Boyes and Dianne Milnes running in club colours. 23 clubs were represented at Penistone but only 14 ladies ran. The Road Section Committee are in the process of meeting the lady members to get some of their views and thoughts.

What it boils down to is that all the lady members, established and new, need help and encouragement, not criticism.

GARY ROCHE.  
ASS. ROAD SECRETARY.

continued....

LETTERS TO THE EDITOR (continued)

Dear Brian & June,

Just a few lines to thank you for putting up with us last Friday and Saturday.

We thought that the 3 R's was well organised by the RHAC. The food at Maltby was especially good and came at the right point for me. It was the first event I have experienced where one checkpoint was offering whisky and sherry as well as the usual refreshments.

Before the event I did not think I would get round because of navigation problems but on the day the route was well marked with beer mats and yellow paint. Maps and route descriptions were not really needed. Perhaps the event should be called the Stones Beermat Trail. I have visions of 700 Rotherham Harriers being urged to visit Pubs every day for two months before the event to collect the mats.

Once again, thanks for having us and thanks to RHAC for organising the event.

See you soon,

Best wishes,

Ian Roberts

Dark Peak Fell Runners.

Dear Editor,

Running Alone.

As you know, Monday and Wednesday are the nights we all go down to the track for what is supposed to be a club run. So I get a bit annoyed when I find myself in the middle of a ploughed field with no-one in sight and not knowing where the hell everyone has got to. I have been running for quite a few years now and don't miss many club runs. I'm not a fast runner, but neither am I the slowest. There are a lot of runners who, like me, enjoy running with a large group all of varying standards, but it seems pointless going down to the club when the pack seem unwilling to slow down once in a while to let the group reform. I'm not saying this is possible all the time but it would be nice now and then. So come on you fast front runners, give us back markers a chance, if not to see your faces, at least to see your back sides.

Yours in running,

June Beardsley.

72 Green Lane,  
Wickersley,  
ROTHERHAM,  
S. Yorks.  
S66 ODD.

20th Dec. 1984.

The Editor,  
RHAC Newsletter.

Dear Sir,

Bearing in mind the enormous impact and contribution which your journal is making in club affairs, I find it a great pity that a letter as irresponsible as that published in the last issue should receive such prominence as you gave it. Henry Marston's views are his own affair, and freedom of speech is all very well, but it is a depressing thought that any new member of our club should be welcomed by such a load of claptrap. There is a dividing line between being "controversial", as Henry put it, and being deliberately insulting, and I have accused him by letter of overstepping it. Henry has assured me that he was not being malicious, and I accept this. Nonetheless, he was highly irresponsible. This being the season of goodwill, you will be pleased to hear that we have not fought a duel at dawn on Herringthorpe Fields, and you can confirm that I have not thrown any stones through your window.

I have to reply to all of Henry's points, and I certainly agree with him that clubs should be allowed to take late entries, and entries on the day if they feel that they can cope. When I started the "Round the Track" column in the Advertiser in 1981, that was one theme which was given a great deal of prominence. I arranged for late entries (on the day) in the Prince of Wales half marathon for two years and have frequently supported this practice in club committee meetings. However, all clubs need a permit before they can hold open races (never having organised a race for RHAC Henry might not know this) and we were clearly told by Northern Counties AA that unless we stopped taking late entries, we would get no more permits. In other words, don't complain to me, complain to the AAA.

Next, the New Year Quiz. What do the following performances have in common?:

R. Rhodes 73.12 (Rowntrees 10 1983)  
D. Houghton 59.38 (Rockingham 10 1983)  
A. Beighton 59.35 (Ferriby 10 1983)  
M. Sunption 1.35.04 (Holmfirth 15 1984)  
M. Cook 1.31.51 (Holmfirth 15 1984)

Answer: They were all run by somebody else! Question 2: Which is the odd one out? Answer: M. Cook - he was actually at the meeting (though he was not the man who ran 1.31.51). Question 3: So who were all these "mystery runners"? Answer: I know but I am not saying. Question 4: How many more are there that I don't know about? Answer: I don't know.

What sort of a club are we running, if it allows a shambles like the above to take place? Together with the road committee members, I have spent days calculating and organising handicaps for races. How can we be expected to do an accurate job if Henry's ridiculous advice is followed?

Contd ....



At the road section awards evening in January we will be making awards for the fastest performances in 1984. How can we do that if impersonation is condoned? We have tried in the past to stop the practice after letters of complaint have been received by the committee - with no effect. We are forced to be "heavy handed" in this situation. There is one more aspect which cannot be overlooked. We are all AAA members and have agreed to abide by their rules. I am an elected official of RHAC and there is no way that I can encourage or condone the deliberate breaking of AAA rules by our members.

What I most take exception to is the malevolent swiping in all directions which Henry feels necessary to support his case. Most of what he says is silly. He says for example that road races need no planning in comparison with orienteering. Suggest that to David Haywood and colleagues who spend the whole year planning the marathon or half-marathon. I reckon that the planning for the Prince of Wales cost me around 150 hours each year. Try converting that into days and weeks - all done in spare time.

I am sure Henry can cope with 100 or so entries on the day - but I wonder how he proposes to cope with the 3000 or so who will run the half-marathon. What's more, as I understand it, orienteering events do not always take entries on the day, which he asserts.

There is a clear hint that road race results are seldom published. What is he talking about? RHAC results are always published, as are most races - it is inaccuracies in these very results which make me most angry about impersonation. Anyway, have you ever seen published orienteering results?

Why refer to a 10k race as "piddling" unless you are deliberately trying to be offensive? It is no coincidence, perhaps that RHAC recently organised such a race - it was well done and enjoyed I think by all concerned. The competitors certainly do not think the performance "piddling".

I personally take exception to his reference to people who fill in forms as "boring". Not unconnected with my feelings is the fact that on last Wednesday evening I filled in 21 forms for RHAC members wishing to run at Ferriby, to meet the entry deadline.

As Henry says, the runner who took a prize in someone else's name did run fast on the day. Unfortunately, the runner was a senior runner, the runner whose number he took was a veteran - so he accepted a prize out of his class.

In conclusion, it is fair to say that all clubs have a core of people who spend freely of their own time, and sometimes resources, in planning and organising events and activities in a wide range. Some of them have very extensive commitments of their own - in business or family life. Then again, in every club there are malcontents who do little themselves for the club's benefit, but are free to criticise offhand the efforts of those who do. The club's membership will make up its own mind which people fit into which category.

Yours sincerely,

PETER HUMPHRIES

Road Secretary

## RAY'S PAGE

Since joining the Harriers and becoming more and more involved with different aspects of the club, I now find that the involvement seems to include being surrounded by piles of paper containing notes referring to some kind of club activity. No doubt, since the publication of our Newsletter it wouldn't surprise me if some of our members are finding themselves in the same situation.

Whilst a TV programme is in progress I sometimes have a bright idea and lose track of the plot while I jot down yet another piece of useful or useless information. Some time during the next few days I decide to scan through these notes, only to find that most of them are a load of jibberish and some of them I can't even understand. Some of you, if contemplating becoming Newsletter scribes, could possibly find it easier to find the right words. By having a pen and notepad handy on which to jot down your thoughts, you too could contribute a paragraph or two to the Newsletter. If it doesn't make sense, never mind, it will be good for a laugh.

Don't forget the World Vets Championships at Blackpool (full details from Jeff Ashmore). It is important to get your name on the list quickly. It promises to be a good event and we are making a week-end of it by travelling on the Friday and staying Bed and Breakfast in an excellent hotel. We don't often get the World Vets in England so be sure not to miss this once in a lifetime opportunity.

### Rowbothams Rotherham Run

Grateful thanks to all the members who gave their time during the 3Rs race. Thanks also to Mike Holloway for making the arrangements at Tinsley Junior School. Without all this support the event would not have been the success it was.

On a cold but dry morning 32 competitors, including runners from Wales, Dark Peak Fell Runners, Doncaster, Hallamshire and Barnsley, and our own lads set off at 8.15 at a brisk pace along Bawtry Road. They could be seen at various points along the route looking quite happy but somewhat mud splattered. At Harthill Margaret and Peter were doing a fine job of entertaining runners and supporters to drinks and eats. Paul, our official photographer was on hand to take a group shot before the competitors set off on the next stage to Maltby. At this stop it was like a five star hotel. The runners were able to feast themselves on bubbling stew, cakes, biscuits, chocolate and drinks. Quite a spread and a credit to June and Sharon. On to Ravenfield and at this point we had two new members supporting the runners and providing drinks. Over the stiles, across the fields to Hotton Roberts and more support. Onward then to Phillip's Banana Bar at Brampton, most welcome. At Wentworth it was noticeable that the first three runners were establishing a sound lead. The feeding station here was looking like a market stall with goodies laid out on the footpath. At the Grange Golf Club David and his sons were doing a fine job, even advertising on a large board that the Rotherham Run was passing that way.

Now taking the initiative, Peter Neal steals ahead of Maurice Cook who in turn is gallantly pulling ahead of our friend Paul West from Hallamshire. Well done Paul, I predict you will do even better next year, especially as you now know the course. The first three are now almost in sight of the finish but still have to negotiate the coffee at Meadow Bank. Friend Norman has been patiently waiting for 1<sup>1</sup>/<sub>2</sub> hours with flask in hand, thanks Norman.

continued.....

RAY'S PAGE (continued)

Over the canal at Tinsley and back to Bawtry Road where it all started almost seven hours earlier. Up over the brow of the hill, the finish is in sight at last, supporters waiting, a last gasp and it's all over, you've finished. Has the record been broken? Wow! Yes! Not only by winner Pete Neal but also by wnd place man Maurice, an over 50's Vet no less. Let's not forget the valiant efforts of the runners who finished lower down the field, many finishing in darkness. I imagine this to be one of the biggest challenges ever.

Once again BIG THANKS to all my supporting teams for a job well done - Mick Masters, Hugh O'Mara, Margaret Cook, The Ruddleston family, Nigel Brooks and Kathleen, Pete Harper, Richard Self, Steve Elvidge, David Johnson and sons, Norman Taylor, Phil Allen, June and Sharon and many many more.

Finally, congratulations are due to new member Tom Smyth and wife whose first baby was born on 3rd December 1984.

A Happy New Running Year to you all and don't forget the Albion Club on the 28th January.

See you soon,

RAY

## WHAT'S AFOOT - Article 3

As an addition to the previous two articles I think it would be a good thing to mention here a little about sports injuries with running in mind. We have a good section of the fair sex running with us now and will therefore include something of interest to the ladies.

A large percentage of injuries which occur can be termed overuse injuries. This club is no exception when it comes to this type of injury. As the name implies, overuse is simply doing too much work - over enthusiasm before a person is fit enough - resulting in pulled muscles etc.

### ACUTE INJURIES

These injuries result from repeated stresses within a training limit. It is possible that some accidental injuries could also be classified under this heading. Injuries range from blisters to localised sprains.

### CHRONIC INJURIES

These injuries are the cumulative effect of repeated stress over an extended period. There is a sizeable problem with this type of injury in that it is very difficult to trace the original cause.

### PROVOKING FACTORS

Two major areas must be considered as variables which constitute 'provoking factors'. These are sex and age differences.

### SEX DIFFERENCES

Strength - muscle weight relative to body weight is 35.8% in women and 41.8% in men. Due to less muscle therefore, women move a higher relative load than men. The difference is not only one of quantity but also of quality. Thus, the strength capacity of women is only 55% to 80% to that of men. Clearly, these sex differences must be borne in mind in preparing strength training programmes.

Women have narrower shoulders and broader hips than men.. Different angles of tendon attachment to bone may not only reduce the efficiency of muscle contraction but may also represent greater injury potential.

### MOBILITY

Normally the female athlete has greater mobility than the male. Injury problems frequently arise because of too great rather than too limited a range of movement.

### ANAEROBIC ENDURANCE

There seems to be no difference between men and women under this heading.

### AEROBIC ENDURANCE

It seems to be clear that women are inferior to men in aerobic endurance. This fact alone could account for the considerable difference in male/female endurance discipline performances. However strength and structure also share some responsibility. The low aerobic quality is primarily caused by the low potential of the female oxygen transporting system.

## WHAT'S AFOOT (continued)

### PSYCHOLOGY

Psychological stress brought on by competition is higher in women:-

Women are much more dependent on personal care.

Women are much more readily motivated. - Fear of losing more readily replaces hopes of success.

Psychological patterns vary according to the phase of the menstrual cycle.

Women are more difficult to coach in group situations than men.

### MENSTRUATION

I have included this heading because although it has obvious effects on the female athletic lifestyle there are many 'old wives tales' associated with the phenomenon.

During the menstrual phase various salts accumulate in the body tissues, encouraging the retention of fluid and causing the swelling in the lower abdomen. The athlete also feels heavy, especially round the upper thighs and body weight may increase 1 - 3 Kg. The pre-menstrual phase is also a time of increased vulnerability to injury and infection. There is no evidence to support loss of performance capacity during menstruation, in fact one authority has recorded improvements.

The aforementioned article is in a way an introduction to go into the field of injury a little more in future articles.

JEFF ASHMORE

JOG FOR HEALTH .Jeff. Ashmore.

Jogging is one of the most effective and simplest forms of exercise. It involves the whole body and is particularly beneficial to the heart and lungs. It requires no special skill and can be done with little inconvenience to your daily routine. It exercises the vital body functions revitalising the heart and lungs, toning up the muscles and aiding the digestive system.

The heart weighs only one twohundredths of the total body weight, it requires one twentieth of the total blood in the body to supply it with nourishment and oxygen so that it can function at its best. The efficiency of the heart is very dependent on the ability of the myocardium to relax and contract with added capacity. Jogging increases the capacity of the myocardium and also improves the whole circulatory system.

Heart disease is the largest single cause of death. To a large extent, the premature degeneration of the heart can be attributed to the sedentary non athletic lives which most of us lead. By not making demands on our muscles we set in motion certain degenerative processes, the first sign of such deterioration is usually obesity. Fat is the energy supply of the body, if it is not used it is stored. Exercise consumes a good proportion of fat. The muscles of your body need oxygenic order to convert fat into energy. Jogging uses most of the muscles in the body, especially those in the legs. The lungs are forced to breathe in more oxygen to feed the muscles.

FOR BEGINNERS.

Jogging for Women. There is no reason why women should not become involved with jogging, along with diet, it is an excellent means of removing excessive weight and keeping your body in shapely trim. Start with a gentle jogging session, first, carry out some light exercise, then break into a slow trot for a 1/2 mile, continue in a steady jog for another 1/2 mile, when you feel tired, walk for about 100 yds.

Jogging for Men. After doing a small amount of preliminary exercise, you begin with a 1/4 mile trot, then break into a jogging rhythm for about 1/2 mile. When you begin to feel tired or ill at ease, it is advisable to spend a period of time just walking. This will allow you to catch your breath. When you have recovered, begin to jog again for another 1/2 mile. Maintain an ever steady progress.

The above notes are just preliminary ones and after this kind of start further advice for future training should be sought.

Rotherham Harriers have regular beginner sessions at Herringthorpe Stadium on Mon. and Wed. evenings throughout the year, and would be pleased to welcome new members to this ever increasing pastime.

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