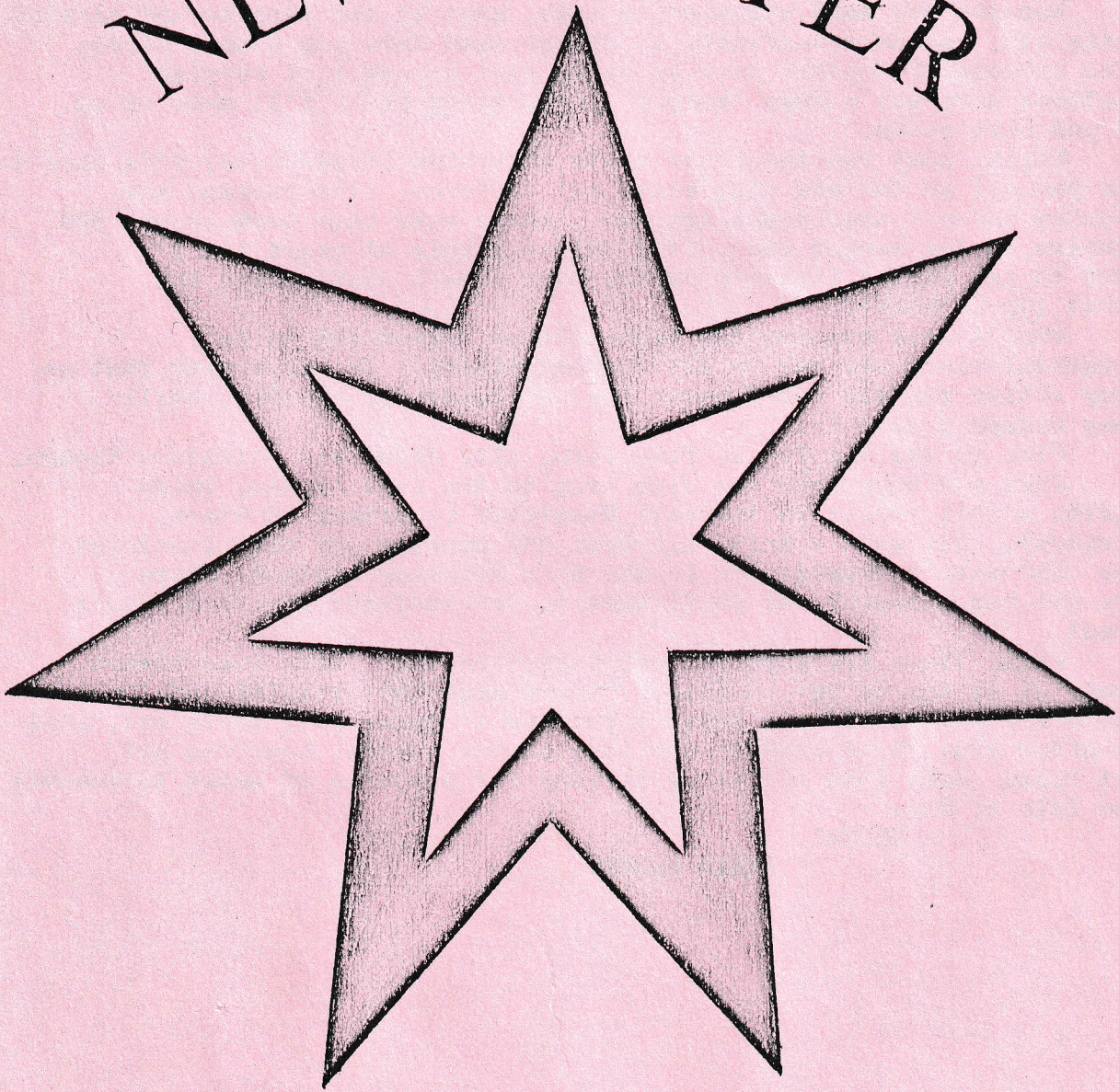


10 p

ROTHERHAM

HARRIERS

NEWSLETTER



No 5. March-April '85

FROM THE EDITOR

Once again I start off with an apology for the New sletter being rather late, so late in fact that I have had to make this issue the March/April double copy, but the price is still only 10p. What a bargain eh?

I don't know about you, but for me there doesn't seem to be enough days in the week lately, after a lean January and February everything seems to be happening all at once, so ~~that~~ many races, club dinners, Isle of Man, it's a pity that workinterferes with what would be an ideal life.

Because the ~~mag~~ magazine is late, some of the reports and closing dates etc. may be out-of-date so please make sure you double check; also because of another cock-up on my part a couple of regular features have was a huge 'bumper' page, sorry Ray. I'll make it up to you next month.

Having just run the first South Yorkshire League Race, it's nice to see you all in the new club vests out in force; it's amazing how popular these league races are now, there musr have been around 300 runners in the senior race, it's only a couple of years ago I used to get in the first 20 or so, nowa days I just scrape the first 100 (Ithink).

What a good evening the Dinner/Dance turned out to be, congratulations are due to all the organisers. It was a pity that so many active runners were absent for one reason or another, still they missed a good do.

Nice to see Big Ted in fine form, pity about his goldstone though.

Just got back from the club trip to the Isle of Man, there willbe a full report in the next Newsletter (courtesy of Steve Elvidge). But what a trip, all beer and running, my only complaint was RHAC wasn't represented in the beer drinking contest, where are all our boozers? We shall have to get training for next year's event.

Well, thats it, hope you enjoy reading this issue even though somme of it may be out of date. Please keet the articles and letters comming. If you haven't put pen to paper yet, watch out, I'll be after you. Good luck to the lads in the London; hope you all get P.Bs. Me? I'me off on my holiday for a couple of weeks to recover from the Isle of Man.

CHEERS

BRIAN HARNEY.

ROTHERHAM HARRIERS

Present

ST. GEORGE'S DAY 10 K FUN RUN

on

Tuesday 23rd April 1985 - 6.30 p.m.

Starting from Herringthorpe Stadium.

Entries invited from Pub Teams - Football Teams - Rugby Teams etc.

Any number in team to run - first 6 to count

Entry Fee 50p per individual - NO team fees.

Prize for first team - Match ball or Goods

Medals for first three teams

ENTRY FORM

Name of
Team or
Teams

Name
of
Runners

Entries to D. Creamer, 23 Boswell Street, Broom, Rotherham

Telephone - 70668

Cheques to 'Rotherham Harriers A.C.'

ENTRIES MUST BE RECEIVED NO LATER THAN
16th APRIL 1985

THE GREAT BRITISH FUN RUN

Fancy running right round the country in 28 days - a distance of 2800 miles? Now's your chance since the Great British Fun Run which starts at Hyde Park on 27th May and finishes in Battersea Park on 23rd June covers just that.

The run is organised by the Health Education Council and proposed to be the most ambitious project ever. It will take the form of a relay re-lay with each re-lay team comprising up to 10 runners and each runner being expected to run one leg each day. Since an average daily distance to be covered is 100 miles, each runner will cover approximately 10 miles per day.

The route is broken down into stages of two or three days running followed by a rest day. Ideally, the organisers are wanting teams to cover the whole distance but will be expecting some teams to enter for one or more stages.

Individual entries will be welcomed since it is expected there will be the need to make up some teams.

The route is from London to Ipswich, Kings Lynn, Peterborough, Hull, Middlesborough, Alnwick, Edinburgh, Glasgow, Ayr, Carlisle, Blackpool, Liverpool, Wolverhampton, Neath, Swansea, Gloucester, Taunton, Plymouth, Weymouth, Portsmouth, Hastings, Canterbury, Richmond and back to London.

The cost per day is reckoned to be £10 per runner (though this is still under negotiation) and covers Hotel Bed and Breakfast and race transport and 'T' shirt.

Interested? - Further details from Keith Degge Tel: Rotherham 65913
Day: Sheffield 22692

MICK'S MOB

February has been a rather lacklustre month with injuries and illness taking their toll. The bright spots were the performances of the 0/50s in the Northern Vets Champs, with Maurice Cook 6th and Arthur Davies 7th backing Eddie Kirkup to take second team place, and the Club's 1st team place in the South Yorks Champs. Bearing in mind the number of people missing from this event the performances of P. Venables (5th) and N. Brookes (6th) were very useful and backing from S. Elvidge, A. Beighton and P. Ruddleston brought success. Judging from that they must be suited by the sunshine, which hopefully is all that's needed now to get everyone back in action and fully fit, including yours truly.

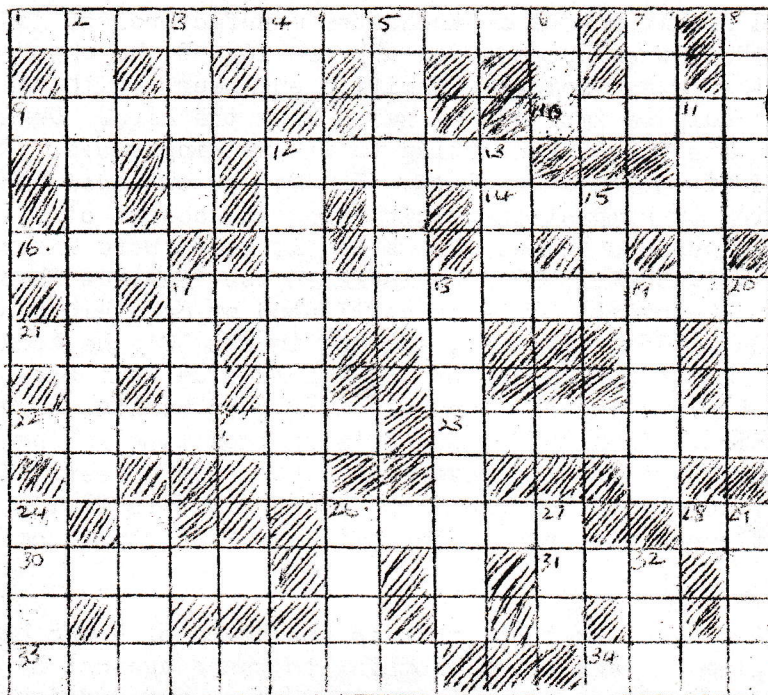
The London Marathon men should now be well into their high mileage and pushing in the long runs. For the others I shall maintain Club night training on a week to week basis with new schedules starting from 1st April and of course the light nights. Because of diverse interests and the numbers involved I shall work with 3 groups - a) Short/Middle distance (800m/1500m/3000m) - b) Middle/long distance (5000m s/c, 10k, 10m) - c) Distance (10K, 10m 1/2mar., and mar.)

Now is decision time. You cannot do all events and achieve optimum performances. Winter training has been aimed at general background work, strength and stamina, but work must now become more specific and so must racing. To be successful you must be single minded, occasionally selfish and certainly selective in your races. I would like all of you who are training with us this Summer to make up your minds which group you would like to join and to see me to discuss your plans before the end of the month.

Mick Hague

CROSSWORD

Thanks to Rob Woodhouse



CLUES

Across

- 1 Britain's longest reigning undefeated boxer
- 9 Montreal 5 and 10,000m Gold Medallist
- 10 Past Distance Runner with 12 Olympic medals
- 12 Successful Kiwi distance runner
- 14 In charge of a Cricket Match
- 16 and 22 Montreal Light Walterweight Gold Medallist
- 17 Winner of Woodman 10K
- 21 World and Olympic 10,000m Champion
- 23 Heptathalon World Record Holder
- 26 Most successful ever swimmer
- 28 Initials of ladies Olympic Marathon Champion
- 30 Successful lady tennis player
- 31 See 27 down
- 33 Scottish Division 1 Football Team
- 34 1500m World Champion

DOWN

- 2 Olympic Distance Triple Gold Winner
- 3 Olympic Hero 1936
- 4 Command after Ready, Steady
- 5 Russian Sportsman who broke 80 World Records
- 6 Who Competes on Parallell Bars
- 7 Canoeist Tool
- 11 S. African born Middle Distance Runner
- 8 Klammer's Footwear
- 12 People who complete this crossword are these
- 13 Commonwealth Heptathalon Champion
- 15 Usual point of call after training
- 17 Champions train through this
- 18 Princess Anne's Sport
- 19 Los Angeles Marathon Winner
- 20 Field Event
- 24 Emmerdale Farm Character
- 25 More than 1 is this
- 26 Oriental Marathoner
- 27 and 31 Across 1st and last name of High Jump World Record Holder
- 29 Gymnastics Discipline
- 32 Affected some events in Mexico

THE HIGH PEAK MARATHON

The High^P Peak Marathon is held every year in March. It follows a route pioneered by the legendary Eustace Thames. Before describing the route here is a potted history of Eustace Thames.

He was the weak and sickly son of a Manchester manufacturer of hospital equipment. About 1905, when Eustace was approaching 40, he observed a long distance walking race. Being a qualified engineer, he thought that walking speed could be improved by swivelling the hips. Derided at first, he proved his point by starting to win walking races. Race walkers have copied his style ever since. In 1912 he extended his activities by walking over mountains, initiating the course of the High^P Peak Marathon described below. His athletic feats were interrupted by the First World War, during which he invented the 'Eustace Thames lightweight spring stretcher.' This is still used by mountain rescue and army teams to-day. After the war, and now in his 50's he took up long distance fell running, breaking Dr. Wakefield's 24 hour Lake District record. He attributed his success, and blooming good health, to a secret vegetarian diet. In his 50's and 60's he took to climbing Alpine mountains, being the first to climb every Alp over 10,000 feet. In his late 70's he learnt to fly an aeroplane and spent his 80's flying over Greenland, the Arctic and the Andes. I don't know what stunts he got up to in his 90's.

Returning to the High^P Peak Marathon, this is for teams of 4 who have to carry a tent, sleeping bag and spare clothing to guard against hypothermia. Teams start at 1 minute intervals between 11.00 p.m. and midnight. The start and finish is at Edale and the distance is about 40 miles. The winning team usually takes about 10 hours which doesn't sound very fast, but most of the course is hilly and very muddy and much of it is run in the dark. These are the checkpoints:- Edale, Hollins Cross, Loose Hill, Win Hill, High^Neb, Moscar, Derwent Edge, Bradfield Path End near Abbey Brook, Cat Gate, Outer Edge, Swan's Head, Bleaklow Stones, Wain Stones, Snake Summit, Mill Hill, Edale Cross, Lord Seat, Hollins Cross, Edale.

Last year a team consisting of myself, Brian Harney, Ian Roberts and Alan Ireland were 3rd. This year we were 4th but were disappointed not to win. The main problem was a bout of sickness I suffered between Derwent Edge and Swain's Head. Every time I reached a checkpoint I had to stick my fingers down my throat to puke before I could drink anything. This caused some kindly marshall to ask whether I would like to get into a sleeping bag and be stretchered off the mountain. This was a sufficient enough spur to get me moving again. We had dropped to 12th by Swain's Head but over Bleaklow many teams were getting badly lost and we arrived 4th at the Snake checkpoint, a position we held to the finish. At the start we had given Brian the tent to carry as we thought he was the strongest of us. When I was sick he took over my rucksack as well, running for 7 hours with it to the finish. I think we should invent a new sport for Brian - running long distances with 10 or 20 kilo weights on your back.

Would this be an attractive event for runners with no special experience of this kind of thing? I think so, as it is very well organised with a good meal at the finish. It is however essential to reconnoitre one or two tricky parts of the course - particularly Bradfield Path to Cot Gate, Swain's Head to Wain Stones and Mill Hill to Edale Cross. Many purely walkers seem to get round. There are surprisingly few retirements, 38 of the 48 teams which started finished this year. The sickness bug which affected me affected quite a lot of others too (an after-math of a

continued....

THE HIGH PEAK MARATHON (continued)

'flue type cold).

In fairness, it should be stated that Derek Ratcliffe in the winning team suffered just as badly as me, and that the second team to the Snake had to retire due to illness. Also, the third team (Dark Peak Road Boys) nearly had to retire half an hour from the finish when Alan Yates was violently sick. I've no sympathy with Alan - halfway round he pranced past me when I was on my knees retching. 'Sorry to see you like that' he said, 'Feel like a pork pie?'

M. HAYES

Dark Peak Fell Runners

WHO'S WHO? - RICHARD SELF

Age 24. Occupation - Engineering Draughtsman

Hobbies - Running, Messing with bikes, cars, and Home-D.I.Y

I was first introduced to running at the age of 13 years at school when a friend persuaded a running teacher to start up a school Cross Country Team. At that time I was enjoying cycling, but always felt I was a little heavy, so off I went to a training session after school to lose weight. The first encounter was not too good, the teacher and so-called friend disappeared into the distance leaving me on my own, jogging and walking. This running was not an easy game to play but I was determined not to be left behind. As the weeks went by the bike was left more and more often in the shed until eventually it stayed there to be replaced by my legs.

A memorable event was the Sheffield Schools Championships at Graves Park in 1974, where I had my first pat on the back - coming in 90th out of 200. The following year the school had a strong team of 3, and 1 to make up numbers. Together we won the Sheffield Leage Championships. On occasions my friends and I represented Sheffield in the inter countys where Sheffield usually won of course. 1976 saw the Sheffield Cross Country championships once again at Graves Park. When the gun went off I was sat gabbing as usual in full track suit and unfastened spikes. I sprinted off after the field of runners 50 yards away. I only just made the team for the South Yorkshire Schools at Barnsley on that day. At Barnsley Sheffield won the team, with myself coming in 6th, to get into the team for the National Schools, - a very enjoyable experience.

In 1976 I joined Hallamshire Harriers and won their Xmas Handicap, a good start to club life. In 1977 I started work in heavy engineering and eventually became a heavy erection Fitter. This slowed down the running for some time but in 1978 I'd recovered and ran the South Yorkshire Champs. at Stainforth, where my performance got me 2nd place and a sliver medal. The following year in the Yorkshire Championships I made the inter countys cross country team and in 1980 the Hallamshire Juniors, including myself won the South Yorkshire Championships team. In 1982 I bought a house and although I carried on running, I had to drop racing as at that time I changed my job to a draughtsman and I couldn't do everything.

continued.....

WHO'S WHO? Richard Self (continued)

In Xmas 1983 I joined Rotherham Harriers. Some would say I'd seen sense at last, I'd say it's nearer to home. I had nine months to get fit before being able to run for RHAC, a very hard nine months they were too, but that year I got PBs in 6m, 10m and half marathon but I paid for the fast recovery on Smas night 1984 when gastric flu fell upon me and resulted in back problems. Recovering from that I ran the Phoenix 6 and caught a chest infection. Another few months off and then the Prince of Wales half marathon jog. A steady build up and this time I came 9th in the Worksop half marathon.

The A.G.M. sprang a surprise as I was elected onto the executive committee. I now enjoy putting a little back into running as much as the running itself. I hope I last as long as Brian Steeple, Don Creamer, Eddie Kirkup etc. and don't have many more lay offs as the comeback is hard work, and the weight claps on too fast.

Remember Harriers, running is all about eating and more to the point drinking as much as you want without worrying about your weight. Don't just take Stevel Elvidge's word for it - try it yourself. Who knows, one day you may wobble around the Xmas Day Handicap without falling over and still have a smile at the end.

Richard Self.
Ass. Cross Country Secretary

THE ARTS AND RUNNING - What a Combination!

By Sue Kay

Having known Richard for 3 years one would expect me to be a super-fit musician - giving a performance of the Elgar Cello Concerto while using the interval for some hill repetitions (up to the balcony and back). My running days stopped when I left school (not that they ever really started) and now I am content to hang around the finishing line, waiting for my loved one to cross the line and either throw up or hand me a sweaty running mit, or both.

Richard has influenced my state of health. For 3 years he has constantly nagged me to lose weight. When I first met him I was 9st7lb and rose to 10st9lb after being at Performing Arts College for 18 months and am now back to 9st7lb. Richard swears it's his influence but the truth is that I was told to lose weight by my Dance Lecturer. Richard sees my dance classes as a joke and is always making fun of my ballet technique - the only person who thinks I could make a dancer is Eddie Kirkup.

Our relationship can be very difficult at times as both our careers make demands upon us. I'm away at Canterbury for most of the year. I'm studying performing arts and majoring in music. I study drama as my school subject and Theatre and Performance Studies as my compulsory course, and this includes a study of all dance forms.

The first week of my holiday is always spent trying to revive our cat, Percy, from the smell of Richard's festering running kit, washing 10 weeks clothes and dishes and generally wading through the house trying to find Richard who is trying his hardest to ignore me.

When the pressure is getting too much we usually get in the car and go and hide in a deserted pub. However 9 times out of 10 either Richard or I see someone we know.

This summer we went camping in Burnsall for a week - the race week of course - where Richard managed to find 4 races to run. I mistakenly thought that we might manage some time alone - even if we had to sit at the top of the fell to get it. However, we met a couple of runners from Gateshead. The lady was a Work Study Officer and she and Richard managed to put British industry to rights in the space of 2 hours and 4 pints. The man was a Director of the National Youth Theatre and he persuaded me to write a play for them called 'JOGGING' (at the moment this is in it's very basic stages).

Even as I write this (Saturday 15th December) Richard is nagging me to iron his kit for the 6 mile road race at Pilsley tomorrow. He may get me to run when my dancing years are over - but only if he'll let me teach him to play the piano.

Footnote

A combination which works most of the time and not as original as we first thought. Maybe there are stranger combinations in the Club Who knows? Maybe Ray Burgon can tell us he manages our combination alone! Still, a cello is more of a handful than a bag of wind.

Sue Kay

UNDER 13 SECTION

Little has been mentioned in the last two editions of the Newsletter, but this does not mean that there has been total inactivity in this section. Unlike the road section who seem to be in action every week, of the year, the members of this section usually have a competitive outing once a month.

Mention has been made of the Col and under 13 Girls' results amongst the Cross Country reports regarding championship meetings. In fact, since the turn of the year the section will have only taken part in one open meeting. That meeting took place at Mansfield at the end of January. On a day ruled by the weather (snow fell throughout the meeting) some very respectable results were recorded.

<u>Under 11 Boys</u>	<u>Under 11 Girls</u>	<u>Under 13 Boys</u>
21st C. Goulty	44th J. Connolly	30th N. Marston
32nd S. Brock	45th C. Goldsborough	41st C. Rawlinson
34th J. Beavers		52nd D. Mellor
45th A. Lord		
50th P. Waterhouse	<u>Under 13 Girls</u>	
53rd D. Marston	42nd C. Mercer	
78th M. Dauris		

In addition to our own section we were represented at this meeting in the boys and youths sections.

Boys

7th A. Johnson
8th A. Townsend
21st A. Walker

3rd Team

Youths

2nd S. Ellis
3rd G. Townsend
14th S. Meherban

2nd Team

South Yorkshire Champs

Hopes of upsetting the Hallamshire applecart at Hillsborough were dashed on the day through illness. The U/11 boys team lost three of their better runners through a dreaded bug. The remaining boys however put up a good show. James Haste in his first outing came through the field strongly to finish 7th followed by Simon Brock, 11th.

The U/11 girls had a battle between the 'Claires' - Foster just pipping Goldsborough on the line to 'nick' 7th place.

Honours in our section must go to Darren Walker in the Colts. Over the past few weeks he has been looking stronger each week and he confirmed this by finishing 2nd in the Colts race.

I don't have the results of the Girls U/13 race but from my position as a spectator I noticed good runs from K. Docherty, S. Lakin and H. Lakin.

Time Trials

These continue to be well supported within the section and with milder weather hopefully just around the corner expectations of general improvements in times is very high.

I read with great interest that the Road Section are looking at the possibility of changing the route for their time trial course. Due to the safety aspect Herringthorpe Playing fields has been mentioned. "Great" say some of the younger members - "if they run a course similar to ours and as safe, maybe we can show them what we can do". Of course, we all know that that would be impossible, however some senior members may be quite surprised at the standard of some of the younger members.

continued.....

UNDER 13 Section (cont'd.)

Safety

Very shortly now the track and field season will be upon us and my immediate concern is for safety of young athletes when using the track. The section committee are looking positively at ways of reducing the risk of accidents through the use of smaller, manageable groups during the summer.

During the Summer months this section can expect about 70 + youngsters on club nights. With this in mind we are attempting to recruit assistance with the coaching of these groups. Anyone, whether qualified or not, who is willing to assist us is invited to contact me. This highlights the shortage of coaches in some way and I sympathise with Janine Winder who managed for so long last Summer with very little help. The arrangements we are hoping to make are an ideal opportunity for a parent who is interested in the coaching side of athletics to gain some practical experience with the hope that they may attend a coaching course later in the year.

Before the T & F season commences all the members in this section will be given guidelines as to how to behave when using the facilities and equipment. We hope that by this method we will bring home to young athletes the dangers so evident when using the stadium.

In the Future

Looking ahead the section will be entering teams and individuals at Langold and the Road Relay races organised by Hallamshire Harriers and held in Norfolk Park.

The dates for these meetings are as follows and anyone wishing to enter should complete an entry form and hand to me with the fee by 31st March.

Langold Races - 14th April
Road Relays - 21st April

In April the section will be holding a handicap race over the usual time trial course. It is hoped to make this a regular event in the calendar and with this in mind club trophies and medals will be presented to the winners. There will be a qualifying standard of having completed four time trials during this winter so as to ascertain as near as possible the true ability of a child.

During the track and field season records will be kept of individuals performances in training and in competition for consideration of eligibility in the Esso 5 Star Aware Scheme.

Keith Toyne
U/13 Section Secretary

TWO CAREERS IN ATHLETICS

by Arthur Etches

CAREER NO. 1

In 1951 at the age of 31 years I joined the Sheffield United Harriers, together with a young workmate of mine Eric Wilson. Although I had always been interested in running, I had never been introduced to a club; my only hobby since leaving the R.A.F. in November 1946 had been tinkering about with old motorbikes and old cars.

When our second child came on the scene I could not afford to run a car so I sold it and started looking for another hobby. Needless to say I found a full time one and have still got it after 33 years.

I suppose running was in the blood really, as my father and his brothers were fairly good at local level. I can always remember as a boy in the Depression of the 1920's that 99% of the furniture, clocks and ornaments in the home were prizes that father had won in 1 mile and steeple chase handicap races at Sports meetings up and down the country.

It was October 1951 and the start of the cross country season when I started training, and thoroughly enjoyed it straight away, and got gradually fitter each week. However I did have one or two little set backs. I was out training all alone when I had to stop suddenly as I thought my heart was packing up. Anyway after five minutes rest I was able to jog home and didn't have any more trouble. Another time I discovered I had blood in my urine and I can assure you it gave me quite a shock. On seeing the doctor and taking a sample it proved negative. Apparently I had haemorrhaged which was probably caused by too much physical effort.

By the time the cross country championships came round I was fast enough to make the first team and I ran my first National in March 1952, which I believe was in the Birmingham area and the winner was 21 years old Walter Hesketh, who beat Gordon Pirie also 21, into second place.

Being a rather mature runner, I was approached by the only two marathon runners in the Club to train for the Doncaster to Sheffield Marathon on Easter Monday, 14th April. One was Walt Cousins and the other was Eddie Whitehurst, who was one of the Whitehurst brothers who helped considerably to keep S.U.H. going during the war years. It was a bit too soon in my view, but I was told to go very steady and run with Eddie who was a $3\frac{1}{2}$ runner for the distance. After hanging around for 10 miles and not seeing him I pressed on and had a terrible struggle for the last 6 miles but I completed my first marathon in 3hr 7min in 25th position.

On 10th May it was the Manchester to Blackpool 11 man relay and I had got pulled in at the last minute. I had agreed to run if I could run an early leg and go straight back home as I didn't want to leave the family over the week-end. They put me on the second leg starting from Salford Fire Station. Ken Wood was on the first leg, and as he had shot up to number 2 spot in the club behind Derek Walker, he was expected to do very well. I was in a state of shock when he came up leading the first 20 runners for I was scared of going off course. I managed with the help of the knowledgeable crowds and only dropped one place by about 10 yards to an unknown young M.A.C. runner called Joe Lancaster. He was to become the world record holder in a race over 20 miles and 2 hours beating Gordon Pirie in the process.

continued.....

TWO CAREERS IN ATHLETICS (cont'd.)

I got on the number 2 coach with the rest of the runners and proceeded to dress as fast as possible, as the coach was going very fast to keep up with the field. I finished up getting on to the pavement with my trousers just on and my shirt hanging out and finished dressing to the amazement of passers by and caught the bus back to Manchester, and another back to Sheffield.

On arriving back at my place of work at the Brightside Foundry & Eng.Co., in Ecclesfield, my friend Eric Wilson who had run in the race presented me with a bronze medal. Apparently we had come fourth team and had gained the most improved team award.

My next race with my two new running mates was the Bury & Ratcliffe 21 miles road race on the 17th May. Unfortunately the weather for this one was very hot, about 80° F. I was still rather green and I pressed on regardless with people throwing buckets of water on us in an attempt to cool us down. However, round about 19 miles I felt myself swaying and the next thing I knew I was in a doctor's house recovering from dehydration and exhaustion; believe me I was in a terrible state. I can only describe it as five times worse than sea sickness. Walt, who by the way was a very experienced marathon runner, and had already won two marathons and the 'South London 30' had packed up early owing to the conditions, was looking after me and when I eventually recovered enough to get to the railway station, we found that poor old Eddie had dropped out with sickness. We looked a sorry sight going back to Sheffield that night, and Walt was moaning about what a right pair of sick twerps he'd got with him.

After that episode I thought never again, for there must be something wrong with me. However, in three days I had recovered sufficiently to start jogging, and the following Saturday I went a 10 mile run with Eddie and we decided we were fit enough to run in the Hallam Chase, the following Monday, 26th May. Lo and behold I came first, off 2m 10s start and Eddie was second off 2m 30s. I had now stepped up my mileage to around 35 miles per week so I felt confident to run a decent time in the Peterborough Marathon 7 days after the Hallam Chase on 2nd June. This time I ran through a thunderstorm and won the second handicap prize in a time of 2hrs 57m.

Still only averaging 35 miles per week I set off for the Liverpool Marathon on 16th August with Walt Cousins for company. I ran well up to 18 miles but faded on the last 8 miles and finished with a time of 3hr.02.43 and also I was sick again after the race, which put Walt in a moaning mood on the way home.

Round about this time I had a little problem at home. My wife Joan had been left alone to look after our two children Hazel and Philip aged 5yrs and 4yrs. Anyway one Sunday morning she exploded and one breakfast came flying in my direction and she told me I should have married another runner in the first place. I guess she meant a lady runner! When things simmered down a bit I suggested she take up a hobby and I would do my share of baby sitting. A week later she said she was going to evening classes for Modern Sequence Dancing. Being a chauvinistic pig, this pulled me up somewhat and I thought if she gets a partner the marriage would be on the rocks, so I went along some nights when her parents did the babysitting. Since then, up to the present time I've taken her dancing two or three times a week. So lads, if you're having wife trouble take a tip. For the rest of 1952 I didn't have any more important races and was well pleased with my first three marathons.

To be continued next month.....

ROUND ROTHERHAM RAMBLINGS

I have just been reading Roches Ramblings. But they arnt REAL Ramblings are they? They follow a definite pattern and are quite understandable. Our RAMBLINGS really do ramble, I'm glad you noticed.....It was a good trip to Nottingham with the kids for the Sankey Vending indoor. Second place for the Girls, so nearly through to Aston Villa for the Final.....The indoor at Herringthorpe has been going quite well, I am sure we shall see the results on the track this summer.....We have just got the draw for the G.R.E. cup Both the Mens & Ladies Teams usually travel together to the same venue. The men travel to Warrington but the Ladies have got a 'bye' because they are a higher standard team, How about that , gentlemen.....As I type I can hear ~~my~~^m 5 gallons of Beetroot wine fermenting noisily.....that was a good ramble was'nt it.....A letter from our Vice President George Kirk this week, he has suffered another heart attack and is confined to bed for 5 weeks. Heres to a speedy recovery George, who I believe joined the Harriers in 1922!!!!... :.....The fingers are a bit cold typing because we have been stood outside the stadium an hour talking to the recreation man about improvements at the track. It seems that the council is still short of cash , but we keep putting our views across.....The Club Chairman has just phoned, he returns from Majorca two hours before the club dinner starts, but he will be there, Will You? All this is just a rehearsal for the Centenary dinner which should be really something.....Have you got your Centenary brain waves yet, let us know as soon as poss.....I have just put a new base on the South Yorkshire Track & Field Trophy, Rotherham have won it 4 years out of the past seven, only by a narrow squeak last year, Our weak point has always been the under 13 group, but not this year, when you see thae amount of activity that Keith Toyne and Peter Lord are putting in.....Ten lady runners at Norton for the 9 miles race, one of our best attempts yet but a pity about the contiuous cold rain, but a big bright medal was the reward.....Despite the absence of winter training facility for Pole Vaulters, Richard Coy has been travelling to Dewsbury most weeks, he has now achieved over 4 metres, so that is another week point plugged, but we need more, we need more.....All is set for the Isle of Man Athletics Festival, this is really a unique occasion for long distance runners, track & Field athletes could do with something similar, the Mens Northern League team is at Grimsby this summer, can we expand on that The new venture for unemployed has got to a start albeit slow.. but direct anyone you know male or female to the stadium on Thursdays at noon, there is an escorted run, but we are introducing Tug of War for the BIG BOYS which in turn should lead to the throwing events..... It was interesting to hear about the Vets team seeing the Tidal wave known as the Severn Bore on their way to Cardiff, an annual event depending on tides moon etc, its surprising what you learn.....Talking to one of our Jogger Members, Barry Brailsford, he was about to leave for two years in Taiwan with his job. But he promised to send an article to the Newsletter about his runs in the OrientWhich reminds me that Andy FitzGerald has been in Hong Kong for 2 Or 3 years and has run in Marathons in China (Shanghai) and New Zealand whilst out there.It was good to see John Henson win the Seb Coe Trophy in Sheffield recently. European Veterans champion for 200 & 400 meters he is of course a former Rotherham Harriers. Born & Bred in Kimberworth he moved to Sheffield when he was about 19 and changed clubs.....We have seven coaches who are taking their main Coaching course at Doncaster at the end of the month. Friday night, all day Saturday and Sunday. They are getting qualified to help you, the athlete. No prizes or medals for coaches, just the satisfaction of seeing a great club getting better

MIDDLEMAN

?LADIES SECTION

Well we made the effort and got Ten ladies to the Norton 9. Fity about the cold wet weather though , so there was no socialising or hanging about to shout the tail enders in. However they all got a medal, about 30 Rotherham men also took part. Ladies Results were....

205th	Sharon Cadman	62.04	Running better than ever.
251 st	June Beardsley	65.00	Got her first veterans prize. Didnt know wheter to laugh or cry
281 st	Helen Gent	67.21	Look out for her on the track
293	Mary Rhodes	68.16	Not happy with this run
303	Rose Grimley	69.23	This could well be her first race. First class, Rose
325	Christine Grime	73.38	I'll bet she is not happy with this.?
344	Janice Boyes	78.31	Full marks for effort. Even got into the pub. before me!!
355	Heather McDowell	81.00	Exactly 9 minute miles. Very neat.
366	SUSAN Arnold	96.07	I'll bet you are not Happy. BUT not many weeks ago 4 miles was your LIMIT!

Jane Mole Did not finish . Seemed like flu'. Hope you are better.

.....

LADIES NIGHT... WEDNESDAY 20th March... 6 miles handicap....3 nice prizes
6.30 start.....20p fee. Homestead afterwards..

.....

Ladies Race of the Month.....Langold Lake, only 2½ miles..... 40p fee

Entry details in the kiosk.....Full programme of Races...Pleasant surroundings..... April 14th.....entries close week before.....

.....k.....

June Beardsley & Roth 374203 and Dianne White Sheffield 486829
Have agreed to get the Ladies section organised make yourselves and your views known to them. An event of some sort every third Wednesday and pick out a race a month will do fine.

Best Wishes....R.G.R.

CROSS COUNTRY ROUND UP

What a month it's been for the Cross Country Section. We've had everything from races in summer sunshine (well, almost), to snow to the most horrendous mud you can imagine. Add some controversial 'behind the scenes' happenings, a disappearing bus and the clanger of the century from 'Jim'll Jinx It' and you'll perhaps understand why the cross country section secretary can't wait for the track season to begin. So here goes.....

January 27th sees a coachload of Rotherham Harriers off to the Open meeting at Berry Hill, Mansfield. Freezing cold, snow on the ground but nothing stops Rotherham Harriers. Good runs from the youths, (Simon Ellis 2nd, Gary Townsend 3rd) and others. See results round-up.

February 9th and the men are all set to go the Thirsk for the Northern Championships. Or are they? Furious 'phone calls from a half-demented cross country secretary to a local coach company (mentioning no names) half an hour after the bus was due reveals that there will be no bus. Thereafter follows a 'Keystone Cops' episode in the stadium car park where 21 people attempt to break into Dave Johnson's car to retrieve his car keys. Ten minutes later and 20 of the 21 people are packed into cars and driving off furiously in the direction of Thirsk Racecourse, leaving the C.C. secretary waving them off into the sunset (no room in the cars for him). Never mind, at least they got there in the end. Once again the Youth team show the way with 4th place.

February 16th and the women head for Arrowe Park, Birkenhead and this time the coach turns up. More controversy follows and not only for Zola Budd. This time I'll pass no comment on the Rotherham Harriers incident except to say that matters seem to have resolved themselves. Only the girls' team (officially that is,) managed to finish a team here.

February 17th and those hardy men, the Northern Veterans, gather at St. Helen's to thrash it out round Shardley Park. It almost goes without saying that the over 50's led by a certain Eddie Kirkup won a team prize, second. Mike Hollowood was the lone Harrier in the over 40's race.

February 24th and string vests (for the men) are the order of the day at a sun soaked Hillsborough Park for the South Yorkshire Championships. 57 Rotherham Harriers grace the lush green grass of Hillsborough and the senior men pull it off again (no-one got arrested). They retain the team title. Tremendous performances as well from Collette Sykes (1st Junior Girls), Darren Walker (2nd Colts) and Gary Townsend (2nd Youths).

And so to March 2nd - The Nationals. What a build up to the great day. Athletes and spectators are huddled together in Herringthorpe Stadium and the conversation is understandably nervous 'Will the coach arrive? Has the C.C. Secretary really entered the teams?' 'Are we sure it's to-day?' 'Will Richard Self and Steve Elvidge be disqualified for going round as a pantomime horse?'. To rapturous cheers the coach arrives. Milton Jeynes here we come. Organisation like clockwork. No hitches. But the course..... Mud everywhere. Never seen anything like it. Heroic C.C. Secretary twice saves Richard Self from drowning in a puddle. Anyway what of the races? At 1.30 p.m. the youths set off on their 4 mile torture. Tremendous stuff. 10th place Rotherham Harriers booms the public address system. Not too much for us to cheer in the Junior men's race but our sole runner, Andrew Parkin sticks gamely to his task.

continued.....

CROSS COUNTRY ROUND UP continued

2.50 p.m. and the seniors go careering off on their 9 mile scramble. Paul Venables is our highest placed man, but they all stick (in the mud) manfully to their tasks.

We all pile into the coach at 5.30 p.m. and 2 hours later we're home. C.C. Secretary feels smug because everything's gone like clockwork
AHEM!!!

We now take you to Monday March 4th. C.C. Secretary is having his morning tea break at work, singing the praises of the Rotherham Harriers to his workmates. Suddenly, to the astonishment and concern of the adoring workmates, C.C. collapses over his chair as if he's been hit by a sledgehammer or Richard Self's socks. He's mumbling and moaning, almost delirious. Real concern from devastated workmates. He's gone round the twist, muttering about 7 running when only 6 can run and will get disqualified.. C.C. secretary redovers his composure eventually and manages to explain. Workmates immediately withdraw concern and adulation. His name is MUD.

By now some of you will know about the blunder of the century. Not since H.....shire Harriers forgot to send off their entries in 1981 has anyone dropped a clanger like this. A 'phone call from C.C. Secretary Jim'll Jinx It to the National C.C. Championship Secretary confirms his worst fears. The Youth team are disqualified from the team championship because 7 ran when only 6 are allowed.

Excuse the somewhat tongue in cheek way I've told this sad story. no-one could be sorrier than myself for having caused this stupid blunder. There can be no excuse. I knew only 6 could run but somehow I got my wires crossed. What makes it even worse is the fact that the Youth team obtained such tremendous results to go with their first place in the Yorkshire's and 4th in the Northern's. I've already apologised to you lads and I must say you took it surprisingly well. Much better than I could have expected or deserved. All I can say is that we're all fallible and make mistakes from time to time.

Yours in apology,

JIM'LL JINX IT
Cross Country Secretary

PRELIMINARY TRACK AND FIELD FIXTURES

APRIL

Sun 14th Langold Road Races
Sun 21st London Marathon - Hallamshire Relays
Sat. 27th Rotherhan Track & Field Trials.
All Ages. All events 2.00 p.m.

MAY

Sat. 4th Rockingham Young Athletics Meeting
Sun. 5th G.R.E. Cup Senior Men and Women 1 per event
Mon. 6th May Day Meeting Bradford. No details
May 11th North Men's League Div. 2 Blackburn
May 12th North Boys and Youths League, Blackburn
and North Women's (Herringthorpe)
May 18th Yorks. Ladies and Girls Champs. Cudworth
May 19th Yorks Mens and Junior Mens Champs. Cleckheatin
Sat. 25th S. Yorks League All Groups. Herringthorpe
Sun 26th Yorks Boys and Youths Champs Cudworth
Mon 27th Spring Bank Holiday

JUNE

Sat 1st North Mens League Div. 2 Huddersfield.
North Mens League Div. 5 Grimsby
North Womens Champs. Stretford
Sun 2nd North Boys and Youths League Hillsborough
Sat. 8th South Yorks Schools Cudworth
Sun. 9th South Yorks League, Sheffield.
Sun. 16th Open Meeting Herringthorpe. All Events All ages
Tue 18th South Yorks League Doncaster
Sat. 22nd Mayor's Parade
Sun 23rd G.R.E. Cup North Womens Inter Counties
Sat. 29th North Men's League Div. 2 Hull
North Mens League Div 5 Herringthorpe
Sun 30th North Boys and Youths League Cudworth
North Girls and Ladies League, Morpeth

JULY

Sat. 6th Rockingham Open Meeting - Sheffield Schools
Sun 7th North Boys and Youths League Stretford
Tue 9th South Yorks Relays Rockingham
Fri./Sat 12/13th English Schools, Hull.
Sun 14th Open Meeting, Herringthorpe.
Wed. 17th South Yorks League, Wombwell
Sun 21st North Boys and Youths League, Kirkby Liverpool
Open Meeting, Dudworth
Wed. 24th Prince of Wales Half Marathon

CONTINUED.....

PRELIMINARY TRACK AND FIELD FIXTURES (CONT'D.)

AUGUST

Sat. 3rd South Yorks League, Cudworth
 Sun 4th Invitation Trophy Meeting, Cleckheaton
 Sat. 10th North Mens League Div. 2 Middlesborough
 North Mens League Div. 5 Chesterfield.
 Sat. 17th Hickleton Open Meeting
 Sat. 24th Inter Counties
 South Yorks Men and Juniors and Youths Leicester
 Sun 25th North Girls and Ladies League Cleckheaton
 Mon 26th Bank Holiday

SEPTEMBER

Sat. 7th South Yorkshire Championships
 Sun 8th Open Meeting, Stainforth
 Sat. 14th Junior Mens Counties
 Sheffield Decathlon
 Sun. 22nd Rotherham Marathon

In addition to the above we are hoping to enter two open meetings, at a venue where Rotherham are not usually seen taking part. Details at a later date.

During the next few weeks I will be advertising on the kiosk notice board the jobs of the entries co-ordinator and team managers for all league teams. Remember we will need all your co-operation in making yourselves available for all league matches, so that between us we can make this season the best yet for Rotherham Harriers.

Ian Scott
Secretary, Track & Field

Down	2	Emil Zatoppek	1	Herol Graham
	3	Owens	2	Virgin
	4	Go	10	Nurmi
	5	Alexeev	12	Dixon
	6	Men	14	Umpire
	7	Oar	16 and 28	Ray Leonard
	8	SKI	17	Paul Venables
	11	Marce	21	Cona
	12	Reducers	23	Newbert
	13	Num	26	Spitz
	15	Pub	28	J.B. (Joan Benoit)
	17	Pain	30	Evert
	18	Eventing	31	See 27 down
	19	Lopes	33	Hamilton
	20	Supt	34	Cram
	24	Seth		
	25	Team		
	26	Selko		
	27	and 31		
	27	Zho Hua		
	20	Beam		
	32	Air		

CROSSWORD SOLUTION

CROSS COUNTRY ROUND UP (CONTINUED)

BERRY HILL - MANSFIELD - OPEN MEETING

January 27th 1985

Girls U/11 2,050m

44 J. Connolley
45 C. Goldsborough

54 finished

Girls 11 - 13 2,750m

42 C. Nercer

56 finished

Colts 3,500m

30 N. Marston
41 C. Rawlinson
52 D. Mellor

84 finished

Youths 6,300m

2 S. Ellis
3 G. Townsend
14 S. Meherban

2nd Team
30 finished

Boys 13 - 15

7 A. Johnson
8 A. Townsend
21 A. Walker

3rd Team
52 Finished

Boys U/11 2,050m

21 C. Goulty
32 S. Brock
34 J. Beavers
45 A. Lord
50 P. Waterhouse
53 D. Marston
78 M. Davris

91 finished

Junior/Senior Men/Vets 10,500m

54 K. Blades (J)
65 P. Hunter
76 F. Taylor
107 R. Robinson
116 T. Pickering (V)

181 finished

NORTHERN MEN'S C.C. CHAMPIONSHIPS

THIRSK FEBRUARY 9th 1985

Boys

96th A. Johnson
109 S. Davies
116 A. Townsend
136 A. Walker

Youths

20 P. Wakefield
22 I. Kennedy
35 S. Atkinson
42 G. Townsend
57 S. Ellis
64 N. McRobb
100 J. Ryan

4th Team

Senior Men

163 P. Venables
259 S. Elvidge
263 M. Ruddleston
288 N. Brookes
296 A. Beighton
314 R. Self
324 C. Beighton
451 D. Richards
489 P. Ashworth

39th Team

Junior Men

91 K. Blades

CROSS COUNTRY ROUND UP (CONTINUED)
HILLSBOROUGH PARK 24th February 1985

JUNIOR/SENIOR MEN

4. P. Venables
5 N. Brookes
13 S. Elvidge
15 P. Ruddleston
16 A. Beighton
25 M. Ruddleston
29 K. Blades(J)
33 P. Ashworth
39 D. Richards
55 A. Parkin (J)
58 R. Robinson
61 A. Shearman
64 J. Davies
72 M. Gaynor
81 N. Hobson
94 D. Newman

1st team - 94 finished

BOYS 8 - 11

7 J. Haste
11 S. Brock
19 A. Lord
33 J. Beevers
34 P. Waterhouse
38 C. Hawley
42 M. Moore
43 D. Cox
52 N. Owen
53 D. Botterill

3rd Team - 55 finished

Colts 11 - 13

2 D. Walker
10 I. Richardson
11 M. Davies
25 S. Abraniuk
26 N. White

2nd Team - 47 finished

BOYS 13 - 15

5 A. Townsend
8 A. Johnson
9 A. Walker
14 S. Day
24 G. Claxton

2nd team - 33 finished

YOUTHS

2 G. Townsend

15 finished

VETERAN MEN

6 M. Cook
7 G. Duff
13 A. Davies
21 E. Pickering
29 R. Burgon

2nd Team - 30 finished

GIRLS 8 - 11

7 C. Foster
8 C. Goldsborough
12 J. Cox
15 F. Newman

3rd Team 23 finished

GIRLS 11 - 13

6 K. Docherty
9 H. Lakin
12 S. Lakin
19 J. Laird
23 H. Keightly

3rd Team - 34 finished

JUNIOR GIRLS 13 - 15

1 C. Sykes
9 T. Price
19 finished

INTER LADIES

3 R. Woodward
12 finished

LADIES/VET. LADIES

7 J. Maxwell
10 J. Vezmar
25 M. Rhodes

31 finished

CROSS COUNTRY ROUND UP CONTINUED

WOMEN'S NATIONAL CROSS COUNTRY CHAMPIONSHIPS

February 16th Birkenhead

Girls

156 K. Docherty
355 H. Lakin
369 J. Laird
398 S. Lakin

63rd team - 579 finished

Inters

88 R. Woodward

274 finished

Junior Girls

71 C. Sykes
178 B. Hirst
429 R. Atkinson

524 finished

Seniors

255 J. Vezmar
308 M. Rhodes
326 S. Cadman

446 finished

NORTHERN VETERANS

ST. HELENS - February 1974

0/50s

E. Kirkup 4th (1st 0/55)
M. Cook 6th
A. Davies 16th

2nd Team

Over 40s

M. Hollowood

NATIONAL CROSS COUNTRY CHAMPIONSHIPS (Men)

Milton Keynes March 22nd

Youths (4 miles)

43 I. Kennedy
60 N. McRobb
101 P. Wakefield
103 G. Townsend
132 S. Atkinson
290 S. Ellis
396 J. Ryan

10th Team

Senior Men (9 miles)

309 P. Venables
424 R. Self
557 S. Elvidge
730 N. Brookes
879 M. Ruddleston
888 C. Beighton
1028 D. Richards
1193 P. Ashworth

Junior Men (6 miles)

375 A. Parkin

NORTON 9 miles ROAD RACE - March 10th 1985

Cool, country lanes, scenic, headwind outwards,
light rain throughout

Rotherham Harriers Entrants

1st	Don Weigel (Askern)		217	A. Woffinder	62.43
20th	C. Beighton	49.27	220	G. Sarside	62.55
45th	G. Williams	52.24	243	A. Brocklehurst	64.08
54th	G. Huckbody	53.20	251	J. Beardsley L.	65.00
57th	J. Maughan	53.36		(2nd Vet Lady)	
62nd	R. Fletcher	54.00	259	A. Bryden	65.29
66th	M. Hollowood	54.18	275	R. Burgon	67.05
75th	J. Davies	54.53	276	R. Bunching	67.09
88th	C. Parkes	55.00	281	H. Gent	67.21
104th	K. Mitchell	56.25	288	R. Hayes	68.03
114	J. Davies	56.51	293	M. Rhodes	68.16
131	E. Bywater	57.40	295	R. Taylor	68.22
184	M. Farmer L.	60.31	303	R. Grimley	69.23
185	K. Baker	60.35	305	M. Allsopp	70.14
186	D. Baum	60.38	322	I. Burton	72.30
202	E. Wagstaff	61.47	325	C. Grimes	73.38
204	R. Carter	61.54	344	J. Boyes	78.31
205	S. Cadman L.	62.04	355	H. Mc Dowell	81.00
207	R. Rowbotham	62.19	366	S. Arnold	96.07
208	H. George	62.20		J. Mole	D.N.F.

366 Finished

10 ladies took part. Good response to the idea of picking out certain races and entering as a club team.

Better things to come.

The Rough Country Calendar

Date & time	Event	Closing	Fee
24 Mar 10.30	Edale Skyline FR 21 miles	10 Mar	£2.00
31 Mar 9.30-12.30	Cawthorne Orienteering near Cannon Hall	9 Mar EOD	1.80/60p 2.50/75p
14 Apr 9.30	Dales Traverse FR 25 miles from Kilnsey	29 Mar	£5.00
16 Apr (Tues) 6.30	Hesley Woods informal O event (Scout Camp)	-	free
21 Apr 11.30 (J 11.00)	Kinder Downfall FR 10 miles from Hayfield Primary School (J 5 miles)	EOD	£1.50
27 Apr (Sat) 10.00-12.00	Tankersley Park Open O Event Off A6135 just N of Chapeltown	EOD to 11.30	40p/25p
28 Apr	Hope Woodlands (Ladybower) O Event	No details yet	
1 May 6.30	Tankersley informal O training further N of Chapeltown - across M1	-	free
4 May (Sat) 2.00-4.00	Walesby Open O event Scout Camp near Mansfield	EOD	1.00/40p
6 May 3.00	Penistone Hill Race 5½ miles (Fun run 2½ miles @ 2.00) from Showgrd preentry	EOD	£1.50 £1.00
11 May (Sat) 11.00	White Peak Marathon 26.2 miles of former railway lines, now pedestrianised.	11 Apr	£3.00

FR is a Fell Race, O is an Orienteering event. The season is filling up now - these are only a selection of the events on the various calendars. I have further details and where appropriate entry forms for most of these events. All except perhaps the 3 FR's have something to offer the novice to the rougher side of running. Where two fees are given, these are Senior/Junior where Junior is usually u/19.

Amongst the Rough Country events not previewed were the Derwent Watershed and the British Orienteering Championships. I look forward to reading Brian's account of his exploits on the Watershed, leaving Edale at dead of night to follow a classic route round the peat bogs of Bleaklow and Kinder. The O.S. map has 3 separate areas named Featherbed Moss on the route, to give some idea of the terrain. The winners, covering the 40 odd miles in under 10 hours, would have been close to the finish by dawn. Will we get a Harriers team next year?

Rotherham successes in the BOC were confined to the Juniors. Robin Marston took the title in the 10 & u 'B' race, Daniel was runner up in the 12 & u A race while Neil led the South Yorkshire 14 & u team to victory. The event, in the Wyre Forest near Bewdley (W of Birmingham, home of the Severn Valley Railway) had a Timber yard as event centre, to provide some firm ground. Nevertheless, by the time the 2500 competitors had trampled over the main field, it had been reduced to a sea of mud. Despite the numbers, the forest itself was never crowded; quite the reverse for much of my run (not just because I took bad routes). This is the advantage of a large, runnable forest, allowing runners to take the bold cross-country route rather than being confined to paths.

Rough country events usually insist on competitors reporting to the Finish (or an appropriate Marshall) if they want to retire. This is because the organisers have to account for all competitors, and don't want to organise a search party to look for someone who by now is sitting at home. For health reasons, Orienteering events usually insist on legs being covered - most undergrowth is unpleasant to bare legs, unnoticed if covered.

Henry Marston.

ROTHERHAM HARRIERS & ATHLETIC CLUB

TIME TRIAL RANKINGS - 1984/85 6 Races Oct. - March

Runners Under 22 minutes

1	P. Elliott	18.47*	17	S. Atkinson	21.20
2	F. Taylor	19.42	19	G. Roche	21.21
3	P. Mirrless	19.44	19	F. Hibbert	21.21
4	M. Ruddleston	20.07	21	T. Kelsall	21.23
4	P. Venables	20.07	22	M. Hague	21.24 0/40
6	S. Elvidge	20.19	23	M. Jackson	21.27
7	A. Gregory (2nd claim)	20.22	24	D. Godfrey	21.30
8	I. Kennedy	20.26	25	S. Newsum & B. Harney	21.39
9	N. Brooks	20.28	26	R. Sharp	20.43**
9	P. Neal	20.28	27	H. O'Mara	21.44
10	R. Self	20.20	28	J. McDermott	21.45
11	A. Beighton	20.33	29	K. Rodgers	21.48
12	P. Ruddleston	20.41	30	R. Winstanley	21.50
13	P. Wakefield	20.50	31	S. Dalton	21.55
14	I. Newsome	20.52	32	G. Townsend	21.56
15	S. Ellis	21.10	33	G. Huckbody	21.57
16	G. Simpson	21.12	34	D. Richards	21.59
17	N. McRobb	21.20			

* = Course record

** = Should read position no. 13

TIME TRIAL CHAMPIONSHIP

(20 points for 1st, 19 for 2nd etc.....)

1	Richard Self	92	points	(6	races	ran)
2	M. Ruddleston	85	"	5	"	
3	P. Ruddleston	68	"	5	"	
4	F. Taylor	56	"	3	"	
5	P. Venables	54	"	3	"	

Congratulations to Richard Self, whose consistency came through in the end.

A bad cold forced Mark out of the March time trial, he was leading right up to that race and would only have needed 13th place (8 points) to beat Richard. You can kick yourself now Mark!

With the system I am using I hope that we shall see a runner top the 100 mark. Who knows! Also, well done to all the lads who ran under 22 minutes this season, and to everyone who ran personal bests, whatever the time.

Gary Roche
Asst. Road Secretary

LETTER TO THE EDITOR

Dear Editor,

Greece, Bahamas, Spain, California! Do these names conjure up thoughts of exotic dream like holidays? I've done them all yet none of them can compare with a holiday I took seven years ago and which I constantly think about. Where did I go, What did I do? I walked the Penine Way, 270 miles in 20 glorious days (I have been told it has been done in 3 days - see the Editor for details) and what a holiday!

The sights I saw, the people I met and the sheer joy of putting one foot in front of the other over all kinds of terrain was for me just indescribable. For anyone who loves both scenic beauty and a daily physical challenge in the company of healthy, happy people this is the ideal holiday. There is always something to see and something to think about. This is no great wide highway to Scotland - there is not always a defined path and this makes it all the more challenging.

Pubs and farmhouses were my nightly sleeping quarters - the best of ale and the best of food - and do those farmers' wives know how to put on a spread. High Cup Nick, Malham Cove, High Force, Hardrow Force, and the Cheviots. Perhaps just names to you but I can guarantee that if you see these places on foot they will be imprinted in your mind for many a year to come.

Tan Hill Pub, the highest one in England, situated in the middle of nowhere, - a dozen tired and thirsty walkers, the time midday. What a memory! A couple of pints, singing and joking and then the start of a hard and boggy 10 mile walk, only to see my walking companion disappear up to his waist down a boghole. Then there was the Frenchman who was surprised to find a common Sheffielder able to converse with him in his native tongue.

I took one single photo on this memorable holiday and then the camera packed in. However, the pictures which remain in my mind are worthy of any photo album. Sheepdogs were to be seen nearly every day in North Yorkshire and Durham, bringing in the sheep, including one backward one who insisted in bringing in the cows instead of the sheep. For anyone interested in the past there is Hadrian's Wall and all the surrounding Roman remains. We actually walked on the wall for a mile or two - they don't build walls like that any more.

My next walking mate was an American teacher on his sabbatical (what a good idea this is - it should be introduced in this country). He was amazed to find out what a beautiful little island England really is.

The final challenge of this stimulating walk is the Cheviots, those beautiful hills which separate England from Scotland. For non-camping walkers this last stretch is usually a 27 mile difficult slog with only the sheep for company. We were fortunate and found a farmhouse 4 miles off the beaten track where we were made to feel like Royalty. Even the sick calf in front of the living room fire seemed pleased to have us for company.

One final burst downhill and we were in Kirk Yethalm, 270 miles from Edale, weary but very happy. Where was the band to greet us? Perhaps there are too many people doing it nowadays for that. However, we didn't need any fanfares or trumpets, the great satisfaction was to feel we had achieved something. We had seen, we had experienced, we had done it - to us it was our 'Everest'.

G. Bell

WHAT'S AFOOT? NO. 5
By Jeff Ashmore

In this article I would like to mention a little about treatment of injuries. Obviously, one cannot go into great detail because there are so many factors to be considered when treating a particular case, e.g. an athletic injury is often quite different from the ones received on a soccer or rugby pitch. If a trainer is able to see an incident happen before his eyes, he would be able to take note of how the player falls, whether or not an ankle injury is an inversion twist, or an eversion twist, the same would apply to an injury of the knee. The treatment would then be different to that given to a running injury which nobody takes much notice of until maybe days or even weeks later. It is rather sad to say that because runners are so keen on their sport they do not like to miss out on training and would tend to run through an injury and perhaps cause permanent damage to the tissues when a day or two off would be much more sensible.

No doubt some members will have seen me using a set of sand bags from time to time. This method is called Impact Therapy and is a very effective pressure wave treatment of lesions, such as knee problems and ankle strains. It is most effective in close coupled joints such as the tarsus of the foot or the carpus of the hand. This treatment is the brainchild of a Len Tracey from Exeter, who found through experiment that the medium of sand on pulled muscles was extremely effective and above all painless. More and more physiotherapists are beginning to use this method before moving on to conventional treatment.

Other techniques are creeping in, one of which is called 'Touch for Health'. This is a fascinating form of treatment which is a means of strengthening muscles by using various pressure points situated on the back and parts of the leg and hands. A series of tests are made to find out where muscles are weak or strong and where a muscle is weak it is strengthened by means of pressure which in turn affects an internal organ, e.g. liver or spleen. This in turn leads to a fascinating situation because you are also affecting the inner working of the human frame. For instance an ankle problem is connected to the stomach meridian and could mean a slower healing of the ankle problem because of a stomach problem which exists at the time. Sounds strange I know but I have seen these methods performed and have had personal experience in the field which is proof in itself.

Another way of injury treatment in modern standards is the homoeopathic way. This is a beautiful form of treatment without any side effects, using natural ingredients produced from the countryside such as CUMFREY and ARNICA. These substances are given in very small doses and have the added advantage of having no side effects, unlike modern drug therapy where side effects are very evident. Arnica is of particular interest to us as runners as it can be taken internally and used in oatmeal form. It is very good for bruises, strains and over-exertion. It is not possible to go into too great a detail here but if anyone is interested in homoeopathy please contact me. I do have certain medications in my possession which may help your particular case.

continued.....

WHAT'S AFOOT? (cont'd.)

I will mention two more homoeopathic remedies before I close this contribution:-

- 1) Bellis Perrenis. This is useful for all soft tissue injuries and acts on the muscles fibres of blood vessels- muscular soreness and nerve injuries.
- 2) Rhus Tox. -Useful for fibrous tissue, especially joints, tendons, cartilage and articular surfaces.

There are many others of course. These are just a few to wet your appetite.

This is to be my final contribution at this level regarding feet and injuries to the lower limb and there just two more items I would like to mention which now come into my work:-

- 1) A material called CLEON which is a shock absorbing material similar to SORBOTHANE but much cheaper. Useful for inserts in running shoes it is good for reducing stress from hard surfaces and helps to take the strain from knees and hips etc. Ask me about it if I'm around, It comes in 2 thicknesses - 3 cm and 6 cm depending on which degree of cushioning you may require.

- 2) ORTHOKICS are a product which I am sure you have heard about. These are moulded inserts which help to re-balance the foot and prevent over-pronating or supinating. They are not to be confused with what chemists or sport shops can supply. They are made to measure appliances aimed at helping your injury if it is one caused by imbalance. They can be very expensive when purchased from a well known manufacturer. I can be very expensive I can cut the cost quite a bit by producing my own inserts and I am constantly looking into the possibility of newer and better materials. We live in a thermo-plastic age who knows what they will come up with next.

I hope these articles have not been boring and that they will help you to put one foot in front of the other in such a manner that your body will cross the finishing line first.

JEFF ASHMORE

ROCHE'S RAMBLINGS

I had already decided a few weeks ago that I wouldn't be writing anything for this months newsletter, but after the editor had 'wiped the floor' with me on last Wednesdays club run, he persuaded me to write another 'Roche's Ramblings.'

After writing to Ron Hill, inviting him to the Marathon, I received a rather nice reply from him last week. As we expected he has declined our offer because he has already been invited to the 'Glasgow Marathon' on the same day.

Expenses were also mentioned which of course we cannot afford, but as Ron explained "After running all my life for nothing, I now must expect to be compensated". As a fact, but he is in great demand so it's hardly surprising that he asks for money and free accomodation. He did wish us all the best for the event though, and has already agreed to take part in our centenary celebrations in 1987. (He will probably run in the half-marathon).

The Road Racing season is upon us once again, (some might say it never stops), but over the next few weeks things get quite busy.

Remember, all the major road races this year are being dealt with by the Road Section, We will be taking block entries for most races to ensure a decent turn-out. I am also printing a list of entered runners for each event, and these will appear on the notice-board in case of any queries, so please read the notice-board.

If you look carefully through last months 'Middleman' column you will see a few comments regarding 'course measurement, and those of you who read 'Athletics Weekly' will have probably read an article a few weeks ago by Max McNally. Max is the official R.R.C. course measurer for this area, and is also a member of the Barnsley R.R. club. Well, Middleman seems to think that an exact measurement for a road race isn't necessary, but I must disagree with him, and indeed echo the words of Max McNally. I believe it is only fair to the competitor, that a race billed as a specific distance should be that distance. Race organisers these days have no excuse for a course being either too long or too short. It doesn't matter about the weather or the terrain, these can be taken into account afterwards.

Course accuracy must be the starting point before any comparison are made, as without them they are meaningless. Most of you will have heard about the New York course that is found out to be short; 200⁷ yards to be exact, what I want to know is why?

Thousands of people from all over the World train for months on end, to run a P.B. on a course that is found out to be short, is it being too clinical to ask that a course is measured correctly?

The entry forms for the Marathon and Half-Marathon in September will be available in the next couple of weeks, and the Prince of Wales Half-Marathon forms are already in the stadium...

....continue.....

The London is only a few weeks away and I should like to wish everyone the best of luck, if you are running your first London, make sure that you enjoy the day, and a special good luck message to all the seasoned lads who are hoping for P.B.s. I have run at London the last two years, but this time I shall be cheering you all on from the sidelines, so the best of luck to you all. I feel that Mick Hauge must take some of the credit for pushing everyone through those tough sessions, even though we might not think so at the time, but tell me Mick, is it true that Dave Godfrey is after your coaching job? I hear that he has even bought a whistle.

The new slotter seems to go from strength to strength, but there still seems to be the same people putting pen to paper each month, there should be more of you contributing and it doesn't matter what you write about, even if it's the kind of rubbish the I've been writing about since November, so come on, have a go. I must say that I thought last month's edition was the best yet. Perhaps we ought to change the name to the 'Henry Marston' newsletter, anyway well done Henry. I am sure that you have finally got your point across (even though I didn't understand much of it). For me though, the man of last month's edition was Eddie De Roeck. Old Eddie still has a sharp sense of humour, and his letter summed up the situation completely. Nuff said. There have been 11 people who have so far completed the Quiz that I set in last month's edition but the highest mark so far is 15 out of 20, can you do better?

Not much to report on Lyn this month, but I was rather upset about the comment she made after I had opened that letter from Ron Hill. "Ron Hill", she said. "Is that the one with the Emu". What will I do with her.

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Submitted by Christopher Goulty Aged 10