

ROTHERHAM

HARRIERS

NEWSLETTER



No.1

November '84

FROM THE EDITOR

For a long time now I have thought that what was needed at R.H.A.C. was a fairly comprehensive newsletter, the main aim being to keep everyone fully informed with all that is going on concerning our club.

We are a fast expanding club, our present membership stands at around 750 and new members are joining us weekly. One of the attractions of our club is that runners of all abilities are catered for. Escorted training runs take place twice a week from the club hut and rigid training schedules can be obtained for the more serious athlete to adhere to.

On a good night, the training run can consist of over a hundred runners and it is surely this depth which makes us the premier club of S. Yorkshire. However, it is by no means all running down at Herringthorpe; we have a very busy social section organising dinner dances, discos and pea and pie suppers etc., any excuse to have a booze up and Ray Burgin will organise it, warm up sessions take place most Sunday evenings in the Homestead. If you have any suggestions for a social event or would like to lend a hand, contact Ray or Jeff Ashmore.

This newsletter is a new venture and it's success will depend on the help and co-operation of all members. It is hoped the magazine will be published monthly and keep you up to date with all the local results of the previous month. There will be a fixture list for the following two months, regular items will include a round up of the road racing scene, ditto for cross country; a committee news section which will keep members abreast of what our hard working committees are up to. We also hope to have a regular "for sale" column and articles on how to look after your feet and avoid unnecessary injuries. The youngsters won't be neglected either as there are plans for an under 15's page. There will be a "Who's Who" column and a host of interesting articles by all sorts of people and even your very own agony column - exciting innit?

But the main function of the newsletter is to act as a vehicle for members to keep in touch, pass messages etc., and publish fixtures and results. It's columns will be open for you to air your views on any subject. We hope to keep the magazine interesting and informative so if you have any suggestions or criticism regarding it, please feel free to let me know and by the same token, if you are able to offer any assistance at all in compiling it this will be gratefully accepted.

BRIAN HARNEY

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ROTHERHAM HARRIERS. THE FRIENDLY CLUB

Dear Members,

I will not bore you with a lot of words, but I would just like to give you a very quick breakdown of our club.

We have, at R.H.A.C., many standards of athletes; we have World Champions, National Champions but we also have timekeepers, race judges, starters, joggers, kids, nuns and dads in fact, you name them and we have them. There is something for all the family from eight to eighty; this is the perfect sport.

I leave you with these words "If you win - be a good winner, but if you lose - be a good loser."

Yours in sport.

DON CREAMER  
President R.H.A.C.

## ADMINISTRATION RE-ORGANISATION

In the past the Club has been run by a General Committee comprised of the club's officers, along with nine other elected members. However, in recent years the Committee has found an increasing workload has caused ever prolonged meetings, which in turn have meant that some important discussions have been sadly shortened and more trivial matters have taken time out of all proportion. More sadly, serious drinking time has had to be drastically curtailed.

Seriously, in an effort to spread this workload it was decided at the A.G.M. THAT THE ADMINISTRATIVE STRUCTURE of the club should be re-organised to delegate more of the day to day running to separate Section Committees. It is important that members know how the club is run, who runs it, and to whom they should turn with their queries and problems.

The new organisation now consists of the Executive Committee which will deal with the acceptance of new members, club correspondence, section reports and most importantly, finance. (in passing, have you paid your subscriptions for 1985 yet?). In addition there are now four Section Committees for Cross-Country, Road Racing, Track and Field and Under 13's. These Section Committees consist of a secretary plus two elected members, all of whom are eligible to sit on the Executive Committee. Two other elected members sit on the Section Committee only, along with qualified coaches, team managers or co-opted members who may have a specific interest in that Section. Executive Committee members are also permitted, by right, to sit on any Section Committee.

I hope that this is clear. Probably more simply the set up now is as follows:-

### EXECUTIVE COMMITTEE

<u>President</u>	Don Creamer	<u>Chairman</u>	Peter Wood
<u>V. Presidents</u>	George Kirk	<u>Treasurer</u>	Peter Wood
	Eddie DeRoeck	<u>Gen. Sec.</u>	Ralph Rowbotham
	Ian Mitchell	<u>Captains:</u>	
	Brian Steeple	Road and C.C.	Peter Neal
	Eddie Kirkup	Track & Field	Graham Stark
	Vic DeRoeck	Ladies	Janice Carrier
	David Haywood	<u>Section Secs:</u>	
	Connie Garner		+ 2 elected members (see below)

### SECTION COMMITTEES

<u>Cross Country Secretary</u>	- Jim Brogan	plus Mick Hague & Richard Self (executive)
		plus Ray Burgon & Alan Bryden (non executive).
<u>Road Racing Secretary</u>	- Pete Humphries	plus Gary Roche & Chris Ledwidge (executive)
		plus Dave Houghton & M. Cook (non executive)
<u>Track and Field Secretary</u>	- Ian Scott	plus R. Taylor & K. Worrall (executive)
		plus B. Parkinson, B. Marshall (non executive)
<u>Under 13's Secretary</u>	- Keith Toyne	plus Janine Winder, D. Johnson (executive)
		plus Peter Lord (non executive).

IMPERSONATION

Put simply, this means running in someone else's number.

Recently the club, and some innocent individual members, have been in trouble with members of other local clubs after an RHAC member accepted a prize (some time ago) which he had "won" wearing another member's number.

This is forbidden by AAA rules. Also, it gets the club a bad name and causes trouble or embarrassment to the real owner of the number. It is also wrong if the real owner agrees to the deception.

We have tried to stop this happening before now but obviously it still does happen. At the next full committee meeting we intend to announce the following:

"IN ANY CASE OF A CLUB MEMBER PROVED TO HAVE DELIBERATELY RUN WEARING SOMEONE ELSE'S NUMBER, WE WILL PROPOSE TO THE COMMITTEE THAT THE MEMBER IS EXPELLED FROM RHAC MEMBERSHIP"

If you feel you must run, and you have missed the closing date, the message is that you should do so without a number at all, and not cross the finish line. We do not think you should do this either, but it is a better alternative.

PETER HUMPHRIES  
Road Secretary

(To be put to the Road Section meeting for their approval)

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DON'T FORGET

.....  
THE WOODMAN 10K

WEDNESDAY NOVEMBER 28th AT 6.50 p.m.

Start and finish at the Woodman Inn, Midland Street, Rotherham.

Changing and Shower Facilities at The Woodman.

Entry Fee .. .. 30 pence

NO ENTRIES ON THE NIGHT

PRIZES

.....  
1st five finishers  
1st vet 0/40 and 0/50  
1st lady

(All prizes subject to number of entries)

PRESENTATION OF PRIZES IN THE WOODMAN INN AT 9.00 p.m.

BAR FOOD AND REAL ALE AVAILABLE

(In the interest of road safety, LIGHT clothing must be worn).

D. P. HOUGHTON  
G. P. ROCHE

RACE ORGANISERS.

Dear Member (Road Section),

As this is the first of our newsletters, I thought it might be wise to give a general picture of the club. This should be of particular interest to those of you who are new members and also those who normally don't compete in open races.

Depending on the success of the newsletter, each issue shall include race entry details, a results service and various information regarding the club. However, as this month's issue is more of an introduction, I have decided to report on some of the important races we have attended this year.

1984 has been a relatively good year for the road section, the bulk of the background work coming over the country during the winter months. Mid March saw the first of the season's marathons take place, the venue being Wolverhampton. The organisers of the race claimed they had the fastest course in Britain, that claim is certainly debatable, but I must admit that the last six miles are the kindest that I have come across.

Only seven weeks after Wolverhampton came the big one - LONDON. I remember the tension being relieved slightly on the morning of the race as we opened a good luck card sent by our coach Mick Hague who could not be with us. The London was, for us, quite a successful race with three notable runs coming to mind. Paul Venables and Peter Neal running 2 26 and 2 28 respectively plus an excellent 2 38 from Chris Ledwidge.

With London over and summer fast approaching, some of our section turned to the track for speed training over 5000 and 10,000 mts. There were some very good performances by Malcolm Palfreman and Frank Hibbet. Malcolm also had a fine run in the Sheffield Marathon to finish 6th behind Trevor Hawes of Swansea.

The PRINCE OF WALES HALF MARATHON was run on 25th July and, with the combination of a warm evening, 2,500 runners and superb organisation, the race was again a tremendous success.

The ROTHERHAM MARATHON came along in early September and, for 18 miles, there was a choice of three runners for the De Roeck trophy, but by 20 miles it was Sheffield winner Trevor Hawes who was to break away from our own Paul Venables and Malcolm Palfreman.

To round up this, the first of our newsletters, I would like to mention two races which stick out in my mind. First, there was the Nottingham Marathon which saw Dave Richards run a well deserved AAA qualifying time of 2 40 00 and, secondly, the Rowntree 10 mile road race at York; this is a race which has always attracted a large turnout by Rotherham runners but this year was exceptional. On the fast and flat York course, we had no fewer than ten pb's and two excellent sub 50 minute runs from Peter Mirlees and Peter Neal. We also took the team prize and the vets team award so a fruitful day was had by all.

I do hope that this kind of news will inspire all of you to enter some of the open races available throughout the coming season whatever your standard might be and by doing so, keep Rotherham Harriers firmly on the running map.

Good running.

GARY ROCHE  
Assistant Road Running Secretary

This year's open cross country fixture in the S. Yorks. league took place in near perfect conditions on the undulating course at Carlton, near Barnsley. As always, there was a large turn out for this fixture 539 runners, (70 of them from Rotherham Harriers) and Rotherham Harriers were represented in every section.

As always, the younger athletes displayed tremendous enthusiasm and excellent performances were recorded by P. Toyne (7th) and C. Foster (2nd) in the 8-11 years boys and girls events respectively with no less than 11 of the finishers in the boys race from Rotherham Harriers - surely a budding Peter Elliott in there somewhere!

In the 11-13 years age groups leading Rotherham Harriers were T. Price (10th) and I. Richardson (5th) in the girls and boys events respectively. Unfortunately, only one Rotherham athlete took part in the girls 13-15 event, Beverley Hirst who finished a creditable 4th but who is presently a non-scorer. Similarly, there was a low turn out (3) of our athletes in the boys 13-15 event but all finished comfortably in the first half of the field with A. Townsend in an excellent 6th place.

Rotherham's only individual winner of the day came in the Intermediate Ladies event where ~~Rina Woodward~~ ~~repped to a 37~~ second victory. An unfortunate clash of dates with the Northern Women's Road Relay Championships obviously contributed to Rotherham's low turn out of two in the intermediate and three in the Ladies events but T. Maxwell managed 10th place for the ladies.

Despite fielding only three runners in the youths event, all were highly placed with Gary Townsend confirming his promise with a fine 4th place, closely followed by Ian Kennedy (6th) and S. Atkinson (7th).

A massive field of 211 runners finished the combined Jun/Sen/Vet mens race, including no less than 32 Rotherham Harriers - surely a record turn out. The reigning South Yorkshire league mens champion Paul Venables produced yet another superb performance, taking 3rd place overall (2nd senior to Carl Thackery). Paul was supported by Wath schoolteacher Pete Mirlees in 8th position overall (6th senior) and Kevin Jenkins in 12th place (3rd Junior). Impressive performances by relative newcomers Nigel Brooks (21st) and Rick Sharp (24th) indicate the magnitude of the task which the cross country committee will face when selecting the teams for this year's mens championships.

In terms of the overall South Yorkshire Team Shampionship, Rotherham Harriers total of 865 points from this Carlton fixture leaves us currently in 2nd place behind Hallamshire who have 1056 points. The Hallamshire lead is due entirely to the higher points accumulated by their under 15 athletes (515 points) compared with ours (316 points).

In terms of the older runners, we can more than hold our own; so, there it is, youngsters - we CAN win this year's South Yorkshire League IF YOU TURN OUT!!

JIM BROGAN

Cross Country Secretary

CROSS COUNTRY FIXTURES - 1984

- Sat. 17th November .. Yorkshire Womens Championships at Heslington, York.
- Sun. 18th November .. S.Yorks League at Clifton Park (incorporating the Maurice Jackson Memorial Races - Medals to first three in each age group)
- Sat. 24th November .. Presto International cross country races, Gateshead
- Sun. 9th December .. S.Yorks League (final fixture) at Campsall, Nr. Doncaster.

In this guide, we shall try to give some idea which running shoe would be the most suitable for you. All the shoes listed are available from local sports shops and also included are a selection of racing shoes which you may wish to purchase.

++++ Excellent	Recommended for ..		
+++ Recommended	1 Faster runners	5 mileages of more than 25 mpw	
++ Average	2 Slower "	6 less than 25 mpw	
+ Poor	3 Heavier "	£ Average price	
R Racing shoe	4 Lighter "	P Runners who over pronate.	

<u>MAKE/MODEL</u>	<u>WEIGHT - gms</u>	<u>COMMENTS</u>	<u>£</u>
<u>ADIDAS</u> ATLANTA	200	+++ R 1 4 5	£34.50
DENVER	300	+++ 1 2 3 4 5	£36.00
NEW YORK	260	+++ 1 2 4 5	£31.50
ADISTAR RACER	200	++++ 1 4 6	£40.00
ZX 500	350	++++ 2 3 5	£41.00 P
<u>BROOKS</u> CHARIOT	300	+++ 2 3 5	£47.00 P
GASPARILLA	171	++++ R 1 4 6	£29.50
<u>DUNLOP</u> WHIRLWIND	300	+ 2 3 6	£19.50
S A SUPER	305	++ 2 3 5	£34.00
RACER	220	++ 1 4 6	£27.50
<u>HI TEC</u> DENVER	310	- (Don't insult your feet with this shoe)	£12.50
SILVER SPIRIT	270	++ 1 4 6	£32.00
SILVER SHADOW	250	++ 2 4 6	£18.00
<u>LE COQ SPORTIF</u>			
TURBOTEC	270	++++ 1 3 4 5	£45.00 P
ELAN	260	+++ 1 3 4 6	£20.00
<u>NEW BALANCE</u>			
990	300	++++ 2 3 5	£64.50 P
700RT	260	R++++ 1 4 6	£45.00
410	283	+++ 2 3 5	£27.50
<u>NIKE</u> INTERNATIONALIST	278	++++ (All purpose shoe)	£33.75
ELITE CLASSIC	200	++++ 1 4 5	£27.00
ODYSSEY	325	++++ 2 3 5	£55.50 P
AMERICAN EAGLE	165	++++R 1 4 6	£33.75
MARIAH	190	++++R 1 3 4 6	£39.00
TERRA TC	185	++++R 1 4 6	£35.00
PEGASUS	270	+++ 2 3 5	£30.00
EQUATOR 11	325	+++ 2 3 5	£44.00 P
COLUMBIA	325	+++ 2 3 4 5	£39.00
		(This shoe incorporates the Nike air wedge)	
<u>PONY</u> CARRERA 11	260	++ 2 3 4 6	£25.00
<u>PUMA</u> JETTER SL	275	+++ 1 4 5	£25.00
PRO RACER	200	++ 4 5	£21.00
TX 3	340	+++ 2 3 5	£34.00 P
<u>REEBOK</u> AZ 11	240	++ 2 3 4 5	£21.50
CLASSIC LEATHER	330	+++ 1 2 4 5	£37.50 P
		(All leather upper)	
MAREE TRAINER	280	++ 1 2 4 5	£24.00
PARIS	180	R+++ 1 2 4 5	£36.00
VICTORY GTI	310	++++ 1 2 3 4 5	£42.00
		(Full GORE TEX upper)	
LONDON	175	R+++ 1 4 5	£27.50
<u>RON HILL SPORTS</u>			
HIGHWAY	220	++ 2 3 5	£25.50
TRAIL BLAZER	280	++ 2 3 5	£28.00
2 08	155	R++++ 1 3 4 6	£30.00

Contd...

RUNNING SHOE BUYERS GUIDE 1984/5 Contd.

<u>MAKE/MODEL</u>	<u>WEIGHT - gms</u>	<u>COMMENTS</u>	<u>£</u>	
<u>Asics</u>				
<u>TIGER</u>	JAYHAWK XR	180	R+++ 1 4 5	£40.75
	NEW MONTREAL	250	++ 1 2 4 5	£24.95
	STRIKER ST.	300	+++ 1 2 3 5	£39.00
<u>UNISPORT</u>	PRO 210	190	++ 1 2 4 5	£20.00

GARY ROCHE  
Assistant Road Running Secretary

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CONGRATULATIONS to RHAC member CARL SMITH whose quick action in raising the alarm averted a major fire at a Rawmarsh bungalow where he had called to clean the windows

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Cheques totalling £1690.00 were handed over on 2nd November to Mr. Zaman of Rotherham Hospital - proceeds of the sponsored Fun Run held in May

The run took place on a Wednesday evening with about 500 competitors most of whom were in fancy dress. The race was started by our own Olympiad Peter Elliott who unfortunately, declined to pit his talents against the might of Gloria's chariot which was propelled by three 10ft gorillas.

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R.H.A.C. RACE CLASSIFICATION

Applying to senior, veteran or lady runners equally.

Category 'A'

International or national championships. Regional and national open events. Yorkshire championships.

Category 'B'

South Yorkshire Road League. South Yorkshire Individual Road Championship events. R.H.A.C. Championship events.

Category 'C'

Other road races listed on an agreed 'approved' list.

Category 'D'

Other road races. R.H.A.C. time trials. Handicap events.

Category 'E'

(which are excluded for handicap purposes)  
Chases and cross country events. Fun Runs. Self timed events wherever they are, Training runs.

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Please note: the following races are yet to be agreed, especially Category 'C' races. Your opinion is invited.  
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RACES CATEGORISED FOR 1984 (will be adopted for 1985 unless venue of championship events is changed or status of some events is altered).

Category 'A'

- 3: Northern 12 stage relay
- 4: Northern 6 stage relay
- 6: Yorkshire 6 stage relay
- Northern 12 stage relay (all with next stage if successful)
- 10: Rowntrees York
- 15: Holmfirth
- 20: Spenborough
- M: London (national)
- Leeds (Yorkshire)
- Flying Fox (national vets)

All dates will be included later

Category 'B'

- 5: Locke Park Road Races
- TUC 5 Barnsley
- Rawmarsh Road Races
- 6: South Yorkshire Road League series
- Barnsley
- Phoenix, Brinsworth
- 8.73 Ward Green
- 10: Askern
- RAC Club 10
- Stainforth
- Ernest Harper, Stannington
- Bob Midwood, Barnsley
- HM St. Leger, Doncaster
- Dronfield
- Sheffield
- otherham
- 20: Darley, Stainforth
- M: Sheffield
- Rotherham
- Barnsley

CATEGORY 'C'

- 5: Langold  
Batley Road Races
- 6: Scarborough  
Beatson Clark ( if annual)
- 10k: Barnsley  
Kirk Hallam (?)  
Welton Classic
- 10: Tickhill  
Ferriby  
Heckington  
Spensborough  
Bradford-Leeds  
Spire, Chesterfield  
Tadcaster  
Northallerton-Thirsk
- HM: York run  
Retford(two at present)  
Gainsborough  
Robin Hood, Nottingham  
Worksop  
Newark  
Lincoln  
Loughborough  
Wakefield  
Silverwood  
Tuxford  
Wirksworth  
Maltby  
Stars and Stripes, Mansfield  
Notts Fire Brigade  
Great North run
- 16: Harrogate
- 17: Rutland Water
- M: Woodhall Spa  
Bolton  
Stockport  
Chesterfield  
Robin Hood Nottingham  
Wolverhampton  
Derby

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WHAT'S AFOOT

by

Jeff Ashmore.

(Feet & their problems No.1)

This is the first article relating to the care of the feet, especially with you, the runner and your injuries, in mind. I shall try to relate to you the work of a chiropodist, or, if you prefer the modern term PODIATRIST which is what our counterparts in the U.S.A. prefer to call themselves. Not many people are aware of the scope of practice of the chiropodist. I will try to enlighten you more. It is not just a case of attending to toe nail problems or hard skin removal plus corns etc. Our job is the lower limb in its entirety, from the tip of your toes to the knee joint. So you can see we can be of great assistance to the runner who has achilles heel or shin splints to name a few conditions I am sure you have already become aware of. If time and space permits, I will mention more about these conditions and how they can be treated.

Over the past two or three years I have taken a great interest in SPORTS MEDICINE, being active in the veterans class has given me more incentive in that field. I have undertaken quite a few courses on these lines and where possible will try to pass on any knowledge I have to help you in your running career.

In the next article, I hope to cover some hints on shoe buying and eventually work towards prevention of injuries.

To close this first contribution may I just present this poem about feet just for interest sake.

"We have two feet, which are complete with ten large whiggling toes,  
without them our legs would be just pegs, where would we put our hose?

A baby's feet are chubby and sweet with toes all neat and pink  
There is never a corn among the new born which really makes you think

Then comes the day when we are old and grey, our feet begin to wear out  
We've got callous and corn and nails like horn, some even have the gout!

If we are wise, we will use our eyes and quickly find a clinician  
where they will treat our poor old feet, in an atmosphere quite hygienic

So, once again, there is no more pain, for our ten large whiggling toes  
Every callous and corn and nail of horn has gone to the end of our woes."

ENGLAND'S TOUGHEST, MOST BEAUTIFUL MARATHON

One Man's Windermere - Keith Degge

Awake from a troubled sleep - looked out into the quiet of the morning - it was drizzly, misty but calm - ideal running weather.

The start was at Bowness Harbour and promptly at 10.00 a.m. we were away to the cheers and shouts of the many spectators. Since there were only about 1500 runners there was no congestion and I was quickly able to get into my stride. Shortly after the first mile came the first stiff climb - the first of many to come.

Then a nice undulating (hilly) run along the lakeside where an encouraging shout 'Come on Rotherham' was heard. Five miles gone at Ambleside and reasonably easy, although an accompanying runner told me he was going for 3.05 - either he was too slow or I was too fast. The Langdale Pikes should be in clear view at this stage but either the sweat (or mist) obscured the view.

Another five fairly hilly miles and into Hawkshead where many spectators had gathered having taken the ferry from Bowness. Time still O.K. at this stage and legs given a boost by the encouragement of the spectators. Then on to more hills to Esthwaite Water until reaching the official clock at the halfway point.

Now the daddy of them all - a 1 in 7 hill stretching seemingly vertically ahead. Shall I walk or run?. In the event it was a compromise but even so many walkers were passed on the tortuous way to the top.

Over the top now and some stomach cramps nagging - probably taken too much drink. Running time a bit behind schedule though not too much. Round the toe of the lake now at Newby Bridge, through many more enthusiastic spectators and on to the aptly named Fell Foot at 20 miles.

Some tightening of the hamstrings now - is it cramp? Sadly it is - into the side to stretch and massage - vital minutes lost. On again but the same process repeated in a couple of miles. At 23 miles an ageing St. Johns lady obligingly massages my left leg - 16 or 60 who cares at this stage - on the road again without further halts.

But what about the time? The mile markers seem further apart now - will 25 ever come? It's here at last - a last climb then downhill into the harbour area. Spectators thick now - lots of cheers and shouts - but mainly only concerned about the finish now. 26 miles at last and surging past exhausted runners - only yards to go now. Digital clock in view showing 3.29. A final burst and arms aloft - the finish and still the clock has'nt reached 3.30. Elation and exhaustion, but mainly satisfaction. It's over - Battle won!

Also rans - Ian Thompson	2.26
Carl Smith	2.47
Dave Wedderburn	3.59

Certainly tough and undoubtably beautiful. Extremely well organised.

Next year 3.20???????????????

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WHO'S WHO IN ROTHERHAM HARRIERS? - CHRIS BEIGHTON

This is the first of what we hope will be a regular feature in the Newsletter. Each month we shall be casting the spotlight over some of the popular and not so popular members of the club. This will help everyone to get to know more about their fellow runners. This month's lucky feller is the ever popular (?) Chris Beighton:-

"I am a very youthful thirty two year old, I'm married and have a son named Mark. Since leaving school my sporting activities have centred around football and when I was younger and fitter I played for Wolves and Mansfield Town as an amateur. Unfortunately for these clubs their respective Managers completely overlooked my immense talents and I didn't make the big time. As a result, my playing career was restricted to Maltby Main and Rawmarsh Welfare. Two seasons ago, having had enough of kicked shins and bruised ankles, I decided to look round for another sport to occupy my spare time.

Having seen the first London Marathon on television I thought I would like to do that and I got in touch with my mate Paul Hunter over at Langold. He persuaded me to run the St. Ledger Half Marathon and although I did no training at all I managed to get round in a shuffling 1hr.50min. After that experience I left running alone for a while but I must have caught the bug because I suddenly decided to enter the Sheffield Marathon. This time I decided to 'train' and after a couple of weeks I staggered round in 4hr.5min. My new found sport didn't seem to be doing me much good.

In October 1982 I joined Rotherham Harriers and started doing some serious training with the lads at Langold. I have found that running and training with the Harriers has helped me a great deal in understanding the sport, particularly the various types of training required for different events and, equally important, when to rest. I am quite pleased with my times this year - in the St. Ledger I recorded 1hr.14min and gained 20th position - it seems a long way from the first run. In the York Marathon (1/2) I did 1 hr.13min and more recently 52min.13sec. for the York '100, but I think that course is a bit short.

Finally, I'd like to say that I really enjoy coming down to the club - I have made a lot of good mates down there and there is always someone to run with no matter how fast or how slow you are and the competition is getting fiercer all the time."

CHRIS BEIGHTON

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THE 1984 KARRIMOR MOUNTAIN MARATHON

This year we had three members taking part in the Karrimor, surely the toughest two day mountain trial in the country.

The Welsh recluse, Ted Parkinson, teamed up with Alan Wright in the B class and Henry Marston paired with Dark Peak's Roger Beumister in the A class. Henry will soon be busy writing his report for inclusion in next month's newsletter (he doesn't know this yet).

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## HANDICAPS, RACES AND CLUB RECORDS

You will probably be aware of the recent beginning of a club handicap scheme, and you may have noticed race lists on the notice board. A few words of explanation might be helpful.

Our membership is getting very large, particularly road runners, and the new road section committee is very keen to encourage a good club participation in good standard events with all enjoying their running to the full and improving their standards at the same time.

Getting on for a hundred members have now claimed handicaps and the list can be seen at the clubhouse. It enables us to plan more handicap events such as Christmas Day, makes that itself ~~be~~ easier to organise and allows a ranking list of club members to be drawn up. There are proposals to make a regular award to the runner improving handicap most in certain period, and it will be possible to make prizes available to the best performance against handicap in open races.

You can claim a first handicap by quoting three recent race performances and we hope that after that you will find time to submit a slip each time you take part in a (non Rotherham Harriers) race - forms will be handy at the clubhouse. Of course we will have records of most local races in A and B categories.

This brings me on to the categorisation of races. The idea is, the higher the category the more impressive the standard. We are not trying to tell members where to run and when but we would like to think that as many club members as possible will aim for the higher category races. Certainly a time claimed for, say, the Rowntrees 10 is more reliable as a guide than one claimed for the XYZ Fun run or mass-start half marathon. The club's status amongst others depends more on the higher category races. The race list has other uses too. Club funds are now available for road 'teams' in the same way as track and field. Our aim is to support 'teams' at say, category A and some B races.

Also, a club championship has been proposed with a points scoring system similar to South Yorkshire's but based on, say, 8 out of 15 performances at Category A and B races. Possibly we can use the same system of scaling as for the handicap scheme; details are still being worked out. Your comments and suggestions for the relative standard and worth of races are very welcome. One possibility, on the lines of Barnsely's, is to section the membership list up so that not only the top runners qualify for championship winning.

There are several ways that individual members can help - whether a fast or slow runner - notably by submitting their race times as soon as they have them. Also, as I have set up an archive of club results, any result sheets that members have (for both recent and former races) would be very welcome - they can be photocopied and returned.

The bulk of our club membership is in my view the road runners and what we are trying to do here is to get the affairs of the road runners on the same sort of standing and status as other sections. It is I think long overdue and I hope you will feel able to co-operate by supporting the efforts of myself and your road committees. Remember that the committee exists to represent you and your interests.

IN THE SAME DIRECTION.

Well, well, well, at long last we have a newsletter; great, great, great, it's surprising what comes up (Ray's own words - honest) whilst having a quiet or not so quiet pint at our local Homestead. You see, someone suggested, while playing his maracas, that RHAC should have a newsletter and it was rather nice to be asked to contribute a few lines for the first edition, so here goes.

To many members I imagine that Monday and Wednesday are the most important and satisfying nights of the week. I would like to bet that all day long your mind keeps dwelling on the coming night's club run. Arriving at the club gives us all a chance to show off new gear, compare swollen toes and ankles and swap injury stories.

Eventually, 6.30 p.m. arrives and we hear the familiar battle cry "Are yer ready?", some of us are, some of us aren't but we all manage to trot off together. Sometimes, after consulting the map, (that has been measured with an elastic ruler by yours truly) - we have even been known to set off all in the same direction!

It is very satisfying to me, as I think it is to many members, to see that at last we are having successful organised club runs. Last year we didn't seem to get the system and the map for the runs correctly planned out but now I am a bit more familiar with the Rotherham district and for this winter I have simplified the runs by having simple maps and if the big turn out for these runs is anything to go by, something must be right about them.

I would like to thank all of you lads who I know would rather fly off right from the start, for holding back for the first mile or so. By doing that, it gives more incentive to the slower runners amongst us who like to be up with the big boys, even for a short while. Then, after the hares in the pack have chased off into the darkness leaving us tortoises in their wake, we could try getting into groups instead of running individually, groups of, say, four or five encouraging each others performance has got to be more enjoyable than plodding along all alone.

Finally, a comment on SAFETY, some of you may be a bit fed up with being told to wear white clothing on dark nights but, believe me, it's for your own benefit. Another consideration, is that if there was an accident, it would reflect rather badly on RHAC apart from being very painful to yourself, so PLEASE make SAFETY a PRIORITY.

If you have any suggestions for Monday or Wednesday night runs, or if you have a favourite route you feel we should include, please let me know.

RAY BURGON.

THE TALE OF A JOGGER'S WIDOW

What do you do with a husband who has tried his hand at most sports with only a modicum of success but who believes he could be another Boycott, Charlton or even Bruce Lee? I remember a few years ago when, after an argument of quite volotile proportions, Dave took himself off outside and did a quick karate chop on our quite innocent garden fence. Needless to say, the fence won! I suppose I should have been grateful that he hadn't decided to practice his martial arts on me. Another time I was consumed with protective instinct when he arrived home from his Judo class with his hand in some kind of contraption which the local Casualty Department had applied because he had managed to break his thumb. I was all set to go down and get the culprit responsible in a strangle hold, followed by a quick heave over my left shoulder, when he confessed he hadn't done it partaking in this manly sport but had trapped it in our car door after his lesson. Consequently, I have, over the last few years, let him just get on with the painful business of keeping fit and ignored his scorn over my ability to be just plain idle. However, over the last several years, he has maintained his longest sporting activity to date by, first of all, being a jogger along with the rest of the nation and gradually becoming as obsessed with running as the rest of the Rotherham Harriers with whom he joined ranks about eight years ago.

I thought, in my own innocent way, that if I ignored the situation it would do it's usual nose-dive but I hadn't bargained for the running mania which has since gripped our household by the throat. Since this latest disease got into his blood we have swallowed thousands of vitamin C capsules, cod liver oil and malt and every health pill you can think of until food is now obsolete! We have tried every kind of running shoe available as and when it's appeared in the shops. In fact, he's convinced that he's the test pilot for Rebok!

The realization that I was in danger of becoming a running widow hit me quite out of the blue one day when, listening to his latest achievement, he kept on out how well Mick had run and did I know that Brian has had his best race yet and that So-an-So has run backwards round the equator - naked, except for his socks.

I thought it was time I met these God like creatures, so I ventured out to the mecca of all Rotherham Harriers, commonly known as The Homestead and, would you believe, everyone appeared quite normal (mind you I was later to doubt my first impressions having witnessed some parties at first hand). Not one of them had a halo around his head as I had been led to believe, after all.

So now ladies, don't let your feller have all the fun, come and join the ranks with me and all the other wives, you would be made most welcome. Just think how proud you will feel when a stranger asks if you are a member of the Harriers and you can say "yes". He'll admire you for taking care of yourself and keeping fit, I won't tell him that you are really as idle as me and only interested in the social scene and if you ARE suddenly siezed with an uncontrollable urge to keep fit or, even worse, to jog then you can be sure that there will be somebody around to fan you with a pair of sweaty running shorts until you have fully recovered.

MARILYN CARRATT



UNDER 13's SECTION

Keith Toyne

At present this section is well supported, particularly by boys. The regular attendance on club nights is approximately 40 - 60 athletes.

For the first of the S.Y.C.C. league meetings at Carlton the under 13 section was represented by 26 athletes. Noteworthy results were as follows:-

<u>Under 11 Boys</u>	Paul Toyne	7th
	Chris Goulty	10th

5 of our runners finished in the top 20.

<u>Under 11 Girls</u>	Claire Foster	2nd
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<u>Under 13 Boys</u>	Ian Richardson	5th
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The second meeting held at Canon Hall saw an even bigger turnout. There were some good results throughout the age group. However, the girls are still suffering from lack of numbers.

<u>Under 11 boys</u>	Paul Toyne	9th
	Chris Goulty	10th
	Simon Brock	15th
	Michael Davies	18th
	Adam Lord	19th

<u>Under 11 Girls</u>	Claire Foster	3rd
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<u>Under 13 Boys</u>	Ian Richardson	2nd
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In this age group other results are not yet known but we probably had 6 athletes in the first fifteen. A very good team performance.

It is hoped that the first meeting of the Under 13's section committee will take place on Friday 16th November at the Co-op Club.

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MICK'S MOB

There have been some very encouraging performances already, notably from Pete Neal, Steve Elvidge, Nigel Brooks and newcomer Rick Sharp. Well done lads!

The growing problem at the moment is the number of people joining in the Group's sessions. Whilst this is very welcome I hope you do appreciate that with large numbers it is difficult to give as much attention to everyone as I would like. This has been exacerbated by Bill McRobb retiring from the coaching scene.

Everyone is welcome to join in the sessions on Monday and Wednesday but I would like to re-iterate what I said when I first began coaching - namely that I am only interested in people who wish to be competitive and to improve their performances. I am not interested in joggers and social runners and I do not say that in any derogative sense. You are all, I hope, responsible adults and if you have a schedule you should be able to work on that on your own without having me breathing down your neck.

Having got that off my chest, keep up the interest and the good work. A new schedule is due put for the middle of November. Again, because of the numbers it is incumbent on you to collect one from me and to keep in touch if you have any problems.

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ADVANCE NOTICE

This year's Rowbotham's Rotherham Run will be held on Saturday 29th December. Start and finish will be at Tinsley Junior School where there will be changing facilities and showers. There will be awards to everyone who completes the course and because we are expecting several entries from other clubs there will be a trophy for the first team of three.

The presentation will take place in the Co-op Social Club in the evening and we hope to have a Disco and a bar extension.

Helpers are always required and if anyone feels able to assist please contact Ray Burgon (Shef.31495), Dave Carratt (Roth.79526), or Maurice Cook(Roth.73368).

'Recce' runs will take place over the course on four consecutive Sundays - November 18th and 25th and December 2nd and 9th, all starting from the Stadium at 9.00 a.m. Further details in next month's Newsletter.

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CLUB RUNS

As you know, Ray Burgon has for the past three years been trying to get the Monday and Wednesday night training runs organised. Finally, just as the cold dark nights have caught up with us once more, the scheme seems to be working and more and more runners consult the map before venturing out.

I personally think this is a great idea. It enables runners of varying abilities to enjoy training together even if only for a few miles. The pack then splits into three sections with the first group turning off the route and heading for home doing about five miles. The second group turn off later and complete about seven miles while the remaining long distance fans carry on for between ten and twelve miles. If a runner arrives at the track after the pack has left he need only look at the map to see which route is being taken and then join the others en route.

Ray has put in a lot of time preparing maps etc. and I think we should help all we can to keep the scheme going - let's give it this Winter and see how it goes.

BRIAN HARNEY

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JUST A REMINDER..... to all who intend to run the 'LONDON'. Your entry should be off by November 9th, that is if you've managed to find the small entry form amongst all the other rubbish.

However, if you are not selected do not despair - you can get in by running a 2.40 before mid January, thereby qualifying to enter the 'LONDON' via the AAA championships.....

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CHRISTMAS DAY RACE 1984 : NOTES FOR ENTRANTS

1. This race is for members of RHAC only.
2. Entry is on official entry form only, with definite closing date for entries at 11.59 p.m. on Monday, 10th December, 1984.
3. This race is for bona fide club runners who enter in the true spirit of competition. There are so many members now that we have to say THE ONUS IS ON THE RUNNER TO PROVIDE GENUINE INFORMATION TO ALLOW PROPER HANDICAPS TO BE MADE.
4. You will be asked to provide details, as accurately as possible, of your previous racing history. You will not get a just handicap without this information but club handicap scheme members will already have provided it and need not do so again. Members who provide no or insufficient information must run 'last off'.
5. Current subscriptions must have been paid at the time of your entry. This will be checked.  
NEW MEMBERS: Filling in an application form does not make you a member. It must be accepted at a full RHAC committee meeting - in this case, the November meeting at the latest.
6. ENTRIES WHICH DO NOT CONFORM TO THE ABOVE WILL BE REFUSED.
7. Handicaps apply at the start of the race i.e. 'staggered start'.
8. An interim handicap list will be published on the notice board on or before 12th December. Objections, in writing, to any handicap, stating evidence, will be taken and seriously considered in an effort to ensure they are right. The final list will be published on or before 17th December.
9. All competitors in the race must wear TWO numbers (provided on race morning) - one on the front and one on the back of their vest. Failure to do so will disqualify.
10. In keeping with AAA rules, pacing of any kind is forbidden and failure to observe this rule will disqualify.
11. The organisers reserve the right to allow RHAC members who apply late, or on the day, to run if there is sufficient bona fide reason in their view. Such runners will be 'last off' and may not take any award.
12. New, unknown, lapsed, infrequent or casual club attenders cannot expect to get a good handicap. The ONLY cert in criterion which the handicappers will apply is previous genuine competitive performance, though age and sex of entrant will be taken into account.

Well folks thats the lot, the first Newsletter. I hope you found it interestig, hopefully the next issue will contain mo re results as this was one of the main aims behind the Newsletter. How ever, results are becoming increasingly more difficult to get hold of, as you know, some races take months to prepare a result sheet but we have a growing army of eager Beavers digging out information from all kinds of places, so stick with us.

If the Newsletter hasnt included anything to interest you at all, let me know, better still, write something yourself, you'll be amazed how many people think along the same lines as you.

As from Mon. 12th. Nov. there will be a 'Newsletter box' pinned up in the changing rooms and if you have any bits of information, tips, advice or even gossip that you think ma y interest fellow members, just pop it down on a note and shove it in the box. It could be a few lines(usefull to fill in small spaces) or it could run to volumes, it is all usefull.

But getting back to results for a while, if all members, after finishing a race, take the trouble to write down the winners time and the time of other RHAC members in the race and push it in the box the next training night, it would be a great help to myself and Pete Humphreys. As it is now, members are racing all over the country every weekend and unless we get back the info. no-one knows who has been where and what times have been run.

Finally, I would like to thank the many people who have helped to produce the Newsletter, especially Margaret Cook and Pete Humphreys.

GOOD RUNNING.

PLEASE NOTE.....Any items intended for inclusion in the Dec. issue should be 'posted' by Mon. 26th. Nov.

Keep em coming, results, fixtures, for sale ads.  
etc, etc, etc, etc, etc, etc, etc,.