



Yorkshire Road Relay Championships: Saturday 18 September

RH Men Have the Winning Habit

Years of frustration in the Yorkshire Relays seemed but a dim memory as RH not only held on to the title, but did so in fine style. The ladies and younger runners also gave class performances. We need to look to area and national competition.

The Sid Scoop Report

It hardly seems 731 days since Andy Aked scorched round the Don Valley track at speeds approaching Mach 2 to secure the 2002 title for the Men In Black. Unconfirmed reports reveal that last years event was cancelled due to firemen still damping down the course after his white hot effort. The Ladies made one change to their team with Jenny Blizard replacing Gill Taylor while the defending champions made 3 changes. Superfast Vets Mark Ruddleston and Pete Mirrlees made way for new kids on the block Jonathan Thewlis and Phil Hoole while Joe Gavelle had grown hair.

The Return of the Jeni

As the Ladies race got underway, Jenny went gallivanting off into the lead which caused much consternation amongst her team-mates. Mrs Garrison began frantically searching her handbag for a satellite navigation system. We were in unknown territory. As Blizz the Whizz flashed across the finish line, Jim Brogan's fake Rolex stopwatch stopped at 10mins 53secs. JB you were just brilliant. No, not you Jim! Mrs Garrison, who just loves these pressure situations, held a 55secs advantage but was being relentlessly pursued by Hallamshire star Channah Patton. In a tantalising finish Hilary's 11mins 58secs was good enough to hold on to the lead by 1 second and maintain her 100% record of just pipping Hallamshire whilst almost killing herself in the process. Into the second half, Janet Hindley did her best to keep the team in contention after doing her best all week to relinquish her place in the team. However, her time of 12mins 26secs saw the team slide to 4th place just 19secs away from the bronze medal position. On to the final leg and Paula Fisher arrived with a frightening lack of recent form but she tenaciously hung on to 4th place with Holmfirth reducing the deficit to 8 seconds. Paula's time was a magnificent 13mins 08secs and was a timely return to form. Overall the team improved their 2002 finishing position by 1 place and we were just 28secs short of a podium spot. After many years blighted by injuries, Jenny is now a force to be reckoned with after an injury free season. Her time was the fastest leg of the day despite her closest rivals having the advantage of having someone to chase. And she stayed out late and got drunk the night before.

Close Encounters of the Second Kind

In the men's race Joe Gavelle got the title defence underway. The now follicly unchallenged fastman got us off to a great start with an assured 20mins 47secs for 4th place. Main rivals Bingley already held a 1min 3 secs advantage, but they had already played their ace. We had only played our Joeker! Phil Hoole took over going through the halfway check 1 second faster than Joe, but more importantly Bingley were being slowly reeled in. Moving us into 3rd place, Phil's 20mins 41secs reduced the deficit to 37secs. On to leg 3 and Jonathan Thewlis was only making a slight dent into Bingley's lead, but the halfway time check revealed an amazing 9mins 48secs, unofficially 16secs faster than Phil. Jonathan improved our position further with an outstanding 19mins 58secs to reduce the arrears to 22secs. At the halfway stage things were beginning to warm nicely, Richard Harris disappeared to release some last minute tension and confided in Jim Brogan "it's just come out like spaghetti." "Don't worry" said Jim, "just cut 6 inches off your mesh vest." Such toiletry turmoil was soon forgotten as Richard thundered round the opening lap matching Phil's halfway mark of 10mins 4secs. Demonstrating excellent pace judgment, he completed the second lap 15secs faster than Phil to clock a remarkable 20mins 26secs. More importantly Bingley's lead had been slashed to a mere 9secs.

2002 hero Andy Aked looked a bit uncomfortable walking down the steps to the start but any fears about his fitness were soon dispelled as he quickly moved into a commanding lead, matching Jonathan's halfway effort. Extending the lead to a comfortable 1min 26secs, Andy's time of 19mins 59secs was another heroic endeavour as moments later it was clear that his hamstring wouldn't pass it's MOT. The last leg was a formality as Northern 800m & 1500m Champion and Devil Take The Hindmost King Rob Watkinson grabbed the invisible baton and strode off into the sunset. Victory could only be denied if he was kidnapped by Bingley fundamentalists. Fortunately Rob kept his head and despite having the luxury of a sizeable lead, eased through halfway in an incredible 9mins 46secs, 2secs up on Jonathan & Andy. As Rob entered the familiar surroundings of the stadium, he stylishly strode the final metres waving to his fans to finish in 20mins 4secs to complete a beautiful victory. The final winning time was 2hrs 1min 55secs and the margin of victory was a surprising 2mins 29secs over Bingley.

Star Wars

Entered as a B team, the reigning Yorkshire Veteran Champions were out in force and ready to rumble. In his last unofficial appearance, Pete Shaw opened proceedings with a tremendous 22mins 34secs and an auspicious 17th place. Mark Ruddleston, who was a member of the winning 2002 team was dismayed to be relegated to the B team and confronted Chief Finance Officer Jim Brogan about his reduced appearance fee. "I demand to be paid what I'm worth" said Mark. "I'm sorry" replied Jim, "but we operate a minimum payments structure." Such financial fantasies were soon forgotten as Mark rocketed round in an impressive 21mins 21secs to move us up a massive 5 places. Terry Eastwood maintained the momentum with a magnificent 23mins 49secs to move us up to 11th. Pete Neal showed he's still the real deal clocking a fabulous 22mins 41secs to retain 11th place while Pete Mirrlees was a non-mover in the charts despite running a superb 21mins 25secs. The team's senior member Chris Beighton closed the show with an exceptional 22mins 43secs which brought us comfortably into the top 10 with a total time of 2hrs 14mins 33secs.

Back To The Future

It was quite obvious that the vast majority of these fine athletes are quite unashamedly a set of Statto's and so to satisfy this voracious appetite, top right is a comparison of the 2002 & 2004 winning teams;

Junior/Senior Women Individual time

1 Wakefield A	2 Hallamshire A	3 Bingley A	4 Rotherham
7 E Mannion 12.16	4 J Seymour 11.51	5 S Cariss 12.09	1 J Blizard 10.53
5 C Snelgrove 11.18	2 C Patton 11.01	3 L Mawer 11.02	1 H Garrison 11.50
1 J O'Mara 10.57	3 J Whitehead 12.06	2 S Beconsall 11.42	4 J Hindley 12.26
1 P Thackray 11.29	2 N Squires 12.15	3 B Weight 13.04	4 P Fisher 13.00

Junior/Senior Men Individual time

1 Rotherham A	2 Bingley A	3 Hallamshire A	10 Rotherham B
4 J Gavelle 20.47	1 I Holmes 19.44	5 A White 21.20	17 P Shaw 22.34
3 P Hoole 20.41	1 A Johnson 21.07	4 P Whitelam 20.21	12 M Ruddleston 21.21
2 J Thewlis 19.58	1 J Cordingley 20.13	3 J Heap 20.16	11 T. Eastwood 23.49
3 R Harris 20.26	2 A Peace 20.39	4 G Keight 21.04	11 P Neal 22.41
1 A Aked 19.59	2 R Daly 21.34	3 A Thake 20.18	11 P Mirrlees 21.25
1 R Watkinson 20.04	2 S MacDonald 21.07	3 S Marsden 21.26	10 C Beighton 22.43

AGM 2004

6.30pm on Thursday 14th October
 at the Council Chamber,
 Grove Road, Rotherham.

Nominations (which can be made for ALL Officers of the club) and any items for agenda to be sent in writing to club secretary Bert Norburn within 21 days of the AGM

2004		2002	
Gavelle	20.47	Gavelle	21.09
Hoole	20.41	Mirrlees	21.10
Thewlis	19.58	Ruddleston	20.48
Harris	20.26	Harris	20.17
Aked	19.59	Watkinson	20.13
Watkinson	20.04	Aked	19.44
Total	121.55	Total	123.21

Jonathan, Andy & Rob were 5th, 6th & 7th respectively in the fastest leg league table. Everyone was in the top 4 fastest on each leg. Richard Harris' 2nd lap was only 18secs slower than his 1st lap and therefore his pace decreased at the least decreasing rate.....

2004 LADIES RESULTS

1 Wakefield A	46.00
2 Hallamshire A	47.13
3 Bingley A	47.57
4 Rotherham	48.25
5 Holmfirth A	48.33
6 Keighley &	50.34
8 Hallamshire B	51.27
9 Barnsley A	52.56
10 Bingley B	54.49
11 Holmfirth B	56.36
12 Spenborough A	56.50
13 Barnsley B	58.03
14 Longwood	61.09
15 Spenborough B	77.39

2004 MENS RESULTS

1 Rotherham A	121.55
2 Bingley A	124.24
3 Hallamshire A	124.45
4 Holmfirth A	124.52
5 Leeds City A	127.21
6 Hallamshire B	131.14
7 York Acorn A	131.20
8 Otley A	132.46
9 Keighley & C A	133.00
10 Rotherham B	134.33
11 Barnsley A	135.50
12 Wakefield	140.21
13 City Sheffield A	142.13
14 Spenborough A	142.53
15 Horsforth	146.50
16 Keighley & C B	148.12
17 Holmfirth B	148.24
18 Longwood	150.21
19 Barnsley B	152.51

Resignations

The Executive Committee in September reluctantly accepted the resignations from the Hastey family. Alan, Rhian and Scott are moving on and we wish them well in their future involvement with athletics

SYCAA Sponsor Technical Officials Course

A Course has been arranged at the EIS, Sheffield for anyone interested in becoming a graded technical official. The course is sponsored by the SYCAA and is FREE OF CHARGE. If you are interested in Time-keeping, Starting/Marksman, Track or Field judging you will find this an interesting day on Sunday 24th October. Contact Secretary Bert Norburn for further information

Indoor Training/Sportshall amendment

The sessions at Herringthorpe Leisure Centre which commenced on Wednesday 6th October will now be EVERY WEDNESDAY through to March 2005 the cost remains the same £2

Winter Circuit Training

Peter Moore and Jim Guite are holding Circuit Training Sessions in the Lower Gym at Wickersley School every Monday Evening 6.00pm to 8.00pm from October to March 2005. The sessions are designed primarily for athletes aged 15+ contact Peter or Jim for further information

Long Serving Club Member receives Honour

Our congratulations go to one of our Vice Presidents, past President and previous Club Secretary of 29 Years. At the recent AGM of the South Yorkshire County Athletic Association Ralph Rowbotham was appointed President of that Association.

Everyone in the Club knows that they will benefit tremendously from his wealth of experience in Athletics at this level. Well done Ralph.

AGM Fixed

Finally one last reminder the AGM for 2004 has been Fixed for 6.30pm on Thursday 14th October at the Council Chamber, Grove Road, Rotherham. Members are asked to attend this important event.

Young Athletes Christmas Party

This years bash will once again take place at The Trades Club, Greasbrough Street, Rotherham 7.30pm to 10.00pm

The usual format 'You know who' will visit with a present for each child, Disco, Light buffet (Kindly supplied by parents)

Maurice Jackson 2003/04 Cross Country Awards and other presentations.

Cost not yet fixed but it will be VERY reasonable. Further details well before the event. Contact Bert Norburn for information

The following has been circulated to all South Yorkshire Clubs:

South Yorkshire County Athletic Association Championships 2005**A Discussion Paper For All South Yorkshire Affiliated Clubs**

For many years your County Association has promoted Senior Championships and Young Athlete's Multi Event Championships.

In previous years the Championships have been held separately the Seniors usually in September on a Sunday the Young Athletes multi events mid week in evenings in July.

HAVE WE GOT IT RIGHT ? ARE WE GIVING YOU THE CUSTOMER WHAT YOU WANT?

In 2004, 65 Young Athletes (U13 and U11 Boys and Girls) contested their multi event Championships 152 Seniors contested their Championships. Both entries were considerably down on the 2003 entries.

We want to increase the entries into these Championships so we want to know your views, consult your members, athletes, coaches, mums and dads. TELL US WHAT YOU WANT? WHAT WILL INCREASE ATHLETE PARTICIPATION?

Here are a few points YOU MAY WISH TO consider:-

- A Would you prefer the Young Athletes competition to be moved to a weekend event?
- B Would you like to see the Young Athletes Championships contested on the same day as the Seniors?
- C Would you like to see the U 13 (Boys and Girls) change format from a multi event (1 run, 1 jump, 1 throw) to an individual contest with increased events, Sprint Hurdles, 100m, 200m, 800m, 1500m, Long Jump, High Jump, Shot Put, Javelin, Discus. This would result in an individual Champion for each event and awards could be made for 1,2,3. (Competition rules for YA would restrict entries into a maximum of three events on the day)
- D Should the U13's retain the option to partake in a Multi Event with 1,2,3 being awarded Championship status?

Your County Association wants to promote Championships which are successful, prosperous and well contested.

You may also comment on any other events that this Association promotes, The Relay Championships, The Leagues whether Track and Field or Cross Country.

Let us know your views, please reply by 16th December 2004 to enable us to plan ahead, by post to

Bert Norburn, Vice Chairman/Young Athletes Championships Secretary SYCAA,
14 Chiltern Rise, Brinsworth, Rotherham, S60 5JT or by E Mail to bertatharri-
ers@madasafish.com.

Replies are invited from individuals or collectively from Clubs so please circulate this document as widely as possible.

Yours In Sport,

Bert Norburn, SYCAA., September 2005

Final Club Championship Races for 2004

Alan Bryden

We have had 30 races in the Club Championships so far this year with a further 4 to follow as detailed.

Oct 31 Race 31 23rd Worksop Half Marathon Sunday 10.30am. Entries to G Edwards 19 Borrowdale Crescent Dinnington Sheffield S25 2TW. C/D 23 Oct 04. Entry Fee £10. +£1 E/D payable to Worksop Harriers. Entry form available on www.worksop-harriers.co.uk NB No SAE required. Enter before 15 Oct and your name will be on the T-shirt.

Oct 31 Race 32 37th Holmfirth 15M Incorporating the Yorkshire County (male and female) and Yorkshire Vets AA 15 mile Championship. Sunday at 10.30am from Holmfirth High School, Heys Road Thongsbridge Holmfirth. Extensive prize list. Entries to Holmfirth '15' c/o Mike Mavromihales, 15 Broadgate Crescent, Almondbury, Huddersfield HD5 8HU. C/D 23 Oct 04. Entry fee £7.00 + £1 E/D payable to Holmfirth Harriers AC. Entry form available on www.holmfirthharriers.com.

Dec 5 Race 33 Percy Pud 10K Sunday at 10.00am. entries to Percy Pud HQ Fulwood Road Sheffield S10 3BL Entry Fee £6.50. No Entry on day. Payable to Steel City Striders Running Club. Entries close 8 Nov or when 1200 runners have entered. Do not leave it to late!!! Entry form on www.steelcitystriders.com.

Dec 15 Race 34 Rotherham Harriers 5M and presentation of awards evening.

The turn out in some of the 30 races has been low and they will be dropped from next years list. The 8 races and runners, in brackets, which will be dropped are Ferriby 10M (1), East Hull 20M (1), Wombwell 5M (2), Ranby 10M (3), Retford 5K (1), Sandal 10K (1), Barnsley 5K (1), Doncaster 5K Seniors (2). If there are any races that athletes would like added to next years list please let me know and they will be considered.

Note: Dennis provided a brief summary of the two road relays before travelling to Scotland to watch u15 girls Natalie Grant and Jade Allen, and U17 woman Lyndsay Clarke race in the Reebok XC challenge. Ed.

Triple silver success for the young ladies of Rotherham Harriers. First of were the u13 girls who perform solidly from the offset of their race. Jemma Creaghan ran a storming race to finish 2nd which shows real promise and with an injury and illness free winter she should be contesting for a Yorkshire vest at the Yorkshire XC champs. Next to finish in 9th was Rebecca Middleton who is improving all the time and she could also be pushing for a Yorkshire vest come next January. Young Georgina Palmer was the third member of the silver medallist team in 14th place. There was good backup from Amber Merrills in 15th place who was injured during the race when someone jumped over a fence and kicked her in the leg. They truly deserved the silver medal position.

The u15 girls also gained silver medal with Natalie Grant storming to a comfortable victory with the ever improving Jade Allen in 5th place and again if these two remain injury free they will gain another Yorkshire selection for the Inter Counties next year. Rounding of the team was Rebecca White who finished in 19th position. There were good support from Harriet McClaren and Laura Barnes who finished 27th and 30th respectively.

U17 women success came in the form of a relay with a good solid 1st leg from Victoria France who came home in 3rd place, second leg runner Lyndsay Clarke continue the solid team performance coming home in 3rd place, but a storming run from Leanne Waddington who finished with the 4th fastest time of the competition came home in 2nd place, and finally Sarah Barnes ran a storming 4th leg to bring the team home in the silver medal position.

North of England Road Relays at Woodbank Park Stockport - 3rd Oct 2004

Well for those who turned up to compete, they made Rotherham Harriers a very proud club and made other team manag-

ers look in awe at the talent there is at Rotherham.

First off were the u15 girls where Natalie Grant ran her normal excellent run bringing the team home in 2nd position, her time was the third fastest of the day. Then the ever improving Jade Allen ran an impressive 2nd leg bringing the team home in 1st place with a 30 seconds lead over the next team, the final leg saw young Laura Barnes run her heart out to bring the team home in 19th position.

The under 17 women who were hoping to get a top six position ran beyond the expectations of their coach and gained respect from all quarters of the other team managers and coaches when finishing a very creditable 3rd thus winning a team bronze medal.

First off was Leanne Waddington who is running superbly so far on the road this year and came home in 6th position, her time was the 8th fastest of the day, following Leanne was Lyndsay Clarke who ran a reliable solid 2nd leg bringing the team home in 4th position, on the final leg was Victoria France who is now getting back to the form she is capable of and her powerful run brought the team home in 3rd position thus a bronze medal for all the team.

To show the depth of talent Rotherham Harriers as at this age group Sarah Barnes ran a strong first leg for the 'B' team to come home in 25th position. Sadly Sarah was the only 'B' team athlete who competed. The quality that exists in this age group showed as there were only a minute between the fastest and slowest times of the four athletes, a really true excellent performance from the young ladies of Rotherham Harriers and they are all in the same age group next year.

On the 9th October u17w Lyndsay Clarke, u15 girls Natalie Grant and Jade Allen will be making the long trek to Falkirk to compete in the Reebok xc challenge and then returning home to run in the first SYXC league races on the 10th October. True dedication from such young talented athletes.
Dennis Russell, UKA Level 4 Coach Middle Distance

ULLEY TIME TRIALS 2004/2005

These will be held on the last Saturday of each month (except December, which will be the second last Saturday), commencing in October, as follows:

30th October 2004

27th November 2004

18th December 2004

29th January 2005

26th February 2005

26th March 2005

As before it costs £1:00 per event or £5:00 for the whole series.

First runner sets off at 11:30 am, and numbers can be claimed from 11:00 am onwards. Remember it is **FIRST COME FIRST SERVED** to book your start time.

Rotherham Harriers & AC Newsletter

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Club Websites:
www.rotherhamharriers.org (official site)
www.hmarston.pwp.blueyonder.co.uk/rhac/index.htm
Newsletter and back issues on-line:
www.thedoc.fsnet.co.uk/jul04.pdf or ...jun04/pdf etc

We are always interested in the views and news of runners, especially members (old, new, ex- or prospective).

Deadline for copy: first Tuesday each month.

Thanks to contributors this month including: Jim Brogan, Dennis Russell, Bert Norburn, Rob Watkinson, Ian Hindley.

Snippets

December 11th is the date for this year's Round Rotherham Run (50 miles). More significantly for those of us who are no longer able to do this (or never were), it's the 8-stage relay as part of the event. Get yourself into a relay team asap. You need time to recce the route. Stages approximately 4.5 to 9 miles. Any number make a team (but you can't run two consecutive stages) therefore two minimum. Three ladies plus makes a mixed team, with perhaps closer competition.

Early comment from the SY cross-country series first race last week end is that Jenny Blizzard picked up where she left off ie very fast, winning in 25.47 with Janet Hindley 3rd in 28.41. Phil Hoole fastest RH man in fifth (28.40). In the

junior events RH winners were: Sam White (U15 boys), Nicola Grant (U15 girls). There was some problem going off course in the ladies event, not affecting RH.

From Dave Haywood: Good news for the club is that Craig Birch is back home in Maltby. You may recall he left these shores at the start of the summer to be an holiday rep on the Sun kissed Island of Majorca working in Alucia. Now back home to hopes to kick off his athletic career once more.

Ed: I forgot last month to mention that Warren Vayro is now back with us following a spell on, I think, Teesside.

Aspects of Training: Nutrition

Iron and the athlete

The main job of iron is to form part of haemoglobin, the red pigment that carries oxygen in the bloodstream from lungs to muscles and brain.

Serum Ferritin is an accurate measure of iron storage. An important discovery has been made about low serum ferritin counts: You are 3 times more likely to get injured pursuing your sport. This is because your muscles will tire more quickly and consequently give less support to tendons and ligaments. There is also evidence that low serum ferritin levels may permanently reduce physical performance.

The RDA of iron for women is 15mg and 10mg for men. However the iron requirements per day for serious endurance athletes are much higher, 41mg for women and 36mg for men. A few years ago a survey of athletes diets revealed that they contained an average of only 6mg per 1000kcal consumed. Therefore to achieve the above recommendations an intake of 6000kcal per day for males and 7000kcal for females would be required. Highly unlikely unless you are a professional cyclist or triathlete.

So how do you increase your iron intake? Well iron itself hardly works at all. It needs to link in synergy with a whole lot of other blood building nutrients.

Folic acid
Vitamin B12
Vitamin B6
Vitamin E
Zinc

So an iron supplement on its own is pretty useless. Iron is freely available in the following:

Whole grains
Dark green leafy vegetables
Raisins
Meats
Eggs
Iron fortified cereal

In general red meats are considered to provide the most abundant and easily absorbable source of iron.

Rob Watkinson

As mentioned iron deficiency in serious athletes is rampant. One reason for this is the problem of absorbing it from food, as some foods render it useless. For example, coffee taken just before or after a meal will reduce iron absorption by two thirds. Coffee should then be avoided in the 2 hours before a meal and an hour after. Tea is even worse for stunting the absorption of iron.

Personally I try to eat red meat twice per week, whole grains every day and consume a hand full of nuts and raisins as an afternoon snack. All nuts are high in the essential mineral zinc to aid absorption and keep the immune system in good nick. I'll take a multivitamin with a low dose of 15mg of iron a few times per week, but no more as I feel I consume a well balanced diet. It's worth commenting that very high iron intakes are dangerous, reducing your immune system and in extreme cases iron overload disease occurs, which can be fatal.

Note: This was Rob's idea, and it's a good one. I will look to get a selection of articles on various aspects of training and nutrition etc from people who know, over future issues or RR. Ed.

Running Shorts

From Phil Hoole: Last Thursday evening (23/09/2004) I went on a training run which took me past the Swallowest pub on Worksop Road (near the Pavilion Snooker Club) in Swallowest/Aston at around 19:15 - so it was still light. When I turned on to the road I could see there were a lot outside the pub so I crossed the road as there was no traffic and a free pavement to run on. As I just passed the pub a pint glass shot past in front of me at around shoulder height and smashed to the ground. I continued running and didn't hear any shouting before or after. I have no idea what provoked them and it made me think of a 'what if?' scenario: I don't know what they or even I would have done if their throwing ability were a bit better. Maybe wearing football shorts is a bad idea? So with the dark evenings fast approaching the usual message of "be seen" and don't run alone still applies but I would also recommend you choose your route carefully in the evening when weirdos tend to hang about. Of course this near miss should never have happened as it was during Jim Brogan's two week break from his training schedule.

On a cheerful note, I would like to thank all those who were out supporting the team around the Yorkshire Relay course. It really made a difference. Thank you.

Picture Quiz



From Jeff Crofts: Thanks for the newsletters which I've read with interest and passed on to Geoff Turner at work (he's not doing a lot of running - pressures of work. Runs with Pete Morris who I think is really struggling with asthma).
 Afraid I've not been down for 18 months now due mainly to a series of injuries. Not raced for a couple of years. Still running albeit slowly, I've bumped into Pete Neal whilst I was out one day - he was driving, and Richard Harris and Andy (the legend) Aked who'd been doing reps in Greenlands Park when I was taking the lad to football. Chances of me racing are a bit remote, still involved with football, oldest lad now under 18 and he plays Sunday morning.
 Real problem is injury, Had a knee problem 18 months ago, that cleared after a month but this was followed by the ankle problem I've had for about 5 years getting worse. Some days it was really stiff and most mornings coming downstairs was awkward with little or no flexibility until it had loosened up. When I run the first couple of miles is uncomfortable (on a good day) on a bad its bl***y painful. In July last year went to see my gp and went through the all too familiar tale in relation to injuries and the NHS. My gp referred me for an X-ray and blood tests, these came back. Went for results saw other gp who basically said there was nowt wrong with me and gave me a sheet about sleeping (I was tired all the time), went back couple weeks later and saw the gp I'd seen originally who repeated the dose until I said there's got to be something wrong and showed her my ankle. Referred me to an orthopedic at Bassetlaw who I saw in October. First question 'Why do you run' I kept the answer clean! and not as one wag sug-



I am getting short of interesting pictures, if you have any let me know. Interest could be the race, the personnel, historical etc. Well, I thought we have had a number of race starts in this series, how good are you at race finishes? The challenge is simply (?) to identify the road race concerned in the pictures. Of course, there is evidence in the picture, times, personnel and your personal experience. For those relatively new to road racing, a number of these races no longer go. Further clues: Top left: Peter Neal gets pride of place as he has provided so many pix. Here he has had a quick one even by his standards. Below: two of my own finishes on reasonable average days from the late '80s. Top middle: Darren Cooney in inter-club days thrashes home in the rain (first, I think). Centre: Don Creamer puts it in over the grass- but it isn't cross-country! Bottom right: Ian Lanceley is a couple hundred yards from home, and above: Eddie Bywater not far behind June Harney, but June is too strong and holds her place.

gested I should've said "cos I don't want to be a little fat B****rd like you". Told me I should stop and it was because I had high arches he could operate but it was 50/50 whether it would work and the problem would return in a year and I'd be back to see him. Asked if I wanted a 2nd opinion could see a colleague at Northern Gen fairly quickly if I was willing to pay or go on the waiting list. Obviously wanted a 2nd opinion but couldn't afford to pay so went on waiting list. Saw him end of June, had an x-ray, then an ultra sound at a later date and a 2nd consultation. Said first time I saw him it wasn't due to high arches and could do something if I wanted.
 At 2nd consultation basically could operate to get rid of bony growth, also that my achilles was displaced and they'd could it back where it should be and put a screw in. Would mean several weeks in plaster, did I want to go on list. Answer was yes and have had a letter to say I'd be admitted by 1st June next year. Still running determined not to stop until they operate. Hopefully after a period of recovery I can get back to some sort of pain free running and racing again.
 Pass my best wishes on to all at the club especially the main man Jim Brogan who's sessions I hope to get back to. The improvement I made during the 90's were due in a large part to Jim. in the words of Springsteen they were my 'Glory days'. Miss the banter, the fun and camaraderie of the group and tell the Smalesy aka 'fat lad, sonic' to save me a place.
 Thanks also to you for keeping me in touch and all you did (and still do) for the club, your encouragement in the 90's were appreciated.



Last Month's Quiz Did you think it was Laxey, IOM because of the wheel? No, it was a club weekend outing to Pateley Bridge. Without confirmation from those present, I think the personnel were (l to r) ?, Don Creamer, Paul Jepson behind Mick Marsters, Tommy Smyth, Dave Butler, Alan Mincher, ?, Keith Cleary, ?, Brian Harnley, Colin Mitchell behind Ray Burgon, Dave Carratt, Mick Hollowood and the late great Phil Allen. Not sure of ? Ones as they are turning away from shot. Any advance on these?

David Haywood confirms that the running picture is the very first Rotherham Marathon steaming up Royd's Moor in 1969 and in all white at the front is eventual winner Jim Craven (York Rowntrees). I guess the course was start and finish at Herringthorpe, with a big loop out Dinington way.

