

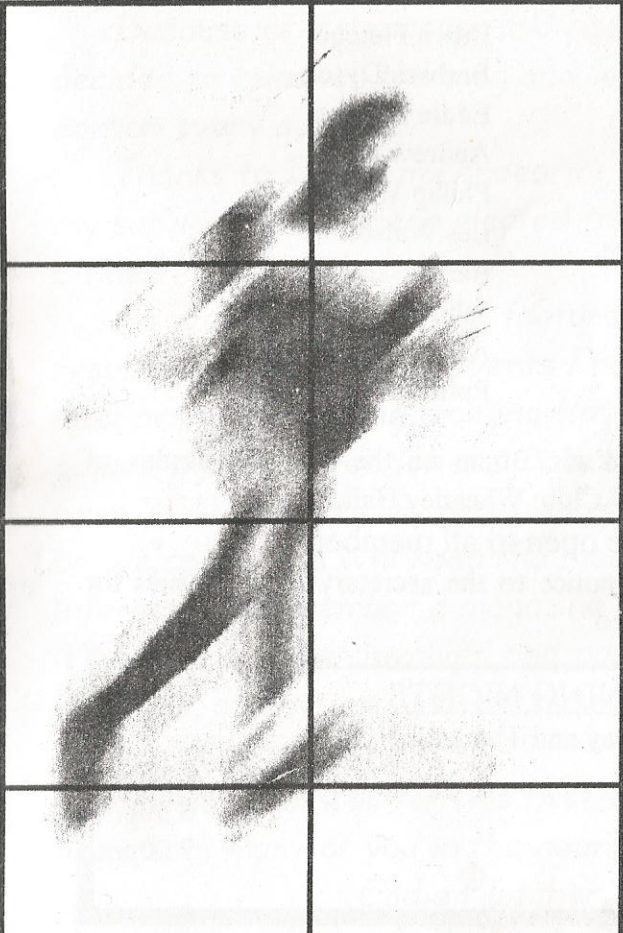
JANUARY 2000

VOLUME 1 No.1

GRASS

ROOTS

THE OFFICIAL NEWSLETTER OF DONCASTER AND STAINFORTH A.C.

	MILLENNIUM 2000 ISSUE INSIDE	
	♦	Results
	♦	Club news
	♦	Articles
	♦	Forthcoming events
	♦	Equipment
	♦	Training advice

Remember... if you have any news, results or reports, contact:-
Eddie Fletcher on Doncaster 872443
or email me at, ed@efletcher.freemove.co.uk

DONCASTER AND STAINFORTH A.C. 1999/2000 COMMITTEE

Chairperson	Dave Churchill
Vice Chairperson	Paul Brown
Secretary	Bob Ward
Treasurer and Membership Secretary	Roy Veall
Road Running & Cross Country Sec.	Mick Hill
Mens Club Captain & Vets Secretary	Dave Grayson
Womens Club Captain	Dawn Fletcher
Child Protection Officer	Barbara Dyson
Publicity Officer	Eddie Fletcher
Junior Representative	Andrew Hill
Junior Representative	Phillip Watson
	Les Watson
	Barry Barnes
	Julie Broadbent
	Andy Christie
	Peter Lowe

Committee meetings are held at 7.30pm on the first Wednesday of every month at the Case Social Club, Wheatley Hall Road.

Meetings are open to all members.

So please come along. Prior notice to the secretary of any issues for discussion would be appreciated.

TRAINING NIGHTS

Tuesday and Thursday

Eden Grove	6.30pm
Stainforth Track	6.30pm
Rugby Club, Armthorpe Road	7.00pm

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Welcome,

... fellow athletes, members and any prospective new members out there !. As many of you may know, Mick Limb has resigned as our publicity officer and club magazine publisher and I think we can all agree what a great job Mick made of the magazine.

Because of it's success and popularity, we have decided to relaunch the mag and will be producing an edition every quarter.

Thanks to Dawn, my endearing wife, volunteering my services, I have been elected the new publicity officer for the club.

As well as all the usual features i.e., club news results, and forthcoming events I hope to include many new articles including training tips and schedules, shoe guides, injury prevention etc. I also require input from YOU. any articles, news, snippets, advice etc. will be welcome. This will keep the magazine alive and interesting. Remember a magazine is only as good as it's content, so get involved and pass any bits & bobs on to me, at anytime, you can even have your own regular page or feature.

Anyway that's all for this first issue, and I hope to hear from many of you in the near future,

Eddie Fletcher.

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Results roundup

NOVEMBER TIME TRIALS

Pos.	Name	Time	Pos.	Name	Time
1	Kim Blagden	34.57	19	Sarah Donald	37.11
2	Dianne Beaumont	38.37	20	Martin Jephcott	28.42
3	Margaret Coy	38.38	21	John Topliss	34.13
4	Trevor Lee	36.31	22	Roger Fuller	29.53
5	Peter Andrews	35.59	23	Jamie Smith	29.54
6	Geoff Hamill	32.04	24	Steve Peacock	33.17
7	Steve Evans	31.56	25	Christina Slemmon	38.56
8	Pete Tomlinson	31.33	26	Russ Lewis	38.59
9	Pete Rowland	31.04	27	Dave McCabe	31.21
10	Peter Alexander	33.36	28	Eddie Fletcher	30.56
11	Andy Kennedy	42.07	29	Tony Frow	30.00
12	Graham Planaghan	33.39	30	Gary Davy	30.37
13	Erica Williams	41.50	31	Keith Temperton	32.21
14	James Rotherforth	30.19	32	Dave Lawrie	36.45
15	Dave Kellett	30.21	33	Kevin Brennan	31.21
16	Pete Oliver	34.05	34	Chris Furber	46.22
17	Brian Chadwick	30.28	35	John Elvin	32.25
18	Dave Grayson	30.29	36	Dawn Fletcher	36.37
1 Lap			2 Laps		
1	Thomas Smith	12.27	1	Tom Brevitt	25.25
2	Martin Oliver	12.50	2	Dave Brevitt	25.29

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Results roundup

DECEMBER TIME TRIALS

Pos.	Name	Time	Pos.	Name	Time
1	Mick Hill	38.52	23	Dave Grayson	31.35
2	Andy Hall	34.45	24	Pete Swaby	33.32
3	Martin Greenwood	33.58	25	Trevor Lee	38.07
4	Keith Temperton	31.35	26	Russ Lewis	41.49
5	Peter Andrews	35.16	27	Janet Hindley	37.03
6	Kevin Brennan	30.59			
7	John Elvin	31.50			
8	Chris Firth	31.59		1 Lap	
9	Jamie Smith	30.00	1	Thomas Smith	11.52
10	Keith Lindley	33.38	2	Thomas Moody	12.37
11	Peter Alexander	34.03			
12	Kevin Lincoln	29.35			
13	Tony Frow	30.36		2 Laps	
14	Brian Chadwick	31.08	1	Tom Brevitt	23.53
15	John Topliss	34.41	2	Dave Brevitt	24.13
16	Mick Page	28.45	3	Claire Greenwood	27.41
17	Martin Jephcott	29.16			
18	Andy Kennedy	42.46			
19	Pete Rowland	31.48			
20	Michelle Moody	37.20			
21	Mick Jeavons	37.25			
22	Geoff Hamill	32.57			

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Results roundup

JANUARY TIME TRIALS

Pos.	Name	Time	Pos.	Name	Time
1	Julie Broadbent	40.27	23	Tony Henderson	35.00
2	Russ Lewis	41.15	24	John Elvin	33.08
3	Adrian Wheatley	27.46	25	Sarah Donald	40.09
4	Geoff Hamill	32.10	26	Dawn Fletcher	35.16
5	Peter Andrews	34.34	27	Dave Brevitt	35.18
6	Kevin Newman	28.07	28	Steve Stewardson	39.03
7	Pete Rowland	31.12	29	Jamie Smith	32.17
8	Eddie Fletcher	30.15	30	Pete Tomlinson	34.17
9	Kevin Brennan	30.16			
10	Trevor Lee	37.17		1 Lap	
11	Brian Chadwick	30.20	1	Martin Oliver	12.30
12	Andy Hall	34.24	2	Thomas Smith	12.35
13	Pete Oliver	33.32	3	Barry Barnes	17.32
14	Dave Grayson	31.05			
15	Mick Hill	38.43			
16	Mick Page	28.55		2 Laps	
17	Tony Frow	30.31	1	Tom Brevitt	23.54
18	Roger Lowry	35.04			
19	Martin Jephcott	29.12			
20	Andy Kennedy	42.44			
21	Mick Limb	39.16			
22	Kev Lincoln	30.05			

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Results roundup

Woodhouse Christmas 10k.

Pos.	Name		Time	Pos.	Name		Time
4	Mick Page	V45	33.23	36	Chris Firth	V55	38.56
5	Rick Wright		33.32	43	Larry Muldowney	V45	40.28
7	Ian Temperton	V40	34.20	44	Graham Flanagan	V40	40.31
8	Martin Jephcott	V40	34.24	46	Keith Lindley	V40	41.04
10	Phil Bussey	V50	34.44	47	Andy Hall		41.12
11	Nick Shpylka		34.59	50	Nick Bailey		42.07
12	Ray Hope	V50	36.13	52	John Topliss	V60	42.26
13	Pete Rowland	V50	36.16	53	Tony Colby	V50	42.26
14	Kevin Brennan	V40	36.17	55	Martin Greenwood	V40	42.52
17	Robin Aconley	V55	36.55	56	Steven Greenwood		42.57
18	Keith Temperton	V50	37.02	57	Kim Blagden	LV40	43.03
19	Don Gill	V50	37.05	58	Dawn Fletcher	LV35	43.05
21	John Elvin	V55	37.12	59	Dave Lawrie	V50	43.29
24	Eddie Fletcher	V40	37.31	61	Andrew Hill		44.16
25	Jamie Smith		37.33	62	Eric Smith	V55	44.22
26	Dave Grayson	V50	37.49	66	Christina Slemon	LV40	45.42
28	Dave McCabe	V45	38.06	68	Gordon Cox	V50	46.14
29	Steve Evans		38.32	73	Brian Connell		46.56
31	Simon Wright		38.41	79	Christine Lowe	LV40	47.25
33	Charlie Wright		38.47	80	Margaret Coy	LV50	48.19
34	Geoff Hamill		38.51	84	Andy Kennedy	V60	51.35
35	Pete Swaby	V45	38.52	91	Christine Furber		57.04

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Results roundup

DONCASTER AND STAINFORTH CHRISTMAS RUN 27th DEC. 1999



Back row:- Bob Ward(backup), Andy Bremner, Ron Carpenter,
 Moira Cox (backup), Kev Brennan
 Front row:- Gordon Cox, Robin White, Tony Frow, Steve Portwood,
 Dawn Fletcher, Alan Biggs, Eddie Fletcher.

This years run saw only four people completing all eighteen miles of this mainly off road grueller, with numerous runners joining in at various points around the course. Tony Frow and Kev Brennan led the race from the start, Tony completing the course in around 2 hours 35 mins, with Kev finishing just a minute or so later. Ron Carpenter & Alan Biggs were the other two runners who covered the entire course, both in under 3 hours. Distances covered by other runners are as follows:-

Steve Portwood 15 miles, Andy Bremner and Robin White approx 14 miles, joining at Green Lane. Eddie Fletcher, Dawn Fletcher, Martin Flanagan, and Trevor Lee, 12 miles from Pickburn. Gordon Cox, Ken Roberts, Peter Alexander, Dave Hope, Barry Ward and Gary Nicklin joining in at various points after the half way mark.

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Results roundup

S. Yorks. Cross Country League — Cannon Hall, Cawthorne

Pos.	Senior/Vet Men	Time	Pos.	Sen/Jun/Vet Women	Time
10	K Newman (V)	36.46	6	D Fletcher (V)	26.21
11	M Page (V)	37.02	25	M Coy (V45)	31.06
18	M Jephcott (V)	37.55	26	S Pound (J)	31.08
21	P Bond (V)	38.08	32	G Moody (V)	33.25
26	K Lincoln (V)	39.20	Under 17 Women		
34	D Grayson (V50)	40.24	1	S Jephcott	17.33
35	T Frow	40.39	11	J Wooley	21.46
36	B Chadwick (V)	40.46	12	G Dowson	21.49
41	K Taylor	41.30	13	L Philo	30.02
42	P Rowland (V50)	41.36	Under 15 Girls		
45	R Hope (V50)	42.16	4	M Moody	13.34
46	S Buck (V)	42.21	6	A Dennis	13.48
51	K Hope	42.49	12	S Revitt	15.39
61	P Brown (V)	44.38	13	H Straw	15.45
Under 17 Men			Under 13 Girls		
7	C Pacy	24.08	6	M Lord	14.18
12	J Smith	25.44	10	C Dyson	15.08
14	S Greenwood	27.33	16	S Malia	16.39
Under 15 Boys			17	S Morgan	17.04
3	A Lowe	14.49	21	A Fletcher	20.40
11	P Andrews	16.32	Under 11 Girls		
12	A Henderson	16.36	1	R Hague	6.36
14	G Pacy	17.04	7	R Coats	7.10
17	R Woolley	17.30	8	R Cressey	7.15
20	S Beresford	18.33	10	L Malia	7.23
Under 13 Boys			11	L Marks	7.30
7	T Moody	14.40	13	S Eyre	7.34
9	T Brevitt	15.08	14	L Revitt	7.45
14	M Bennett	17.20	16	P Fletcher	8.10
Under 11 Boys			22	N Dyson	9.42
1	R Marks	6.11			
2	D Meekin	6.14			
3	T Smith	6.19			
12	J Lowe	6.58			
15	B Slater-Clayton	7.14			

Results roundup

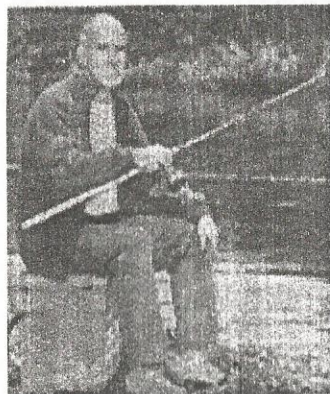
S. Yorks. Cross Country League — Campsall Country Park

Pos.	Senior/Vet Men	Time	Pos.	Sen/Jun/Vet Women	Time
9	K Newman (V)	36.17	5	J Ayres (V)	27.45
11	M Page (V)	36.30	12	D Fletcher (V)	30.41
12	N Shpylka	36.44	22	C Slemon (V)	34.06
16	M Jephcott (V)	37.13	24	M Coy (V50)	34.36
25	K Lincoln (V)	39.08	27	C Lowe (V)	35.34
30	D Grayson (V50)	40.09	Under 17 Women		
34	B Chadwick (V)	41.02	1	S Jephcott	22.40
36	K Temperton (V50)	41.08	5	G Dowson	25.05
40	D Askew	41.20	Under 15 Girls		
50	K Brennan (V)	43.29	6	S Revitt	13.52
56	P Brown (V)	44.46	8	A Dennis	14.17
Under 17 Men			11	M Moody	14.32
7	J Smith	27.04	Under 13 Girls		
10	S Greenwood	29.32	8	M Lord	14.17
Under 15 Boys			14	C Dyson	15.26
10	P Andrews	20.46	20	A Fletcher	17.48
13	S Beresford	21.52	Under 11 Girls		
14	A Henderson	21.54	7	T Evans	7.22
Under 13 Boys			9	S Eyre	7.45
7	T Moody	14.35	11	R Cressey	7.58
9	S Beresford	15.17	12	R Coats	8.02
Under 11 Boys			13	L Marks	8.04
1	P Pacy	6.13	14	A Simister	8.05
3	T Smith	6.22	17	P Fletcher	8.36
4	D Meekin	6.32	18	H Ayres	9.04
5	R Marks	6.35	19	C Large	9.08
6	A Padgett	6.36			
12	J Lowe	7.06			
19	J Morgan	7.22			
20	B Slater-Clayton	7.22			

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Club News



Congratulations! to one of our club members on receiving his M.B.E. As team leader in the fisheries section of the Environment Agency, Chris Firth was named in the New Years Honours list for his work in the restoration of the River Don. Well done Chris, it couldn't have happened to a nicer chap. Staying with the theme, the mag is running a competition for the comedians among you to see who can come up with the funniest "quip" for what the letters MBE

should really stand for regarding our friend Mr Firth! Nothing too rude please, "and yes that does include **you** Dave Lawrie". All entries will be included in the next issue along with the name of the winning entry. Seeing as this was our men's captain, Dave Grayson's idea, I think we can leave it up to him to dream up a **suitable** prize for the winner, "So how about it Dave". Please make sure you pass your suggestions on to me in time to be included in the April/May issue.

OTHER MEMBERS ACHIEVEMENTS...

Well done to the following Doncaster and Stainforth athletes for some great performances recently, mainly in the annual Woodhouse road race. Formally known as the Woodhouse 7, this popular event was run over the new distance of 10 Kilometres for the first time this year and produced some excellent P.B's :- **Martin Jephcott 34.24(P.B).** **Kev Brennan 36.17(P.B).** **Kim Blagden 43.03(P.B)** and **Geoff Hamill 38.51**, Geoff has been after breaking the magic 40 minute barrier for a while and finally smashed it with a superb run at Woodhouse.

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Club News

CROSS COUNTRY ROUND UP AND SOUTH YORKSHIRE CHAMPIONSHIP

Race Report by Kim Blagden

From a cold brisk morning start the course was set up by a cheerful band of volunteers. After a quick hot drink, but minus bacon sarnie's we were ready for the 11 o'clock start. A few extra bodies turned up to marshall.

First off was Vet, Senior, Junior and U17 men. Rick Wright was first home closely followed by Nick Shyplka. First vet in was Kev Newman, Mick Page, Martin Jephcott and then Kev Lincoln. Dave Grayson finished second in over 50's in both league and championship, followed by Ray Hope. The vets team took first place honours. Paul Brown was escorting Mick Hill, our course and race organiser around the course who was setting a good pace, unfortunately after tackling the jump on the second lap, Mick went down over the tree and into the icy puddle, hoping nobody was watching he was up like a shot and completed the course covered in mud and sporting a bloody leg. Ladies competing were Margaret Coy and Christina Sleamon, both having good races.

U11 boys, Patrick Pacey won the championship and Thomas Smith won the league, Richard Marks 2nd, Daniel Meakin 3rd, also won the team event, U11 girls Rachael Haigh won the championship.

U17 girls, Sally Jephcott won both Championship and league.

U15 girls Michelle Moody 2nd in league.

U15 boys Adam Lowe 3rd in championship.

Full results to follow in next edition.

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Forthcoming Events

RACE FIXTURES

February

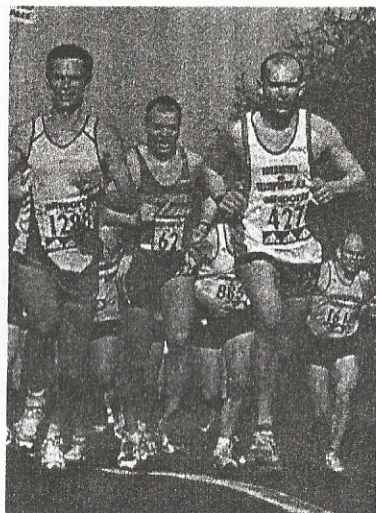
- Sat 5 South Yorkshire Schools C.C. Championship
Sun 13 Puma Dewsbury 10k
Sun 27 Wombwell '5'
Sun 27 Doncaster Duddle

March

- Sun 5 Norton '9'
Sun 26 Ackworth Half Marathon

April

- Sun 2 Doncaster Half Marathon
Sun 16 London Marathon
Sun 16 Sheffield full and Half Marathon



CROSS COUNTRY & ROAD RUNNING **PRESENTATION NIGHT**

Friday 18th February at DuPont Sports & Social Club, 7.30pm
Disco, Pie & Peas, Jacket Spud or Chip Buttie £3.00/£1.75 (Children)
Disco only £1.50
Tickets Available Now.

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TRAINING

THE SCIENTIFIC APPROACH

Scientific research has shown that *carbo-loading* before a 30k Endurance race can improve a runner's time by eight minutes!

It's marathon fever time again and many of you will be pounding out the miles over the next couple of months or so in preparation for London 2000. Once you have got your mileage and long runs under your belt and managed to keep any injuries at bay, I want you to turn your thoughts to one of the most overlooked factors that could have a dramatic affect on your performance on the big day. . . Carbo-loading.

Many myth's and much confusion exists among runner's about the subject of carbo loading. In this article I will explain exactly what carbo loading is and how and when to go about it.

In simple terms, when we exercise, our bodies use up the energy stored in our muscles. This energy is stored as glycogen which our bodies manufacture from the carbohydrates we eat. After about 90 minutes of exercise this energy store becomes depleted and results in fatigue and a significant drop in performance. The reason we can carry on at this point is because the body will begin to burn fat or glucose as fuel for the muscles, but this cannot maintain the same high output as the energy from the glycogen. Therefore we need a way to store and supply more glycogen when needed during the 26.2 mile race.

Recent research compared 10 runners times over two 30k cross country races. One race was run after the runners had eaten a normal, mixed diet in the days leading up to the race and the other race was run after they had carbo-loaded. On average the runners times improved by 8 minutes The high concentration of glycogen had allowed the runners to maintain their pace for a much longer period during the race. Overleaf I will give an example of how to carbo-load effectively.

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TRAINING

THE SCIENTIFIC APPROACH

The do's and don'ts of carbo loading

Early recommendations for carbo loading involved exercising to exhaustion and then eating a low carbohydrate diet for three days or so to fully deplete the glycogen stores. Then to eat a high carbohydrate diet for three days leading up to the race. This practise however is out of date with today's research on the subject. It is now widely accepted that consuming a diet, high in carbohydrate for two or three days before an event is just as effective.

The amount you should consume is an important factor and depends on your weight. Six to eight grams of carbohydrate per kilogram of body weight per day is the recommended figure. An example for a 70kg male would be 420 to 560 grams per day for the three days leading up to the event. Any less would have a diminishing effect and any more would not give any extra benefit. The type of carbohydrate you eat on the first day is not important but for the next two days complex carbohydrates, such as pasta, cereals potatoes etc, will give the best result. Well that's it for this article, I hope some of you find it useful. If there's a running related topic you want to know more about, then let me know and I will try to feature it in a future issue.

Yours in training,

Eddie Fletcher.

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Captain's Corner

with Dave Grayson

Well we all know that the end of the year is nigh when the Woodhouse 7 (now 10k) comes round and the entry form comes through the post for the "Ferriby 10" (Feb 2000).

It's been a great year for the club, turning out teams at most events on the road, track and cross country. I am not going to mention individual names but from the juniors (girls and boys) to the old codgers (vet ladies and men) we have had PBs and team prizes in quite a few events. The club colours have been prominent where ever we go.

We have a lottery bid in the pipe line with Dupont and another lottery bid being put together for Eden Grove, so fingers crossed we may come out of it with something for our next generation of runners coming through. Moving on to the new year, if we have as good a year as 1999 we will get stronger and stronger. I am hoping to have the Club Dinner in January/February at the same venue so keep your eyes open for information in the near future as last year places soon went, and a good time was had by all.

Rhiems went well and thanks to Ken for organising it, we were well represented in the marathon, half marathon and 10K, what's on for next year, any ideas see your club committee representative. Well enough of my ramblings for now, but let me wish everyone all the best for the new year and may the training go well to you all.

Yours in running

Dave Grayson

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Captain's Corner

AROUND THE RACES WITH DAVE

Barnsley 10K

Everybody liked the old Barnsley 10K course, and we were all sad to see its demise, along with the famous Barnsley 6. The Barnsley Harriers put on a good show with the new course 10K with 595 runners taking part on a new course, which like every Barnsley course was not going to be flat. At least the last half mile was down hill to the finish, so come on give it a try next year.

12th	Martin Jephcott	35.31(PB)	3rd 40
24th	Tony Frow	36.38	
39th	David Grayson	38.14	3rd 50
64th	Don Gill	39.10	5th 50
72nd	Peter Swaby	39.40	
132nd	Larry Muldowney	42.09	

3rd Team: 12th;24th;39th;64th

Percy Pud 10K

With over 2000 runners competing in the Leeds Abbey Dash 10K you would have thought the "Pud" would have struggled with numbers competing. No, one thousand runners braved the freezing elements and Doncaster and Stainforth vests were well turned out. Despite a sprinkling of snow on the hill tops, conditions were good under foot. What people will do for a Christmas Pudding! The nice thing about this out and back course is it's traffic free course a good down hill finish for the last mile.

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Captain's Corner

AROUND THE RACES WITH DAVE

Campsall Park Cross Country

Reminds me of the old days 12-15 years ago when a lot of the cross countries were on a Saturday. Askern have given it a try but numbers were slightly down, as usual the Askern course was a true cross country course. Muddy, a couple of hills, a stream and ploughed fields plus a couple of stiles thrown in for good measure. A good turn out from the Club and some good results all round.

Boxing Day Run Campsall (Pat O'Gradys)

60 runners, including a couple of walkers, braved the elements for Pats O'Gradys 3 mile Boxing Day run. With a bit of road a bit of cross country, including mud, it's a good course and plenty far enough, having abused ones digestive system the day before.

4th	Jamie Smith	18.55
5th	Robin Aconley	19.02
8th	Dave Grayson	19.20

Micks Christmas Handicap

Micks handicap or birthday run usually clashes with something, Kens 18 miles at Eden Grove or Tony Colbys walk, but despite this we had a decent turn out, and thanks to Roys handicapping Paul Rowland won it again. This year Paul didn't catch me or his dad until Ledger Way, so either Pete and myself are getting quicker or Roys handicapping is getting better. Everybody received a prize and then a free buffet in the Plough afterwards, thanks to Mick and Roy for putting on the race.

Remember... if you have any news, results or reports, contact:-
Eddie Fletcher on Doncaster 872443
or email me at, ed@efletcher.freemove.co.uk

THE FINAL WORD

... FROM DAVE GRAYSON

New Year Horrors List (sorry Honours List)

I was right first time!

Well the Millennium has certainly brought some surprises and though we have a cross section of people within the club, with many different occupations, it was nice to see our own MBE. Yes the New Years list brought a special surprise to us all. This guy is one of the nice guys in running and has helped us all at one time or other with his renowned massages or diagnosis of injuries. Yes, its no longer "Firthy" or "Chris", it's arise Sir Firth. I've heard on good account that Pauline has ordered the new outfit and Chris has got the old top hat and tails on standby ready to meet the Queen. So I would like to congratulate Chris on his MBE and I must say it could not have gone to a nicer guy.

Just a small detail that I pointed out to Chris was that to keep things in perspective, Noddy Holder also got an MBE at the same time!

CLUB MEMBERSHIP FEES

- 1) 18 & Over £20.00
- 2) 12-17 & unwaged or students £10.00
- 3) 8-11, social members, coaches & officials £5.00

Discounts for payment before April 1st

- 1) £15.00 2) £7.50 3) £3.75

New members pay discounted fees all year

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