

Club News

March 99

Volume 2 No 2



'New for 99'
St Leger Half-M
Race Leader's
Lead Bike

*The Official News letter of
Doncaster and Stainforth A.C.*

DONCASTER AND STAINFORTH ATHLETIC CLUB

1998/1999 COMMITTEE

Chairman	Dave Churchill	841895
Vice Chairman	Paul Brown	855488
Secretary	Bob Ward	536109
Treasurer	Roy Veall	360500
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Road Running Secretary	Mick Hill	833584
Track & Field Secretary	Vacant	
Veterans Secretary	Dave Grayson	780921
Junior Representative	Duncan Meadows	885763
Social Secretary	Joanne Allen	880465
Coaching Co-ordinator	Mark Churchill	841895
Club Captain (Men)	Dave Grayson	780921
Club Captain (Women)	Dawn Fletcher	872443
General Member	Barbra Dyson	880288
General Member	Les Watson	883632
<u>Membership Secretaries</u>		
Stainforth Track	Janet Moy	882676
Eden Grove	Paul Brown	855488
Rugby Club	Dave Grayson	780921
<u>Team Manager's</u>		
Northern Men's	Kim Blagden	817924
Northern Women's	Paul Brown	855488
Young Athlete's	Mike Hesketh	327873
South Yorkshire Track & Field	Janet Moy	882676

TRAINING NIGHTS

Tuesday & Thursday

Stainforth Track	6.30pm
Eden Grove	6.30pm
Rugby Club Armthorpe Rd	7.00pm



Welcome to this edition of Club News.

Well as you can see from the front cover things are well set for this year's St Leger half-marathon.



This year's race has not been without its problems, mainly due to the road closures at Auckley, where the bridge over the River Torne closed for re-strengthening. At one point it was thought that the race would have to be cancelled, but thanks to the race committee the race will go-ahead. The problem was getting the lead car over this stretch!

"Problem solved"

Thanks to your Club Captain Mr Grayson

Though he will need your co-operation and that of the other runners taking part.

Lead runners will be expected to follow the lead bike at all times.

Over the Bridge for safety reasons you will be ask to keep in signal file.

Under no account should runners overtake the lead vehicle, nor shout or hurl abuse.

In the event of a puncture in the closing stages Dave is prepared to lead the runners home on foot. Once again runner are asked not to overtake.

Dave is also this years Official Race Photographer and hopes to capture on film that special moment as you cross the finishing line. So Don't forget to smile. I am told he's a wizard with a camera.

" Oh one last note"

Dave has been advised about drafting during the race, and the effect it could have on the following runners and promises to stay off the curry.

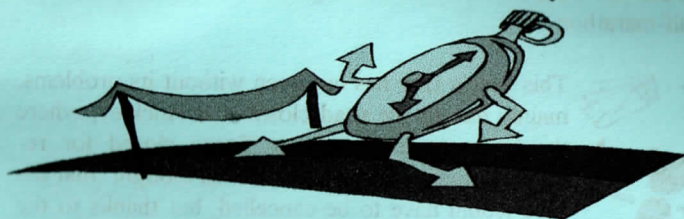
Send any articles or news for publication

To Mick Limb
13 Eccleston Road
Kirk Sandall
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DN3 1NX Tel:- 887483

e-mail MickLimb@yahoo.com



Town Fields Handicap Time Trial



Dec 98

Pos.			Pos.		
1	Mick Page	27:52	21	Dawn Fletcher	32:50
2	Martin Jephcott	28:10	22	Keith Lindley	32:50
3	Tony Frow	28:48	23	Peter Alexander	32:51
4	Eddie Fletcher	28:58	24	Stephen Greenwood	33:00
5	Keith Temperton	29:00	25	Ian Hindley	34:00
6	Dave McCabe	29:02	26	Warren Roberts	34:20
7	Gary Davy	29:04	27	Steve Stewardson	34:27
8	Kevin Brennan	29:12	28	Keith Tompkinson	34:48
9	Jamie Smith	29:40	29	Sally Jephcott	35:00
10	Janet Hindley	30:14	30	Dave Rhodes	35:08
11	Dave Askew	30:20	31	Alan Biggs	35:12
12	John Elvin	30:30	32	Sara Sherman	36:15
13	Chris Firth	30:34	33	Dianne Beaumont	36:17
14	Dave Varley	30:39	34	Christina Slemon	36:20
15	Paul Cussons	30:46	35	Jim Collett	37:00
16	Dave Brown	31:00	36	Erica Williams	37:42
17	Mick Finney	31:15	37	Andy Varnham	37:56
18	Paul Brown	31:32	38	Helen Ward	39:00
19	Tony Henderson	31:35	39	Fiona Green	39:45
20	Ralph Burton	32:32	40	Rosemary Armstrong	40:00

1 Lap

1	James Stenzhom	11:13
2	Thomas Smith	11:17
3	Jade Lindley	14:05
4	Claire Greenwood	15:18
5	Gemma Dowson	15:18

2 Laps

1	Dave Lawrie	24:54
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Captains Comments

Those of you who subscribed to the "Northern Runner" Magazine will remember Ron Hills Column titled Ron Hills ramblings.

Well from time to time as the magazine comes out I hope to pass comment on races or members progress from road to cross country and even track throughout the next year. Don't forget if you want a club magazine write something for our editor (Mick Limb) because its only taken me 15 to 20 minutes. If you can't be bothered we will lose it!

Well enough of that, where's the year gone! Things have gone from strength to strength since the amalgamation, and this must be the first time we have turned teams out in strength for relays, cross country and road races plus track and field. The atmosphere at some of the races has been great and it's nice to see some of our new young bloods coming through and doing personal bests and giving some of us old timers a bit of stick. But also some of the older section of the club the vets have been achieving P.Bs as well.

It's been a good year for training (before the dark nights). Tuesday nights saw as many as 22 runners hammering out 600s in the lovely surroundings of Sandal Beat, and down to Eden Grove on a Thursday for a nice warm-up along the river bank and then a hill session from Cadeby quarry up to Cadeby Village. What more can you ask for than pleasant surrounding's off the road, good company and a good hard training session followed by a shower and a pint. I have always been a firm believer that if you put the hard work in then you will get the results injury prevailing, and its nice to see not only the seniors doing well but the youngsters coming through. While I had five weeks out with injury it was nice to see both girls and boys in the junior section doing really well in the cross country at Campsall and Sandal Beat Schools. A certain amount of credit must go to those people who we never see who we take for granted the club coaches, so what I have see so far they must be doing something right. (Keep up the good work, I'm impressed).

New members

We seem to have attracted quite a few new members so come on make them welcome and encourage them to our training sessions and to enter races.

Finally before I finish waffling on we are a Super club not over flush with money but think of it this way for £1.25 a month or £15 a year (before April) think of the things you get out of the club for that fee, so subs are due pay early we need your money. So on that last note I would like to wish you all a successful new year in your training and may you all go on to achieve P.Bs in 1999.

Dave Grayson

December 20th 1998

The Woodhouse 7

1st Male:- Dave Tune Rotherham Harriers 35:06

1st Lady:- Janet Hindley Rotherham Harriers 43:56

Pos.	Time	Pos.	Time
5 Simon Wright	38:10	50 Dave Askew	46:15
10 Adrian Wheatley	39:42	51 Jane Ayres	46:23
11 Keith Newman	39:54	54 Geoff Hamill	47:18
13 Nick Shpylka	40:20	56 Gordon Cox	47:46
16 Mick Page	40:42	57 Dawn Fletcher	47:50
17 Rick Wright	41:03	64 Nick Bailey	48:06
18 Tony Frow	41:08	66 Keith Lindley	48:21
19 Ray Hope	41:20	68 Andy Hall	48:54
21 Martin Jephcott	41:33	70 John Toplis	49:25
23 Kevin Lincoln	42:24	71 Eric Smith	49:50
26 Eddie Fletcher	43:27	75 Mick Haywood	50:58
27 Robin Aconley	43:30	76 Steve Stewardson	50:59
28 Dave Brown	43:34	78 Vicky Haigh	51:52
29 Dave Grayson	43:44	79 Brian Connell	51:53
30 Brian Chadwick	43:44	82 Trevor Lee	53:13
31 Dave McCabe	43:53	83 Jim Collett	53:27
32 Janet Hindley	43:56	91 Dianne Beaumont	56:15
35 Don Gill	44:11	92 Helen Ward	56:28
36 John Elvin	44:20	94 Andy Kennedy	56:53
40 Chris Firth	45:32	98 Rosemary Armstrong	59:13
41 Kevin Hope	45:34	105 Moira Cox	61:40
48 Paul Cussons	46:02	113 Sue Williams	68:06
49 Tony Henderson	46:04		

The best turnout this year of Doncaster & Stainforth Club colours 43 in total set off with the rest of the field on the annual Woodhouse run. It was quite apparent from the first mile who the favourite was, our local home grown international Dave Tune who was probably out for a training run.

We started the year in sad circumstances losing Allan Willis but on a fine sunny day in December we didn't expect to lose a fellow runner

in a tragic way. Allan Keech a Leeds runner collapsed at the 1 mile mark and despite the superb efforts of our club doctor Kevin Brennan who pulled out of the race to render assistance till the ambulance arrived. Sadly he was gone before arrival at D.R.I. thank you to Kevin for his assistance and our condolences to the deceased's wife.

Allan's wife said this was his 30th race this year, and that he ran the Cyprus half marathon only 3 weeks ago. He was only 52 years old.

Finishing on a more happier note it was nice to see our own local hero John Toplis in racing mode again after a temporary set-back and back running on a regular basis taking 1st over 60s prize. And nice to see Dave Brown picking his first prize up in the over 55s and giving Robin a surprise.

Next year it has been discussed about making it a 10k as people can compare their times, any suggestions or comments write to the club magazine.

"Percy Pud 10k Race Report"

What a turn out from the club 23 runners. Weather perfect compared with last year sun out and very mild. 900 plus runners set off with 300 entries sent back due to late entries.

I think the reason this race is so popular is because its an out and back course, which is virtually traffic free. What people will do for a free Christmas Pudding. Then finish off in the works canteen with a sandwich, chocolate bun, cup of tea for 60p and listen to the super brass band playing Christmas Carols. Full marks to Steel City Striders for a race that was going to be a one-off, may it run and run.

By:- D. Grayson

Race results printed in last edition!

Marathon Strategy

Continued :- Halfway Analysis

This is a critical point psychologically for most runners. If you hit the halfway mark at or slightly ahead of goal time and feel pretty good, you get a mental lift. Though if slightly behind schedule, don't panic. You may still be able to run a negative split and reach your goal. If on pace but struggling, or way off the target you set, readjust your time goal. You will still finish in a respectable time if you keep your wits and keep working.

The Second Half

Concentration, mental toughness. This is where the race begins, where fatigue can capture you. Concentrate on pace, good form, and the runners around you. Keep relaxed, and remain confident and goal-directed. Occasionally to provide a little relief, drop your arms to your sides for a few yards, thus using different muscles. When you hit bad patches where you are physically and mentally fatigued—and you will—hang in there. Don't give in to periods of self-doubt, have faith in your training program. Think about all that work invested in the race. Accept discomfort. Its real. Use all of your mental resources to keep it from slowing you down.

Move from runner to runner to help you maintain a good pace, or "hitch a ride" when a competitor goes by you. Don't be satisfied with just holding your place. Most likely many of the runners around you are slowing down. This presents a mirage. You think you're on pace but you may not be if you're slowing with them.

Bail Out

If you are favouring an injury or suffering with bad blister's, feeling weak and dizzy because of the heat or illness, or are extremely fatigued. Then use common sense. Bail out and look for medical help. Don't feel you are a failure by making an intelligent decision to drop out for personal safety. You can always try another marathon down the road. But if you trained properly and do not feel ill or are not hampered by an injury keep going. Dig down deep for extra strength. Everyone feels like quitting many times; you are not alone. No one said it would be easy. That's why so many people want to take on the marathon.

The Wall

This is mostly a myth if you are properly prepared. Most likely you will experience a taste of it somewhere around mile 20— the approximate point where

glycogen supplies run low. But if you have trained well, tapered, carbo-loaded, didn't start too fast, and took in sports drinks and gels since just before the start of the race— you will pass through "The Wall" in reasonably good shape.

From here on it's a new race, a 10k. It isn't anywhere near the same effort as starting a 6.2 mile race without already logging 20 long miles. But convince your mind that you are familiar with the 10k distance and use that now as a distance goal. Now, the mind must take over from the body. You've come this far and your body certainly will be tired. Unleash the willpower that forced you to train through heat, cold, rain and snow. Keep pumping the arms and picking up the feet. Somehow you will keep going forward if you can keep the arms and legs in motion.

Break up the course now mile marker by mile marker, landmark by landmark, even block by block— but keep knocking them off, counting down the miles to the one-mile-to-go marker, then the 26-mile sign, and then the finish line. Work on runners around you; use them to push or pull you along. Think in terms of time left on your until the finish. First get under the 30-minutes-to-go barrier, then 20, then 15, and finally 10. You know you can suffer for these amount of time that may seem less threatening than miles to go.

Establish a time goal for the 25-mile mark, and what time you'll need to run from there to the finish to meet your goal. It'll give you something to key on. For example, if you're trying to average under eight minutes per mile for the marathon, with even pacing you'll hit 25 miles in 3:20. That'll give you 10 minutes to get to the finish line. Hit that mark in 3:19, you'll have an extra minute to spare; arrive in 3:21, you'll have to push in under nine minutes. This mental game gives you a boost to help spur you to the finish line.

The Finish

From the 26-mile mark you have only 385 yards to go. Use the noise of the crowd and the spirit of the runners around you to energise one last push. But don't surge too fast. Keep the push steady. Work the arms and lift the knees. Keep this in mind as you're getting close to the finish: In marathons, seconds don't count as much as minutes, but seconds can make the difference in being, for example, a 2:59 marathoner or a 3:00 marathoner. That is run 2:59.59 and you can say you're a "2:59 marathoner."

As you catch sight of the digital clock over the finish, use it to pull you in to your personal victory. Don't forget to stop your watch when you cross the line (but don't block you bib number when finishing or you won't be identifiable for the finish-line photos). Most importantly, don't forget to congratulate the runners around you who helped you in and, of course congratulate yourself on a job well done.

By:- Mick Limb

Boxing Day

After having a Christmas Day run with Old Fox. (J.Topliss) the weather was so mild I had a short sleeve T-shirt on and sweating like mad (could be the mince pies). So when we turned up at Campsall for Pat O'Gradys Boxing Day run it was bitter and I considered, lifer and tracksters, but seeing the rest of the runners with Father Christmas hats my only concession was a pair of gloves. I planned to have a steady run having over indulged the day before, but that bloody bell on Mick Collingwoods red hat was driving me mad so I took off within the first mile running with Dave Askew, chasing young Jamie Smith. My tactics were to pull that 50 yards back on the back lane coming back but the little devil looked back and took off still, I bet he cant drink and eat as much as me.

Nice race to sober you up after Christmas Day abuse.

By:- D. Grayson

1 Lee Collingwood	17:35	22 Graham Terry	22:44
2 Pete Grimoldby	17:57	23 Lee O'Grady	22:55
3 Keith Bertie	18:15	24 Dan J O'Grady	22:59
4 Pete Farnell	18:54	25 Mick Limb	23:02
5 Jamie Smith	19:01	26 Ron Cater	23:59
6 Don Weigel	19:16	27 Alan Mewse	25:12
7 Dave Grayson	19:20	28 Timothy Smeaton	25:28
8 Pete Clements	19:41	29 Trevor Smeaton	26:22
9 Dave Askew	20:00	30 Chris Scollard	26:27
10 Mick Collingwood	20:23	31 Catherine McGonagol	26:28
11 Paul Collingwood	20:27	32 Brian Shaw	26:32
12 Chris Firth	20:51	33 Kevin Parkhouse	27:43
13 Peter Irland	20:54	34 Josie Charlton	28:00
14 George Stampson	21:18	35 Ruth Brook	29:18
15 John Toplis	21:43	36 Nigel Porter	30:19
16 Martin Rushby	22:10	37 Gary Webster	30:29
17 Andrew Shaw	22:12	38 Kevin O'Grady	31:17
18 Dave Collingwood	22:21	39 Christine Stampson	32:38
19 Lisa Quinn	22:24	40 Amanda Collingwood	34:18
20 Allen Greenwood	22:38	41 Denise Porter	34:57
21 Bernard Jones	22:42	42 Barry Barnes	dns

Mick Hills CHRISTMAS HANDICAP

27th December

What a motley lot of runners everybody hoping for a good handicap off Roy, more chance of Bill Clinton being a Bishop. He's a hard man (Roy) not Bill Clinton.

There were lots of strange looks from motorists coming down the village as we all set off in dribs and drabs, you could virtually hear them thinking what's all them old fellow's doing running about, have they escaped from a rest home.

Well the handicap was something like, except for Paul Rowland passing me at the pit gates never to be seen again. It was an Ledger Way that I realised Dave Hope was trying to get on a Gypsy horse tethered up, but the horse despite pulling a scrap cart all year was not going to carry Dave and galloped round and round tethered by a chain.

Despite all the bad weather Sandall Beat was good under foot and coming down to the cottage everyone was bunching together ready for the back lane round the pit tip but nobody expected a ploughed field down Barton Lane to finish with, and Dave Hope in front again, still its all good fun and a great day organised every year by Mick Hill and Roy Veall and all for a £1 entry.

A buffet in the Plough followed provided by Janet (Hill) thank-you Janet and a little something for Mick's 50th Birthday that I'm sure he will get hours of pleasure out off it (a blow up doll)

If he doesn't I think Andrew will as he was last seen sat in the back of the car going home with his arms around it. (Monica)

By:- D. Grayson

Pos.		Time	Act-Time	Pos.		Time	Act-Time
1	Paul Rowland	52:48	36:48	13	Dawn Fletcher	57:48	45:48
2	Chris Firth	55:10	40:40	14	Mick Limb	57:51	49:51
3	John Toplis	55:22	44:22	15	Dave Lawrie	58:13	49:13
4	Martin Jephcott	55:32	39:02	16	Steve Stewardson	58:24	47:54
5	Tony Frow	55:38	39:38	17	Pete Oliver	58:46	46:46
6	Dave Grayson	55:46	40:16	18	Mick Hill	58:54	50:54
7	Paul Cusson	55:57	41:27	19	Andy Kennedy	59:17	54:17
8	Tony Henderson	56:01	42:31	20	Mick Haywood	59:20	48:20
9	Dave McCabe	56:34	40:04	21	Andrew Hill	50:54	42:54
10	Keith Lindley	56:40	44:10	22	Mick Finney	52:05	38:05 Wrong Course
11	James Miller	46:41	44:11	23	Kevin Brennan	52:05	38:05 Wrong Course
12	Pete Rowland	57:45	43:15	24	Dave Hope	55:10	41:10 Wrong Course

YORKSHIRE comes to ROTHERHAM

If the story is to be believed our dear friends up the road passed comments after last years cross country championship, staged at Thirsk, about the state of the course and the organisation, and promptly landed themselves with the role of staging this years event.

With Clifton Park being unavailable and restricted access to Valley Park the omens didn't look too promising, particularly after the experiences of the League meet. However to their credit the Rotherham Club rose to the challenge, modified the courses, provided more marshals than you see in London, liberally laced the courses with NIKE tape and really did the job. The only weak point I could detect was the trek from the course to the Registration/Result point in the school. Well done Rotherham!

Sadly with our lack of co-ordination we didn't perhaps get as many people to the event as we should have done. Several of the Seniors choosing to run in the Veterans championships the following day and no entries from the boys restricted our representation to just under 13 and under 15 girls.

First race of the day was the girls under 13's (3000 metres). I had all on to get them to run when they looked at our team list and saw that C TYSON was in the team!!!! Never thought my "D's" were that hard to read! On the gun 55 of them launched themselves at the first hill with our 5 representatives shooting straight to the back. Don't panic I say to myself, the strategy was to start easy and then move through. Unfortunately Anne Marie Duffy (our new IMPORT, from Dagenham) only made it to the top of the hill, severe breathing problems ending her challenge! Four left, Shelley showing first with Claire and Holly several places behind and Carly starting to move past people. Claire then closed the gap on Shelley and the expected battle for first Club finisher was ready to rock. Holly, in her first XC for the Club hadn't read the script. When we weren't looking she passed both of them and continued to run through the field running strongly all the way to the finish. Shelley and Claire gave us a great battle with Shelley just having the edge when it mattered. Carly, not enjoying the course at all, none the less ran very well and had the strength to pass and stay ahead of two rivals towards the end of the race.

Result:

20	Holly Straw	14:42
32	Shelley Revitt	15:36
35	Claire Greenwood	15:49
45	Carly Dyson	16:35

Team result: 8th (3 to count)

After the boys under 13 it was the turn of the under 15 girls (4000 metres). The "Bug" had deprived the team of Gema Dowson leaving us with just three on the start line in a field of 53. Same strategy again a steady start and then a progression. Michelle running very well just now was noticeably making progress though the field and cruising. Further back Laura, cross country not being her favourite, was also running well and very much looking the part whenever she strode out. Both contributed well to the team finish and produced very pleasing results. Towards the front of the field Sally, who had been targeting the race as a means of earning her County vest had us wondering what was going to happen next. Knowing a top six finish would be sufficient she had us worried in the early stages running well off the pace up the first hill. Gradually moving through into 5th place things looked good. Then a group formed and began to move away and Sally wasn't in it, then she was in 7th place and not looking easy. Parents ready for suicide, Coach in despair. Should have known, the tough little "Cookie" wasn't done! Back end of the race and its just like the track 1500 mtrs championship, Sally ripping past a Skyrac vest and securing the honour!

Result:

06	Sally Jephcott	15:59	Team result: 7 th (3 to count)
20	Michelle Moody	17:20	
34	Laura Beresford	18:20	

After last year, when Lisa Quin was our only representative, to get eight of the girls on the start line was a great advance. Most pleasing of all is that despite the current low level of competition in South Yorks. itself, our girls were in no way outclassed. Their loyalty and enthusiasm is a credit to the Club. They now move on to the Northern and Regional Schools Championships where they will be joined by some of the boys and Seniors and I am sure you would join me in wishing them every success.

Special congratulations to Sally who was unlucky not to have gained her Yorkshire vest last year, being injured in the build up to last years event and having to turn down the opportunity to run on the track because of holidays. For anyone who doesn't know, the Club recognise the significance of representative honours and are delighted to honour any athlete with free membership for gaining a full county vest (or above).

By:- P. Brown

MEMBERSHIP FEES

Discount for Payment Before April 1st

NORTH OF ENGLAND ATHLETIC ASSOCIATION **MEN & WOMEN'S CROSS COUNTRY CHAMPIONSHIPS**

At Graves Park Sheffield Sat 30th January 1999

Yet again the club was well represented, a special mention to our Senior Men's team finishing a credible 21st out of the 65 team's competing.

Individual Placing

Senior Men's "Field of 764 entrants"

Pos. 41 Simon Wright	41.30	Pos. 345 Rick Wright	49.06
Pos. 99 Adrian Wheatley	43.36	Pos. 414 Kevin Lincoln	50.23
Pos. 208 Kevin Hope	46.19	Pos. 425 Keith Temperton	50.34
Pos. 273 Nick Shpylka	47.35	Pos. 545 Dave Askew	53.39
Pos. 320 Martin Jephcott	48.30	Pos. 578 Tony Frow	54.45

Senior Women's "Field of 252 entrants"

Pos. 101 Dawn Fletcher	35.24
Pos. 162 Dianne Beaumont	38.30
Pos. 181 Joanne Allen	39.44

Under 17 Women's "Field of 85 entrants"

Pos. 28 Lisa Quinn	21.09
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Under 15 Boy's "Field of 228 entrants"

Pos. 86 Jamie Smith	16.46
Pos. 199 Stephen Greenwood	18.43

Under 15 Girl's "Field of 155 entrants"

Pos. 8 Sally Jephcott	17.59
Pos. 60 Michelle Moody	19.25
Pos. 112 Laura Beresford	21.01
Pos. 141 Gemma Dowson	22.41

Under 13 Girl's "Field of 171 entrants"

Pos. 96 Holly Straw	15.46
Pos. 138 C. Green	16.48



Mick Page

Town Fields **Handicap Time Trials** **January 99**

1 Moira Cox	24.38	28 Geoff Hamill	32.29
2 Simon Wright	25.35	29 Dawn Flecher	32.35
3 Kevin Newman	27.43	30 Ralph Burton	32.52
4 Mick Page	27.59	31 Lee Wilton	33.18
5 Rick Wright	28.13	32 Neil Wooliscroft	33.26
6 Martin Jephcott	28.33	33 John Topliss	33.43
7 Kevin Lincoln	28.49	34 Tony Colby	33.44
8 Jamie Smith	29.01	35 Glyn Waplington	33.55
9 Tony Frow	29.10	36 Mick Finney	34.22
10 Kevin Brennan	29.19	37 Jim Collett	35.18
11 Brian Chadwick	29.35	38 Steve Stewardson	35.21
12 Eddie Fletcher	29.37	39 Dave Rhodes	35.32
13 Dave Grayson	29.40	40 Dave Lawrie	35.38
14 Ray Hope	29.55	41 Mick Limb	35.43
15 Keith Temperton	29.55	42 Dianne Beaumont	35.55
16 Dave McCabe	30.02	43 Martin Greenwood	36.11
17 John Elvin	30.10	44 Stephen Greenwood	36.11
18 Chris Firth	30.27	45 Christina Slemon	36.41
19 Robin Aconley	30.28	46 Eric Smith	36.55
20 Dave Askew	30.45	47 Sara Shearman	37.09
21 Pete Swaby	31.01	48 Peter Andrews	37.24
22 Paul Cussons	31.20	49 Erica Williams	38.23
23 Steve Evans	31.20	50 Andy Kennedy	39.29
24 Dave Brown	31.23	51 Sally Jephcott	39.32
25 Chris Boutell	31.29	52 Paul Brown	39.42
26 Tony Henderson	32.05	53 Julie Broadbent	39.59
27 Keith Lindley	32.22	54 Sue Williams	47.45
		55 Tracy Limb	49.31

1 Laps

1 Adrian Wheatley	8.27
2 Andrew Shaw	11.40
3 Thomas Smith	12.11
4 Andrew Henderson	12.50

2 Laps

1 Adam Lowe	24.12
2 Mick Hill	24.18
3 Claire Greenwood	25.50
4 Tom Brevitt	27.09

WHAT! – NO HILLS?

Should have been easy, right at Stairfoot roundabout, keep on until you see grass on the right hand side. No trouble, flat as a pancake, quick belt round a field and the South Yorks. League, Championships and Club Championships all over and done with.

A small and a large lap later, 4 trips through the boggy areas and I've had enough, illness over Xmas and no training are impacting but like a fool, with the wind now behind I start on the next lap. After that it was pure pride and nothing else that kept me going. Could have used a bit of encouragement from Dave Tune and then Simon Wright as they sped past, but they came and went and finally I was aware that there weren't many runners around. Then good old Max from Barnsley says "This way Son" and it was all over. Does anyone appreciate the time and effort us Senior Men put into preparing the course for all that follow, goodness one of the bogs was now at least 20 foot wide, and deep – nearly up to my navel! Proper cross country conditions.

Great result for Simon with Andy not racing, gifting him the league title. A gutsy run for Mick Page and the rest of the Vets team. Its good to see we can still get amongst them and nice to see Ray Hope on the way back.

Whilst I was still making my way to the finish there was a bang, which turned out to be the Ladies and under 17's on their way. Throw on a few clothes and back onto the course to "help" them on their way only to meet with Lisa, in third position in the 17's who tells me she's lost one of her spikes. On she goes, not looking too healthy but trying to stay in touch. Not far behind and running very well is Dawn and behind her and competing splendidly Diane. Before Julie & Moira come through its back to the finish to see how Lisa has got on to discover she's made 3rd place but in a heap on the floor, frozen and can't move her big toe on the foot with no spike. Carry her off to the rest of our supporters for them to dress her, obtain a very sketchy description of where she's lost the spike and its all the way across the fields to the far corner to go look for it. Find it right in the middle of the biggest of the bogs!

On the way back to the start/finish area I'm passed by the under 11's. The girls race looking unusual in there being a black vest in second place instead of the usual 1, 2, 3 Hallam. In about eighth is Rachel Haigh as expected but right behind her not Rachel Cressey as expected but Natalie Flockton. Rachel following and then Natalies' sister Kelly with her bodyguard Katie. Watching them further round the course as they come out of the bog Rachel has moved up to fourth and she's

still being tagged by Natalie. Rachel's 10, Natalie is 8 and a few weeks, its only her second race 'cause she wasn't old enough for the first two and Natalie's going past. No she isn't says Rachel and that's how it finished but fourth and fifth from those two was marvellous to see.

In the boys under 11 Gary Wainwright, full of confidence after winning the last two races is leading with a Barnsley runner in attendance and his rival from Rockingham who lead the league going into the event in 3rd place. Always one to respond to encouragement Gary destroys the lad from Rockingham and goes on to streak away from the Barnsley runner at the end of his race. Tom Moody, finally running in the correct race ran through the field to finish in fourth place and the rest of the lads ran well enough behind to gather the team Gold.

A battle royal was expected in the Girls U13, with Holly Straw having a birthday dinner at Granddad's the Club Champion would surely come from either Shelly or Claire who have never been far apart in races all season. I can only assume that Shelly must have had her Wheatabix, cause after she caught a fast starting Carly, she was clear and away. Carly after completing what must have been 97% of her course turned her ankle and withdrew. Claire Parker, and Anne-Marie Duffy who had missed the start, thankfully kept going and were rewarded with being a part of the Gold medal winning team.

Sally, with no chance of the league title had come prepared to take on Teresa of Rotherham in the U15's and together with Laura and Gema, promptly missed the start. By this time I had finally re-united Lisa with her spike and made sure she was OK in the car and returned to the course to discover Sally in second place, way behind Teresa and not very far ahead of Michelle. Missed the start is what I think she said to me as she passed. Then Michelle says "I've lost a spike". Without thinking I'm off after her, chasing her round the field asking her to point out where she lost it. Guess what, back into the bog again. Find the spike, then hare across the course to see if Michelle wants to put it on. By this time she's into third place and stopping for no-one. Then I notice Gema in trouble in the bog. So its run over to help, to discover she hasn't recovered from her attack of the Flu and she can't breath. Managed to calm her down and get her walking on the course and finally with the help of Claire, to the finish for a team result. That took guts Gema, well done!

As Claire took over, Dennis from our dear friends at Rotherham collared me wondering what had happened with Sally and who was the girl in 3rd place. By the time I had extricated myself it seemed as though the boys under 13 and 15 races had become interlaced, and so it was. Stood on a corner of the course there seemed to be boys of all ages going in all sorts of directions. In the chaos, with his new hair-

style I couldn't even recognise Jamie, but the great thing was that wherever you looked there seemed to be Doncaster vests. Towards the end of the U15 Pete Andrews had kicked past a rival from Hallam, who had beaten him on the previous 3 occasions and looked to be cruising to "victory" when both Kim and I noticed he was being caught. We were a long way from him but he heard us, and responded!

At the presentation a good number of the Club had taken the trouble to wait back and were rewarded by the presentation of a whole clutch of trophies and medals. Dawn seemed to win that many she was having to put them straight into her kit bag. Vet Men, Ladies, U11 Boys and U13 Girls team prizes and guess what, after losing to Sally the league trophy last year by one second over four races Lisa's only managed to win it this year by the same margin! Talk about drama. Once again we seemed to be the loudest and proudest.....BRILLIANT!

Bet no-one did more miles or spent more time in the bog than I did, but it was well worth it but boy am I tired. Sally may try to tell you that she beat me in the time trial but I still have a faster time than her at 1500 metres!

Cleethorpes 10k New Years Day

It has been confirmed - Members of D&SAC are officially mad, or mad enough to want to run a 10k on New Years Day.

While the rest of us were holding our heads and vowing never again, these sad individuals joined a field of 220 and raced around the streets of Cleethorpes.

In fact it was a great day. The weather was good - fine and a bit breezy. The course was flat and everybody had a good run. Two of our ladies were in the prizes, Dawn Fletcher 1st over 35 and Rosemary Armstrong 1st over 55 and most of us had the pleasure of crossing the line in front of Dave Tune, who ran with Vicky Haigh as a warm-up to Durham Cross Country.

So next years don't have one for the road, have one on the road and blow the cobwebs away!

By :- D. Fletcher

Results

Eddie Fletcher	37:34	Keith Lindley	42:46
Paul Cousins	40:38	Vicky Haigh	45:15
Tony Henderson	41:07	Dianne Beaumont	45:49
Dawn Fletcher	42:23	Rosemary Armstrong	49:04
Gordon Cox	42:33	Moria Cox	51:16

Doncaster and Stainforth Athletic Club

Lycra kit

we are now taking orders for the new lycra kit

Order forms from

Janet Moy Stainforth
Kim Blagden Eden Grove

All completed forms and cheques should be returned to
Janet or Ki

Add £1.00 print charge if you order a crop top or skinsuit
They will be screen printed with the club name on the front

Price List	Adult	Junior
Brief Skin Suit	£28.15	£23.40
Shorts - Skin Suit	£29.65	£24.00
Crop Top	£15.40	£13.40
Shorts - Plain	£15.25	£13.00
Briefs - Plain	£10.00	£8.50
Vest*	£19.75	£16.15

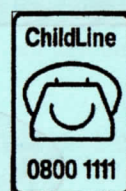
Vest Fit Loose = chest + 2'

Close = chest - 2'

Exact = same as chest

Junior Sizes = Up to 28'chest and 30' hips

Please make cheques payable to Doncaster & Stainforth A.C.



ChildLine are delighted to present a

CERTIFICATE OF THANKS

to

Keith Lindley

for running the
1998 Flora London Marathon for ChildLine

on Sunday 26th April 1998

and raising

£4,307.41

WITH MANY THANKS FOR YOUR SUPPORT

ChildLine - the charity that provides the only free
national helpline for children in trouble or danger

Esther Rauten
CHAIRMAN

Town Fields Handicap Time Trials

February 99

1	Pete	Tallents	26.31	20	Tony	Henderson	32.03
2	Kevin	Newman	27.45	21	Geoff	Hamill	32.12
3	Martin	Jephcott	28.10	22	Keith	Lindley	32.14
4	Gary	Davy	28.44	23	Pete	Rowland	33.02
5	Kevin	Lincoln	28.57	24	Andy	Hall	33.33
6	Dave	Walton	29.20	25	Pete	Oliver	33.40
7	Ray	Hope	29.21	26	Jim	Collett	34.22
8	Kevin	Brennan	29.25	27	Dave	Lawrie	34.22
9	Tony	Frow	29.25	28	Paul	Brown	35.20
10	Keith	Temperton	29.50	29	Peter	Andrews	36.20
11	Jamie	Smith	29.52	30	Christina	Slemon	36.30
12	Brian	Chadwick	30.02	31	Mick	Hill	36.48
13	Dave	Grayson	30.22	32	Andy	Varnham	36.57
14	Chris	Firth	30.23	33	Helen	Ward	38.37
15	Merritt	Adlard	30.27	34	Erica	Williams	39.17
16	Dave	Brown	31.08	35	Rosemary	Armstrong	40.15
17	Pete	Swaby	31.09	36	Moir	Cox	40.56
18	Paul	Cussons	31.16	37	Andy	Kennedy	41.23
19	John	Elvin	31.39	38	Sue	Williams	45.24

2 Laps

1	Adam	Lowe	21.59
2	Michelle	Moody	23.43
3	Andrew	Henderson	25.34
4	Claire	Greenwood	27.44
5	Julie	Broadbent	29.35

1 Lap

1	Brendan	Whitfield	11.12
2	Thomas	Smith	11.46
3	Robin	Whitfield	12.25
4	Chris	Cook	12.39
5	Michelle	Lord	14.12
6	Kevin	Cook	15.16
7	Martin	Oliver	15.16

Captains Cake

Forget about High Five energy bars, Creatine 500,
and Electrolyte energy drinks.

New and hot off the hob, we have all heard of Mr Kiplings exceedingly good cakes, well now we have "Mrs Lincolns Fat Free Fruit Cake." Guaranteed to make you perform without any infringement of the three 'A's rules. Once tried it can't be resisted, in fact one athlete had three pieces, its very addictive and he wasn't running.



Have Your Cake And Eat It

You know after a race
When you rest your feet
You fancy a drink
And something to eat.

Fat free fruitcake is always good
It gives good nourishment
And thins the blood.

But don't give it Dave Grayson
To save till the end
Because there'll be nought left
"CALL HIM A FRIEND"!

Fifteen slices I gave him
To share with the team
When we got to the tin
Talk about the cat's had the cream!

The moral of the story
If there's food to save
Is give to anyone
And don't tell Dave!



Armthorpe 10k 1986

Pos	Name	Club	Time	Pos	Name	Club	Time
1	M. Chorlton	Stainforth A.C	29:34	94	P. Burt	Askern R.C.	38:22
4	C. Ayres	Stainforth A.C	31:37	98	D.P. Finney	Plant Works	38:48
9	M. Farrow	Stainforth A.C	32:29	100	V. Rylance	J.I. Case A.C	38:51
11	C.J. Parkin	Stainforth A.C	32:47	104	R. Harris	Hatfield A.C	38:57
16	D. Grayson	Stainforth A.C	33:00	109	A. Cotton	Plant Works	39:19
20	P. Asquith	Stainforth A.C	33:21	110	B. Brooks	Askern R.C.	39:23
21	I. Temperton	Stainforth A.C	33:22	112	G. Perigo	Stainforth A.C	39:32
24	G. Allerman	Plant Works	33:38	119	C. Dye	Plant Works	39:58
26	D. Hayes	Stainforth A.C	33:49	121	S. Cummings	J.I. Case A.C	40:05
28	R. Fuller	Plant Works	34:01	122	E. Taylor	Plant Works	40:11
29	P. Rowland	Stainforth A.C	34:11	123	B. Barnes	Stainforth A.C	40:12
32	D. Green	Stainforth A.C	34:22	124	P. Dye	Plant Works	40:13
37	D. Mills	Stainforth A.C	35:03	126	P. Oliver	J.I. Case A.C	40:23
39	T. Wright	Plant Works	35:08	127	M. Panks	Plant Works	40:27
43	T. Tolley	Plant Works	35:20	128	M. Baulk	J.I. Case A.C	40:30
49	D. Clandella	Plant Works	35:34	131	G. Hughes	Plant Works	40:51
51	S. Tucker	Stainforth A.C	35:39	133	R. Morgan	Stainforth A.C	41:02
54	K. Temperton	Stainforth A.C	35:47	135	D. Willcock	Stainforth A.C	41:11
56	D. Greenwood	Stainforth A.C	36:00	144	M. Penn	J.I. Case A.C	41:48
59	J. Cooper	Plant Works	36:08	149	J. Oxley	Plant Works	42:04
61	D. Lawrie	Stainforth A.C	36:16	159	A. Woffinden	Stainforth A.C	42:43
62	J. Slack	Stainforth A.C	36:23	166	G. Cox	Plant Works	43:03
64	W. Gill	Askern R.C.	36:28	169	A. Biggs	Plant Works	43:29
65	J. Elvin	Stainforth A.C	36:29	175	D. Williams	Plant Works	44:00
66	J. Toplis	Stainforth A.C	36:31	186	H. Ward	Stainforth A.C	44:32
67	B. Tate	Askern R.C.	36:32	188	J. Collett	A.A.A. Reg	44:43
68	D. Gill	Plant Works	36:37	191	D. Fretwell	Plant Works	44:50
70	M. Miller	Plant Works	36:39	203	T. Bell	J.I. Case A.C	46:01
75	C.P. Bason	Stainforth A.C	36:58	214	J. Garnett	J.I. Case A.C	47:52
76	E. Stafford	Plant Works	37:01	218	R. Townsend	Askern R.C.	48:20
77	A. Colby	Stainforth A.C	37:04	220	K. Copeman	Plant Works	48:31
79	C.J. Parkin	Stainforth A.C	37:07	222	D. Hughes	Plant Works	50:23
87	R.J. Wood	Plant Works	37:39	226	P. Barratt	Stainforth A.C	52:25
89	N. Cotton	Plant Works	37:42	229	P. Corbett	Askern R.C.	53:32
90	B. Worthy	Plant Works	37:51	231	J. Temperton	Stainforth A.C	55:13
92	T. Hold	Stainforth A.C	37:59	232	V. Woffinden	Stainforth A.C	55:13
93	M. Calow	Hatfield A.C	38:17	236	R. Bennett	Stainforth A.C	61:43
				238	I. Atkinson	Askern R.C.	68:39

Ferriby 10

Yes its that time of year, you know that the running season has started when you get your entry for the Ferriby 10 through the door. With some of the Bridlington lads pulling into the car park at Hull with snow on the roof it was obvious it was going to be cold. Well the club vests were well represented and true to form all the lads ran without lifer tops the only concession the odd tee-shirt. True to Ferriby form the first 5 miles was uphill into the wind or gale and then back towards Ferriby to catch the magic sight of the windmill of old Amsterdam, what a finish up hill and into the wind.

Some good performances from all the lads, and exceptional runs for all the lads who got under the hour in such bad conditions. But it was left to the old codges to come away with the prizes in the over 45's, 50's and 55's and the over 50' team prize. Well done lads.

Pos.	Name	Time
20	Kevin Newman	58:45
22	Mick Page	58:59
26	Rick Wright	59:23
42	Kevin Lincoln	61:56
60	Kevin Brennan	64:24
63	Dave Grayson	64:53
71	John Elvin	65:28
78	Chris Firth	67:03
82	Paul Cusson	67:09
85	Steve Evans	67:18
88	Dave Brown	67:20
268	Andy Kennedy	87:44

Prize List

Male Vet 45-49
1st Mick Page

Male Vet 50-59
2nd John Elvin
3rd Dave Brown

Male Vet 50 + Team
1st
Dave Grayson
John Elvin
Chris Firth

- 1) 18 & over £20.00 **MEMBERSHIP FEES**
 2) 12-17 & unwaged or students £10.00
 3) 8-11 & social members & coaches or officials £5.00
 New members after August 1st 1/2 price
 New members after November 1st full price but last for 14 months
Discounts for payment before April 1st
 1) £15.00 2) £7.50 3) £3.75
 New members pay discounted fees all year