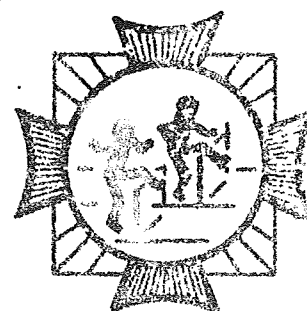
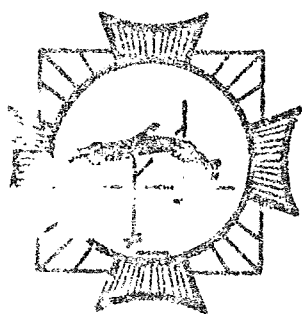
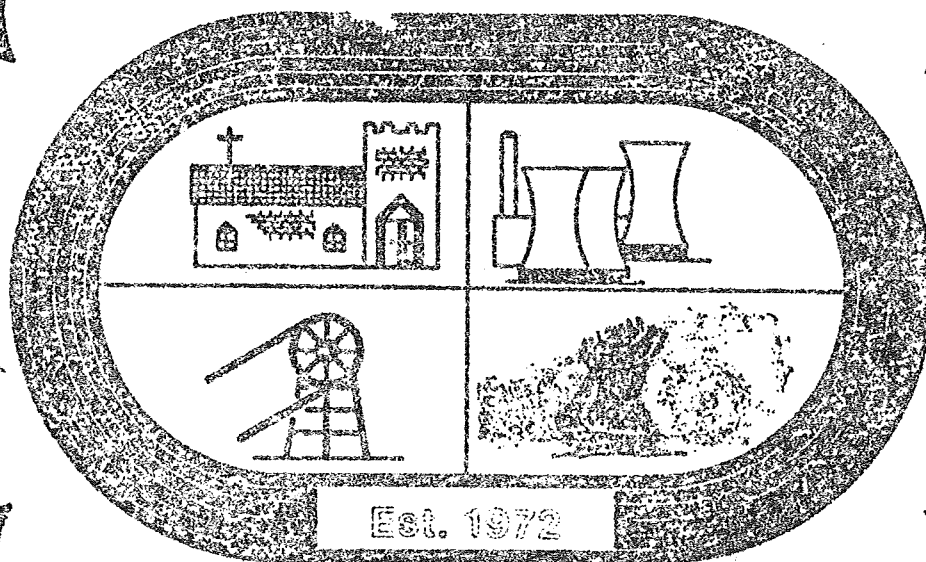
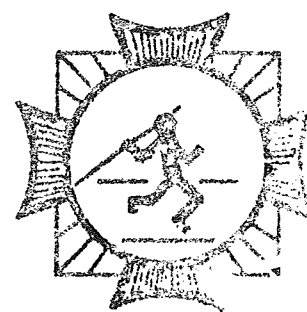
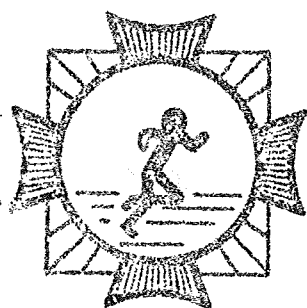


# S D A C

'MAGAZINE'



## STAINFORTH & DISTRICT

## ATHLETIC CLUB.

NO. 16

## EDITORIAL

It feels like an age since the last edition of the Club Magazine, but here we go again with another update of the latest news about the club and its members. It's very nice to have a contribution from Karen of "the kids" (her words not mine). Perhaps it will inspire others to make a contribution.

There's plenty of good stuff to read; I know I'll read my copy over and over again, but I would just like to plead with you to concentrate as you go over Dave Lawrie's article about relative performances and his proposal for a Performance Indexing Scheme. It's quite a heavy bit of reading and it won't make sense unless you give it your full attention. It proposes a Scheme which basically will enable the lesser lights to compare race performances with the Club's best runners, based on known performances.

The more Dave worked on the idea, the more he realised how much extra information could be gained from the exercise and if you too, give it your attention, I'm sure you will come up with adaptations which will prove beneficial to all competitors.

Could it be the basis for an across-ability-band Club Championships? That is presumably the second dream of all untalented athletes. (The first dream being a heart/lung transplant from Said Aouita).

Your comments, spoken or written, would be appreciated.

Allen Greenwood

## CLUB TOPICS

Ray Harper -- Club Press/Publicity Officer

Have you done anything fabulous, outstanding, humorous, world shattering, etc. recently? If so, Ray is the man to see with the details. Let's get the Club as much good publicity as possible, be it racing, training, social, fund raising or whatever.

Success breeds success and if we want to maintain a healthy intake of new members we need to keep up a high profile in the area. Don't forget then, if you've got anything newsworthy to report, before or after the event, get the information to Ray as soon as possible.

Allen Greenwood

## South Yorkshire Road League Series

I don't think anyone has done race reports for these four events and I only got to one of them (as a spectator, at that), but the times are in an article by Dave Lawrie.

Stainforth did fantastically well this year, arguably our best year ever, with wins and places in many categories. The series of races are a terrific way of getting competitive short races in early in the season.

Our successes:	Men	Steve Speak
	2nd Team	Steve Speak, Ian Temperton, Paul Rowlands
	Vets	2nd - Jack Cook
	Team	2nd - Jack Cook, Dave Grayson, Pete Rowlands
	Girls (13-15)	2nd - Caroline Conway
		3rd - Louise Grant

## Stainforth '10'

I haven't seen a copy of the results yet but I know that Steve Speak finished in a fine second place despite 10 miles being considerably over distance for him.

The entry was very slightly up on previous years, presumably due to the involvement of sponsors General Portfolio. Organisation was excellent, as ever, due largely to Barry and Jack who bore the lion's share of the work, and my thanks to all those who volunteered to help me with the marshalling; Pam Grayson, Mrs. Hindmarsh, Hairy Coconut, Venture Scouts and many others.

The day was a great success all round with good weather thrown in and it should continue in the future for General Portfolio are with us for another two years as the major sponsor.

Our efforts netted some £300 for the Club.

## Forthcoming Attractions

Don't miss these:

South Yorkshire Track League - Rotherham 23/7/89  
1.00 p.m.

15000M  
Vet 400M  
3000M S/C

South Yorkshire Track League - Sheffield 6/8/89 5000M  
1.00 p.m.

The Cross Country Season approaches and the club is going to the National at Roundhay Park in Leeds (provided we qualify with a good turn out in the Northerns).

The South Yorkshire Cross Country League - 29/10/89  
12/11/89  
26/11/89 or 3/12/89  
17/12/89

South Yorkshire Cross Country Championship - 25/2/90

National Cross Country Championship - 17/2/90

South Yorkshire Road Relay (subject to confirmation) from the Doncaster Rugby Club and organised by Stainforth District Athletic Club - midAugust, mid-week. Distance  $3\frac{1}{2}$  miles, 4 runners per team.

Barry Barnes - This is Your Life!

Congratulations to Barry on his successful qualification as a middle-distance Club Coach. If ever a man was a "natural" as a coach it must be the dedicated Barry. I understand that as an when work commitments allow Barry will take the next major step and go for the Senior Coaching award, but it will not be for a couple of years.

And there's more .....

Later this month he and Yvonne are taking a 5 week break down under as they visit Barry's Brother, who was over here a few years ago and ran our ten miler. Barry is packing his Stainforth vest and will be putting it to good use with two very high class outings whilst over there. The famous City to Surf race in Sydney and also an appearance in the Australian National Cross Country. Have a nice time, y ou two.

## FEATURES

### Just another ordinary run!

The hottest May on record is coming to an end. This particular Tuesday evening, though, is cool. I've had a good Bank Holiday rest following a respectable run at Askern (where I just pipped the storm) and the hay fever seems to have passed. Five more days holiday to come, the car's running well too! All in all things are pretty good.

I should have realised something was amiss when I encountered 25 empty parking places at the club - is there a race somewhere I don't know about - Oh no, must be O.K., here's Tony. So, still feeling great, I enter the building. The banter from the changing room sounds along the corridor. "Only 10 of us tonight" I think as I join others placing palms against the wall (as though about to be frisked) stretching hamstrings. The talk is of Barnsley - "like an oven", "no shade", "so and so stopped", "I wish I had!"

Now I began to worry. Why so few runners tonight? What did they know (the ones who stayed away) that I didn't? Were they just tired? I began then to search faces for signs. Some serious expressions. There was something rather tense about the proceedings. Then it dawned. The remarks about Barnsley (it had been the half marathon on the previous Sunday) had been delivered with a hint of sympathy - there was almost an attempt at an apology in there. God does indeed move in strange ways. He had reduced his winged Achilles to the rank of mere mortal. Grayson had had a grueller! Everyone was trying to console him.

Alan's words of some months prior to this came to mind: "... when Dave has had a bad run he comes back hard..." I was about to find out how hard.

A gentle start - it's always pleasant through the woods - tip toe over the railway lines - across Cantley Park (grass is in need of a mow) - check allotments to see if Bri's there - yes - everything seems O.K. With only 11 of us, even the stony path out towards Cantley is negotiated with unusual comfort. Over the roundabout on to Warning Tongue Lane (did someone name this after their Mother-in-Law?) - pace is quite quick, one or two complaints, but the fire engine up ahead has emptied its tanks and I splash through the puddles kicking cooling spray on to my calf muscles. It's always the way of things though - I'm just relaxing into a good rhythm, planning the course we've done so many times (through the wood, past Punch's, save a bit going down to the Grandstand, push it up Leger Way) feeling secure when Oh, Oh! the yellow vest up front dives left, cases over the roadworks and climbs into a field. Suddenly, personal safety is uppermost in my mind and being tucked in at the back is not as comfortable a prospect now that I don't know where we're going. The track skirting the field is covered with the finest topsoil I've ever trodden on - about 6" of it! It's like Filley beach! Still it worked for Red Rum! So I dig in, literally - ankle deep each step - and try to keep in touch. Alan says they grow potatoes in this - I was looking for palm trees!

The pace doesn't slacken though, and we burst out into Branton and head for Armthorpe. Back on the road - well back by now! - there is time to put together Plan B - "In a minute we'll follow the road left and join the second half of the Armthorpe 'nearly 5 miles' course we ran three weeks ago," I think. I got a PB here (who didn't) so I begin to relax. That's a mistake. Yellow vest goes right, climbs a stile and begins to cross a field. There's no obvious path, just an uneven mound between two (presumably) different crops. We're in single file now, dodging left and right in our search for footholds. The hedge is approaching, but why am I a little hesitant in thinking the worst is over. Probably

because Alan has just disappeared into a narrow, darkened, trodden down gully between two threatening sets of cereal crops AT LEAST 4ft high. Fortunately, though, I can't see what I'm putting my feet down on nor can I see Alan, I can hear him recounting tales of bravery from his time in the Burmese jungle. It is genuinely comforting to know that he's somewhere just a stride or two in front.

We battle through two fields of this stuff before crashing into another field (and into each other!) The farmer must have known that Dave wanted a testing run - he'd cut his furrows at right angles to our planned path. We had two choices (hence the crash as we all stopped gingerly on to the first row ridges) (i) take mincing little steps across the top (furrows were about 18" apart) or (ii) break rhythm and try one on top, one in between. Like ballet dancers on points we chose the former. Now, you may be wondering about the pace or you may one of those who stayed at home because you know about the pace!! Had it showed? Had it \*ix..@!

Still, out of the field, back on the road, there's the Horse and Groom - "last 1½ miles of the Arncliffe 'nearly 5' and shower, pint of Guinness etc." I should have known better! Leaving left and right through Nutwell Estate - we've been out for one hour now - I begin to get the feeling of impending doom. A glance to our right confirms it. "Oh no! Not the pit tip" says a little voice inside. "Oh no! Not the pit tip" says the little man next to me. Oh yes! but not before the sadist in the yellow vest takes us on a mini assault course just to get to the bottom of it. Now, jinking in and out of the piles of chippings strewn along the path, we turn and go. Lungs bursting, quadriceps burning, just enough wind left to utter a few words of "encouragement" at our leader we reach the top. Now, legs like jelly, hyperventilating, we slither down the other side stopping occasionally to allow Alan to demonstrate his new found zig-zag fell running technique, gathering momentum uncontrollably towards the wood. Over the railways bridge (2 steps at a time), turn right and whoosh - off he goes on a sprint finish. I've got that old familiar problem - feet beginning to slap down, little response from muscles, mist before eyes (tears!) and a lengthening gap before me. Still, dig in - try to keep a respectable distance behind, sustain "sprint" a little longer than they do (then as they slow to a warm down, I can narrow the gap and pretend I was with 'em all along!)

1 hour 12 minutes! We've "run" on grit, long grass, stony paths, dusty lanes, 3 roads! (I thought we were road runners!) a 'beach', grass banks, through chest high cereal crops (has anyone seen Alan?) and up and over the crusty surface of the tip - not to mention, railways lines, ploughed fields, stiles, barbed wire fences. And it's suppose to be fun! All because Grayson had a grueler.

So, next time you're racing (or watching, or marshalling, or on the feeding stations) think about us poor so-and-so's on a Tuesday evening and help Grayson - (carry him, push him, stop the clock, tow him) - anything to get him to the line a super-human time. Please!

Dave Wozencroft

## Life of a Nearly Vet OR How to get fit and feel old at the same time

It started in 1988 when, instead of watching others train, I would have a go myself. This was to be the start of my OLD age phobia. Firstly, the fast  $7\frac{1}{2}$  minute pace, long 3 mile sprints, on Thursdays turned to slow  $6\frac{1}{2}$  minute pace short 2 mile jogs on Tuesdays at the Rugby Club - who are those jogging juggernauts trying to kid.

I might look old, but I am definitely not senile.

After a few months of Tuesday nights steady jogging, I was ready for the Coe's, Gram's, Ellid's and many other up and coming so called speed merchant. I proudly and confidently walked up to the short sighted committee member, sat at the table and entered my first race. Then came the usual routine questions - NAME - ADDRESS - VET SECTION? No just feeling run down. To prove this was a lapse on the committee members behalf I entered a second race with someone else NAME - ADDRESS - vet section? No, just feeling very run down. I couldn't believe it, but I, but two committee members with failing eye sight. This was to occur a third time NAME - ADDRESS - VET SECTION? No, just feeling very, very run down. Therefore, I propose that future serving committee members must have compulsory eye tests, so until then or on my 40th birthday whichever ever comes first, my racing days are over, but then I suppose the reply will be VET SECTION OVER 45's.

THOMAS HERRIG

P.S. Anyone know a cheap plastic surgeon.

### Index of Performance

Have you ever finished a race, having run a performance of a lifetime to find that the awards have missed you out again? The same few elite runners having possibly run way below their best yet still winning the prizes.

I don't begrudge them their success, they deserve it, but I believe there has to be room for a new system of measuring performance rather than "first past the post". I have been saying these things for years, but like most people, have never actually done anything constructive.

Times have changed, however, I am a new man (or if I can't win an award, change the rules till I can) I believe we need to build further on the great steps forward Stainforth have made over recent years - I believe strongly that the club badly needs a series of Road Running Championships. As many of you will already know, I have been working on a magical new system called "Index of Performance" for the past six or seven months - I know need your help to assist me in refining the system (or suggesting a better one) so that Stainforth can get the greater benefit from it. Hopefully, you will understand the workings of the system - the most important aspect may well be, however, what conclusions we can draw from the information we eventually collate.

The system revolves around determining a "standard" time for each runner. I have utilised the results for all of last winters Town Moor Time Trials. The reasons for using these being - (i) They were already in existence and were being attended by a large number of Stainforth runners. (ii) Each runner can be compared against the others over the same course, under the same weather conditions and over a number of separate races (spanning 6 months). It is, therefore, possible to get a fairly accurate guide to each runners capability (this would become more accurate over a number of years.

As an example of how the system would work, I have collated a "Phantom" championship based on actual results - The South Yorkshire 5 Mile Championship. Referring to the attached results sheet, the 'Datum' column is the runners fastest recorded time for the Time Trial, expressed in seconds. I have included, for the sake of this exercise, the J.I.C. runners - (it is their time trial after all).

For each of the 5 mile races I have noted runners' times, again expressed in seconds. Their I.P. is then their time taken expressed as a percentage of their datum. For each race, therefore, we end up with an evaluation of how well each runner has performed AGAINST HIS OWN PERSONAL STANDARDS!

If we look at Steve Speake's performances, therefore, we see that at Askern he performed at 98.8% of his Datum, and actually won the race. However, Dave Willcocks performed at 103.8% and would, therefore, have won in this particular Championship. In fact the average I.P. for the race was 99.1% so it could be said that, excellent runner though he is, he actually performed below average for that race. There could be various reasons why and if considered long enough you will no doubt think of more than I have.

The more you ponder over this results sheet, the more interesting conclusions you can draw. Looking at the average I.P.'s (across the bottom) one can assume that an average below 100% suggests a course more difficult than Town Moor. Above 100% - e.g. Arncliffe - a fast course (or perhaps a short one!) When a few years' records are available would it, therefore, be possible to grade courses for their severity - ensuring then that you know beforehand which courses to try for a P.B. on?

Incidentally, now one would argue that Loxley was not the hardest course would they? - well Mick Hill surely deserves a pat on the back for his 108.2% performance against the average 96.1%. FANTASTIC I CALL IT.

Looking at each runners individual average for the series (all 4 races to count) some surprising results can be seen. Who would resent Mick Hill's first place as the most improved runner over recent months? Alan Tomlinson in third place - we all know how hard he tries! Dave Hindmarsh in 4th - Jack Cook 5th proving that the top runners can be up there also (again we know how well he has been running). Don't forget Pete Barratt in 7th - an excellent improvement.

So what for the future - I am prepared to collate I.P.'s for any race you provide me a results sheet for - however, you will appreciate I can't include you personally if you didn't run the Time Trials - it may be very important that you run the time trials next winter (and that won't be a bad thing for the club, will it).

Race distances don't matter, one mile or twenty six, the more information we can collate the better. Datums for distances other than 5 miles will be pro rata - i.e. the 10 mile datum will be twice your 5 mile one. Although, this is accurate in practise - all the same conclusions can be drawn from the results sheets.

Some of the advantages I can see with a Championship(s) based on this system are:

- 1 Instill great rivalry and enthusiasm amongst club members.
- 2 No age or sex classifications
- 3 Everybody has a chance of being "in the frame"
- 4 Comparisons possible of each runners performance for various races, series of races and races of varying distances.
- 5 Courses can be graded for severity.



Row	NAME	12-4-89	19-4-89	26-4-89	3-5-89	Average	Pos'n	Notes
(SECS)		SECS	SECS	SECS	SECS	INDEX 10		
1429	S. SPEAKE	1447	98.8	1465	97.5	1485	96.2	137
1524	I. TEMPLETON	1546	98.6	1547	98.6	1582	96.3	1489
1567	P. ROWLANDS (SC)	1584	99.4	1617	96.9	1598	98.1	1503
1623	D. HODDINSON	1618	100.3	1639	99.0	1660	97.8	1548
1611	C. TALL	1647	97.8	1667	96.6	—	—	—
1642	T. MATTHEWS	1658	99.0	1665	98.6	1676	98.0	1620
1693	J. SLACK	1668	101.5	—	—	—	—	—
1658	K. WARREN	1668	97.6	1728	95.9	1804	91.9	—
1664	P. SWABY	1713	97.1	1733	96.0	1783	93.3	1687
1699	S. BUCK	1742	97.5	1746	97.3	1786	95.1	1678
1760	C. SIMMONS	1770	99.4	—	—	1838	95.8	1670
1719	T. HENDERSON	1747	98.4	1783	96.4	1841	93.4	1712
1750	R. GREEN	1760	98.3	1821	96.1	1827	95.8	1726
1795	M. PELL	1776	100.5	1791	100.2	1843	97.4	1735
1836	R. VALL	1805	96.4	1809	96.7	1865	93.9	1844
2007	M. HICKON	1876	101.6	—	—	—	—	—
2179	C. MITCHELL	2113	103.1	2159	93.0	2193	99.4	—
1574	S. COOK	1554	101.3	1599	98.4	1609	97.9	1513
1561	D. GARRISON	1602	97.4	1622	96.2	1701	97.8	1559
1673	P. ROWLANDS (SC)	1683	99.4	1709	97.9	1764	94.8	1633
1631	K. TEMPLETON	1701	95.9	1734	94.1	1756	92.9	1662
1693	C. FRYA	1719	98.5	1742	97.2	—	—	1675
1732	B. BARRES	1745	99.3	1762	98.3	1802	96.1	1722
1786	A. TOMLINSON	1778	100.4	1786	100.0	1830	97.6	1709
1740	D. LAURIE	1787	97.4	1801	96.6	1816	95.8	1698
1762	A. COLLEY	1805	97.6	1824	96.6	1888	93.3	1779
1884	G. MACISAAC	1874	100.5	1913	98.5	1979	95.2	1794
1848	M. HILL	1885	98.0	1882	98.2	1708	109.2	1798
1901	T. WOFFINDEN	1932	97.4	—	—	1907	99.7	—
1920	B. SCOTT	1944	97.8	1979	97.0	—	—	—
2104	D. WILCOCK	2027	103.8	—	—	—	—	—
2075	R. WALLACE	2069	100.8	2065	100.6	2099	98.9	1997
2245	P. BARRETT	2219	101.2	2269	98.9	2308	97.3	2163
1774	T. WOODS	1809	98.1	—	—	1739	102.0	—
1757	S. GARNER	1850	95.0	1857	94.6	—	—	—
1609	D. BROWN	1745	97.4	1810	93.9	1692	100.4	—
1889	D. WOODENCLIFF	1894	99.7	—	—	—	—	—
1749	M. CARMON	—	—	—	—	1759	99.4	—
2179	C. MITCHELL	—	—	—	—	2037	107.0	—
	Ave - 99.1%	97.4	96.1	102.1				

Notes

DATUM TIME IS INDIVIDUALS BEST RECORDED TIME FOR THE TOWN UNDER 5MILE TIME TRIAL - EXPRESSED IN SECS.

INDEX OF PERFORMANCE FOR A SPECIFIC RACE IS

$\frac{\text{DATUM TIME (SECS)}}{\text{RACE TIME (SECS)}} \times 100$

EX - S. SPEAKE FOR ASKEAN 5

INDEX OF PERFORMANCE =  $\frac{1429}{1447} \times 100 = 98.8$

THIS MEANS STEVE PERFORMED AT 98.8% OF HIS EXPECTED CAPABILITY.

Notes

Datum Time is individual's best recorded time for the Town Under Smile Time Trial - Expressed in SECS.

INDEX OF PERFORMANCE FOR A SPECIFIC RACE IS

Datum Time (SECS) X 100

RACE TIME (SECS)

EC - S. SPEAKE FOR ASKEEN 5

INDEX OF PERFORMANCE =  $\frac{1429}{1447} \times 100 = 98.8$

This means STEVE PERFORMED AT 98.8% OF HIS EXPECTED CAPABILITY.

- 6 Provides an extra interest throughout the club and with regular updates will provide 'fodder' for the Newsletter.
- 7 Standards are based on as near identical conditions as possible for everyone.
- 8 Could be adaptable for track and field.

Disadvantages :

- 1 Runners 'resting' or 'injured' during time trials could give them an unrealistically high 'datum' and therefore an unfair advantage in the racing season - some though needed here please!
- 2 Difficult (in any championship) to ensure results sent to Championship Secretary.
- 3 To be included in the Championship you would have to run several Time Trials.
- 4 Charges may have to be levied to cover cost of awards.

Please consider this report seriously and let me have any ideas - for or against

Dave Lawrie

Not so bad after all

As a new member I was very wary about my limited running ability and rubbing shoulders with good experienced runners. But after a few tense outings from the Rugby Club, I was soon put at ease and with the natural comedians within the Club, i.e. Coconut, Chicken Legs & Co., I learned that road running, although strenuous and demanding, could be fun as well.

From starting out at about 8 min - mile pace, I trained hard with the Club and now can turn in times of 1 hour 21 mins for the half marathon and 3 hours 7 mins for the full marathon, all of which was made possible by asking advice, listening and training with the experienced runners.

Carl Johnson

Food for thought - Jogging or Running

There is something about the word "jogging" that seems to bring out the worst in me. It has turned from being a term for a slow trot, to a derogatory term i.e. "Joe Jogger" or "he's not a runner only a jogger". Giving the impression there is no real commitment.

Are we in danger of taking ourselves too seriously? Are we forgetting what running, at any level, is about? The pleasure of a high standard of respiratory and cardiac fitness, the pride of achievement after a particularly good run, and last but not least, the companionship and encouragement of like-minded people.

I hear senior athletes talking as though only the few up front in a race are the only ones really running with the real effort. Let's face it, running does not require a lot of skill or manual dexterity, but does require a high degree of natural ability and mental concentration coupled with a load of personal effort. This brings me back to whether we are runners or joggers. I see runners with a lot of natural ability coasting through their running. I also see joggers with a commitment and effort that would put a lot of senior athletes to shame. So I pose the question - Who is the runner and who is the jogger?

Tony Woffinden

Muston Grange form a kids point of view

It was Friday, 16th June, and a coach was spotted heading towards Filey full of kids and screaming adults! Yeas, it was the training weekend at Muston Grange.

We arrived at Muston in good time, unloaded the bus and dashed to the dorms to find decent beds and to dump our luggage. We had a couple of minutes then we were all marched into Filey where we packed into the Amusement Arcade, Adam scrounging for money all the time. Everyone spent up then we walked up to the chippy where we all had a bag of chips, bought by the club. Talk about disgusting! I certainly won't be going there again. We then walked back to Muston where there were drinks and biscuits if anyone wanted them.

We were then allowed to go and unpack, then go into the T.V. room. Although it was 10.30 p.m., nobody was tired and, therefore, didn't want to go to bed and, for a change, nobody made us go. (i.e. John). In fact there was no sign of any adults at all, the booze must be out already and the annual darts match must be underway.

Eventually, we all went to our dorms but we weren't tire so a couple of us went and sat on the swings (this was about 12.00 a.m. by the way). We were soon bored and went back. Not many people were asleep so there was quite a bit of chattering going off. John obviously wasn't very pleased with the noise and we got a lecture frim him, but it didn't stop us, so we got another mouthful from him when he paid his next visit. The lads were even worse, of course! Bramall and Freestone were having a rather loud discussion which we could hear in the next dorm.

Most people were quiet by 1.30 a.m. with the exception of a small group of girls in a corner who were having a good gossip and giggle, not mentioning any names, but they were big girls. They were soon quiet though.

At 6.00 a.m. the girls were awoken by Bramall's voice penetrating through the walls. We came to the conclusion that he never shuts up. We certainly didn't need an alarm clock. We didn't need John to get us up, we were all nearly dressed by the time he got round to us. We had a steady jog down to the beach where we did some circuit training, talk about knackered! We only cheated a little, suddenly realised we couldn't count to 15. Then it was back to the 'digs' for some breakfast. I don't know how anyone can face a cooked breakfast so early in the morning, but plenty did.

We then got ready for a long walk. Took my music with me, must be able to walk to a rhythm. It was boiling walking along the cliff top but we eventually made it. John took some down the cliff side one the rope, too dangerous for me though, I went down the easier way. Very disappointed with t he beach, the sand was silty, flies were al l over the place, there was seaweed all over the rocks. There was only one thing good about it, the water was lovely and clear. There was no way I was stopping there for the afternoon. So five of us went back up onto the cliff top: Sarah, Catherine, Mall, Dad and me, and we stayed there and sunbathed. Mally brought our dinner for us, it was on the beach and there was no way I was going back down there.

We then all went back to Filey after getting burnt, by the sun, walking back. We then went onto Filey beach for a little, people dived into the sea to try and cool themselves off. Some went back to Muston and just relaxed. We had some tea then, followed by some apple pie. After tea we went out onto the field and played cricket for a while.

All the kids then went into Filey for a night out, most went into the Arcade to spend the rest of their money. We were all back at Muston Grange

by about 10.15 p.m. We then had drinks and bisuits for supper then we ag; went into the T.V. Room and watch a concert. Nobody was as lively as Friday night. Keenan was falling/asleep in his chair in the T.V. room, so were some small lads, including Adam, so we shoved them off to bed. Louise started dozing and Bramall wasn't as lively. We were soon all in our dormitories, most of the little ones were asleep and some big ones. We then had a visit from Mally, Bramall and Freestone and we had a photo session, doing stupid things with those that were asleep, i.e. putting them in stupid positions. Raynor was talking in her sleep so Malcolm went to wake her up. She then sat up and banged her head, so Raynor had a very disturbing night. Some girls then went back to the lads dorm but they weren't there very long. So they came back with Freestone and Bramall. They dived onto someone elses bunk and fell asleep. They were very sociable. They disappeared back to their dorm in the early morning. Up early, everyone was shattered, had some breakfast after going to the beach. We then had to pack all our things and clear out all the rooms. We put our bags in the dining room then all went down to the beach and had a laugh playing cricket and paddling in the sea. We all then trooped back to the 'camp' for Sunday dinner followed by cakes and biscuits to finish.

We then had the most important cricket match ever - Under 21's versus over 21's. The over 21's battered first, scoring 50 runs for 16 wickets. We stopped counting as soon as we were over 50. We thrashed them, but they can't accept the fact that they lost, so they called us cheats saying we couldn't score properly. Very poor losers, but never-the-less a good match. With the bus being there, we loaded the stuff on the and got on ourselves. We were off by 4.00 p.m. The journey back was a lot quieter. All the adults were shattered and were asleep.

I didn't take us long to get home. Everyone was shattered and probably glad to be home. Overall, a most enjoyable weekend (I just hope Malcolm and Sarah sort their differences out before next year) and we would like to thank all the caterers and coaches who made it what it was.

Thanks alot!

Karen.

### Captain Cook's Ramblings

Seems a long time since putting pen to paper to ramble on about what has been happening to CaptainCook, but now you can all share in the good news that things have beengoinng very well for me. Since starting the road season on 19th March I have raced 16 races over varying distances and have some good results. On 19th March the Scunthorpe 10K was run a a near perfect day for running (just a slight breeze) and on a course condusive to good performances and times. Running a very controlled race I finished 10th over all and 1st Vet in a time of 33.40. The following week at Bridlington in a little 2 lap (toughy) 10K I had a very good run to finish 12th overall and 3rd Vet in 32.54!! 2nd April saw me at Louth in a 8 lap 5 mile race with some very tight turns. Feeling a little tired in the legs I ran 26.44 for 19th place overall and 2nd Vet. On 9th/April I visited Sutton-in-Ashfield to run the half marathon and finished 9th overall and 2nd Vet in 73.36 on a very hot day. Now we were ready (almost) for the Real Races, the South Yorkshire Road League with four races in four weeks at Askern, Dinnington, Loxley and Arncliffe. These 5 milers really do get the old pulse rate up and are very good training supplements. Over the four races I was delighted to hold on to the 3rd spot despite some very good opposition. The best performances came in the first and last races. At Askern I recorded 25.54 and was highly delighted with my performance. Even the warm down lap felt as though we were running fast but easy (ask Dave Hindmarsh).

At Arncliffe, again on a very good course for fast times (all short courses are good for fast times says Mick Hill) and a very good day for racing, I ran 25.12 finishing 2nd Vet behind Male Martin to consolidate my 3rd position overall. On 1st May we went over to Wigginton at York to run a very nice 2 lap 10K. After the first K in 3 mins the race settled into a very interesting battle with about 11 lads breaking away. I decided to hold back (couldn't go any faster) and see what happened. On the 2nd lap as the front group started breaking up I was able to pick up "Dead Legs" and improve my position to 6th place overall (1st Vet) in 32.40. Now was the time to start thinking ahead towards some very important occasions. Our 10 on 4th June and my holidays in 22nd June. So after the last 9 races, I decided to have a period of 1 week easy running followed by 2 weeks intense training followed by a couple of races during hard training ready for the big 10. I took in a little 4 mile race at Upton and followed Dave Bond round to record 20.24. Then the Asker 10K, 18th overall (1st Vet) in 32.27, then the South Yorkshire Track League at Cudworth where I ran 4.21 for 1500m off nights. Also working Saturday night I ran the Barnsley Half Marathon recording 76.37 off a very steady start on a very hot day. Now I was ready for our 10 and at 12 noon I was on the line with 400 other athletes for what promised to be a very interesting race. I got into a very good little group which contained Paul Blakeney of Sheffield, our Ex. Dave Hayes (Deke) and the very good Vet from Mansfield, Tony Hawkins. Tony was very conscious of my presence and kept putting in bursts to try to break up the group. The group kept together until about 7 miles when I sensed Tony had tried all he could but without success. After one of his prolonged bursts was coming to a close I moved up to him and passed him and put in a bit more effort and sure enough, off the back of the group he went. 5 yards, then 10 yards, then 20 yards. I kept looking to check and the Deke said "Get on with it, he's gone". As we rounded Cuckoo Lane Corner we were motoring quite well and the Deke went off the back. We picked up three lads who'd been in front all this time and then off. As we came towards the finish, the group was racing for positions and I came home 9th overall (1st Vet) in 53.49. Very pleased with my race and our organisation.

The following week at the South Kirkby Half Marathon, I was to take on Clive Haynes, the very good Vet from Hemsworth. On probably the toughest half marathon courses I have ever run, and on a very, very hot day I'd left my best form back at Stainforth and my racing legs weren't actually feeling full of bounce. By 2 miles I knew I was settling for 2nd Vet, unless Clive "died", but I kept battling on. At 11 miles I picked Temps up who was really tired, and went on to finish 4th overall, but disappointed with 76.29 and 2nd Vet. This really is a classic course to run with many hills to keep you working. Steaming towards my holidays now, I went with my old mate Chicken Legs to Huddersfield to run the Examiner 10. Wow, what a scorcher of a day, and what a corker of a course. Caution was the order of the day and Dave and I tucked into a little group for company. Going up the long hill (from 4<sup>1</sup>/<sub>2</sub> to 6 mile point) I started making a break from Dave and as we started the descent I stretched a little and made a gap which I thought would break Dave, but he was having none of it and he chased me all the way home. I finished 6th over all with Dave in 7th (1st and 2nd Vet). It's a pity we didn't have a third counter for the Team prize but again this is a classic race on a very tough course but with prizes down to 20, well worth the effort.

Everything is now ready for the final race, the Rotherham Advertiser 10K on the Wednesday, followed by our trip to Cornwall on the Thursday for a long 2 week holiday and the Miller 10K in Newquay. After last year's injury problems, it's nice to have a good start so I'm now looking forward to some exciting races after my hols. Probably a few more excursions on to the track and a lot more 10Ks.

See you on the start line

Captain Cook

### A Personal view of "The London"

After failing at five attempts to gain a place in the "London" and feeling a little disappointed, who should ride? run? to the rescue but our own Knight in Shining Track Suit, Barry Barnes. "You shall go to the race", he says, the committee approved the Club entries.

So what do we do now by way of training? After a few poor quality marathons, a bit extra effort is required this time. After looking at several training schedules, finally settled on one by Tony Barnes (any relation?) in the Todays Runner. Not a high mileage one, but kind to an old Vet's legs. It assumes a starting mileage approx. 35 - 40 miles per week, and builds up to 50 - 55 over a four week period.

Thanks to a good winter, weather wise, for runners all the goals were reached reasonably comfortably.

After the tragic deaths of two runners at the Norton '91 and the death whilst out on a training run of a fellow runner at the Power Station, we decided as a group of London entrants at the Station to have a fitness test. This was arranged with a good private clinic in Leeds, one that J. Saville O.B.E. uses. We were given a thorough health questionnaire, a test for lung capacity and an at-rest and under-load E.C.G. Thankfully all passed with flying colours. I recommend the experience to all senior runners, if only for the peace of mind of the respective better halves.

A long trip down to the Stafford '20' to test out a long run under race conditions; finished feeling quite strong, although my time was a little slow - 2 hrs, 31 mins. Two weeks before London in ideal conditions, the Ackworth Half. Ran strongly to finish in 1 hr. 30 mins., best for quite some time. One of the hardest parts of the final week was resisting the chance to put in a few extra miles, just for luck. Managed not to run at all on Thursday and Friday. Trip down by bus on Friday for Registration, and a look round the Exhibition. Bumped into some of the "Stainy" lads, we all appeared to be getting a little tense.

Saturday morning unable to hold back any longer, went for a gentle run with John Slack around St. James Park, felt better after.

Sunday morning turned out to be ideal running weather. All our group at Red Start had a good start only 54 secs. to clear the line. I'll not bore you with the race details, save to say the half way point is twenty mile mark, then the work starts. The frustration when someone pulls up in front of you. Searching for the mile markers. Looking for a friendly face in the crowd. The disbelief that the legs still feel O.K. Looking up at Big Ben to assure yourself that your watch is still working. The elation of crossing Westminster Bridge to the finish coupled with the disappointment of not achieving the target that I wanted of 3hrs.20mins., missing by one minute forty seven seconds. Collect my medal and space blanket (plus one extra for Coconut's lad). The feeling that all I wanted to do was sit down and have a good cry, and be pulled back to reality by the "Spa" lady giving me a drink. After a shower and a few "Murphys" felt over the moon, which by the way lasted all week.

This was to be my last full marathon but you never know. Could 3hrs.15mins be possible? Back to the schedules.

Tony Woffinden

Training Weekend at Muston Grange - 16th - 18th June (Adults view)

Friday, 16th June, a party of 48 athletes and adults set off for Muston Grange, Filley, for the fourth year. Arrived around 3.15 p.m. after a very noisy journey. Having unloaded the bus of luggage and food, the Von Trapp Athletic Club walked into Filley. John and the kids way in front of the older ones, so we had a quiet stroll. Bumped into Bod, Doreen, Joe and Edna who had just arrived by car. They were looking for a bunch of noisy youngsters, but met up with us instead. Ray and Jackie Harper there for the weekend with the caravan, taking Sally back for a music exam on Saturday afternoon. The kids had an hour in the amusements, Bob and I went to order bags of chips in advance, didn't want the poor man to have a heart attack by asking for 48 bags of chips without warning. Back to Muston Grange for drinks and biscuits. No chance of anyone going to bed yet. We made for the dart board which can be confusing to those who haven't played before. Pauline had been practising for twelve months but we didn't notice any change in style! Doreen wasn't sure where all the numbers were, though she did score 78 which was the highest score. Not sure which foot to put forward when throwing the dart. Total chaos as usual. John made us be quiet at 1.00 a.m., just got the kids settled down, he hoped. Bed at 1.30 a.m. Edna started off in the top bunk, decided she didn't like it up there. I was underneath and didn't like it, so had a move round. Not much sleep, doors banging and toilets flushing much to Bod and Joe's disgust, they were across from the toilets.

Saturday up at 6.30 a.m., some people can't sleep. John had been up since 5.45 a.m., someone ought to give him a sleeping pill. Could have been Knocker's snoring that drove him out. A lot of noise coming from Shirley's room, blaming each other for snoring all night. Joanne and Jill in there. The kids ran down to the beach and did some circuit training. Back at 8.30 a.m. for breakfast, cereals, bacon, sausage and beans. Mid-morning they all went for a long walk, the catering team met up with them at "The Flower of May" Park with packed lunches. Sat on the beach for a couple of hours eating and messing about, not a very good beach. Back to Filley beach, a long walk along cliff top but lovely views, very hot. Nice to get back to Filley for drinks and a paddle. Back to Muston Grange to prepare meal. Roast Pork, apple sauce, stuffing etc., followed by apple pie or jam roll and custard. Most of the kids still had energy to walk down into Filley again after tea, most of the adults stayed behind. Had supper ready by 10.00 p.m. when they all trooped back. Dominoes tonight, thirteen of us playing double nines and double sixes, Pauline still having to count the spots on double nines. Bed at midnight tonight, everyone shattered. We had a lie in Sunday morning until 7.30 a.m., Jill woke Joanne to tell her that, Joanne's reply not printable. John took them all down for a walk before breakfast. Sunday morning spent packing, cleaning floors, mopping toilets and showers, leaving kitchen and dining room until after dinner. Everyone down on the beach, in the sea or playing cricket. Very hot again, weather been fantastic. Back up to get dinner ready for 2.00 p.m. Roast Beef etc. and loads of cakes to eat up. Finished cleaning floors etc. everyone out in the field for the cricket match of the weekend. Over 21's versus under 21's. Under 21's team won, but some very queer scoring from them! On the bus at 4.00 p.m. and home. Very quiet going home, everyone shattered and nodding off. Hope everyone enjoyed it.

We had a few minor casualties - fortunately all adults. Knocker got sun stroke and was confined to bed from Saturday tea time to Sunday morning. Brought everyone tea in bed at 7.30 a.m., felt fine. We shall have to get him a bigger hat. Yours truly first casualty for the doctor's, Laryngitis virus, loss of voice. Pauline ill Sunday morning, Shirley's magic tablets going round everyone. Jill didn't know whose legs she'd got, but they weren't hers, she's not coming next year, will have other arrangements for whichever weekend it is. She enjoyed it really.



Wesley Fletcher falling asleep while waiting for his pudding Saturday tea time, when asked by Bob if he would like to go to bed, his face lit up and he said "Oh yes please". Went to bed, checked at regular intervals, woke up just before midnight and was hungry, proceeded to have his midnight supper. Wanted to talk then when all the others were going to sleep.

Thanks to Joe and Bob who went to fetch a paper Saturday morning, had a bakers shop open up specially so that they could buy a cake. Stuck 29 candles on it, came in the kitchen singing Happy Birthday. My birthday Saturday (Chris Morris). Haven't intended anyone finding out because you never know with this lot what they might do to you.

We would like to thank all nuns for the buns and cakes sent, very much appreciated. Children behaved very well, we had more younger ones this time but everyone mixed very well. They bought the caterers a box of chocolates, greatly appreciated.

Those attending Muston Grange for the fourth year running were:

Seniors - Brenda, Pauline, John, Sue, Shirley, Joanne and Malcolm

Children - Karen, Louise, Debbie, Nicky and Leonna.

Hope they all come for years to come.

Shirley and Chris

#### Sunday Mornings (8.30 a.m.) Jossey Joggers

Good turn outs! and boy do you get a run? Anything from 12 - 20 miles - good chat (if you can interrupt Cookie and Grayson). Changeable routes, all runnable (if you're a bloody mountain goat). Start 8.30 a.m. prompt! from Eric's then off on the Nature Trail - or it seems like that.

One thing worries me Ed! - I still haven't seen the 'wild flowers' which the lads keep breaking off and searching for in the woods. I regularly hear things like "I'll have to stop for one" - is it Heinenken? or is it the wild garlic? Whatever they stop for it seems to improve their running, they all agree "By that's better".

Then comes the best bit - the finish! - cool water, change of gear in Eric's dressing room, then off to face the day seriously - Great runs are organised and a facility provided by one of the friendliest couples I've met. Thanks a lot to Eric and Anne.

Half Gallon.

#### Temperton's Goat

Anyone heard about this wonderful purchase? Beats all your Black and Decker etc. Eats anything! - no - EVERYTHING! Tree bark, leaves, clothes, fruit, veg, oh and the odd dozen cabbages or so.

Dare say Keith will be laughing about this - he's really amused by it all.

This got me wondering - what pet you would choose for me? or any of the club members. Let's see who we can give a donkey to, or perhaps a frog (leaping), snail ( $\frac{1}{2}$  gallon). Maybe you want to offer an item, e.g. a Sgt. Major's baton to our Secretary Barry Barnes (have you heard him bossing  $\frac{1}{2}$  gallon). What could we give to Joe Charlton and the coaches? Come on let's have some fun in the Magazine as well as the serious bits.

Half Gallon.



### Fell Walking (or running) - a pleasure

Anyone interested in joining me for the odd Saturday or Sunday doing a nice long fell walk or run? Perhaps we could all go, i.e. adults and juniors. There are some great walks in the Peak District and what a marvellous way to unwind.

Also, a dabble with canoeing for a day. What a good chance to unwind and really enjoy life. Don't delay - do it today.

If anyone is interested then I would like to help organise such things - Let's give a try, eh?

### The Steinforth Giant.

Hey Ed. - what about a "For Sale" column in the Magazine? I'll bet we've all got some gear or items which we would part with cheaply - maybe folks will contact the Editor with their ideas.

### Jungle Fighter

Ed note - good idea Mr. Fighter, I might as well start the ball rolling with all my running gear - one owner, little used.

### Just 'joggerol'

Oh I love the close friendship of jogging  
When my partner's footsteps I am dogging  
It turns into a race  
As he steps up the pace  
And my glasses with sweat all start fogging.

Oh I love all those times I go training  
As for further P.B.s I am straining,  
But the best thing of all  
Is the telephone call  
'Let's not go out tonight 'cos it's raining'.

### M.U.T.S.

Last year I volunteered to compile statistics for the men's club ranking lists as well as for the womens, which I had already done for 1987. For the uninitiated, M.U.T.S. stands for the National Union of Track Statistics. My task was much easier in 1988 as Dave Churchill had records of our athletes's achievements for the merit award scheme. The only details not easily to hand were times of relays and my results of our senior men running 5K and 10K on the track.

The ranking lists are based on the best three athletes for each of the standard events including two relays. These performances can be made by any athlete regardless of age, provided that in the case of the Junior athletes that the performances for the hurdles and throwing events were made over senior hurdles and distances and that senior implements were used for the throwing events. Each performance is scored on the I.A.A.F. 1971 scoring tables, with the total of each of the 41 performances being used to determine the club's ranking.

The best performances for the ladies for 1987 and 1988 are as follows - I apologise if anyone has been overlooked

Yvonne's valiant 3000M in 1988 - I could not get her time, had to be omitted.

<u>Event</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
100m - 1988	13.1 A. Kelsall	13.5 L. Scammans	13.9 L. Cross
1987	13.5 A. Kelsall	13.63 D. Walsh	13.90 D. Hodgson
200m - 1988	27.2 L. Cross	27.4 A. Kelsall	30.0 L. Thorpe
1987	28.5 L. Cross	28.9 A. Kelsall	29.6 C. Jones
400m - 1988	64.3 A. Kelsall	74.5 J. Brown	77.5 Y. Brunton
1987	66.6 C. Jones	72.2 J. Brown	77.2 Y. Brunton
800m - 1988	2.36.5 L. Grant	2.38.7 C. Jones	2.46.4 L. Thorpe
1987	2.30.5 C. Jones	2.38.2 L. Grant	2.38.9 L. Turner
1500m - 1988	5.30.00 L. Grant	5.42.6 C. Jones	6.03.4 Y. Brunton
1987	5.10.4 C. Jones	5.25.5 L. Grant	5.31.7 L. Turner
3000m - 1988	-----	-----	-----
1987	11.28.0 C. Jones	-----	-----
100H - 1988	20.5 J. Brown	20.95 C. Jones	24.2 Y. Brunton
1987	19.5 C. Jones	20.6 J. Brown	28.6 M. Moore
400H - 1988	-----	-----	-----
1987	81.0 C. Jones	-----	-----
H/Jump - 1988	1.57 L. Cross	1.30 K. Blake	1.25 S. Harper
1987	1.50 L. Cross	1.34 J. Brown	1.23 L. Grant
L/Jump - 1988	4.91 L. Cross	4.38 Y. Brunton	4.33 K. Blake
1987	4.49 L. Cross	4.48 A. Kelsall	4.03 L. Scammans
S/Putt - 1988	8.05 J. Brown	7.71 D. Greenough	7.49 K. Morris
1987	7.15 J. Brown	6.43 Y. Brunton	6.27 M. Moore
Discus - 1988	28.26 K. Blake	26.94 F. Green	20.92 M. Moore
1987	20.94 K. Blake	21.01 J. Brown	19.49 M. Moore
Javelin - 1988	30.66 K. Blake	21.01 P. Kirby	19.48 Y. Brunton
1987	19.27 J. Brown	16.79 M. Moore	16.44 Y. Brunton
4 x 100 - 1988	56.2 11-15 yrs	59.7 Inter/ladies	68.7 8 - 11 yrs
1987	57.1 8-11 yrs	59.6 11-15 yrs	60.9 Inters/Seniors
4 x 400 - 1988	-----	-----	-----
1987	-----	-----	-----

Now that we have joined the Northern Womens' League I shall be able to fill the missing gaps, i.e. 4 x 100, 400m Hurdles and 3000 metres. To do this someone besides Joanne and Yvonne must run a 400m hurdles. Yvonne may well be absent from our final meeting at Sunderland. I just wonder who will be volunteered for that??!! A similar problem (is that the right word?) arises with the 3000m, Helen Ward and Margaret Coy are our champions at this event, we need another volunteer, not necessarily to run it at Sunderland but any other open meeting they should care to enter - I will endeavour to find one for all my volunteers.

In 1987 we were placed 278th in the Ladies Club Ranking List out of 410 Clubs involved, with a total of 16468 points. It sounds quite impressive till I tell you that Birchfield Harrier's total was 37,421 points and first place. Many clubs did not bother to reply for example D.H.T.C. who ended up 379th with 6921. They rectified that last year and moved up to 258th place with 17999 points. I am very pleased to say that we also improved though not quite so dramatically to 267th place with a total of 16851 points.

The 1988 listings separated the clubs into areas, out of 112 Northern Clubs involved we were placed 66th.

The results I was able to forward to N.U.T.S, for the 1988 Men's Club Ranking Lists was as follows:

<u>Event</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
100M	11.7 F. Scammans	12.0 A. Dunn	12.2 P. Freestone
200M	24.7 P. Freestone	24.8 F. Scammans	25.6 A. Severn
400M	54.9 A. Dunn	57.2 P. Freestone	58.4 F. Scammans
800M	1.51.7 M. Choriton	2.18.1 A. Severn	2.18.9 D. McGregor
1500M	4.26.3 P. Rowlands	4.26.8 A. Severn	4.28.4 J. Cook
5KM	-----	-----	-----
110H	20.6 F. Scammans	21.8 J. Morris	-----
400H	71.5 P. Blackshaw	-----	-----
Steeplechase	-----	-----	-----
H/Jump	1.65 M. Blackshaw	1.60 J. Barratt	1.55 F. Scammans
L/Jump	5.68 F. Scammans	5.16 P. Freestone	5.10 J. Morris
T/Jump	11.04 F. Scammans	10.40 M. Churchill	9.45 M. Harper
P/Vault	-----	-----	-----
S/Putt	9.91 R. Housley	8.42 R. Harper	7.23 F. Scammans
Discus	25.50 R. Housley	23.56 R. Harper	22.78 F. Scammans
Hammer	19.36 R. Housley	-----	-----
Javelin	37.40 F. Scammans	35.53 R. Housley	31.32 R. Harper
4 x 100	50.8 Youths	-----	-----
4 x 400	-----	-----	-----
10K	-----	-----	-----

These results gave our men 333rd place out of 368 clubs included on the ranking list, with a score of 17824 points, and the 95th placed Northern Club out of a total of 102. The top club was Harringay with a total of 50020 points.

Like the ladies, the men's position could improve this year, entry into the Girebank is providing good competition for the boys, Colts and Youths. Support is need from the senior men who can compete 1500M and over. On 12th July in the South Yorkshire Track and Field League there is a 3000M, 23rd July at Rotherham a 1500 M and the steeplechase, and 5000M at Sheffield on 6th August. There is also a Vets 400M at both the Wombwell and Rotherham Meetings. A good turn out at these events could secure a higher placing at the end of the season, you could even challenge

runners at a 10K on the track at an Open Meeting would be much appreciated!!

Support from the Senior Section is vital to the club if we are to apply for entry into the Northern Mens' League next season. Our Junior Men are missing out this season as they are too old for the Gironbank League and by next season several of our Youths will have joined them. Daley Thompson Mark 2 (F. Scammans) surpassed himself last year; we wait to see if he will progress to the 800M! helped by R. Harper, when he manages to keep injury free, not caused through sporting activities I may add, not forgetting of course Dave Mills a most reliable competitor in the South Yorkshire League. Jack Cooke, Pete Barratt and several others have and still do compete occasionally (apologies to any I have not named individually)

The only way we can keep the interest, enthusiasm and team spirit, nurtured by the Giro Bank, of the Youths and cater for our Junior Men is with your help and support.

Remember 12th July at Wombwell, you will be well supported, there is a Clubhouse at the side of the Track providing liquid refreshment when you have finished competing and I am sure we could rustle up a sandwich for Dave Grayson if he was able to join us.

Mary Moore

P.S. If anyone is interested in seeing the ranking lists, I shall have them with me at the Track on Club training nights.

#### Team - Play and Tactics

Well here we are an expanding club, spreading our wings. In the four years I have been a member we have gone from strength to strength in all disciplines with a great deal of enthusiasm and encouragement from our coaches and committee. Members universally rejoice in each others successes and commiserate our low points.

Now as well as S.Y., and Cross Country, relay and Road Race Leagues represent us very ably in the Gironbank Young Athletes League and the girls are pulling out all the stops in the Northern Womens League, - all remarkable examples of teamwork. I cannot speak for the Gironbank League but I do have some personal experiences of the Northern Womens League.

The first of three meetings was at Woodburn Road, Sheffield where I duly turned up to support the club. Having missed this Winter's Cross Country because of commitments and illness, training had not just taken a back seat, it had become non-existent, but the competitive instinct was still there, plus the desire to help the Club. So after scrounging some track spikes for my shoes from Frank I found myself high-jumping in what was fortunately a limited field. First shock of the day was that the standard height adjustments of 5cm a time was non-existent. The bar started at 1m 10. then rose straight to 1m 30! Still I had a go. 1m 10 - no problem. 1m 30 - no chance! But as a 'B' jumper (Jo Brown putting a valiant show as the 'A' team) I still managed to gain points for our club.

Next the 400m hurdles. Don't ask my time - I've conveniently forgotten it. Suffice it to say I was last - but not least? I scored good points in the 'B' team again, good old Jo out there as our 'A' runner was again holding her own. I enjoy the hurdles, I don't know why.

A low point of the day was in the 200m. There was an argument between two of our team over who should be the 'A' and who the 'B' neither wanting to be 'A' and be seen to do badly against the opposition, as a consequence of which they both missed the start - and both of them could have gained valuable points in a limited field.

The worst point in my day was the 100m Relay. I ran second leg and was disqualified in the baton exchange for not being in the change-over box. Well you can't argue with the track judges but with the glut of track markings I'm still not convinced and in our next meeting with different markings we were O.K.

It was a good meeting but we were third to Hallamshire by  $1\frac{1}{2}$  points and if we had not been disqualified in the relay or if we had had runners in the 200m we would have been second! When we are there to run as a team, personal feelings must be put aside.

The second meeting was at Carlisle and while our lads competed in the blazing sun at Sheffield we rose early to catch the 8.00 a.m. bus for a date with Hurricane Charlie. Now if you want to see a shining example of teamwork you need look no further. Nearly everybody did as much as they were allowed. I did the High Jump (same results as last time), Long Jump, 400m hurdles, 400m, 100 relay and 400m relay with varying degrees of success, but always gaining points for the club. Mary Moore did discus, shot, 800m, 1500m. Joe Brown was on High Jump, 100m hurdles, 200m, 100m relay and even the 400m relay. Catherine Brunton must have been the youngest competitor as she only just qualified by two weeks, at 11yrs old, competed in the 11-15 yr age group in the Long Jump (2nd in the 'B' team) and the High Jump as a stand-in for Sally Harper who had just broken her arm - (got well Sally). But 'Girl of the Match' must be Louise Scammens who, having not trained for years, dug out her racing kit and ran and jumped so gamely for her Club, and would you believe it this time with everyone pulling together for the team - we did it - beating Hallamshire into third place.

We weren't the only club whose ladies sportingly did anything (athletic that is). Jarrow too with limited numbers had members covering empty places and doing well out of it.

The third meeting has yet to come - a visit to Sunderland at the end of August. This is traditionally a holiday time and some athletes will not be available whilst others with commendable spirit are cutting short their holidays to turn out for their Club. So others please take note, there are plenty of open meetings to satisfy your specialist skills, but these League Meetings are for the club, for Promotion, so swallow your pride and dig deep into your reserves of stamina, enthusiasm and jingoism and support your club.

Yvonne Brunton

## RESULTS

### Campsall 5 Miler - Middle of June

Always a delight, this one, nominal entry fee, entries only on the night, great course, no prizes, plenty of inter-club rivalry, starts and finishes at the Olde Bells Inn in Campsall.

Our 13 athletes made up just over half of the field, but as the runners dashed off along Campsall main street, it looked fairly unlikely that we could expect to claim the winner.

Our best men, Chicken Legs and Pete Grimoldby were soon losing ground to a hot Askern trio of Lee Collingwood, Keith Bertie and Sean Hunt, but our middle-order runners were looking good. Keith Temps, as usual, started very economically and spent the remainder of the race picking off runners one by one.

Although I had been drafter into the organising team as chief (and only) timekeeper, I had the trusty Grod (that's local slang for bicycle in case you're not from this area) with me and decided to venture out on the course to try to get some meaningful in-race quotes from our athletes. I forgot to take the dictaphone as it happened, but there was no need to worry because nobody would say anything! Dave Lawrie did give me an interview actually, but I think he used it as an excuse to ease back a bit on his comeback. Dave is unique in that every time he races it is a comeback, I've never known anyone like him.

I must have asked Chicken Legs half a dozen times for his innermost, in-race thoughts and yet I might as well have been asking for an audience with the Pope. Anyone who has spent a training run in his company will hardly credit that it is the same person, for on Tuesday evenings all the squirrels in Sandal Beat Wood stuff nuts in their ears for the evening rather than their mouths, it's the only way they can get some peace and quiet.

Anyway, back to the race. Three miles gone and it's time to put my timekeepers hat back on and try to get back before the leader. Mercifully it was largely downhill and I was able to pass Lee Collingwood for the first time in four years as I slid it into 12th gear and bit the front at the bottom of the dip coming off Barnsdale Bar.

### Results

1	Lee Collingwood	(A)	26.01	13	Rog Lowry	(S)	29.10
2	Keith Bertie	(A)	26.21	14	Dave Lawrie	(S)	30.46
3	Sean Hunt	(A)	26.44	15	Andy Severn	(S)	31.07
4	Chicken Legs	(S)	27.06	18	Dave Willcock	(S)	34.13
6	Pete Grimoldby	(S)	27.58	20	Caroline )	Conway(S)	34.54
8	Chris Firth	(S)	28.37		Barry		
9	Keith Temps	(S)	28.50	24	Louise Grant	(S)	37.23
10	Coconut	(S)	28.51	25	Barry Barnes	(S)	37.31

Allen Greenwood

P.S. Well done to Barry Conway - a top 20 place in his first ever race! Commiserations to Louise who finished with a shoeful of blisters and double commiserations to my hero Baz Barnes who, for the first time in his career, brought up the rear in a race!

The Spon '20' - 12th March, 1989

Approx number of runners - 400

This is one to be recommended. You should be recommended to run anywhere else bar the Spon '20'. This race has a reputation for being tough but when the eventual winner was overheard at the start to say 'I don't know what I'm doing here, I must be mad' my confidence disappeared completely.

The race has some flat parts, the first part is two laps of the running track which is perfectly flat. After these two laps the first hill starts, at the 4 mile marker it ends and you are on the moors. The course is

basically a two lap one but the second lap takes a detour which involves even more hills. Just to finish a pleasant afternoon the wind increased and before halfway was reached it started raining. A thoroughly good day was had by all.

Good performances came from Dave Grayson, who collected the 1st Vet prize, Dave Mills with a brilliant 2.07.43 and little Allen Tomlinson who came home in 2.14.29, not bad for any over 60 years old dwarf it it?

### Results

1	R. Smith	A.S.V.A.C.	1.50.55	
2	S. O'Colloghan	Valley Striders	1.51.14	
3	T. Boon	Valley Striders	1.52.23	
35	D. Grayson	Stainforth	2.03.56	1st Vet
49	D. Mills	Stainforth	2.07.43	
82	D. Brown	Stainforth	2.13.21	
96	A. Tomlinson	Stainforth	2.14.29	
97	J. Fletcher	Stainforth	2.14.43	
147	R. Dakin	Stainforth	2.22.11	

S. Penn

### Sub 4minute mile and disappointed!

### Meltham Maniac Mile - Tuesday 25th May

Following my run in the Meltham Maniac Mile last year and my subsequent 'scribe' in the Newsletter, not to mention the odd time I stopped someone and gave them a step by step report, I was amazed and disappointed to find no Stainforth colleagues brave enough to try this year's event. Even Chicken Legs chickened out this year.

If by any chance you haven't heard me enthuse over this race, let me explain that it is a measured one mile road race - down hill (1 in 9). I was determined this year to beat Old Chicken Legs soundly - he obviously heard about my secret training schedule and didn't dare to face me.

There were fewer entries altogether this year - race organiser having left the "Holmfirth Club", took the race with him and organised it under his new club "Meltham Zero A. C.". Holmfirth decided to boycott the race therefore. Usually run in heats for safety reasons, this year's poor entry meant there would be one, rather large, race only. While the organisers delayed the start to allow as many late entries as possible, they forgot in the warmth of the Liberal Club that the 56 runners waiting at the top of the hill were freezing to death in a very cold wind. Twenty minutes we waited, in shorts and vests. I made a bad mistake when lining up and found myself on the 2nd row when the gun went off I immediately saw my 'hero', (Dave Cowgill, a six foot two regular who I first pipped for 2nd Vets prize last year) open up a fifty metre gap. The start is like 56 athletes trying to sprint 100 metres all at once - terrifying! Having sprinted too metre you just have to keep it going for another 1500 metres. I gradually managed to work my way up the field with judicious use of "Fell-runners elbow" and soon found myself ahead of

the pack with comparatively few runners ahead - I am not used to that! At  $\frac{1}{4}$  distance, I was only marginally closer to my hare - then I could see the house! no not the finish, only  $\frac{1}{8}$  way. I have gained slightly on my hare - must push harder, somehow if I am to catch him. I suddenly sense that I am getting nearer to him - I spot Terry Lyons alongside him (Terry being the organiser-in-chief, who just pipped Chicken Legs and myself last year). Into the outskirts of Meltham - cast all fear aside and summoned up a sprint finish - only  $\frac{1}{4}$  of a mile to go - it's now or never - my velocity seems phenomenal as I pass houses, spectators, parked cars and yes Terry and Dave. Through the tape and the first chance to test the Brakes - turn, dash back up the hill to the finish and eagerly seek out my time.

Back to the Liberal Club (beer at 66p per pint) and I try to assist Granville Beckett to accumulate an unofficial results lists - the Yorkshire Post won't wait for the organisers to get their act together!

9th overall and first Vet! Fantastic - but wait for it - 3min. 58secs. - 5 secs. slower than last year - what did I do wrong? - why didn't I get on the front row? Still, last years winner repeated his performance this year but was six seconds slower. We all decided that the long wait in the cold at the start, coupled with a head wind, had slowed everybody,

Will just have to return next year if I want to become the first Steinforth man under 3mins. 50secs.

Dave Lawrie.

#### Yorkshire Championships (Boys)

Cudworth - Sunday, 28th May, 1989

Three boys entered the Yorkshire Championships. Although the numbers of competitors was disappointing the quality was extremely good. Each boy managed to bring home a championship medal.

Dave McGregor	800M	2.9.2	2nd
Mark Churchill	200M	26.6	3rd
	Long Jump	5.21M	4th
Richard Ashton	Shot	11.51M	2nd
	Discus	27.36M	2nd

#### South Kirby Half Marathon - 11th June, 1989

After a pleasant relaxing week's holiday on the "Algarve", and with very little training under my belt, I set off with Ian Temps to the Monte Carlo of the South Yorkshire Coalfields which was to prove an idyllic setting to a very demanding race (did Hannibal find it harder as he crossed the Alps?).

With plenty of time to spare after Registration, we sat around listening to a very fine selection of "James Last" music (obviously a vet-Ed). We spotted Helen and Phil Ward but no sign of "Captain Cook". Not to worry, we knew he'd be there. The Askern lads were well in attendance. "Dave Bondy" wearing his international vest (congratulations Dave from all at "Steiny"). The terrible twins, Dave and Mick Collingwood looking lean and mean, followed by Ray Slack, and Morgan and Shaun Hunt were there to give their usual encouragement. As we made our way to the start we spotted Jack warming up looking cool and resplendent in his "Steiny" colours.

The temperature must have been about 75° centipede as Bondy broke into an immediate lead, followed by a group including Ian and Jack. Phil, Ray



Slack and me joined forces as we made our way up "Minsthorpe Hill" (was that snow on the top). At the top Ray was setting the pace and I was quite pleased to be dragged along. The sun beat down relentlessly as the miles unfolded, the throat was tight, lips sore. Today was a matter of survival.

A 22nd place finish in 1.24.37 was no more than I deserved. Jack and Ian had good results - 4th and 5th.

The team prize eluded us by a whisker; Askern 3lpts - "First", 14th and 16th; Stainforth 3lpts - 4th, 5th and 22nd. Askern won it on count back - "WELL DONE LADS".

#### Results - 250 starters

1st	Dave Bond	Askern	1.09.54 (course record)
2nd	Clive Haynes	Hensworth	
3rd	Dave McVitty	Wakefield	

<u>Stainforth placings:</u>	4th	Jack Cook	1.16.28
	5th	Ian Tomperton	1.16.36
	22nd	John Toplis	1.24.37
	77th	Helen Ward	1.38.47 (3rd Lady)
	113th	Phil Ward	1.49.23

"The Old Fox"

#### Sheffield Marathon

The 18th June was bound to be hot, it's always hot for the Sheffield Marathon. By the start (10.00 a.m.) the temperature was nudging 80°F, and I settled down to improve my suntan for the next 2/3 hours.

After the normal early confusion, the race settled down with John Tollerfield and Chris Parkes leading. The first drinks station was at 3½ miles and I was already roasting, so I decided to select a lager for my first drink. By 5½ miles the lead had changed and Roy (big feet) Bailey had taken the lead with John Tollerfield still close-by. Time to light the Bar-B-Que as Roy Bailey neared the end of the half marathon with John Tollerfield finishing second and Parksy third. Chris Parkes was later disqualified, fancy wearing the wrong vest! Surely anyone should be able to remember what club they belong to.

As Trevor Hawes passed through halfway it was time to open the next lager and put the chicken on to cook. The heat is unbearable by now and Sam Carey has moved up to challenge Trevor Hawes. By the 19 mile mark they are neck and neck and I am sweating profusely. At 20 miles it seems Sam Carey's race is over as he collapses to the ground and I also have another drink to keep the heat exhaustion away. Unbelievably Sam Carey rises to his feet and gives chase catching and taking the lead. The excitement is too much, I am getting far too hot for Marathon racing. At 22½ miles yet more drama as I open my third can of lager and try to turn the chicken over without dropping them. Also at 22½ miles Sam collapsed again and this time he didn't recover. Trevor Hawes went on to finish in 2.31.53 just as I finished my 3rd lager and I was definitely staggering more than he was. It really was a wise decision to listen to the Sheffield Marathon on the radio while sunbathing in my own garden.

## Girobank League

With the ever increasing number of young athletes at the club and the improvement in quality over the last couple of years, the committee decided to enter a team in the Girobank Young Athletes League for boys (Colts, boys and youth age groups).

When entering a new league it is always a worry - are we going to be good enough?, will we have enough athletes available?, will we have enough adult support? I'm pleased to say that after three league meetings the answer to all these questions is a resounding YES.

The other six teams in our league (Div. 2 - Hallam area) are Wombwell, Ponistone F.P.R., Barnsley R.R., Hemsworth, Sheffield and Leeds 'B'.

The first league meeting was at Barnsley on 14th May, 1989 when we fielded a team of 22 athletes. Winners were:

Youths	Andy Severn	A-3000m	A-1500 3/C	
	Jason Barrett	A-100H	A-High Jump	
	Chris Jacques	B-High Jump		
Boys	Jonathon Wheatley	A-100M	B-Shot	B-Discus
	Richard Ashton	B-100M	A-Shot	A-Discus
	David McGregor	A-800M	B-200M	
	Mark Churchill	A-Triple Jump		
	Hicky Haley	A-80H	A-High Jump	
	Paul Keenan	B-High Jump		
	Martin Blanchard	B-400M		

With good results from other competitors we finished 2nd to Leeds only 14 points behind.

A very determined team set out for the second league meeting at Scunthorpe on 4th June, this time 24 athletes taking part. Individual winners were:

Youths:	Andy Severn	A-1500M		
	Chris Jacques	B-800M	B-1500M	B-High Jump
	Jason Barrett	A-High Jump		B-100H
	Mick Bramhall	A-100H		
Boys:	Richard Ashton	A-100M	A-Shot	A-Discus
	Jonathon Wheatley	B-100M	B-Shot	B-Discus
	Mark Churchill	A-Long Jump	A-Triple Jump	B-200M
	David McGregor	A-200M	A-800M	B-Triple Jump
	Hicky Haley	A-80H		
	Martin Blanchard	B-400M		
	Paul Keenan	B-80H		
	Michael Coy	B-Hammer		
Colts:	Chris Elsey	B-100M		

By a good all round team performance, we just managed to beat Leeds and win the day.

Richard Ashton was awarded 'Man of the Match' at Scunthorpe for his Shot Putt throw of 11.98M - he gets a T-shirt and new pair of trainers.

The team spirit was now building up and the athletes were prepared to have a go at events and swap around, so as to try and get as many points as possible for the club. Praise must be given to the boys for the way most of them prepared to have a go at anything.

We knew that we would have problems at our third league meeting at Sheffield on 25th June. Seven of our key athletes were unavailable due to holidays, school field trips and illness, but credit to all those who did turn up - they put on a great show, many covering events that they had never taken part in before. We also had some new and old faces back on the track (good to see the Morgan family competing again).

Winners at Sheffield were:

Youths:	Mick Bromhall	A-100H		
	Jason Barrett	A-High Jump		B-100H
	Phil Gibson	B-Long Jump		
Boys:	David McGregor	A-200m	A-400M	A-800M
	Mark Churchill	A-Long Jump	A-Triple Jump	B-200M

Not as many winners but a good all round team performance and although quite a way behind on points we still finished second to Leeds.

League position and points after 3 matches:

	<u>League Points</u>	<u>Match Points</u>
Leeds B	20	971
Stainforth	19	874 <sup>1</sup> / <sub>2</sub>
Wombwell	12	677 <sup>1</sup> / <sub>2</sub>
Penistone	11	637
Barnsley	10	540
Hensworth	9	569
Sheffield	3	319

The final league meeting is at Leeds on Sunday, 16th July. Let's make sure we have a good turn out for that match. Our strongest team can beat Leeds and make up the points difference.

The top two teams in the League go to the play-offs in September for promotion to Division One.

Make sure that you're available - Sunday, 16th July - Beckett Park, Leeds.

All supporters welcome.

Sunday, 5th March - Norton '91

I left my better half building wardrobes and set off for Norton with Linda and her family. We arrived in plenty of time because Hannah was running in the Junior Race and did pretty well in it too.

Being females we hadn't decided what to wear fifteen minutes before the start - although it was a lovely spring day we had both dressed for deepest winter. Linda decided she would run without the long-johns and liberty bodice, but I wasn't too sure. I kept my long-johns on.

During the morning we had bumped into lots of the lads from the club, we had a few jokes and talked about the course - mainly the hill that Linda had heard so much about and was dreading. At last it was time to set off, we got to the outside edge of the pack and waved to the kids as we passed them.

After we left the village our pace settled down into a steady run that was faster than our training runs but wasn't too tiring early on, although later there were periods when we could easily have dropped off the pace if we hadn't been together.

Soon after setting off I heard a dog behind me making a real racket, coughing its head off and I didn't know why until it passed me with a rope tied round its collar and the other end round its owners waist. I didn't realise the runner was blind until somebody told me!

Eventually THAT hill came into view and only a couple of minutes later our Gardian Angel arrived to help us along in the shape of Dave Mills. He went striding off at the top but guess who should be coming down for us when we were close to the hill outside Norton. He's been our hero ever since!

It was as we were covering the last mile that Linda gasped out that I was killing her, that was a laugh, I was trying to keep up with her. Going through the village we were cheered on by our supporters and turned into the lane for the last few hundred metres. I've just made a joke about how the pace was getting to us, but no-one would have dreamt that there could have been any deaths that day, the fact that two people died was pretty devastating for everyone.

As we went over the finishing line, I checked my watch and was amazed at my time - about six minutes off last years.

We met Fred during the race who became a club member soon afterwards, maybe next year we could finish the race up amongst the Wrinklies! I don't think.

Seb Coy

#### Goole River Bank Challenge

When I got up Sunday, 11th June, it looked like being a very hot day, not ideal conditions for running a 15 mile race. This was the third time I had run the race and this year it was to be run in reverse.

On arriving at the Goole Leisure Centre, I met up with Keith Temperton minus GOAT. Has he come out of temporary retirement? We lined up at 10.30 a.m. The weather was getting warmer by the minute. We were off, Grayson was in the leading group, followed by Keith Temperton and John Slack with me in tow. As we entered the first river bank the field started to spread out. Keith and John had pulled 300 - 400 yards in front of me. I must hang on to then I thought. We came off the first river bank at Rawcliffe Bridge and ran through Rawcliffe and back onto the bank of the River Aire. Keith and John were still in front of me. At the Airymn drinks station John stopped for a drink. I grabbed a drink and went running past him, and tried to catch up with Keith. At 11 miles Keith pulled further away. It was impossible to catch him now. I was the third Stainforth runner to finish in a time of 1.40.07. Dave Brown was the 4th Stainforth runner to finish and we took 2nd team prize, (not bad considering we were all VETS). Dave Grayson finished in 8th position and he took 1st prize for over 40's.

#### Stainforth Results

8	D. Grayson (1st Vet)	1.32.52	60	A. Henderson	1.45.51
22	K. Temperton	1.39.03	61	D. Lawrie	1.45.52
25	J. Elvin	1.40.07	83	B. Barnes	1.49.01
41	D. Brown	1.43.10	134	C. Firth	1.54.47
44	J. Slack	1.43.38	269	P. Barratt	2.17.10
50	A. Tomlinson	1.44.24			

2nd Team Prize was won by: D. Grayson, Keith Temperton, John Elvin  
David Brown

John Elvin

Ackworth Half Marathon - 9th April, 1989

Number of runners: 436

Weather: Chilly wind. manageable

Nice run out with mates John Slack and Tony Woffinden - everyone feeling good, no problems so here we go.

Dumped into many familiar faces, some local, some from outside of area but everyone seemed in the mood for a run and particularly in view of the nearness of the London Marathon.

Poor Public Address System meant that the massive majority didn't hear the request for 2 minutes silence in respect of two Acworth runners who had recently died. However, I am sure everyones thoughts must have gone out to the lads, and of course their relatives.

Off we went around twisting streets then out into the good old countryside. Verry good course, I thought, bit undulating - just right. My mate Slacky came by (I think he hides behind me for the first half mile) - looking good is our John! Just ahead (400 yards) I could see The Fox with his unmistakeable style stomping out the pace. Sub 6 minute miling at 1st and 2nd miles indicatted a godd time was on. Now being passed by 4 or 5 in a bunch including Yvonne Bissett (Valley Striders) - having beat Yvonne in the Spen '20' I was beginning to wonder what was happening. This group caught up with The Fox at about 4 miles so I thought I would have a go at 'em. Passed comments on Yvonne's style with Ray Slack from Askern - we were both proved right later on - she didn't tire out! At 5 miles the time was going well - in fact best ever - so come on  $\frac{1}{2}$  gallon let's go! 7 miles - began to overtake some of the early group who had tried to overtake The Fox (what a mistake - he won't let you!) Anyway overtook Yvonne Bissett 'Human windmill).

9 miles and I'm having a go at our 57 year old supper runner - but stopped to take a drink and fell back a little. Yes a good course, some fair hills to test you and ..... hey up! Who's this? - Well it's Mick Collingwood from Askern - Mick has just returned from Australia - struggling is the lad - been on holiday there for 6 weeks (warning here for Club Sec - Barry Barnes?) - see you later Mick. Passing runners left, right and anywhere now - felling the pace but everyone is - pulling The Fox back.

11 miles and had a bit of crack with fellow runners - typical conversation being something like - "Oh what a splendid run .....! or "maybe I wasn't hearing right?" Up a bit - down a bit - sounds like 'Bernie the Bolt' but it was a bumpy part of the course. I'm alongside my hero - The Fox - yeah 57 bloody years old and running perfect he is. (P.S. what about his marathon time folks! - got to be the Stainforth Clubs performance off the year!!) Well done John - yer my favourite runner. 2hrs.50mins at 57 years! Well here we go - The Fox and The Jungle Fighter pushing each other. At 12 $\frac{1}{2}$  miles we're coming into Ackworth "Longest bloody mile I've run,  $\frac{1}{2}$  gallon", says John. We carried each other to what I thought was the finish then found out we had to run down one of the streets - crowd yelling - I'm fighting like hell, Hey up where's me mate John? Just behind but the first over 55 years old, bless him. My time 1hr.22mins.18secs. - a P.B. by 20secs! I put this down to Big John - cheers mate you pushed me hard and it was well worth it. As it turned out there were P.B.s going all over - Slacky Tony Woffinden and many others.

## Results

1	Roy Bailey	Bingley Harriers	1.08.09
2	Dave Bond	Askern	1.09.08
3	David McVitty	Wakefield Harriers	1.11.43

## Stainforth Results

21	John Slack	1.18.27	135	Tony Woffinden	1.30.41
32	Dave Brown	1.20.22	178	Philip Ward	1.33.41
43	Allen Tomlinson	1.22.18	255	Helen Ward	1.40.49
44	John Topliss	1.22.22	430	John Hartson	2.20.10

Allen Tomlinson

Norton '91 - 5th March, 1989

Approx. 400 runners

This was the first road race of the season for many of us which resulted in an excellent turn out of Stainforth Athletes. The race starts at the western end of Norton and the course leads downhill through the village giving you a fairly fast start. After about 300 yards I was joined by Dave Collingwood of Askern who I knew I had to beat if any prizes were to come my way. As we went past the first mile marker Pete Rowland eased up alongside (another Vet in my age group) and so the little lines were being drawn. We were in a group of about 6 and for the next 3 - 4 miles we stuck together in close combat.

At 5 miles the road turns back towards Little Smeaton and the hills begin. Our group broke up on this first hill with most of the runners leaving me behind. Fortunately neither Dave Collingwood or Pete were among them and by the top of the hill we had a slight advantage over Peter Rowland. From here to the 8 mile marker Dave Collingwood and I were on our own and had a real good go. At 8 miles you crest the last hill and it was here that Dave made his real attempt. Pleasingly I managed to match him and was able to inject my own bit of pace which opened up a slight gap which I maintained to the finish. The margin was 6 seconds which was very close but good enough to win me second prize in my age group.

Unfortunately, this excellent event was marred by the death of two Ackworth runners. This is terribly sad for both the Ackworth Club and the Askern Club who, in my opinion, always organise events well. I am sure everyone in our Club will join me in offering our condolences to the family and friends of the two athletes concerned.

## Results

1	Tony Duffy	Manchester Y.M.C.A.	44.12
2	Jim Ashworth	Keithley	45.12
3	Mick Thompson	Sheffield	45.30

## Stainforth Results

13	I. Temperton	49.39	69	C. Johnson	55.19
14	J. Cook (3rd Vet)	49.51	70	B. Barnes	55.21
21	D. Grayson	51.06	72	C. Firth	55.26
29	T. Mathews	52.17	75	J. Toplis	55.31 (1st 0/55)
38	J. Slack	52.52	80	K. Tomkinson	55.36
42	D. Brown (2nd Vet)	53.22	81	T. Henderson	55.37
48	P. Rowland (3rd Vet)	53.48	93	K. Willcock	56.15
50	P. Ward	53.56	94	A. Booth	56.19
53	J. Elvin	54.12	105	A. Tomlinson	56.51
54	K. Temperton	54.15	119	R. Green	57.22

126	M. Calow	57.57	258	H. Ward (L)	65.36
132	A. Colby	58.10	264	M. Hilton	66.02
161	F. Pearson	60.27	281	D. Willcock	66.56
168	P. Ward	60.40	326	R. Leach	70.07
181	E. Smith	61.02	334	P. Barratt	70.26
189	R. Clarke	61.28	340	M. Coy (L)	71.10
224	A. Woffinden	63.35	341	L. Maule	71.10
232	M. Haywood	63.50			

I make that 35 runners from our club. A very representation by the road racing section of our club.

D. Brown

## LETTERS

Dear Editor,

Well, I have finally put pen to paper to write my first article in your magazine. Now the hardest thing to do is find something to write about.

The general choices are: Race Reports: after my latest times and performances, I had better keep quiet.

So what else is there? I could write something about the McVities Cross Country Trials at Gateshead, where I managed to finish behind Beany but on the results beat him??? It appears we ran with each others number on. Purely a mistake. Honest.

I could have told you all about Scunthorpe Uniteds excellent first season at their new stadium, finishing fourth in the league and just missing out on promotion, but as Doncaster finished the worst team left in the Football League, you'll not be very interested. So, seeing that by the middle of June I will have been at Stainforth for one year, I would just like to thank the many people who have made me feel very welcome and given me all the support imaginable. Thanks to Dave Grayson, Cookie and John for all training queries etc. Coconut for letting me borrow his tracksters on the top of the Yorkshire Moors, one freezing September night, when someone thought it would be a good idea to run from Doncaster to Redcar and back. To all the lads who make training nights worth travelling from Scunthorpe for. And to the ladies at the Rugby Club, who do the food. The biggest thank you must go to Dave Brown without who, I would not be running now.

Yours, running out of things to put in a letterly,

Trev Matthews

P.S. Very well done to the seniors and vets success in the South Yorkshire 5 mile championships, and also to the Juniors, we hope you continue to do well in the Girobank Track and Field Championships.

Dear Editor,

I have just taken part in the Stainforth A. C. 10 mile Road Race and would like to compliment all those who helped to organise the event for putting on such a good, smoothly run race.

Thanks in particular to Barry Barnes and his wife, Jack Cook and all our lady members who helped both before and on the day.

The athletes from the club also had a good day, winning both the individual open and Vets race and also winning both the men's open and vets team prize. To summarise it was a day for the club to be proud of.

Dave Brown.

Dear Editor,

Once again I need you help to solve a problem with my Syd's running. Your advice last time was excellent and he is now as happy as a pig in muck because his consistency has returned. He has been last 8 out of his last 9 races and all because your advice to tie his shoes together before each race. His one failure was the London Marathon where he failed miserably, he didn't even finish in the last 100 and even worse as he came up the Mall he got the shock of his life, he glanced behind him and for a horrible moment he thought he was in front of about 100 Scots Guardsmen. Fortunately, he realised



afterwards that they were changing the guard at Buckingham Palace.

Now for my new problem, which is much worse than anything before like his diet of castor oil and spinach, training in the bath for hour on end for a triathlon or his weight training that started in the bedroom and ended in the lounge by the direct route when he dropped his weights. This time he has taken up Ultra distance running and I must find some way of avoiding going or you must change his mind for me. You see it takes so long for him to finish that I have to book a holiday each Monday from work because he never gets finished on a Sunday. It's O.K. waiting in the car when everyone else has finished but I do get a little hungry even when I take a packed meal and I now need two flasks of coffee, one doesn't last long enough. The problem is I get scared when it gets dark and it usually gets too cold to sleep in the middle of the night. The knitting helps to pass the time but the woman on the stall on the market says she can't sell anymore yet so I don't know what I shall do with all the socks and things now. Can't you persuade him to take up something that he can finish on the same day like a 10K or even 10 miles aren't too bad, at least we get home for supper.

Please, please help me, the poor dear tries so hard but I simply can't spare the time.

Yours faithfully,

Sybel Sloth  
(Syds long suffering wife)

Dear Editor,

I am very interested in organising a Country and Western evening which could be an excellent way of spending an evening relaxing, enjoying very good, friendly, sociably company.

We could raise quite an amount of money for the club. I have good contacts in the country and western field plus local venues. The committee give their support to this - all I need is for people to assist me - so, let's get up and go before it's too late. How about contacting me (Tel: 842732) or down the track on Thursdays. Anyone who visited our last show at the Stainforth W.M.C. will tell you it was a complete sell-out raising over £400.

Come on then lads and lasses all - by the end of June I need your time etc - so everyone volunteer something - we'll have a lovely social evening  
GUARANTEED!!

The Stainforth Giant

Dear Editor,

As a relative newcomer to the club, I think my time is right to begin to make polite comments about certain things. Maybe some will be taken up by yourself but hopefully all members will consider some of the points.

1. I would like to commend the efforts of the men, women and children who turn out - Tuesdays and Thursdays - to do whatever is necessary. It's great to see our younger members participating in track and field sports of every kind - honestly we really do look like a top class, well established club. Meantime, inside the pavilion the organisation continues - tea/coffee/soft drinks all available, served by a more than willing group of ladies.

2. Let's build on this - together, remember we all have a job to do in creating a top club with a great and friendly atmosphere, let's jog

a bit and chat a bit with some of our youngsters (and come on you young 'uns, be willing to join in when you can).

3. Showers - still need sorting out, - maybe consider some of the ideas being floated about, e.g. installation of single electric showers - guess who could get some at very reasonable prices?
- 4 Coat hooks needed in changing room!
- 5 Can we produce a seasonal chart of specific events being organised by ourselves, displayed on the clubhouse wall. This way we could all consider the help and assistance we could give our committee in organising such events.

So, any of these points interest you? Well they certainly should do, shouldn't they? If so, why not put them together and let's help our committee to help us. The more (practical) suggestions we make, the better we will become.

By the way, young 'uns, have you any nick names like the seniors? We would love to get to know you all better, so stop old  $\frac{1}{2}$  gallon or Chicken Legs or The Fox and tell us.

Any jokes going.

Half Gallon  
(the Stainforth Giant)

Dear Editor,

In reply to A. Phydd, perhaps the hot weather has been greatly to his liking in his quest for sylvan serenity, but a warning to him about white-vested members lest he be crushed in the rush. I myself have been in search of a pink thing swinging to and fro. In fact, I once went for a tramp in the woods and he promised me one, but it didn't match my running vest and I gave it him back. Dear Mr. Phydd, if you really meant it about the ladybirds I'll be along the canal bank next Sunday.

Yours in any case

L.A.D. Byrde.

Dear Editor,

Spring having sprung and the grass having riz (well it has in my garden anyway, but then the lawn mower is broken) I have again taken to the roads to limber up for the track and field season. However, I have recently been encountering some unmarked hazards and would like to pass on some suggestions to other members as to how to deal with the problems.

The light evenings bring joggers (Ed - french for Joggers) from their homes like bargain hunters on sales day obstructing the serious athletes in pursuit of perfection. Overtaking them can be facilitated by pounding the feet noisily (well more npisily) and shouting 'track' as you stick your elbows out. A cheery 'thanks mate' usually suffices to curb their reactions - but judge your victims carefully lest they are actually able to run a lot faster than you under pressure.

Dogs, however, are a different animal (well we know that anyway didn't we?) but if you should happen to fall foul of their foul fall-out try running the next three miles on the grass verge or in the puddles if it's raining. Always have a bucket of disinfectant at the back door - by your drinking bottle is a good place as you can stand in the bucket as you take on liquid refreshment. Sola Budd types will need a towel handy too. Whilst on the subject of dogs, remember that the weather in Summer seems to adversely affect

their tempers and the most harmless of ours develops an aggressive attitude towards athletes. I remember being trapped in a phone box by an alsation once. The cabin got so steamed up that he couldn't see me any more and finally found another target. Phil Cool recommends a good Vindaloo the night before then you can just breathe on them. This works wonders and it can have an amazing effect on your time too if you need to get home 'in a hurry'. In fact I'm amazed that it isn't a banned substance yet. Don't tell the Olympic Games!

Finally, now that you can easily be identified by neighbours on these light evenings always stop well before your home straight, hide behind a bus shelter or something and get your breath back before striding out proudly to your own door and always go round to the back where you can collapse unobserved.

Good running friends.

Yours, cerns and all,

Spike Dankels.

#### LATE ITEMS

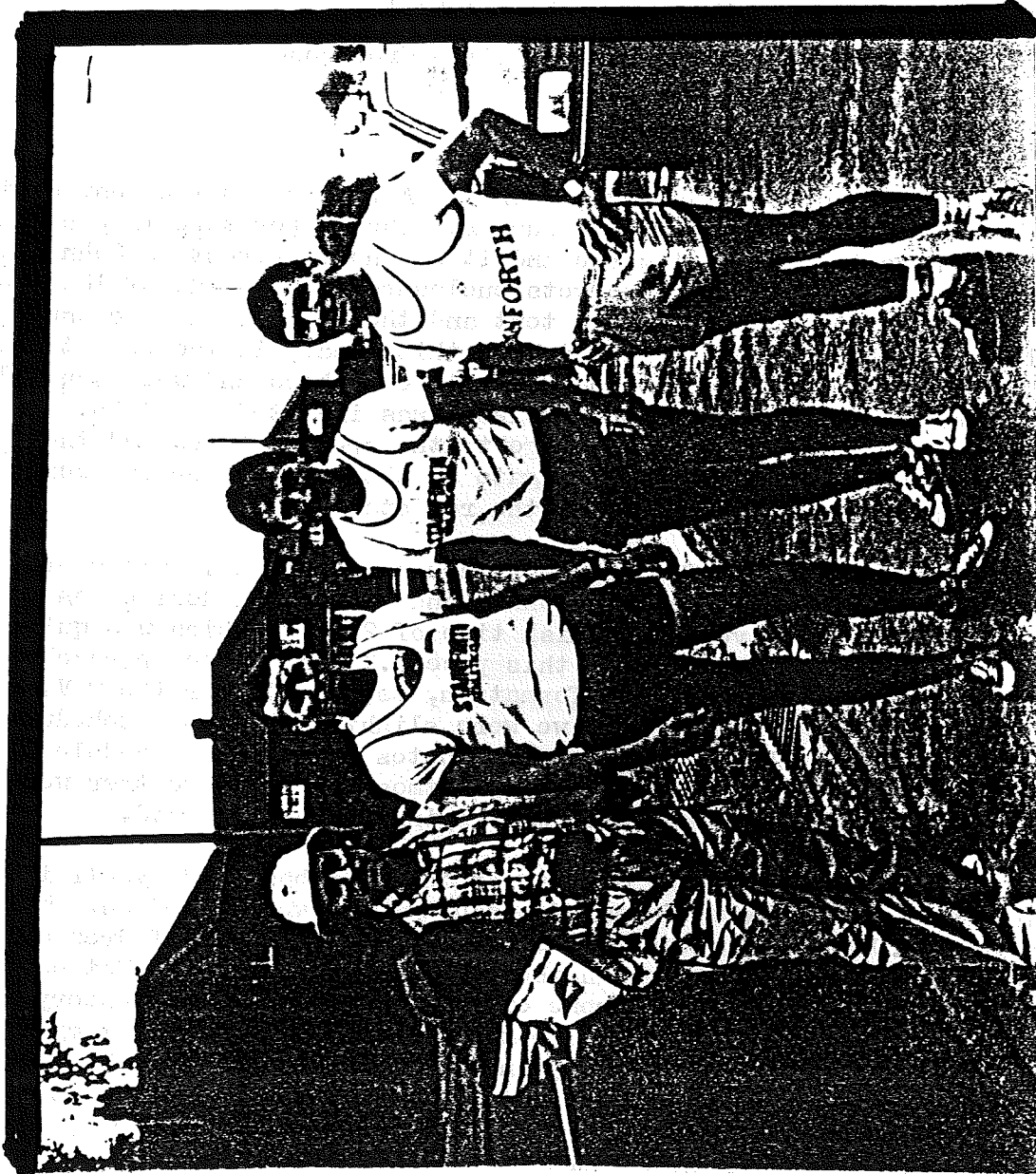
#### ROB JUDD

On Monday, 10th July, 1989, a motorway accident cost the life of one of our athletes. Rob Judd had been a personal friend, a work colleague and a fellow runner throughout the 1980's.

Like so many, he was inspired to take up running after the spectacle of the early London Marathon on television. A couple of years later, along with some of his workmates, he entered the St. Leger Half Marathon where he managed a mid-field finish off very little training. Twelve months later and with a little more training he was looking for sponsors for the next St. Leger and I, like a clever dick, offered him £1.00 for every minute he got below  $1\frac{1}{2}$  hrs. Rob's home is just a stone's throw from the start and I popped round to encourage him in the minutes before the off. From that moment he stuck like glue behind me as we sped off down Stripe Road, through to Tickhill. I didn't see him after that and assumed my money was safe until I crossed the old railway bridge after Loversall and he suddenly popped alongside and said, "I'm still here, you know". At that point he was about to cost me well over £5.00 in sponsorship; a lot of money in these days you know! He tailed off slightly in the last few miles, but was well and truly bitten by the running bug. He joined Stainforth shortly after and ran regularly over the following years with the so-called Campsall Cardiacs (all SDAC members) and later from the Rugby Club, racing regularly for Stainforth Athletic Club.

Anyone who has trained with Rob will be only too aware of the tremendous talent he showed; training runs always took place close to racing pace and his long, powerful stride was something to behold for us lesser mortals. In truth, his race results never fully lived up to his training runs, although he did sub 1-hour ten millers and sub 36 minute 10K's. If you knew Rob, the reason for this was not hard to see, because although he was a fine athlete, he was also a dedicated family man and constantly juggled with the conflicting demands of being a totally unselfish husband and father and the completely opposite need for total selfishness in order to succeed in athletics. This broad streak of decency and generosity and a desire to carry out all tasks to the very limit of his ability, show through like a beacon whenever you had any contact with Rob Judd.

I have done intervals on the track, fell-raced, road-raced and raced Cross Country with him but one episode which really sums him up was the Great Yorkshire Charity Challenge in 1988. He drove Coconut, Trev Matthews and me



ROB JUND

WAITING HERE TO JOIN  
THE FINAL STAGE OF THE  
GREAT YORKSHIRE CHARITY RUN.  
WITH ROB ARE ALLEN  
GREENWOOD, JOHN SLACK  
AND DAVE LAWRIE.

to the outskirts of York where we took turns to do a 5 mile stint before moving to the North Yorkshire Moors where he and I joined Pete and Malcolm Blackshaw for a further 5 miles. Pete and Malcolm stopped back into the van and Trev joined Rob and I for a longer spell. Suddenly, Rob began to wind the pace up and he dragged Trevor and I for mile after mile at a blistering rate until I had had enough. We could have gone home then, it was approaching mid-night, but Rob insisted on going on to the Redcar changeover point to cheer the runners in and take some photos.

We got home in the early hours, but in the morning he was on the 'phone "Are we going to run with the Lads?" I certainly wasn't (couldn't) but I went with him to drive the car as he joined the run at Bentley for the last few miles. He had put everything into it, balanced it with his family commitments, driven the four of us all round Yorkshire in the dark while we dozed off, and been a complete gentleman throughout. I think he even went to work on the Saturday morning after 'phoning me. When the money was counted, which Stainforth athletes had raised, the most sponsorship money - Rob Judd's, of course.

I'm sure you will all join me in sending our deepest sympathy to his wife Yvonne and his two young children, David and Adele.

Allen Greenwood

#### The Performance of the Year

Blackheath at 7.30 a.m. on a Sunday morning in April is not the most desirable place to be unless you happen to be a runner. The temperature is usually cold but the atmosphere is always electric and it was no different as John Elvin and myself made our way to the supervets enclosure at the side of the red start. After we had roamed around the drinks tent and the rest of the enclosure, we eventually found the hero of the day taking things easy in the rest tent. The Old Fox (John Toplis) doesn't look much like a hero and when you talk to him he sounds even less like one. Modesty was invented by John. As the start time approached we took our luggage to the special buses and then 10 minutes before the start they opened a gate on the side of our compound and we walked out straight to the front of the red start.

9.30 a.m. and to the firing of a cannon we are away with 26.2 miles of London tarmacadam facing us. The two John's and myself had decided on a  $6\frac{1}{2}$  minute pace which would give us a finish time of 2.50.25 which was quite ambitious for all us. We settled to this pace O.K. and as we approached the Cutty Sark we formed a line abreast formation, especially for the T.V. cameras you know. At this stage of the race we were slightly up on the schedule and by the ten mile mark we had improved to 2 minutes inside our schedule and every one was comfortable. The crowds, the atmosphere, the weather were all working to our advantage and our hero was beginning to look good.

As we ran on to Tower Bridge the Old Fox organised Elbows and myself into our T.V. formation again and with roars of encouragement we pressed on. Through half way in 1.23.00 and into the Isle of Dogs. At this point I drew away from Elbows and our hero and I thought the pace must be telling. Not so, at 16 miles the Fox came by me like a serene express train and with a cheery word was away! He was passing people with utter contempt and was out of my sight by the 17 mile mark. It was at this point that it suddenly occurred to me that he was going to finish in 2.48 or better. Through 18 and 19 miles Stainforth hero of the day swept age and runners aside, but with the approach of 20 miles disaster struck. That fear that haunts all long distance runners and the Fox in particular struck. The call of the Bog for which there is no escape! A pit stop had to be made. Two minutes late and somewhat lighter he was on his way. Fortunately our man managed to continue on his way. He later described it as feeling as though he was floating and the miles clicked by. Past the Tower, the Embankment, Trafalgar Square, the Mall and finally down Birdcage

Walk and onto Westminster Bridge the Fox never faltered with the most remarkable time of 2.50.16. This was a truly remarkable run from a person who we have all looked up to and received so much encouragement from for many years. The Old Fox is 56 years old and this time has put him among the top few runners in the country in his age group. May I suggest that at the end of the season when Captain Cook sits down to consider who he should award his trophy to, he puts the Old Fox near, if not, at the top of his list.

A.D. T. London

P.S. Elbows finished with a creditable time of 2.58.00 and for myself a 2.53.00

### Retford Half Marathon - 19th March, 1989

No of runners - approx. 450

I approached this one with mixed feelings. The previous week I had done the Spon '20' and had suffered miserably, but with three over 45 prizes I knew I had to have a real go. With a good start behind me, 5.40 for the first mile, I was just settling down when I was joined by Dave Collingwood. A repeat of the Norton '9' was in store where we had battled over the whole distance. The first 5 miles were fairly easy with the lead in our little group being shared. At 5 mile we turned into the wind and this, combined with several up-hill stretches, made it hard going. Over the next 5 miles I had several goes at getting rid of Dave all with the same effect, he clung on like glue. Throughout this whole battle Trevor Matthews, my Club colleague and work mate, had been ambling along at my side. At ten miles the race was changing climbing yet another incline and with the wind still against us, Dave Collingwood began to leave us. Thankfully by the 11 mile marker we turned back towards Retford and with this change I launched my final effort. Over the last two miles Trev and myself improved by about 12 places and included in them was Dave Collingwood who I just managed to beat. Of course, as we covered the last two hundred yards Trev Matthews took off like a greyhound on an afternoon training run.

It had been a hard race but at the end it was all worthwhile. I had finished in 26th position and had taken the 1st over 45 prize.

### Results

1	R. Ironmonger	Notts A.C.	1.09.26
2	A. Venn	Sheffield	1.11.22
3	P. Fuller	Sutton Harriers	1.11.53

### Steinforth placings

24	T. Matthews	1.18.16	132	F. Pearson	1.28.09
26	D. Brown (1-0/45)	1.18.18	140	M. Swimney	1.28.55
36	C. Firth (3-0/45)	1.19.48	146	E. Smith	1.29.21
52	J. Toplis (2-0/55)	1.21.31	182	R. Clarke	1.31.48
54	T. Henderson	1.21.45			

D. Brown