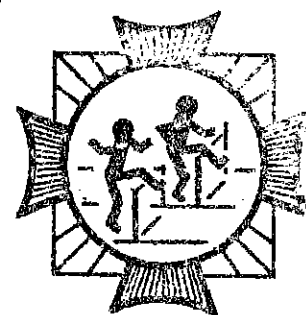
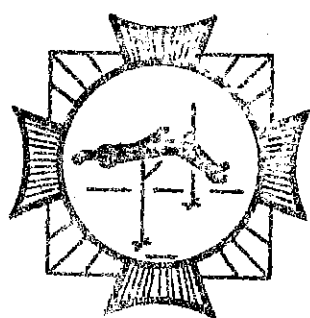
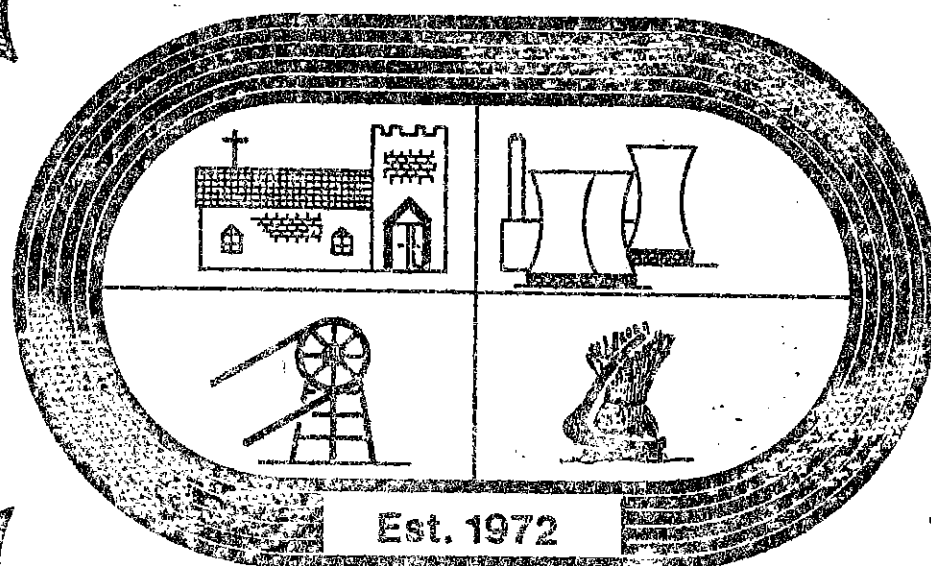
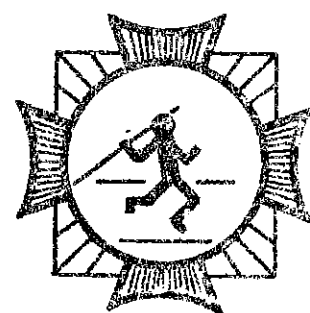
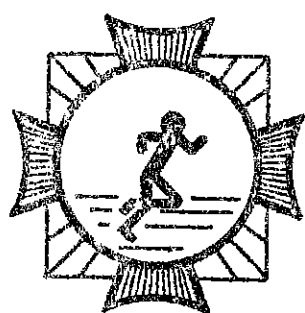


# SDAC

MAGAZINE



STAINFORTH AND DISTRICT

ATHLETIC CLUB

No 7

## EDITORIAL

I thought I was a gonner.

I'd trained very hard since last autumn and 1987 should have been my best year. In a way, all my running life, having started as a 30 year old, had been geared to peaking this year as a first year veteran.

Yet, on New Year's Day 1987, one month away from Vetdom, I finished a run feeling as though someone had stuck a dart in my backside. My diary for 1st January (bearing in mind that tremendous sympathy I feel for Jeff Maddison and Pat O'Grady, two very good friends and ex-Stainforth athletes of tremendous influence, and both sidelined by arthritis of the hip) states, "8 miles steady on the canal bank. New ache in right buttock - not arthritis, please."

The ache came back and went from time to time, meanwhile I carried on with the quality of training including 3 hard speed sessions a week, always thinking ahead to the magic day when I would be 40 and in racing terms, born again. It was irrelevant that my training times were consistently sub-standard.

For a few more weeks the ache came and went until eventually it didn't go away anymore and, what had been a source of annoyance, suddenly became a very serious worry. We all carry injuries from time to time, it's part of the game. Perhaps if we could see into the future, we would be less prepared to train through injuries to achieve short-term objectives.

My real ambition is to enjoy a jog along the canal bank on my 100th birthday, but I'm not even halfway there yet, and I'm trying to run through an injury which could cripple me before middle age.

Am I really that stupid? Does running mean that much to me? Has the desire to do well as a Vet robbed me of my rationality? After a week or so of constant ache, commonsense prevailed and I stopped training, and it was only then that I even began to think about the long-term implications. Was I finished as a runner? Worse, had I done irreparable damage which would plague me for the rest of my life, whether I excersied or not? And the most difficult question of all, what would I do for the next 60 years if I couldn't run? I've never enjoyed spectating at activities I'd prefer to participate in.

I questioned whether I could get satisfaction, or even maintain my interest just by writing the Club comics or working for the Club in some other capacity. Somehow it seemed unlikely, I might have to make a clean break and find some non-physical obsession. I'd always wanted to learn the guitar, I may now have the time to learn. There's always 1001 jobs to do around the house, although DIY projects always seem to end up costing the equivalent of at least two pairs of running shoes by the time I've bought that special piece of equipment which I Don't have in my tool kit.

And that is another thing, what do I do with two pairs of road shoes, a pair of racing shoes, two pairs of cross country/fell running shoes, a pair of spikes, four pairs of shorts, two pairs of tracksters, two trackshuits, countless vests, T-shirts and sweat shirts and a reflective top? I don't think there's much of a market for used running gear.

Actually, by the time I've finished writing this and had a couple of weeks lay-off, the pain has gone.

Still to be confirmed, but I think it was perhaps a touch of siatica and by the time you read this (assuming someone will actually get this far) I hope to be back training, no doubt half a stone over weight, and with no hope of doing well in the 5 mile road league series which I've been eargerly awaiting for months now.

It made me realise though, how running constitutes such a large part of my life, and allowed me to examine my motives in a detached way, as well as offering a sharp reminder how vulnerable I am. And if I am, so are you too. Be careful.

Allan Greenwood.

## CLUB TOPICS

Magazine Cover - You must have spotted it. The smart new front cover to the Club Magazine. There was such a good response to the competition to design a new front cover that it took quite a time to decide on a winner.

There were sixteen entries in the end, and each one had something uniquely interesting in it, so judging was extremely difficult. In the end it came down to two layouts; Nicola Greenhough's, which featured medallions showing the various athletes disciplines, and Cindy Jones's, which managed to nicely fit a six lane running track into the layout. We decided that both were too good to miss, so the layout you see is a composite one of the two entries. The £5.00 first prize will therefore become two £3.00 prizes for Nicola and Cindy. Well done ladies. Well done and thank you, too, to all the other entrants, it was good to see all the thought and effort which went into designs.

The art work was done by Charles Wheatley who confiscated the Editors original attempt at the composite design after seeing and being disgusted by it. Although not a S.D.A.C. member (yet), Charles is a keen runner and is, in fact, Tony and Veronica Woffinden's Son-in-Law.

Other Competitions - The invent - a conversation between Deke Heyes and 'Chicken Legs' Grayson - competition produced an underwhelming response. The winning (and only) line was:-

Deke: Are we on the right road?

C.L.: I am just following you!

Caption: The blind leading the blind.

This entitles the winner - non other than coach John Blackshaw - to a 65 sec. lap of the track with Jack Cook. Well done John!

The Club House - We've all been grumbling for years now, heaven alone knows how many athletes have been lost to us because of its condition, but now it looks rather like progress could be on the horizon.

Nothing can be confirmed yet, and we don't want to raise hopes too high, in case things fall through, but it seems that the Stainforth Parish Councillors who came to our 1986 AGM were sufficiently impressed by our commitment and professionalism to seek out ways to enable us to take over tenancy of the Clubhouse facilities.

A small delegation from our Club Committee has had preliminary talks with the Council to argue the case, and the outcome looks very promising. Maybe our pipe dreams of warm showers, heated lounge, civilised seating, training videos, etc., could be just around the corner.

You must have some smart ideas about what you expect from the Clubhouse facilities. Why not write to the Club Magazine and make your suggestions known to all? If and when things do start to move it would be nice to have all the good ideas available at the outset to make the best possible job of the improvement.

Money, Money, Money - One aspect of the SDAC life which would have to be revised is the tradition of doing everything on a shoestring. We would have to become more dynamic and active at fund-raising, more professional really, in order to equip ourselves to the standards which we should be aiming for. Let us hear your ideas on fund-raising. If we had to raise (say) £5000, how would we go about it? All suggestions in writing please to the Editor. Every idea will be printed in the next magazine.

YOU ARE ADVISED, THAT FAILURE TO PAY YOUR ANNUAL SUBSCRIPTIONS CAN PREVENT YOU FROM ENTERING EVENTS UNDER THE STAINFORTH DISTRICTS ATHLETIC CLUB.

ANY ATHLETE WHO DOES SO WILL BE REPORTED TO THE N.C.A.A.

Bob Haley (Secretary)

New Members - A sincere welcome to the following new members to the Club. I hope we will all do our best to make these newcomers feel at home with the Club.

C. Wraith	G. Lee	P. Bednall
A. Kelsall	L. Cocking	C. Williams
G. Masoud	D. Stirland	A. Hollingsworth
S. Speak	S. Blanshard	

### South Yorkshire Road League 5 Mile Race Series

The dates and venues are as follows:

Tuesday	7th April	Rockingham
Wednesday	15th April	Dinnington
Wednesday	29th April	Loxley
Wednesday	6th May	Askern

Entry fee is 40p for your race number, regardless of how many rounds you compete in, and don't forget to keep your number between races.

To enter just give your name and 40p to Jack Cook (Doncaster 874176). If you have a transport problem let Jack know, we have enough cars between us to get everyone there and back in good shape, it just needs pre-arranging.

A reminder of the classes:

Ladies (15+ @ 1.9.86)	
Ladies (Vets)	
Boys (0/13 - U/15)	)
Youths (0/15 - U/17)	) on 1.4.87
Senior Men (17+)	)
Veteran Men	

### SOUTH YORKSHIRE A.A. ROAD RACE LEAGUE 1987 - SPONSORED BY NIKE

#### Dates and Venues

Tuesday	7th April	ROCKINGHAM ATHLETIC GROUND:HOYRAND COMMON. FIRST RACE - 6.45p.m.
Wednesday	15th April	ROTHERHAM DINNINGTON RUGBY CLUB FIRST RACE 7.00p.m.
Wednesday	29th April	HALLAMSHIRE LOXLEY WISEWOOD SCHOOL FIRST RACE - 7.00 p.m.
Wednesday	6th May	ASKERN FIRST RACE - 7.00 p.m.

Men 17 & over. Ladies 15 on 1.9.86. All to run together. DISTANCE 5 Miles.  
Boys over 13 and under 15. Youths over 15 and under 17 on 1.4.87 to compete together. DISTANCE 3 miles.

AWARDS SENIOR MEN 1st, 2nd, 3rd - one trophy for first team of four.  
VETS 1st Vet 0/40, 1st Vet 0/50 - one trophy for first team of three  
LADIES 1st, 2nd, 3rd. 1st Vet 0/35, 1st Vet 0/45 one trophy for first team of three  
YOUTHS 1st, 2nd, 3rd )  
BOYS 1st, 2nd, 3rd ) Joint team of three, one trophy

RESULTS - These will be decided on a time aggregate basis, therefore the runners and teams with the lowest time aggregate after four races will be declared the winners.

ENTRY FEE - 40 pence per number. This number to be used for all four races. This year we are using the system as used for the Cross Country League, therefore you get your number from your own Club official who has been designated to give numbers out. This official will in turn supply me with a list of competitors from your Club on a form supplied by me. Please note all veterans men and women, must state at the first league meeting which category they wish to compete in i.e. vets or open, they then must stay in that section.

#### SOUTH YORKSHIRE GRAND PRIX

Races to count in 1987 for MEN, MALE VETS, LADIES AND LADY VETS.  
EIGHT RACES WILL COUNT FROM THE FOLLOWING ELEVEN.

BARNSELEY HALF MARATHON	12th APRIL
STAINFORTH CAMERONS 10 MILE	31st MAY
MIDWOOD 10 MILES	12th JULY South Yorks. Championships
ROTHERHAM HALF MARATHON	29th JULY South Yorks. Championships
BARNSELEY 6	9th AUGUST
DARLEY BREWERY 20	16th AUGUST South Yorks. Championships
ASKERN 10 MILES	30th AUGUST
PENISTONE 10 Km	12th SEPT. South Yorks. Championships
BARNSELEY 10 Km	27th SEPT.
ROCKINGHAM 10 Km	4th OCTOBER
BARNSELEY MARATHON	22nd NOVEMBER

Competitors will score points in accordance with their positions i.e.  
1st Sth. Yorks Runner 25 pts, 2nd 23 pts., 3rd 22 points etc.

The medals for the individual championships are as follows:

1st threemen, 1st three vet men, 1st three ladies and 1st three lady vets.

Runners can only compete in one category, either open or vets. Open to first and second claim members of South Yorkshire Clubs, also those born or resident for nine months prior to the first race to count in the championships.

D.H. BENNETT  
SOUTH YORKSHIRE ROAD RUNNING SECRETARY

SOME ITEMS FROM CHAIRMAN JOE

Stainforth Gala Week - On 11th April we shall once again be organising a 4 mile Fun Run starting from the Welfare Grounds and consisting of 2 x 2 mile laps. There are trophies for the first 3 males and females, as well as medals to all finishers.

For details and/or entries see Brenda Greenhough at the Club House. All proceeds to our wheelchair appeal.

Another 4-mile Fun Run - In conjunction with our Camerons '10' Road Race on 31st May, 1987, we shall be organising a 4-mile Fun Run. 10.00 a.m. start. Again see Brenda Greenhough for details/entries.

Clubhouse - On 24th February, 1987, Jack Cook, Barry Barnes, Bob Haley and yours truly attended a Parish Council Meeting, the purpose of which was to discuss the leasing of the Clubhouse to Stainforth Athletic Club. Discussion took place of our intentions regarding use and alterations.

We explained how we intended to secure and modernise the premises. No definite conclusion was reached and further meetings with the Council are planned to iron out more details. I will keep you informed of any further progress.

Multiple Sclerosis - On march 2nd Klocker Morris and I were invited to the Multiple Sclerosis Society AGM at St. James Church Hall, Hexthorpe, where we had the pleasure of meeting Mr. Hodson, who expressed his pleasure of receiving his motorised wheelchair. Previously, he had to rely on someone taking him on hospital visits, now through the efforts of our Club members in raising the cash to buy the wheelchair, Mr. Hodson is much more independant and is now able to move around without the help of others.

Mrs. Hodson has sent the following letter:

"Dear Members and friends,

I would like to express my sincere thanks for all the effort made by you in raising the money to donate to Doncaster Multiple Sclerosis Branch to purchase an electric wheelchair.

My husband was chosen to be the recipient. I am very grateful for that fact and I know it will give him a great deal of pleasure and also a greater independence to be able to go out on his own.

Thanking you all once again.

Yours sincerely,

Mrs. D. Hodson"

Joe Chorlton - Chairman

Camerons '10' - Accommodation - Wyndham Joggers of Norfolk are sending a team of runners to compete in our prestige 10 miler on 31st May and, as the first part of a reciprocal agreement, we would like members to volunteer to accommodate one or two of their members overnight.

If you can help out with accommodation please volunteer to Barry Barnes as soon as possible. Barry's telephone number is 884195.

Public Apology to Capt. Cook - The entire Senior Athletes Sub-Committee (at least those who bother to turn up) wish to apologise unreservedly to the much maligned John (Jack) Cook. The Club's race "Finish" banner has been missing for almost a year and the finger has been pointed repeatedly at Skipper Cook, having special regard to the disgraceful state of the heap of jumble which he calls his garage/contents. (No, not his car). The banner turned up recently in the hands of Camerons themselves, thus confirming Jack's innocence. Please accept our humble apologies. By the way, have you got the Club banner which is also missing?

Asquith's Nose Job - Just by the way of a quick progress report, Peter (who was our top vet for about 3 minutes last year at Rockingham before hibernating for the winter) has, in quick succession - put on a stone or more in weight, had a dose of pharyngitis (very painful) and now, in a desperate bid to gain performance advantage, has had his nose internals cleared out. As a form of speed training, I understand he is using his exhaust for turbo-charging, too.

Senior Athletes AGM - The Senior Athletes Sub-Committee for 1987/88 is to be elected on Tuesday, 28th April. On that evening, instead of running at the Rugby Club, would all Senior Athletes please attend a meeting at the Stainforth Miners Welfare Club at 8.00 p.m. (timed for a proceeding run from the Clubhouse).

In the last 12 months we have gained plenty of new blood, some of who would make a very telling contribution if elected onto the Sub-Committee.

This is your best chance either to a) vote the best people into the jobs and/or b) have your say on any matter affecting the Club, so don't ignore it.

3-Peaks Jaunt - Those St. Leger people really upset our plans by picking 'our' date to hold their race. A rearranged date in April was agreed but this also must be postponed. At the time of publication no firm date has been arranged, but it will be later in the year than was originally planned, possibly June/July.

The revised arrangements should be finished by the time of the Senior Athletes AGM at Stainforth Miners Welfare Club on 28th April, 1987 at 8.00 p.m.

Advertising - You may have noticed a couple of advertisements in the Magazine this time. All proceeds to Club funds of course, but please make sure that if you use the businesses who have very kindly agreed to place advertisements with us, that you tell them that you saw their services in our Club Magazine.



## FEATURES

Nutrition - Nutrients in food are as follows:

Carbohydrates, Fats, Proteins, Vitamins, Minerals, Fluids. In this letter I would like to deal with three of these: Proteins, Vitamins, Minerals.

Protiens - These are needed for repair and growth of the body, but in an emergency can be converted into energy. The body breaks protein down into 25 amino acids, 10 of which are called "essential" because the body cannot produce them from other substances. Not all protein foods provide a sufficient supply of these 10 acids. The food which is top of the league for quantity and quality are eggs. SO in a short list of food the protein value of some foods is:

Eggs 100%, Beef 83%, Milk 80%, Oats 79%, Soya 73%, Fish 70%.

It is suggested that athletes require 1.0gm - 2.0gm of protein per Kg. of body weight per day. This is easily achieved by ensuring that 10% - 20% of our daily food is protein.

Vitamins - There are two groups of vitamins (water soluble) and (fat soluble).

Water Soluble - B group      Fat Soluble - A:D:E:K. The main vitamins required by athletes are (water soluble + E). These are the energy giving vitamins. These vitamins, if taken in excess, will be removed from the system by normal bodily functions with the exception of (E). This is fat soluble and takes much longer to get through the system and, therefore, builds up in the body.

The following is a short list of the relevant vitamins and the foods from which they are extracted:

<u>Vitamin</u>	<u>Function</u>	<u>Sources</u>
B1 (Thiamine)	Carbohydrate breakdown	Bacon, bread, meat, vegetables, milk, potatoes
B2 (Riboflavin)	Carbohydrate, Fat & Protein Breakdown	Milk products, brown bread, meat, fish, vegetables.
B6 (Pyridoxine)	Protein Metabolism	bread, milk, eggs, vegetables, meat, nuts.
B12 (Cyanocobalamine)	Red blood cell formation nervous system	Animal foods
C (Ascorbic Acid)	Protein Metabolism Iron                   " Energy               " Defence against infection	Fruit and Vegetables
E (Tocoferol)	Muscular Action	Wheatgerm, vegetable oils, Eggs.

A word of warning, extra vitamin intake by tablet form should only be entered into with either medical supervision or thorough reading of facts surrounding the subject.

## Minerals

Minerals are as important as vitamins and proteins. Normally, sufficient quantities of these are obtained from our food, but occasionally they need to be supplimented. But I stress that this should be done under medical supervision.

<u>Minerals</u>	<u>Function</u>	<u>Sources</u>
Iron	Oxygen transport	Brown bread, meat, vegetables
Calcium	Bone formation and muscular activity	Milk products, Bread vegetables
Sodium Potassium	Fluid regulation, general constitution	Most foods, fruit, vegetables, potatoes
Magnesium	Stimulus transfer in muscles	Nuts, fruit, green vegetables
Phosphorous	Bone formation	Milk products, Bread, vegetables.

This is abrief insight into the world of nutrition. If further details of the whole subject is required then I will be pleased to get a copy of the information available to me from my coaching manual.

Dr. Knocker.

### TO THE WOODS

For those that are unaware, secret weekend training sessions are taking place from the Armthorpe Rugby Club.

All Red Light Mem bers, such as myself, are encouraged to attend! (For those unfamiliar, a red light is loosely defined as the one who carries the coverted rear bike lamp and is always last on the Tuesday Club gambodes).

One recent Saturday outing started in Armthorpe car park at 9.15 sharp, Old Coconut (also Super Groin), Pete (Mercury) Barratt, Bob (I got in the London) Morgan and yours truly being the only takers. The first few miles through the woods were a real tonic, especially after all the limitations of the recent snow.

Horse muck the size of footballs were the first obstacles, coating the trainers and making for a faster pace, if only trying to overtake the ever present wang! Next came the stamina builder or bog dodging as it is known. Tracks like quagmires and a surface that would have done Torvil and Dean justice.

Into Cantley Park now and fast dropping off the pace, soon cheered up though, as a Jack Russell attacked Keith and Bob (always were good little rattars). Back in the woods and running well that is till some bloody urban gorillias tree root booby trap sends me arse over tip into the mire! Mercury Barrett thinks this is extremely funny as he uses my back as a Bailey Bridge and asks if my knee was always the size of a Football!

Onto the slagheaps, not one of Cocunut's better ideas (what a Plonka). The only way up is crawl boards and crampons, coming down for second time the old Brooks look and feel like drivers boots (glad I'm going home in Coconut's car). Into the ditch area and Bob's turn for a fall, being honest he scored higher points than me as he took in a bramble thicket, two tree stumps and a gorse bush before hitting the ground. The 6.5 min. mile hop afterwards however, I felt was a bit theatrical.

Onto the Race Course and the finish is in sight. Morgan and Coconut going neck and neck for the tape, while the two geldings at the rear were making up steady ground. Glad I'm not a betting man at this point because a rank outside called Mercury suddenly swept past the field with gazelle like strides and disappeared into the distance with Coconut in hot, if not useless pursuit.

Home at last and truly crackered, but one very important lesson learnt and serious warning to all Club Members. Do not get into a sprint finish with Barret, he is in training in secret, either that or he needs a dope test!

Tail End Charlie

### Captain Cook's Ramblings

In this edition of 'Ramblings' I'd like to compliment everyone for their input to the Magazine. I can appreciate the hard work of the Editorial Staff, but I'm sure they are as pleased and proud of the now "very successful" Club Magazine.

One or two points from the No.6 Edition. Phyllis Tyne asks for advice on ladies being injured and whether weights might be useful or a ladies coach. I'm of the opinion that, with most ladies, it's a case of "as Phyllis puts it" too much too soon. Most of the ladies are "Newcomers" to running and I think there are four vital lessons to be learnt.

1. Learn to run. Plenty of easy, steady "fluent" running. Keep relaxed.
2. Learn to train. Include the necessary stretching. Warming up and down.
3. Learn to Race, and to differentiate between racing and training.
4. Learn to rest. A good athlete knows when not to train. Keep a diary.

For anyone coming into the sport, the first 12 months seem to be the worst, as the body is trying to adjust and is continuously hampered by little niggerly injuries. Try to be patient and don't try to rush it. The more easy running you do, the better the foundation you put down and the better the foundation, the better you are able to build on it. I wouldn't advocate weights early on and even later, only with the correct advice for whatever event you are preparing for.

Talking of weights, there is a good article in February 87 (issue No.12) of Northern Runner by Derek Hough. Well worth reading.

Now who is the Gordon Bennett who profiled the Club Skipper? and is it the same Gordon Bennett who has "zits" on his bum? Will the real Gordon Bennett stand up please. By the way I take a "multi-vitamin and Iron" tablet every day plus a halibut liver oil capsule and I'm sure they help to keep me healthy.

On the racing scene recently I've enjoyed some good races. Certainly the last Sth. Yks. Cross Country League fixture at Askern. Grand little course is that. Some touches of "proper" cross country. On the 8th February I ran in the Humberside Police 10 at Hull and was successful in getting lost thanks to my co-pilot (our own Mr. Ed.) We had some other lads running and I'm sure a Race report will be submitted from at least one of them, so I'll just say I finished 9th in 54 min. 14 secs. running the first 5 miles in 27 min. 07 and the second 5 in 27 min 07. Cannot get much more even pace than that. The following week I raced in the Riddings Scunthorpe 10 after doing 77 miles in training. I finished 3rd overall (1st Vet) in 54 mins dead, running the first 5 mile in 27 min 10 and the second 5 in 26 min 50. Again a race report should be submitted by someone else (Bob Judd was nominated) but it was nice for Pete Rowlands to bow out for a while with a good run, finishing 13th overall and 2nd vet. Pete took the Vets prize as I took 3rd open prize. Hope the operation goes OK Pete and thinks get better quickly. I'll certainly miss your Tuesday night interval company for a while.

My preparation for the Wolverhampton Marathon on 5th April is going reasonably well with mileage of about 70 mile per week average. I've taken in a few more races to sharpen up and using different racing surfaces to keep it interesting. On the 1st March I ran in the South Yorkshire Cross Country Championships at Graves Park. What a tough course that is. Three very tough laps for the 10000 metres. I didn't feel particularly fast but

felt strong and ran through the field to take 10th place overall in just over 34 mins. I finished up 1st Vet and was well supported by Dennis Green, 2nd Vet, with Allan (Mr. Ed) Greenwood and Dave Lawrie completing the team to give us the Vets Team Championship. Well done lads. 8th March we went to Askern's 'Norton 9' and once again we had a very good turn out. Micheal Chorlton won the race, I was 2nd vet (13th overall) behind Sheffield's Malc Martin with Dave Grayson 3rd Vet and Dennis Green 4th Vet. Mandy Watson was 2nd Lady, so we did very well with the prizes, not to mention the performances from everyone else in the Club. What I felt I needed now as a test for the Wolverhampton was a good long race to test the complete job lot. The mental side, the physical side, the drinking during a race side and the running kit. Running 10's and 1/2 Marathons is OK in some shoes but 26.2 is another matter, so on 15th March I decided to run the Spen 20, which is a very, very tough 20 miler (the Road Runners Club allow 2 mins on time standards for the severity of the course!) The object in this run wasn't to race but to run hard and consistent using the drink station for practise (which I never use normally except for marathons). So as we set off I was quite content not to get caught in the rush. The first 5 mile was run in 28.45 and the next in 29.58 making 58.43 for 10. Not too bad with the hills and a very still breeze. By 13 mile the pace was still holding as we went through in 76.11 and I felt very good until about 16 mile the, with the hills and the wind, I began to feel the pace and the previous weeks training and racing, but I was able to sustain good form to the finish with a time of 1 hr. 58 mins. 44 secs. No problems with the kit, so everything now looks set for 5th April. I won't be doing any more racing and from now on until race day I will be gradually tapering my training. Good runs today from Keith Temperton - 2 hrs. 7 mins. and John Toplis (0/55) 2 hrs. 12 mins. John Elvin having a good run but feeling sick afterwards and 'Chicken Legs' Grayson not feeling up to scratch on the day came in with 2hrs.6mins. Time for these lads to put it right for London on 10th May, 1987. BUT BEFORE THEN ....Road League on 8th, 15th and 29th April and 6th May. Names and 40p's to me. See Club Newsletter No.6, page 29 for age groups. These are super little races. Get them in your diary.

Jack Cook  
Club Captain

### From your Ladies' Correspondent

As our thoughts strain forward to longer, milder days, shorter faster (?) distances, longer jumps and stronger throws (well we all live in hope don't we?), I look back on a cross country season beset with bugs and gremlins and almost consider advertising the spikes for sale. But don't rush for the wallets, folks, I'm pretty cautious really - well I might be fit enough to use them for track work, but I think an overhaul would be pretty advantageous anyway.

Well the Silver Shadows have been in the washing machine so why not the Addidas spikes? - minus spikes of course! The laces do quite well pushed inside a sock and they can be washed on a higher temperature than the shoes. As for the spikes, the mud was caked on so hard I soaked them, then put them in the oven to dry out quickly to try to stop the rust. My father always used to put a squirt of light oil, such as "3-in-1" into his tins of nails to stop them rusting, but I'm not sure how manageable oily spikes might be when you are trying to put them into your shoes two minutes before a race. One very good piece of advice, however, is to pack some petroleum jelly, such as vasolene, into the sockets in the shoes before screwing the spikes into place. This stops the threads of the spikes rusting into the holes, making them much easier to remove.

Another handy trick is to use a foam square, such as those used in Marathons, and secure it in place over the spikes in the sole with an elastic band. This has saved me many a pierced finger whilst the shoes are not being worn.

I suppose if the spikes are going to live to run another day somehow so will I. Meanwhile, it's back to the training.

Yvonne Brunton.

### Waffling On with Joe Chorlton

Track Training - How time flies! The track season is with us once more, the long winter nights are fast disappearing and now is the time for runners to start thinking of track training. From 100m to the Marathon all athletes, of varying degrees, need track training. The schedule for 100m runners would be quite different to that for the runner who chooses to race the middle distances and to varying degrees the middle distance schedule would be different to that for the long distance runner. Bearing this in mind, you have now to decide what distance you intend to race at.

You have made the decision, now you can start track training. PATIENCE! hold on a bit, before you start bashing out 400m, 600m or whatever, do you know what effect track training will have on your body, and what effect it will have on your race constitution? You need patience, it is important you gradually increase the tempo and control the quantity and quality of your schedule. How many 200m, 400m 600m? In what times? What interval? How many sessions a week? You need to know the answers to all these questions or you are training blind. This will never do. Running aerobically you can do very little damage, but track training calls for anaerobic conditioning. Get this wrong and you are looking for trouble. There is a temptation to see how fast you can run a 400m, or you may try to beat your P.B. for 800m. This is not the way to train.

Your initial track training should be reasonably easy, spend some time on technique exercises. Due to the increase in speed required for track training, tension can creep in, most notable in the neck, but

It goes without saying if you are tense in the neck the whole of your body will be tense. When this happens the nice relaxed flowing action has gone, arms start flailing, legs and body all over the place, (now you are in a mess). Tension burns up energy at a tremendous rate, knees that should be pointing straight ahead are now moving in a sideways direction, resulting in the feet being angled out of alignment; consequently, the drive which should be driving you in a forward direction is wasted to some degrees, sideways. This also puts extra strain on knees and hips.

This does not mean to say that every runner should run like Sebastian Coe (but your prayers would be answered if you could). Your style of running is probably with you for life, but with a little thought and practise, you can improve the economy of running.

Why Interval Running - Aerobic training has given you endurance, you can now race at a strong even pace. The problem comes when the going gets tough in the latter part of the race. The athlete who has not done his anaerobic conditioning properly, gets tailed-off. You have entered a new ball game, running beyond your oxygen uptake. Why, if you are a long distance runner, do you need speed work? What's the use of being there for 9 $\frac{1}{2}$  miles if you cannot respond to the finish sprint home, also, if there is a change in pace in the middle of the race, you will respond easier and with less effort if you have experienced speed training.

#### Training Requirements

- A Economy of running
- B Flexibility
- C Improvement of Speed
- D Improving oxygen debt tolerance
- E Time trials are an important part of your training programme, to develop confidence and overcome self doubt.

Intentionally, I have not laid down any training schedules - it is more important you know what effect track training has on you.

To discuss track training and training for women, a Seminar will be held at the WHITE HART, Barnby Dun on 22ND APRIL, 1987 at 7.30 p.m. You will have the opportunity to ask questions from a panel of experienced athletes and coaches.

"Yours is not to reason why, yours is just to do or die."

Joe Chorlton

#### Ribcracking, Name dropping and Globe trotting with Mick Chorlton

So it's the end of the Cross Country season, and for the first time in two years I can look back with some satisfaction. After my broken foot in 1985 and a disappointing 1986, I was beginning to think I had lost any ability I possessed.

My lucky break came in November in the Kodak Southend 10K, I came fourth after a boxing match with Dave Lewis over the last 100m, we crossed the line together, but the verdict went my way. A hefty shove in the ribs from Dave Lewis probably helped me there, either that or the judges were impressed by the way I scraped across the line on my left shoulder. In any case, I went in to the first aid tent believing I was fifth and came out half an hour later having used most of the St. John Ambulance yearly bandage supply, to hear the good news.

For some reason Lewis wasn't as happy as me. Perhaps he envied my gymnastic ability, or maybe it was something to do with the different prize value

between fourth and fifth, I don't know.

At the reception afterwards (after one of the most awful showers I have ever experienced) I spoke to the man who had picked me up off the track. It turned out that he (I learned that his name was Ray Martin) was taking an England Team over to France and he had a spare place, would I be interested?

I thought about this, weighed the pros and cons, in the same way that a starving dog would when faced with a pound of best steak, and I accepted.

The following week I ran the Guy Fawkes '10' at Harrogate, which is surely one of the most scenic 10's in the country, a race I always enjoy (although last year I didn't enjoy as much as usual because I didn't win!) It was a close race, since it was very windy, no one would take the pace. John Sherban made a desperate lunge for the line, somewhat early I thought since we still had nearly a mile to go, he says he was tripped. If it wasn't for a strong waistband on Trevor Frelsdend's shorts on which he steadied himself, he would have fallen over. The pace picked up from there, Trevor was probably worried about the consequences of anyone making another grab at his shorts. I won in just under 50 mins with Sherban about fifty yards behind. I knew then that I was quite fit, and this helped me to approach the race in France quite confidently.

The race was to be '9K' Cross Country in a place called Poitiers, just east of Toulouse. It was dark when we arrived. In fact I think it is always dark in the place we stayed, an outward bound centre in the middle of a forest. In common with most forests, there were no street lights, so our steady four miler consisted of running down the road from the centre until we started bumping into each other in the dark (about 100 yards) then turning back repeatedly. In the morning we realised why the centre had been chosen as our base, the start line was only 100 yards from us! The course was a good one, mainly flat and dry and it promised to be fast, which it was. One of the Morroccans took the early pace out and it was soon down to him, me and two Frenchmen. As we approached the last 2K lap, the French had dropped and the Morrocan had about five yards on me, I received instructions from Ray, the team manager, "Screw him Mick, he's yours". Short and to the point. I managed to pull about 20 yards away from him and won my first International race. I was quite pleased.

That night we were told we had been left some food in a cupboard in the kitchen. After two hours we found nothing but a key which just happened to fit the storeroom door. An Aladdin's cave of fruit, bread, chocolate and cake which we did great justice to.

Two weeks later I was phoned at work by Barry Wallman, Secretary of the ECCU. He asked me if I would like to run in Paris in the Crois de L'Equipe, which is usually a very classy field. Two days later he phoned me again to say an England team would not be sent, but he offered me a run in Venta de Bonos in Southern Spain. To be honest, this turned out to be one of the most ill-fated trips I have ever been on. I reached Heathrow Airport on Friday, unusually, because we usually travel on Saturday and race on Sunday. So I was geared for a Saturday race, wrong. The team manager told me we were to race on Sunday and fly back on Monday. A hasty phone call and profuse apologies to my boss at work got me an extra day off. (He is still convinced this was a set up!) The flight was delayed two hours, and when we finally got to Madrid the people who were supposed to meet us weren't there, so we waited an hour before they turned up. By now we were starving, unfortunately we were booked in a restaurant at 11.30 p.m. By then we were past hunger and very tired. The effort of talking to our Spanish friends was too much, particularly since they only had a vocabulary of ten English words between them and our Spanish was non-existent. We eventually got to bed at 1.30 p.m.

8.00 a.m. found us on the train. 9.00 a.m. did, so did 10.00 a.m. and 11.00a.m. We finally arrived in de Bonos at 11.30, hungry again. Our hotel wasn't one you would use by choice. No hot water, no heating, a disco that pounded the floor until 3.00 a.m. and entertainment limited to watching the goods train shunting at the back. The food wasn't up to much either.

The course itself was interesting, very twisty, hard and dry with six or seven ditches, a hairpin bend and a ramp over a fence about four feet high, seven laps. We were called to the start line six times, something to do with the television, probably rehearsals or technical problems. Gonzales won with Lopes second. The English team all ran hopelessly and finished complaining of sore throats and upset stomachs. It was only then that the team manager told us we were 4000 feet above sea level! Within two hours we were running along the railway station and only just catching the train for the long drag back to Madrid.

We stopped in Madrid that night, expecting to get up, have breakfast and travel to the airport. Not that simple. It turned out that our flight was at 5.00 p.m., giving us seven hours to kill. It's funny how the novelty of being in a foreign city palls after trudging the streets for half a day. We ought to have known that the bus taking us to the airport would be late, we only just caught the plane. Sitting on the plane I couldn't help thinking what problems would have been caused if I had run well and won the race. I could have been nursing first prize on my knee, but somehow I don't think the hostess would have been overjoyed to have a fully grown live sheep to look after!

Mick Chorlton



SHOES WORN?

RUNNING SHOES NEED  
REPAIR?

SEE THE EXPERT

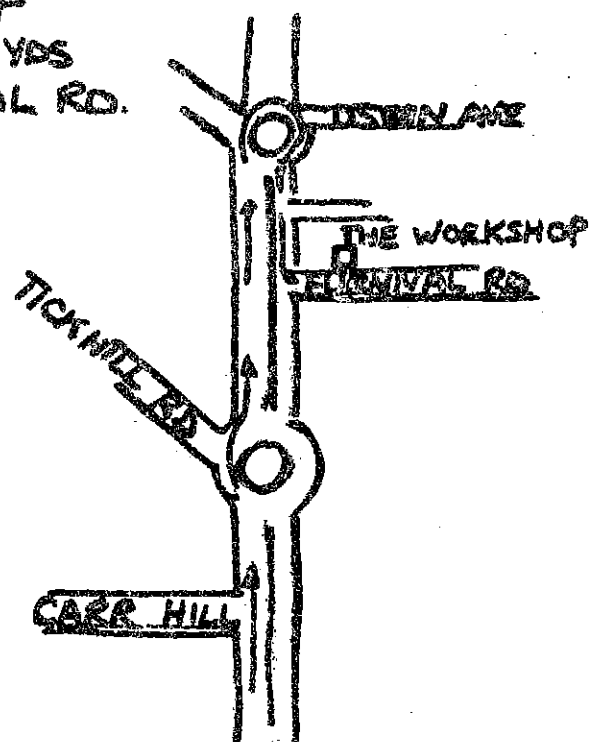
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## PROFILE

### Andrew Severn

This profile must be the hardest one to write; Andrew is a 13 years old boy and in his short athletic career he has picked up many trophies, medals and awards of one kind and another since joining the Club as a Minor Boy.

I would need several pages just to list all his successes, so I'll concentrate on the more important ones. Andrew is a pleasant, polite and quiet young man, both to speak to and to listen to, when he decides to say something (sometimes a problem as he does not always discuss things, he just goes out and does what he is told).

Andrew always puts all his effort into his running, and as you will see, Cross Country has never been an obstacle to him. Andrew has always been one of the top contenders whenever he has run.

1982-83 South Yorkshire Cross Country - 3rd 8-11 boys - Bronze Medal  
1983-84 South Yorkshire Cross Country - 1st 8-11 boys - Gold Medal

Then came the big jump from Minors to the Colts Section which is a jump from 1500 mtrs. to 2000 mtrs. The first year he spent learning what it was all about, which brings us up to 1986 with Andrew back at the top of the group again. Second in that years South Yorkshire Cross Country, he also represented the Doncaster Schools in the same year but was ill on the day and had to pull out of the race.

That brings us to this last winter. Andrew moved through again into the Boys Section which meant a much harder time again, but he managed to get into the Doncaster Schools team and then into the South Yorkshire Schools team going to Preston in late March. He is one of only half a dozen in the Doncaster team who managed to get through.

On the track - when Andrew was in the minor boys - ran the short sprints, picking up on the way:

1983 - South Yorkshire Championships 8-11 100 mtrs. 3rd Bronze Medal  
1985 - South Yorkshire Championships 11-13 200 mtrs. 3rd Bronze Medal  
1985 - South Yorkshire Championships 11-13 Long Jump

As he has developed he has moved to the longer distances. Before I tell you about his achievements in this area, I should point out that Andrew was picked to represent South Yorkshire in the Inter-Counties Match held in September, 1983, our first Club Member to get this honour. Back to the longer distances - 1986 South Yorkshire Championships 13-15 Boys 1500 mtrs. - 3rd Bronze Medal. He also managed to qualify for the School's Track and Field Championships held at Cudworth, and was just outside a qualifying time which would have taken him to the All-England Schools Championships.

Andrew also has two South Yorkshire Relay medals -

1986 4 x 100 11 - 15 3rd  
3 x 800 11 - 15

If there is a chink in Andrew's armour it must be in Road Racing. He has competed in some, but not many; that may be why I don't think of him as a road runner at this point in time.

But he has talent without a doubt, how he will use it in the future only time will tell.

Wots of good luck, Andrew.

John Blackshaw

Blue Shoes by Mary Moore (Note to the Editor - "My blue pair" Your face really was a picture of horror and disbelief when I described my shoes thus).

Puma Pacific (size 7) approx. 620 gm the pair. Purchased September '86 at £29.30. Current price, if still in stock, around £26.99. Approx. mileage to date - 225.

General specification - This shoe has now been replaced by the 'RX727' retailing at £27.99 and the Fox at £24.99. I cannot get the manufacturers exact specifications at short notice, but with the kind assistance of Sport Scene it goes something like this:

Lightweight shoe with nylon upper, suede reinforcements at toe and heel, heel to toe reinforcements giving strength and stability, vari-width lacing, bi-density E.V.A. wedge, motion control device, E.V.A. midsole, carbon rubber Puma print outsole.

Comments - They are comfortable well cushioned pair of shoes. They were the only pair wide enough to cater for my long toes. A larger pair in any other make was not the answer. Although slightly heavier than my last pair of Nike, the support to the foot is far superior. There is a slight wearing of the sole on outside edge of each heel, but there is plenty of mileage left in them and a dip in the Hoover Automatic does them no harm.

Mary Moore.

Asics Tiger Jayhawk - by Pote Rowland

Current price: £52.99  
Approximate Mileage to date: 250 mile  
General specification: Lightweight trainer/racer.

Comments: Found to be suitable shoe from '10' to Marathon distance. Comfortable and not showing much sign of wear.

Pote Rowland.

RESULTS

Doncaster & District Schools Cross Country Championships

The Doncaster and District Schools Cross Country Competitions were held at Danum School, Armthorpe, recently. We had some good runs from all our athletes representing their own schools in the Doncaster District, with no fewer than 8½ athletes obtaining places in the Doncaster team to run at Penistone in the South Yorkshire Schools Championships.

In the Primary races, but no eligible to run for Doncaster were:  
Girls: A. Wilkie (1st), J. Banks, N. Pemberton, A. Turner & C. Conway.  
Boys: N. Haley (1st), N. Morgan, T. Temperton, M. Blanchard.

Those qualifying for the Doncaster team were:  
Junior Girls: L. Grant (1st), L. Turner (2nd), J. Foster, L. Cross, A. Phillips and C. Booth.

Inter Girls: C. Jones. Inter Boys: P. Rowlands.

I am sure I have missed some runners, but as I am doing this from memory, I apologise to those I have missed.

Now to the half athlete. E. Drye is a Rockingham member and a second claim member to us and comes training to Stainforth. Elizabeth won the Inter Girls.

Since the Doncaster heat A. Kelsell has joined us. She came 6th in the Inter Girls which made us 9½ (sorry Elizabeth). The South Yorkshire Competition was held at Penistone on 7th February, 1987, and some good runs were had by all. The course started and finished in a school field, out of the field onto a tarmac road, into a stoney country lane, over small walls, across two planted fields with a wall in the middle, down an embankment, onto a tarmac road, up a hill, onto a narrow rocky, muddy footpath over a sty, onto a very boggy heathland, two fields wide, through a gate onto rough grass path, back onto a tarmac road, and back over the wall and into the school field. The course had long uphill drags and sharp downhill drops. It was very testing with conditions very soft. At this point I wish to congratulate all the competitors on tackling this very demanding course.

Results: Junior Ladies 3,350 mtrs. - 13th J. Foster 14.42,  
14th L. Grant 14.42, 17th L. Turner 15.03, 31st C. Booth 15.36  
40th L. Cross 16.22, 41st A. Phillips 16.50.

Inter Boys: 420 mtrs. - 32nd P. Rowland 24.02 (bottom of age group)

Inter Girls: 3rd E. Drye 17.30, 14th C. Jones 20.02,  
28th A. Kelsell 21.54

We had another runner who I have left until last as some explanation is needed. Andrew Severn ran in the Junior Boys race as first reserve. The School which he attends has no interest in sport in general. If you don't play football or rugby, netball or hockey, anything outside this, hard luck. The sports teachers are not interested at all. Andrew asked the teacher to enter him but he was just not interested so it fell to a good friend of the Club, who I will not name, to get Andrew through the back door. Andrew finished 7th in 16.48 which should obtain him a place in the South Yorkshire team to run at Preston alongside Elizabeth Drye who also qualified. Well done Andrew and Elizabeth.

At the last Club Committee meeting the Secretary took an undertaking to write to Hatfield High School about the position they are putting our athletes in and to see if there is anything which can be done in the future to change this.

Humberside Police '10' - 8.2.87

The rewards for being brave enough to enter a '10' in early February were a fast course and a cool, calm day, ideal for good performance. Four of our intrepid men turned out, Captain Cook (not the one murdered on the Sandwich Isle in 1779), Chris Parkin, looking to impress the local fuzz, Bob Leach, looking to sort out his brother this time and Allen Greenwood, making his debut as a vet.

Cookie and Greenwood had a slight navigational problem on the way, only resolved when a British Rail signalman used hand signals to get a train blocking a level crossing to clear the road. Being a police organised race the parking arrangements were chaotic; most competitors cars were parked on the course, just after the start. It's surprising they didn't all get parking tickets.

Anyway, about the race. The gun went and Jack and Chris went off at a good lick, well up with the leaders. Greenwood set off steadily hoping for a reasonable run and Bob started determinedly, keeping rival Peter in sight.

After two or three miles, it became obvious that the mile markers were totally unreliable and pace judgement was left to the body not the watch.

As 5 miles approached, Cookie was flying, Chris was suffering terribly with stitch, Greenwood was just getting going after an uncomfortable first 4 miles and Bob was a) going well but b) behind their kid. 5 to 7 miles were slightly uphill and into a breeze so it was a time to sit in behind the nearest big bloke and wait to stretch out on the downhill, wind assisted run-in.

The last mile was dead straight and considerably more than a statutory mile, frankly it was dreadful, but a good crowd at the finish made it all worthwhile, even if our teams' results were rather bittersweet.

1st	Malc Martin	50.49	
9th	Jack Cook	54.15	(1st Vet Prize)
22nd	Chris Parkin	57.01	(includes $\frac{1}{2}$ mile walk)
57th	Allen Greenwood	59.33	(blew up at 9 $\frac{1}{4}$ )
198th	Bob Leach	67.58	(injured shin & lost to brother but still a P.B.)

South Yorkshire A.A. Cross Country - 1.3.87 Graves Park

Half of the Club's entrants bottled out, presumably because the weather in the morning was ghastly. It was their loss however, because by the time the racing started the rain had stopped, the weather brightened up leaving the superb Graves Park course in prime condition, a bit squelchy in the bottoms but delightfully soft elsewhere. Injuries could be a thing of the past if we could do all our running on such surfaces. Still it doesn't matter how pleasing a course is, they're all knackered, and first to sample the pleasure was J. Keenan in the 8-11 Girls, finishing 29th in 7mins 56.

Our classy 11-13 Girls, Lisa Turner, Louise Grant and C. Conway finished 8th, 11th and 17th in 13.34, 13.40 and 14.08 in their race, well done girls.

In the Boys' race Andrew Severn 13th in 16.06, K. Rigby 26th in 17.49, Mr. Blackshaw 31st in 18.30 and J. Barrett 36th in 19.49 were our representatives and the team finished 5th overall.

We had 3 runners in the Youths race, Tim Holt 11th in 25.20, Jason Morris 17th in 26.53 and Ricky Houseley, more at home in the field events, coming in 24th in 35.06.

The Ladies had four representatives out, Mandy Watson was clearly aiming for a top three placing early on before Ms. Crofts of Dark Peak sewed that place up, leaving our top lady to battle it out with Barnsley's Margaret Roper for 4th. Despite strong (excessive?) verbal encouragement from the men, Mandy wouldn't beat her on the day but did very well to finish 5th in 27.54. Bernadette Bowstead ran strongly throughout the race looking very impressive on the steep climbs and finishing in a very respectable 10th place in 29.31. Behind these two Joanne Brown, who started very fast, was joined later by Mary Moore who didn't, and the two ran together to finish 25th and 26th in 36.19 and 36.45. Good enough to put our Ladies Team in 9th place overall.

The Senior Men and Veteran Men ran together and with only Dave Heyes, John Slack and Pete Barton representing the younger category, we didn't even have enough scorers to get in the team results. Well done Dave 41st (36.50), John 74th (38.53) and Pete 112th (44.45) but shame on the rest of you for not bothering to turn up for such an important event. The trusty (rusty) Vets didn't disappoint, though. Even at about half strength our first four of Jack Cook (1st 34.09), Dennis Green (2nd 35.48), Allen Greenwood (8th 38.44) and Dave Lawrie (22nd 41.39) came away with the best medals in the class, and were ably backed up by Tony Woofinden (141st overall 46.22) and Pete Barrett (149th 51.05). Well done too, to Barry Barnes and the parents, etc. who turned out to cheer the runners on. Their efforts may not be acknowledged in the heat of the battle, but their support, verbal or otherwise, is always appreciated.

Norton '91 - 8.3.87

Askern Running Club's springtime 9 miler over this fine course attracted 318 runners chasing the generous prize list.

Sheffield A.C. bussed all their big hitters over in a most impressive show of strength, but as the yellow vests packed the front row of the grid, their confidence took a knock as our biggest big-gun, Mick Chorlton, mingled with Malc 'the flying ferret' Martin, Carl Nightingale and Co.

After the start Chris Maddocks set his usual suicidal pace, with only Mick for company. Cookie and Chris Parkin were our next runners with 'Chicken Legs', 'Deke' Heyes and Dennis Green not far adrift.

By half way a cluster of Stainforth men, Slade Tucker, Keith Temperton, Allen Greenwood, John Slack, Roger Lowry were grouped closely together just ahead of a further trio of Dave Mills, John Elvin and 'Old Fox' Toplis.

In the Ladies race, Mandy Watson was chasing hard after Barnsley's Margaret Roper, desperate to avenge the previous week's defeat and on the day benefitting from the company on the Road of Barry Barnes, the mobile coach.

Towards the finish Mick surged well clear of second man Carl Nightingale and despite having his second race in two days, broke the course record in 44.40 mins. Well done Mick. Do you want to sell the stereo? Jack Cook got the better of arch-rival Nettleton of Tadcaster, but had to settle for 2nd Vet on the day behind Sheffield's top class Vet Male Martin. 'Old Fox' Toplis was 1st 0/55. Slade struggled a bit from 5-8 miles, but then finished strongly over the last mile. Temps, Slacky and Roger Lowry dropped Greenwood going up Castle Hill but took too much out of themselves doing it allowing him to catch and repass them. Dave Mills showed how ineffective decorating the house is as a form of training, by finishing well below par, but Mandy Watson got her revenge of the Barnsley girl on her way to 2nd Lady in the very respectable time of 59.29.

All our positions:

11.	Mick Chorlton	44.40	110	Tony Colby	56.54
13.	Jack Cook	48.45	122	B. Bridgewater	57.22
16.	Chris Parkin	49.29	139	Bob Leach	59.01
19	Dave Grayson	49.47	141	Phil Ward	59.10
22.	Dave Heyes	50.21	149	Barry Barnes	59.29
26.	Dennis Green	50.49	150	Mandy Watson	59.29
44.	Slade Tucker	53.04	172	Frank Pearson	60.34
48.	Allen Greenwood	53.20	199	Dave Willcock	63.08
52.	Keith Temperton	53.24	200	Tony Woofinden	63.11
54	Roger Lowry	53.39	218	Paul Cusson	64.29
55.	John Slack	53.47	235	R. Bramley	65.58
69	Dave Mills	54.21	236	Tony Walters	65.59
73	John Elvin	54.49	281	R. Thornton	70.54
76	John Toplis	55.08	310	Mary Moore	79.54

#### Lincoln & Marathon - 22.2.87

A month after the above event my results arrived which to a certain extent revived memories of the race. You are advised to arrive early with 3000 competitors taking part, although there is ample parking at the North Kesteven Sports Centre at North Hykeham where the race begins and ends.

My leg stretches were carried out in the driving seat as we waited patiently in the queue, "we" being Philip and Peter Ward and myself. It had become quite obvious to me as time ticked away that I would be lucky to make the start, so it became necessary to shed track-suit etc. and get my running shoes on ready to leap out of the car when finally parked.

We managed to get through before the wheelchair race started, five minutes before ours! It was out of the car, keys to Peter (he wasn't running) and dash for the nearest convenience and yet another queue, I missed the start but with so many runners I was able to join the crowd before they had all crossed the start line.

The course was not difficult and conditions were quite pleasant for February. My other recollections are passing a large number of people for the first three miles as I steadily weaved through the sea

of people in front, not seeing a single familiar face. I became aware of tiring around the seven mile mark, but persevered and finally managed to cross the finish at "a steady pace" - please note, John!

Hugh Jones won the race in 41.49 and our own Mark Farrow came in 7th in 45.04, two places in front of Malc. Martin of Sheffield A.C. 45.11. Other places to note:

19th	Ian Thompson	46.59	348th	David Brown	56.19
51st	Eddie Kirkup	50.07	506th	John Freestone	57.52
92nd	Janice Moody (1st L)	51.44	532nd	Anthony Colby	58.05
118th	Keith Temperton	52.25	613th	Brian Bridgewater	58.56
123rd	John Elvin	52.35	1438th	William Simpson	1.06.05
142nd	Jan Finch (2nd L)	53.05	2553rd	Mary Moore	1.18.33
312th	Philip Ward	55.50			

A total of 2987 completed the course.



Dear Editor,

We always keep a stock of about 1000 excuses for doing badly in races and one of our most popular is to say "ah, but I was weight training only 'x' days ago," inferring that 'x' days is insufficient recovery period from a weights session.

Can anyone tell me how many days is 'x'? The question is fresh in my mind now because I've just seen the results of a 10 mile race at Scunthorpe in which two of our combatants were the evenly matched Ian Temperton and David Heyes. Both are regulars at Joe's weight training sessions on Thursday nights at Stainforth Sports Hall, 7.00 p.m. and both are reasonably in-form at the moment.

Heyesey skipped the weight training on the Thursday proceeding the Scunthorpe race, but Temps did the full three circuits as normal. And what happened in the race? Temps got the upper hand despite his recent "pumping iron" session returning, I think, 56.00 to heyesey's 56.20.

Two questions then:

- a) Why didn't Heyesey's method work.
- b) When are the pair of them going to start working together in races so that they will both achieve the sub 55 minute times of which they are eminently capable.

Yours stirringly

I.M. Spent & S. Hertin

Dear Editor,

What do my fellow Club members think about while they are running? I don't mean during tough interval sessions when all effort goes into concentration, not during communal runs when there are chums around to chat to (provided the pace is steady enough). No, it is on the long solo runs where the mind wanders from the job in hand; everyone must have something going through their minds, but I wonder what!

I use a run to unwind from the toils and tribulations of a day's domestic and work problems. I think of all the smart-arse answers I should have given people during the day but never thought of in time, or because I had to bite my tongue. I think about people and relationships, rivals on the running track, occasionally I think of how magical it feels to be running along like a well-oiled machine. I always return home feeling mentally better than when I left, it's as though all the unpleasant mush in the brain gets cleared out leaving only good stuff.

So what do the rest of you think about? I reckon the men all disappear into a trance, the outcome of which is totally universal and predictable. They all beat Jack Cook at the finish of an important race, and they do it again the next night, and the next. In fact they do it every time out; except when it's a real race, of course.

Yours thoughtfully,

Phyllis Tyne (Ms)

Dear Editor,

- 25 -

I must protest about the amount of coverage given to Jack Cook in the Club Magazine. In Newsletter No.6, of the 26 articles etc. published, Cookie was mentioned in, or actually wrote, 23 of them. Perhaps the new front cover should refer to the comic as 'The Jack Cook Fan Club Magazine'. It seems to me that the most sensible person in the Club is the mercurial Gordon Bennett, why don't we hear more about him?

Yours disgustedly,

Alec Smart (age 53 $\frac{1}{2}$ )

Dear Editor,

We've had articles on diet, weight loss and training from the Joe 90's of Stainforth A.C., but one very neglected area of performance achievement is aerodynamics. At 6 minute mile pace (10 mph) the wind drag may not be so great, but when heading into a 20 mph wind, the combined speed of 30 mph can cause a serious problem. We all know the benefits of slipstreaming rivals, yet we go around with baggy shorts, hairy legs etc., oblivious of the benefits to be gained by making a real attempt to break the wind. Fortunately, some Club members are showing a more enlightened attitude and experimenting in various ways, e.g.

- 1) Dave Lawrie wears shorts so tight they make his eyes water, but at least they are aerodynamically sound.
- 2) Bill Northmore is experimenting with curious patterns of skull hair to improve directional stability and perhaps penetration. Reveal the secrets, Bill!
- 3) The Chief Coach has set a good example by having his nose modelled along the lines of Concorde.
- 4) You, Editor Greenwood, have removed that ridiculous beard, a pity your race times seem to suggest a negative improvement.
- 5) Finally, Eric Smith has gone for a revolutionary aerodynamic concept by attempting to simulate a perfect sphere, perhaps he has a theory about fast descents.

I haven't seen anyone with shaved legs yet (except Mandy Watson) or one of those Smurf-type hats used by racing cyclists, but like everything else, we mock anything new; until someone starts winning in it.

Yours with the wind up,

Gordon Bennett.

Dear Editor,

It's not fair, Cindy Jones's dad has just bought her a pair of £35 Nike Vendetta racing shoes while I have to make-do with Fabno board lasted, 475 gm (size 3) general purpose trainers which cost £2.50 off the market and give me blisters (on my hands doing the laces up).

Yours angrily,

A. Whining-Kidd (age 13.263)

Dear Editor,

Who, may I ask, is Ms. Phyllis Tyne? I doubt if it is one of our ladies and have half suspected your goodself. The fact that another 'gem' appears in this edition does not entirely rule you out.

I confess that in 1986 my injuries were due to overdoing the mileage before the St. Leger, sprinting the last 100 yards to the finish, and then not laying off running as soon as the problems occurred, about one week later.

The euphoria of achieving a P.B. only lasts so long and being the cause of putting yourself out of running for the next six months takes some accepting.

John Blackshaw and Jack Cook didn't allow me to be idle and I enjoyed getting a ladies team together for the various relay races and sorting out the Inters and Ladies for the South Yorkshire Track Meeting - with just three Inters: Cindy, Michelle Knaggs and and four ladies: Joanne, Leanne, Yvonne and myself, we came 3rd overall. I must not forget Helen who came and ran the 1500 metres at the Plant with Cindy as our 'A' runner.

Now that Mandy and Bernadette are interested and Michelle Knaggs is with us again, although we have lost Leanne, perhaps we can improve our points total of last year. I am so pleased that Bernadette fancies a go at hurdling. I shall never forget the last track meeting at Dorothy Hyman's. Cindy went as our 'A' runner, Joanne had not arrived, Yvonne had conveniently (ahem) disappeared and John found ME!

"We need a 'B' runner, and we need the points!" You must appreciate that I have never hurdled in my life. We were allowed one practice hurdle. I cleared that. There I was looking down this never-ending line of obstacles, they were topped with a haze just like Daley Thompson's advert. Yvonne chose this moment to appear and stare in amazement, and with just three 'B' competitors I was able to collect 4 points for the Club. The hurdles all remained upright but I thought someone must be adding extra ones as I went along. They were endless!

We all continued in true team spirit and took part in the javelin, discus, 800 metres and the 4 x 200 metres relay, Joanne having now arrived to join Yvonne, Cindy, Michelle and myself.

We then moved into the Cross Country season and four South Yorkshire League Meetings, which had a bigger turn-out of ladies than the previous season. We all know how well Cindy and Mandy did, and Bernadette was not far behind. In our own open Cross Country in January, Mandy, Cindy and Joanne took the 2nd Ladies Team prize.

Going onto the road, 8th March and the Norton '9'. It was great to learn that Mandy had finished in a good time of 59.29 and 2nd lady home, 2.28 behind C. Buckley of Knavesmire Harriers.

On 5th April Cindy, Mandy, Bernadette, Yvonne (yes she's back folks!) and daughter Catherine (Ull's), Jason Morris, Paul Rowland (both youths) and myself are descending on the Langold Road Races. Perhaps our Phyllis Tyne would care to come and support us?!

I have digressed somewhat. Mandy I know will agree with me wholeheartedly, that her success, and the rest of our small band of Inters/Ladies are due to the time and training given to us by John Blackshaw, Russ Jones and Frank Scammens having assisted. Knocker spent last summer giving Yvonne and I our first lessons in throwing the javelin, discus and shot ('putting' the latter). Yvonne did well with the Javelin, I coped better with the discus. We both need to find another 7 metres plus to get higher among the points this year - how about it Knocker? That bit is without Yvonne's knowledge but she is not one to shrink from a challenge!

I will not forget Joo who is always ready to give us advice on training, exercise or injury whenever we ask.

Several weeks ago Joanne and I joined Knocker's weight training sessions on a Monday and Friday evening. It certainly finds out the muscles you don't normally use, my entire rib cage felt as though it was recovering from the effects of undergoing a general anesthetic, after the first session. Even in a short space of time I can feel the benefit to my legs, I just hope my arms will start appreciating what's been done to them!

Perhaps Phyllis is now out of hibernation and so out of trouble. We look forward to Langold.

Yours sincerely,

Mary Moore - Ladies Captain.

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