

SEPTEMBER 2000

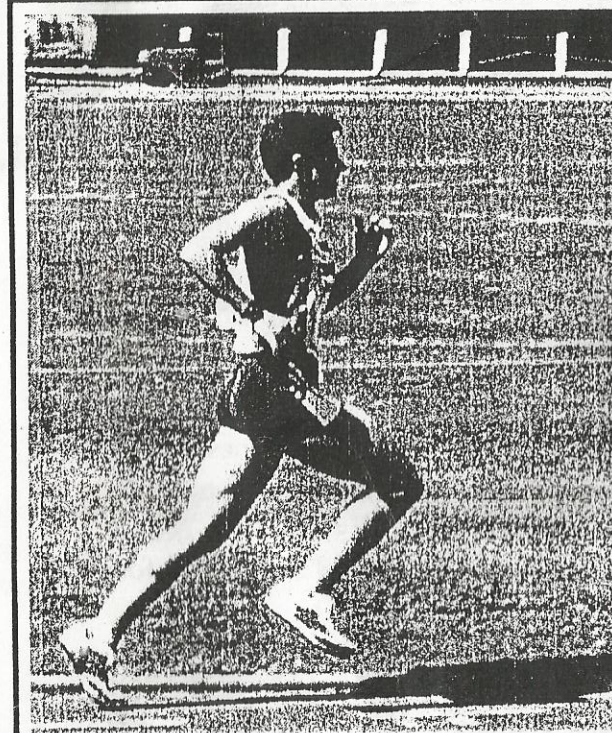
VOLUME 1 No. 1

# GRASS

## ROOTS



THE OFFICIAL NEWSLETTER OF DONCASTER AND STAINFORTH A.C.



**Jane Ayers** showing good running form at the Northern women's on August 6th.

*see inside for results . . .*

### INSIDE

#### *THIS ISSUE*

- ♦ **Results**
- ♦ **Club news**
- ♦ **Articles**
- ♦ **Forthcoming events**
- ♦ **Race Reports**

Remember... if you have any news, results or reports, contact:-

Eddie Fletcher on Doncaster 872443

or email me at, [ed@efletcher.freeseve.co.uk](mailto:ed@efletcher.freeseve.co.uk)



## DONCASTER AND STAINFORTH A.C. 1999/2000 COMMITTEE

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

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

Meetings are open to all members.

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

### TRAINING NIGHTS

Tuesday and Thursday

Eden Grove

6.30pm

Stainforth Track

6.30pm

Rugby Club, Armthorpe Road

7.00pm

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# Welcome,

... To the third issue of the club magazine.

Thanks to everyone who has made a contribution in the form of articles, race reports etc, do keep them coming.

An issue that came up during the last committee meeting in September was on the subject of a larger participation in the general running of the club by it's members.

The committee, as you can see from the list on the opposite page, is made up from just ordinary members who are dedicated to the continued day to day running of DSAC. Input from other members is always welcome and very much needed in any shape or form - either by becoming an active member of the committee or just a casual contributor of ideas and general feedback from a member or athlete's point of view. Maybe the coaching side appeals to you, the club pays the course fees of anyone interested in becoming a club coach.

Remember it's **YOUR** club and it is run by you and your fellow club mates, so if you can contribute, get on board.

Committee meetings are held on the first Wednesday of every month at the Case Social Club on Wheatley Hall Road at 7.30pm and are open to all members. The next Annual General Meeting will be held on 24th Nov at Eden Grove at 7.30pm so please support your club and make the effort to attend. Let's keep **OUR** club running!  
Eddie Fletcher.

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## TOWN CENTRE 5K

### OPEN RACE RESULTS

Pos.	Name	Time	Pos.	Name	Time
9	Adrian Wheatley	15.39	30	John Millar	17.54
13	Tony Wright	15.56	33	Eddie Fletcher	17.58
18	Simon Wright	16.27	34	Kev Lincoln	18.01
20	Kevin Hope	16.33	41	Keith Temperton	18.20
39	Jamie Smith	18.05	44	Kev Brennan	18.27
42	Tony Frow	18.09	51	Pete Rowland	18.39
51	Andy Booth	18.52	52	Robin Aconley	18.47
65	Peter Andrews	19.26	53	Dave Grayson	18.49
66	Steve Greenwood	19.27	55	Steve Buck	18.53
75	Geoff Hamill	19.41	58	Bryan Chadwick	19.00
92	Andy Hall	20.17	60	Jane Ayers	19.08
94	Steve Peacock	20.24	68	Pete Swaby	19.33
111	Peter Alexander	21.37	70	Graham Flanagan	19.37
118	Sarah Donald	21.53	83	Pete Oliver	20.17
121	Andy Gannon	22.06	91	Larry Muldowney	20.30
122	Michelle Moody	22.13	94	John Topliss	20.46
164	Erica Williams	24.36	96	Martin Greenwood	20.50
			118	Kazushi Mizutaki	21.52

### VETS RACE RESULTS

Pos.	Name	Time	Pos.	Name	Time
9	Kev Newman	16.45	130	Trevor Lee	22.43
10	Paul Bond	16.47	139	Christina Sleamon	23.05
19	Mick Page	16.56	144	Jim Collett	23.26
28	Martin Jephcott	17.49	151	Mick Hill	23.57
29	Roger Fuller	17.53	161	Margaret Coy	25.38
			162	Andy Kennedy	25.50



# Results roundup

## ARMTHORPE 10K 2000

Pos.	Name	Time	Pos.	Name	Time
8	Adrian Wheatley	32.41	159	Pete Tomlinson	43.59
10	Tony Wright	33.01	170	Peter Andrews	44.36
15	Kev Newman	34.16	182	Andy Gannom	45.12
19	Nick Shpylka	34.24	183	Paul Cussons	45.15
31	Mick Page	35.50	198	Andrew Hill	46.19
41	Simon Wright	36.52	237	Erica Williams	49.35
44	Eddie Fletcher	37.12	240	Steve Stewardson	49.45
63	Bryan Chadwick	38.32	245	Rosemary Armstrong	50.05
65	Steve Evans	38.39	275	Andy Kennedy	54.36
66	Robin Aconley	38.47			
70	Kev Brennan	38.58			
81	Don Gill	39.36	<b>Winners of the Vets Team Prize</b> Kev Newman Mick Page Eddie Fletcher		
82	Geoff Hamill	39.40			
83	Dave Grayson	39.49			
91	Graham Flanagan	40.15			
108	John Cressey	41.19			
114	Dave Varley	41.34			
118	Chris Firth	41.52			
120	John Topliss	41.58			
122	Pete Oliver	42.02			
144	Steve Peacock	43.22			
154	Tony Henderson	43.45			

**Race report on the  
 Armthorpe 10K in  
 "CAPTAINS CORNER"**

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# Results roundup

## ARMTHORPE 2.5 FUN RUN

Pos.	Name	Time	Pos.	Name	Time
4	Adam Lowe	15.33	53	Paul Newman	24.00
5	Pete Durkin	15.40	59	Sue Williams	26.00
6	Lenny Austin	16.02	61	Claire Greenwood	26.21
9	Shaun Beresford	16.55	64	Simon Cressey	26.27
12	Thomas Moody	17.39	71	Andy Christie	27.20
13	Thomas Brevitt	17.59			
16	Josh Lowe	18.17			
19	Daniel Dunn	18.41			
21	Martin Oliver	18.50			
22	Ben Slater-Clayton	18.51			
23	Richard Wooley	19.04			
25	Daniel Meekin	19.50			
27	Michelle Moody	20.07			
28	David Brevitt	20.11			
30	Adam Padgett	20.14			
32	Thomas Smith	20.25			
35	Emma Slater-Clayton	21.14			
39	John Cressey	22.06			
40	Paul Cressey	22.08			
44	Claire Parket	22.38			
45	Lindsey Philo	22.41			
47	Chris Stewardson	22.45			



## ARMTHORPE 1 MILE FUN RUN

Pos.	Name	Time
2	Richard Marks	6.06
6	William Robinson	6.47
8	Stacey Malia	7.13
9	Laura Marks	7.17
12	Thomas Lievesley	7.26
13	Lauren Malia	7.27
18	Matthew Brennan	7.46
23	Alice Fletcher	8.02
37	Pollie Fletcher	8.35
43	Rachel Lievesley	8.48
48	Lois Moody	8.51

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# Results roundup

## STYRRUP SHUFFLE - 2000

Individual Times

Pos.	Name	Time	Pos.	Name	Time
1	Keith Bertie	15.59	24	Tom Moody	19.16
2	Kev Newman	16.02	26	Shaun Beresford	19.23
3	Paul Bond	16.07	27	Dave Lord	19.24
4	Adam Lowe	16.34	28	Gary Nicklin	19.31
5	Pete Durkin	16.52	29	Dave Lawrie	19.51
6	Pete Clements	17.07	30	Tom Brevitt	19.52
7	Mick Page	17.13	31	Malc Peduzie	19.58
8	Eddie Fletcher	17.14	32	Paul Brown	20.05
9	Ray Hope	17.25	33	Dave Brevitt	20.10
10	Paul Collingwood	17.29	34	Michelle Moody	20.31
10	Tony Vout	17.29	35	Alan Biggs	20.48
12	Keith Temperton	17.49	36	Michelle Lord	21.18
13	Bryan Chadwick	18.05	37	Malc Leggett	21.27
14	Steve Buck	18.09	38	Josh Lowe	21.50
15	Lenny Austin	18.12	39	Ben Slater-Clayton	21.51
16	Dave Grayson	18.25	40	Gordon Cox	21.54
17	Pete Burke	18.34	41	Christine Lowe	22.07
18	Andy Hill	18.38	42	Caroline Dauris	22.09
19	Mike Yates	18.51	43	Emma Slater-Clayton	23.10
20	Peter Andrews	18.55	44	Mick Hill	23.29
21	Graham Flanagan	19.05	45	Claire Greenwood	23.32
22	Martin Greenwood	19.07	46	Erica Williams	23.37
23	Pete Tomlinson	19.09	47	Andy Kennedy	24.24
24	Chris Firth	19.16	48	Sue Williams	27.50

# Results roundup

## ASKERN 10 RESULTS

Pos.	Name	Time
9	Kev Newman	58.26
15	Nick Shpylka	60.06
21	Rick Wright	61.42
33	Pete Talents	63.30
47	Kev Lincoln	65.05
63	Bryan Chadwick	66.51
71	Steve Evans	67.56
74	Jamie Smith	68.45
75	Dave Grayson	68.48
101	Geoff Hamill	72.22
112	John Topliss	73.11
140	Don Gill	75.46
149	Larry Muldowney	76.12
169	Dawn Fletcher	78.13
170	Eddie Fletcher	78.14
280	Ian McCready	89.30
320	Mick Hill	98.42
329	Andy Kennedy	101.40
339	K Mizutani	104.43

## SOUTH YORKS 10 MILE CHAMPIONSHIPS

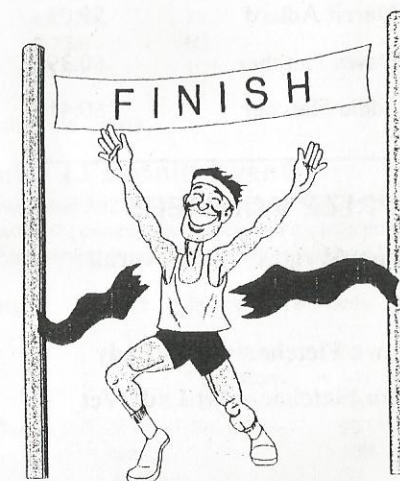
Kev Newman - Vets Bronze Medal

## YORKSHIRE VETS A.A. CHAMPIONSHIPS

Kev Lincoln - 3rd M45

Dave Grayson - 2nd M55

John Topliss - 1st M65



Race report on the Askern 10 from your club captain in  
"CAPTAINS CORNER"

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# Results roundup

## ELSECAR 8 CHALLENGE

Pos.	Name	Time
2	Simon Wright	47.15
5	Mick Page	49.39
6	Rick Wright	49.51
21	Ray Hope	54.20
22	Bryan Chadwick	54.26
28	Don Gill	56.04
34	Kev Brennan	56.42
39	Dave Walton	57.11
50	Meritt Adlard	59.05
67	Dawn Fletcher	60.39
68	Eddie Fletcher	60.41

### PRIZE WINNERS

Simon Wright - 2nd overall

Dawn Fletcher - 2nd Lady

Dawn Fletcher - 1st Lady Vet

Mens winning team  
Doncaster & Stainforth

Simon Wright, Mick Page,  
Rick Wright & Ray Hope

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# Results roundup

## South Yorkshire Track and Field Under 11's Multi Events

A good representation from the club with 12 girls though we only managed to enter three boys. Many of the children set new P.B's and their were plenty of smiley happy faces all around.

Ben Slater-Clayton came away with a shield for fourth position with 118 points. Well done Ben.

Name	80/600	Long Jump	R/C Ball	Total Points
Joshua Lowe	2.14.4	2m 69	17.11m	99
Christopher Watts	13.1 s	2m 12	15m	69
Ben Slater-Clayton	2.18.0	2m 93	24.44m	118
Rachel Cressey	2.23.0	2m 16	14.93m	72
Polly Fletcher	2.42.0	2m 52	8.75m	66
Lauren Malia	2.26.40	2m 35	10.29m	73
Laura Marks	2.20.0	2m 82	11.83m	93
Amy Simister	2.17.3	2m 64	13.03m	92
Katie Blagden	17.4 s	1m 36	10.37	9
Abigail Bryssau	14.0s	2m 39	10.07m	62
Jade Lee Cookes	14.7 s	2m 09	14.09	48
Samantha Eyre	12.3 s	2m 22	16.45	92
Lisa Revitt	14.0 s	2m 76	12.27m	77
Ruth Simister	13.8 s	2m 43	8.75m	65
Laura Watts	13.5 s	3m 25	13.60m	101

Thanks go to Shelly Revitt for sitting patiently and collecting the results.

## South Yorkshire Track and Field Under 13's Multi Events

With eight girls and seven boys the club was again represented well. No trophies for us this evening but Jack Hickson came close finishing in seventh position with 192 points, and Rachel Haigh finishing in eighth place for the girls with 147 points. Once again this evening many of the children set new P.B's.

Girls	100/800	L Jump	H Jump	Shot	Javelin	Total Points
Nicola Dyson	4.04.08	2m.07cm			11m18cm	63
Rachel Haigh	3.06.09	3m.73cm			11m.08cm	147
Aislinn Moore	3.24.09	3m.22cm			12m.15cm	125
Kate Flannagan	15.9s		1m07cm		5m.33cm	98
Kate Halstead	15.5s	3m.07cm		6m23		139
Alice Fletcher	19.9s	2m.73cm		4m96		59
Stacy Malia	16.4s	2m.57cm		3m.35		100
Boys	100/800	L Jump	H Jump	Shot	Javelin	Total Points
Richard Marks	2.50.00	3m.67cm		4m.44		160
Adam Padgett	3.01.03	3m.81cm		4m.08		155
Oliver Bryssau	15.8s	2m.99cm			No Throw	80
Simon Cressey	19.0s		No Jump		12m.41cm	45
Ben Durkin	16.9s	3m.09cm		6m.09		124
Jack Hickson	14.0s	3m.88cm		6m.17		192
Connor Higgins	167.9s	3m.57cm		4m.31		129

Report and results supplied by Barbara and Pete Dyson.



# Northern Men's League Div 2SE 6 May Barnsley

## Match Result

<b>Barnsley</b>	<b>302</b>
<b>Wakefield &amp; District</b>	<b>252</b>
<b>Doncaster &amp; Stainforth</b>	<b>234</b>
<b>Lincoln Wellington</b>	<b>229</b>
<b>Scunthorpe &amp; District</b>	<b>211</b>
<b>Grantham</b>	<b>209</b>

### Steve Minnikin

Hammer 1<sup>st</sup> A 54.89m  
Discus 3<sup>rd</sup> A 36.35m

### Kev Hope

3000m s/chase 1<sup>st</sup> A 10-02.5 pb  
800m 2<sup>nd</sup> B 2-01.4 pb  
High jump 6<sup>th</sup> A 1.50m

### Dave Long

110m Hurdles 1<sup>st</sup> B 18.1  
Hammer 3<sup>rd</sup> B 21.39m  
Long jump 5<sup>th</sup> A 5.96m  
100m 5<sup>th</sup> A 11.6  
Javelin 3<sup>rd</sup> A 45.31m

### Andy Hill

400m Hurdles 6<sup>th</sup> A 67.3 pb  
400m 3<sup>rd</sup> B 56.5  
Triple jump 5<sup>th</sup> B 10.29m

### Derren Gee

400m 3<sup>rd</sup> A 51.6  
200m 5<sup>th</sup> A 24.0

### Darren Askew

Discus 1<sup>st</sup> B 36.14m pb  
Shot 2<sup>nd</sup> A 11.37m

### Richard Churchill

110m Hurdles 2<sup>nd</sup> A 16.1

### Rob Hughes

800m 3<sup>rd</sup> A 1-59.2  
1500m 4<sup>th</sup> A 4-22.2

### Allan Edwardson

Long jump 4<sup>th</sup> B 5.28m  
100m 6<sup>th</sup> B 13.0  
200m 6<sup>th</sup> B 27.1  
Shot 4<sup>th</sup> B 7.52m  
Triple jump 5<sup>th</sup> A 10.76m

### Gary Davy

1500m 3<sup>rd</sup> B 4-25.5  
5000m 3<sup>rd</sup> B 17-06.8

### Jeremy Bailey

3000m S/chase 2<sup>nd</sup> B 11-48.1  
400m Hurdles 4<sup>th</sup> B 67.0

### Pete Tallents

5000m 2<sup>nd</sup> A 15-59.6

### Phil Watson

Javelin 2<sup>nd</sup> B 36.49m

### 4 x 100m Relay 5<sup>th</sup> 48.6

Richard, Andy, Darren, Dave.

### 4 x 400m Relay 4<sup>th</sup> 3-47.6

Andy, Rob, Kev, Des.

On a dry day at Cudworth we had our first meeting of the season. After making numerous changes throughout the day we finally filled the team sheet, apart from the pole vault. Everybody did their best on the day, some competing for the first time, some doing their usual quota of events and a couple did something a bit different just for the points.

Even though we are just at the start of the season, there were a few notable performances. We had first places from: Steve Minnikin in the A hammer with 54.89m, Dave Long in the B sprint hurdles with 18.1, Darren Askew in the discus with 36.14m which is a new PB. The outstanding performer of the day goes to Kev Hope. Last week he achieved a PB for the 1500m representing Nottingham University, whilst competing at the British Universities Championships. Today he achieved a PB in the 800m and had an outstanding steeplechase to win the A race in 10-02.5, knocking nearly 10 seconds off his previous best. Well done Kev! Andy Hill achieved a PB in the 400m hurdles with 67.3.

Now we have the old, the new and the different. It was great to have Richard Churchill back in the team, he has had his share of injuries. In his first race for nearly 2 years, he ran brilliantly to come 2<sup>nd</sup> in the A race with a time of 16.1. Unfortunately! this qualifies him for the Northerns, and yes I did give him a form. Gary Davy is back on the track after completing his winter training. I'm sure he's going to have a good season, even if it's just to win the BET! He ran to 3<sup>rd</sup> place in both races and kept his coach happy. Pete Tallents also swapped the road for the track and showed a clean pair of heels in the 5000m finishing 2<sup>nd</sup> in the A race. Competing for us for the first time was Derren Gee, who gets Des. He did the 400m coming 3<sup>rd</sup>, the 200m coming 5<sup>th</sup> and a 400m relay. Great to have a new talent on board. The different was Allan Edwardson stepping in to do the shot, he came 4<sup>th</sup> in the B string with 7.52m.

My thanks to all the athletes who turned out, whether you did 1 event or 6. To our team of officials Terry Bailey, Dave Churchill, Paul Brown, John Blackshaw, Les Watson and Mick Hill. They secure us 40 points and without the officials, we wouldn't have a competition. Thanks also to Roy Veall who supplies me with updated membership lists. We came 3<sup>rd</sup> on the day which I'm delighted with. I could do with a few more bodies for the next meeting, so if you fancy a go or you know somebody you could manipulate, I mean persuade, then let me know.

Kim Blagden Men's Team Manager

Remember... if you have any news, results or reports, contact:-  
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## Northern men's league Div 2SE 3 June Grantham

### Match Result

Lincoln Wellington	279
Barnsley	265
Grantham	263
Wakefield	254
Doncaster & Stainforth	249
Scunthorpe	152

### Kev Hope

3000m s/chase 1<sup>st</sup> A 9-50.6 pb  
1500m 4<sup>th</sup> B 4-33.4

### Chris Dack

High jump 2<sup>nd</sup> A 1.80m  
Long jump 3<sup>rd</sup> A 6.20m  
100m 4<sup>th</sup> A 11.5  
200m 3<sup>rd</sup> B 23.6

### Steve Minnikin

Hammer 1<sup>st</sup> A 56.55m  
Discus 2<sup>nd</sup> A 36.83m  
Shot 3<sup>rd</sup> B 10.42m

### Andy Hill

400m Hurdles 2<sup>nd</sup> B 68.8  
400m 5<sup>th</sup> A 59.5  
Triple jump 3<sup>rd</sup> B 10.90m

### Rob Hughes

800m 2<sup>nd</sup> A 1-56.4  
1500m 3<sup>rd</sup> A 4-11.4  
110m Hurdles 3<sup>rd</sup> B 22.6

### Richard Churchill

Long jump 2<sup>nd</sup> B 5.95m

### Andy Hughes

High jump 3<sup>rd</sup> B 1.55m

### Simon Griffiths

Hammer 3<sup>rd</sup> B 21.72m  
Javelin 1<sup>st</sup> B 44.36m

### Dave Long

Javelin 3<sup>rd</sup> A 48.12m  
110m Hurdles 3<sup>rd</sup> A 17.1  
400m Hurdles 3<sup>rd</sup> A 63.6

### Jeremy Bailey

3000m s/chase 2<sup>nd</sup> B 12-08.5  
800m 4<sup>th</sup> B 2-14.1

### Darran Askew

Discus 1<sup>st</sup> B 34.08m  
Shot 4<sup>th</sup> A 10.89m

### Andy Pinder

100m 5<sup>th</sup> A 12.2  
200m 5<sup>th</sup> A 25.4

### Allan Edwardson

Triple jump 4<sup>th</sup> A 11.45m

### Adi Brown

400m 5<sup>th</sup> B 55.7

### Martin Jephcott

5000m 4<sup>th</sup> A 17-39.7

### Ray Hope

5000m 4<sup>th</sup> B 17-45.0

### 4 x 100m relay 5<sup>th</sup> 50.1

Andy, Dave, Simon, Chris.

### 4 x 400m relay 4<sup>th</sup> 3-45.9

A Hill 57.7 R Hughes 51.8

Last month has flown by and here we are at our second Northern Men's meeting. We were at Grantham this time, which was nice for a change. It was a bit drizzly when we arrived but it was to pick up later in the day. The team sheet was again full apart from the pole vault but I did have a bit of juggling to do throughout the day.

We had 4 first places on the day. Kev Hope was attempting to better his previous time in the 3000m-steeple chase to get under 10 minutes. He achieved a new personal best time of 9-50.6 to again take a further 10 seconds off his time. Well done again Kev, an outstanding piece of running. Big Steve managed to throw the hammer 56.55m to win the A string. Darran Askew got first in the B string discus with 34.08m and Simon Griffiths, who has returned to the club after a 3 year absence, managed 44.36m to win the B javelin.

There were season's bests for Dave Long in the sprint hurdles and the javelin. Andy Hill and Allan Edwardson both improved their triple jump. Rob Hughes reduced last months 1500m time by a mere 11 seconds! Remember guys; let me know if you have a new personal best. It doesn't have to be set at the Northern Men's.

Now we do the old, the new and the different. It was great to have some old faces back in the team. I mean old as in previous, not old as in wrinkly! As mentioned already Simon Griffiths has come back and he seems to have fitted in where he left off. Andy Pinder has also made a come back and he's bought new spikes, must be serious. Adi Brown, who we found behind the bar at a well-known pub in Sprotborough, turned out to do short sprints and ended up doing a 400m. It hasn't put him off though, even though he did walk funny for the rest of the day, as he has promised to come and train. Andy Hughes gave the revision a miss for the day to come and high jump and managed a leg of the relay. The new kid on the block was Ray Hope who, along with fellow team-mate Martin Jephcott, did the very long 5000m race. He says he won't be phoning for directions again! The different this time was Richard Churchill doing the long jump. Unfortunately he pulled his hamstring and was unable to take any further part in the match. Rob Hughes stepped in to do Richard's hurdles after he assured me that he could clear them. I couldn't watch the race but was pleased to see him in one piece at the end and he finished in 3<sup>rd</sup>.

My thanks as always to our group of officials who also get us 40 points. They were Terry Bailey, Paul Brown, Dave Churchill, Mick Hill and Les Watson. Thanks to Roy Veall for updated lists and the never ending photocopying. To all the athletes who took part on the day, especially to the returning athletes. It's great to see so many familiar faces, now we have to improve on the points. We came 5<sup>th</sup> on the day, so hopefully we can improve on that next time.

Kim Blagden

Men's Team Manager.

Remember... if you have any news, results or reports, contact:-

Eddie Fletcher on Doncaster 872443

or email me at, [ed@efletcher.freemove.co.uk](mailto:ed@efletcher.freemove.co.uk)



## Northern Men's League Div 2SE 5 August Scunthorpe.

### Match Result

<b>Lincoln Wellington</b>	<b>286</b>
<b>Doncaster &amp; Stainforth</b>	<b>267</b>
<b>Scunthorpe &amp; D.A.C.</b>	<b>248</b>
<b>Wakefield</b>	<b>238.5</b>
<b>Grantham</b>	<b>203.5</b>
<b>Barnsley</b>	<b>200</b>

### Dave Long

Javelin 1<sup>st</sup> A 45.55m  
 110m Hurdles 2<sup>nd</sup> A 16.8  
 Pole Vault 2<sup>nd</sup> B 2.30m  
 Long Jump 2<sup>nd</sup> B 5.86m  
 Triple Jump 4<sup>th</sup> A 11.21m

### Kev Hope

3000m s/chase 1<sup>st</sup> A 10:34.4  
 110m Hurdles 1<sup>st</sup> B 21.9  
 400m Hurdles 4<sup>th</sup> A 63.1  
 1500m 5<sup>th</sup> A 4:15.8

### Derren Gee

800m 2<sup>nd</sup> B 2:05.0  
 400m 3<sup>rd</sup> A 52.6  
 200m 5<sup>th</sup> A 24.4

### Andy Hill

Triple Jump 1<sup>st</sup> B 11.07m  
 800m 5<sup>th</sup> A 2:18.2  
 200m 5<sup>th</sup> B 25.6

### Darran Askew

Shot 1<sup>st</sup> B 11.07m  
 Pole Vault 2<sup>nd</sup> A 3.20m  
 Discus 2<sup>nd</sup> B 34.73m  
 High Jump 4<sup>th</sup> A 1.60m

### Andy Hughes

Hammer 4<sup>th</sup> B 16.19m  
 High Jump 4<sup>th</sup> B 1.55m  
 Javelin 4<sup>th</sup> B 31.24m

### Steve Minnikin

Hammer 1<sup>st</sup> A 54.08m  
 Discus 3<sup>rd</sup> A 35.18m  
 Shot 3<sup>rd</sup> A 11.48m

### Peter Andrews

400m Hurdles 3<sup>rd</sup> B 65.8  
 400m 4<sup>th</sup> B 56.7

### Chris Dack

Long Jump 2<sup>nd</sup> A 6.18m

### Simon Wright

5000m 3<sup>rd</sup> A 15:56.9

### Rick Wright

5000m 2<sup>nd</sup> B 17:18.7

### Jeremy Bailey

3000m s/chase 3<sup>rd</sup> B 12:53.5

### Gary Davy

1500m 4<sup>th</sup> B 4:20.1

### Richard Churchill

100m 6<sup>th</sup> B 12.6

### 4 x 100m Relay

Andy Hill. Derek Gee.  
 Andy Hughes. Dave Long.  
 48.8 6<sup>th</sup>

### 4 x 400m Relay

Andy Hill 59.1  
 Peter Andrews 58.8  
 Kev Hope 55.7  
 Derren Gee 53.8  
 3:47.4 3<sup>rd</sup>

This was make or break day! We were lying in 5<sup>th</sup> position, which means we could get relegated, as the bottom 2 teams go down. Having resigned as manager after the last meeting, I didn't even start on the team until Tuesday night. I decided if we were going down it would be fighting. After a mad few sessions on the phone the main stalwarts of the team were ready to go. This was improved by a phone call to tell me that Rick and Simon Wright would compete in the 5000m.

We arrived in blazing sunshine at Scunthorpe with only 3 places to fill. The unexpected but welcome arrival of Andy Hughes, meant he could slot into the B string Hammer. This allowed Dave Long to join Darran Askew in the Pole Vault and what a good decision it turned out to be. Darran clearing a seasons best with 3.20m to come 2<sup>nd</sup> in the A string and Dave clearing 2.30m to come 2<sup>nd</sup> in the B string. It also meant I had a full team sheet for the first time in 2 years. I was very chuffed.

Most of the athletes were competing in more than 1 event, today was about points and not P.Bs. Darran Askew & Andy Hughes did 4 events; Kev Hope, Andy Hill & Derren Gee did 5 events and Dave Long did the full 7 events allowed. All the athletes taking part did their very best on the day and did we need their great performances. We had 5 first places on the day: Kev Hope in the steeplechase & hurdles, Dave Long in the javelin, Steve Minnikin with the hammer, Darran Askew with the shot and Andy Hill in the triple jump. Derren Gee our 400m sprinter doing the 800m "just for a change" and getting 2<sup>nd</sup> place in 2:05.0.

This time I'm adding the most accommodating athlete. On Friday night I rang Peter Andrews to ask if he was interested in doing the B string 400m hurdles. Paul Brown had suggested to me that Peter was more than capable of competing with the men and had the times to prove it. Peter accepted the offer and arrived to race at 1pm. He had an outstanding race and powered up the home straight to get 3<sup>rd</sup> place. As Peter & his dad had stayed to watch some of the meeting, I suggested he fill the 400m B string. Again his strength down the home straight made sure of 4<sup>th</sup> place. The young 15-year-old (he usually competes in U17s) was on a roll and was happy to take a leg of the 4 x 400m relay. His fine run made sure the relay team finished 3<sup>rd</sup>. THANKS PETE! Also thanks to the officials Terry Bailey, John Blackshaw, Dave Churchill, Mick Hill & Les Watson who secure us 40 points. To Roy Veall for updated lists and photocopying.

I'm delighted to say we finished 2<sup>nd</sup> on the day, which was an outstanding achievement. We finish in 4<sup>th</sup> position in the league due to having 40 team points more than Grantham. There was never a more relieved team manager, than when I heard Mick Hill and Steve Minnikin confirm the final scores and say we were safe. I'm off to university in September so I won't be continuing as manager next year. It has definitely been an experience! Good luck to the next manager, you'll need it.

Kim Blagden

Men's Team Manager



## YORKSHIRE TRACK & FIELD CHAMPIONSHIPS

### 13<sup>th</sup> & 14<sup>th</sup> MAY 2000.

What a great weekend for the club, competing against the best in the county and winning a total of 11 medals: 1 gold, 6 silver and 4 bronze.

The event was staged at the Dorothy Hyman Sports Stadium, Cudworth and we were lucky enough to have 2 days of very warm weather, which is quite unusual for the Yorkshires! The athletes who took part over the 2 days produced fine performances, with a few personal bests thrown in for good measure. It should also be noted that the club provided 5 officials who attended both days, our thanks to all for their services.

Our only gold medallist was Steve Minnikin who threw the Hammer 57.80m to regain his title. The busiest athlete was Shelley Revitt who competed in 4 events. She won silver in javelin with a new PB, bronze in long jump, came 4<sup>th</sup> in 200m and did the 100m. Kimberley Wainwright did 3 events, winning silver in 200m, bronze in 100m and placed 4<sup>th</sup> in the long jump. Richard Wooley won silver in 400m and bronze in 100m. Liam Davies got silver in long jump and was placed 4<sup>th</sup> in 100m, battling hard behind Richard. In the 400m hurdles Peter Andrews won silver and also competed in the 800m. In the senior men Derren Gee won the bronze medal with a gutsy performance in the 400m, not bad for only his second race this season for the club. Our U15 girls relay team of Kim, Shelley, Michelle and Emma had an outstanding run to come home in 2<sup>nd</sup> place and receive silver medals. Where were the boys?

Other fine performances were produced by Rachel Haigh U13 in the 800m and the long jump, where she achieved personal bests for both events. Carly Dyson who was throwing both the shot and the discus. Michelle Lord competed in both the 800m and the 200m, producing a strong finish to record a new PB. Emma Slater-Clayton had a strong, well-controlled run in the 800m to produce a PB, her 3<sup>rd</sup> in a row! James Smeaton made the final in the 800m and also competed in the long jump, finishing just behind his team-mate. Matthew Clark, who has moved up an age group, had very pleasing results in the 100m and 200m races. He is very optimistic about the forth-coming season as his times were close to those at the end of last year. In the senior men's events were Rob Hughes who came 6<sup>th</sup> in the 1500m final and Darran Askew who came 6<sup>th</sup> in both the shot and the discus throws.

Congratulations to all the athletes who took part in this prestigious competition. Your performances were a credit to all the training you have done so far, so keep up the good work. Hopefully next year we'll see a few more of you have a go!

Kim Blagden.

## YORKSHIRE TRACK & FIELD CHAMPIONSHIPS

### Results:

#### U13 Girls

**Rachel Haigh** 800m 2-48.62 5<sup>th</sup> PB. Long jump 3.75m PB

#### U15 Girls

**Kimberley Wainwright** 200m 27.53 2<sup>nd</sup>. (27.37 ht). 100m 13.1 3<sup>rd</sup>. (12.9 ht)  
Long jump 4.48m 4<sup>th</sup>.

**Shelley Revitt** Javelin 20.09m 2<sup>nd</sup> PB. Long jump 4.81m 3<sup>rd</sup> PB  
200m 28.09 4<sup>th</sup>. 100m 13.66.

**Michelle Lord** 200m 29.6 4<sup>th</sup> PB. 800m 2-39.4

**Emma Slater-Clayton** 800m 2-45.39 PB

**Carly Dyson** Shot 6.68m. Discus 13.76m.

**Relay Team : Kimberley, Shelley, Emma and Michelle.** 2<sup>nd</sup>.

#### U15 Boys

**Richard Wooley** 400m 57.3 2<sup>nd</sup>. 100m 12.43 3<sup>rd</sup>.

**Liam Davies** Long jump 5.38m 2<sup>nd</sup>. 100m 12.49 4<sup>th</sup>.

**James Smeaton** 800m 2-23.89 8<sup>th</sup>. (2-20.66 ht). Long jump 4.64m.

#### U17 Boys

**Peter Andrews** 400m Hurdles 65.35 2<sup>nd</sup> PB. 800m 2-17.3

**Matthew Clark** 200m 24.34 5<sup>th</sup> (24.08 ht). 100m 11.6

#### Senior Men

**Steve Minnikin** Hammer 57.80m 1<sup>st</sup>.

**Derren Gee** 400m 51.2 3<sup>rd</sup>.

**Darran Askew** Discus 34.84m 6<sup>th</sup>. Shot 10.65m 6<sup>th</sup>.

**Rob Hughes** 1500m 4-01.2 6<sup>th</sup>.

KIM BLAGDEN

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or email me at, [ed@efletcher.freeseve.co.uk](mailto:ed@efletcher.freeseve.co.uk)



# Club News

**D.S.A.C**  
**ANNUAL GENERAL MEETING**  
**Friday 24th November at Eden Grove**  
**7.30 pm**

Open to all members, so please make the effort to attend.  
Remember, it's your club so support it and get involved

## A word from the editor

*As many of you may already know, I have just embarked on a three year stint at University studying for a degree in Physiotherapy.*

*In past issues of the club mag, I have included articles under the heading "TRAINING - THE SCIENTIFIC APPROACH" and have covered subjects on training, carbo-loading, race tapering, fluid intake etc. which I hope have been useful to some of you.*

*However due to the nature of the degree course, the articles in future, will be based around the subject of Physiotherapy i.e., injury prevention and treatment, orthotics, strength training, stretching routines etc, which again I hope will be beneficial to some of you. Oh, and just a final word on any on-going injuries any of you may already have, if you could just bear with them for the next three years or so, I will be willing to give my help and advice when I graduate! So in the meantime, keep icing it.*

*yours painfully,*

*Eddie Fletcher.*

# Club News

Doncaster and Stainforth A.C.  
**Presentation night**

**Friday 13th October at 7.30pm**

Please note this years venue is the  
**J.I.Case social club, Wheatley Hall Rd.**

Tickets available from  
DSAC Committee members and officials



## CLUB MEMBERSHIP FEES

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

Discounts for payment before April 1st

1) £15.00 2) £7.50 3) £3.75

**New members pay discounted fees all year**

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# Club News



**DSAC runners after completing this years London Marathon**  
*right to left-Bryan Chadwick, Kev Brennan*  
*Dave Grayson, Martin Jephcott, Mick Page and Phil Bussey*



*DSAC's Annual knobbly knees competition winners, line up after completing the Milton six 2000. The first in a series of three races staged by the Milton Arms to celebrate the Y2K Millennium.*

# Captain's Corner

*with Dave Grayson*

## TOWN CENTRE 2000 5K

What a turn out and what a night for club vests. The weather was kind to us, probably too kind judging by the slightly slower times against last year's results.

Good running by our juniors in the fun run with Pete Durkin leading the way home followed by the rest of our juniors and first lady amongst them Michelle Lord. It was impressive to see 150 juniors running down the High Street with some of the dads using it for a warm up ready for the Vets or Open race.

Not only did we do well in the open race but the vets race as well, picking individual prizes up as well as vets team prize and ladies team prize in the open race.

It's races like these that really promote our club and I must say in the time it has been running it has got better every year, attracting a good following of class runners in the open and vets race. Like all our races promoted by the Club we have loads of helpers who are runners and non-runners and it is a big thank you to these people who make our races a success.

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# Captain's Corner

AROUND THE RACES WITH DAVE

## ASKERN 10

Who said the summer has been and gone? Anybody who lined up for the Askern 10 on Sunday 13<sup>th</sup> August was more interested in rubbing sun block on than Vaseline. By the time the hooter went at 11am the temperature was well into the 70's with very little air about and any thoughts of a PB today had gone out of the window. Survival was the name of the game and setting off steady would pay dividends in the second half of the race. By the time the first big hill came round people were feeling the heat and pace; the water station was running dry at the five-mile point with many competitors walking. The second half of the race although faster still has a couple of testing little gradients, but a welcome water station at eight miles. By this time most of the runners were feeling the extreme effects and struggling to stay of their feet for the straight mile from Dario's, with a couple of runners keeling over with only 300mts to go.

Only fourteen runners broke the hour giving a reflection on how hot the conditions were. Dave Bond won the race comfortably in 52.33.

Good race, good course, but heaven help you if you need glasses for the results. Next year it has been rumoured that Askern club are going to do the Barbados Marathon and due to cost cutting runners are asked to send a first class stamp, not for postage, but to put the results on !

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# Captain's Corner

AROUND THE RACES WITH DAVE

## GOOLE RIVERBANK CHALLENGE 1/3<sup>rd</sup> MARATHON

Torrential rain the night before made for a water logged course along the river bank. Even the section down a side lane was totally submerged which made everybody's running shoes water-cooled.

Two hundred plus runners set off with everybody trying to find a dry line, which was impossible. But by half way at the turning point we were well represented by the club colours, holding these positions to the end.

Paul Bond, Mick Page & Kevin Lincoln getting 2<sup>nd</sup> team place just behind Hull, Keith Temperton 2<sup>nd</sup> over 50, Dave Grayson 3<sup>rd</sup> over 50.

12 <sup>th</sup> P. Bond 51.53	14 <sup>th</sup> M Page 52.04	23 <sup>rd</sup> K Lincoln 54.46
27 <sup>th</sup> K Temperton 55.39 56.50	35 <sup>th</sup> D Grayson 56.50	39 <sup>th</sup> B Chadwick
69 <sup>th</sup> D Lawrie 62.02	79 <sup>th</sup> A Hall 63.35	89 <sup>th</sup> K Mitzutani 65.2
104 <sup>th</sup> J Elvin 67.08	126 <sup>th</sup> S Stewardson 69.35	

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# Captain's Corner

AROUND THE RACES WITH DAVE

## YORKSHIRE VETS RELAYS MICKLETOWN, CASTLEFORD

Forty-six teams turned out for the relays, but due to holidays, injuries and work commitments we only turned one 40's team and one 50's team out. But turn them out we did, with some top clubs well represented, Bingley, Hull, Sheffield, Barnsley we ran four good legs in the 40's and finished 4<sup>th</sup> out of 16 teams.

1 <sup>st</sup> leg Kev Lincoln 10 <sup>th</sup> 14.11	2 <sup>nd</sup> leg Paul Bond 5 <sup>th</sup> 13.21
3 <sup>rd</sup> leg Mick page 4 <sup>th</sup> 13.43	4 <sup>th</sup> leg Kev Newman 4 <sup>th</sup> 13.27
final position 4 <sup>th</sup>	

The over 50's team which was a 3 man team got off to a good start with 15 teams taking part.

1 <sup>st</sup> leg Keith Temperton 7 <sup>th</sup> 14.56	2 <sup>nd</sup> leg Pete Rowlands 7 <sup>th</sup> 14.51
3 <sup>rd</sup> leg Dave Grayson 8 <sup>th</sup> 15.06	
Final position 8 <sup>th</sup> out of 15 teams.	

Judging by the results in the ladies event we would have been in the top three with Rotherham 1<sup>st</sup>.

A big congratulations to the lads who ran and turned out for the club.

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or email me at, [ed@efletcher.freemove.co.uk](mailto:ed@efletcher.freemove.co.uk)



# Captain's Corner

AROUND THE RACES WITH DAVE

## ARMTHORPE 10K

As usual Mick Hill had put his order in with the weather centre for bright and sunny weather. True to form what seemed like numbers being down on pre-race entries were boosted back up to three hundred plus by the entries on the day totalling over 100. A big thank you to Mrs. Hill and her helpers for coping with the race entries and numerous queries, "where does the race start?" "What time does my race start?" "What colour shorts shall I wear?"

The junior races are getting bigger every year and even some of the dads who are in the 10K run round with their children, or as in some cases certain old fossils with their grandchildren (M.B.E.) saying come on granddad.

The big race attracted some top names this year and must have made for good viewing for the big crowd of spectators. It certainly is a race which is spectator friendly having chip shop, pub and club and only having have to move 100 yards to the roundabout to watch the runners.

Times seemed to be down with most runners, probably due to the humid muggy weather. A battle up front for 1,2, &3 produced some good times, but not beating the course record held by Mick Chorltan of 29.31. By the way it was nice to see Mick running and producing a good time despite so little training, finishing just in front of Mick (Jimmy 5 Bellies) Page. Mick Chorltan told me after the race that if it had been a funnel finish he would not have been able to get past Jimmy (Mick). By the way he becomes a vet in 18 months (Mick Chorltan).

A big thanks to Mick and all the officials and helpers for making a good day and also to Roy for producing the results that same night, with photos of the start and winners of the mens and ladies race. He has told me that next year he will have the first hundred results within half an hour of the race finishing and autographs of the winners!



## The Princess and the Frog

Once upon a time, long long ago there lived a frog in the small town of Hawick up there in the Scottish Borders. It was always thought that the frog was a fairly lively affair and was always categorised as a sprinter. As the years passed by it thought it was the moment to move on and time was spent in the Forces.

More time passes and after the acquisition of a few tadpoles and an end to Service life, life begins again in the lovely hamlet of Balby. Wanting the best for her offspring it was a case of locating the local Athletics club and making the effort to get along... Whilst eldest Daughter was being introduced to the wonders of middle distance running and latterly throwing our frog was going through the motions as a Club Senior, being open minded enough to be "conned" into competing for the Women's Track and Field Team whilst competing in various events as a "Road Runner" (Beep, Beep!!!!)

Being a somewhat fragile frog most of the efforts sadly ended in disaster with the old enemy "Mr Injury" rearing his head. Two cracking months leading up to Xmas one year falling by the wayside as a consequence. Somehow between periods of inaction a magic moment occurred when the choppy and stilted action suddenly disappeared and we saw the first sign that maybe under that rugged froggy skin there was something special about to emerge.

Little moments came along, notably a Bronze at 800 metres in the Northern Vets, but every time she moved forward good old "Mr Injury" would re-appear and that would be the end of that. By this time a Coach who had spotted this Frogs potential had moved on before one night at a local "Warming down area" it became apparent that there was very much a passion about competing seriously on the track. Soon the world Veteran Games would be coming to a place near us (Gateshead) and it was a dream to be a part of it. A plan was hatched but before it could be brought into effect a serious injury in a swimming pool brought everything to an end.

For months on end little progress was made, the injury was proving difficult to diagnose and even worse to treat. The World Games came and went with no end in sight then finally it appeared that someone (who actually knew where Hawick was) was able to diagnose and treat the injury.

Despite their having been no winter preparation, the all clear was given to enable the first Women's meet at Cleckheaton to be a target. The action stymied by the need to run only "heel toe" – the result a good placing and a time only a second and a half outside a personal best. The pre-season target of the overall Club record for the 800 perhaps a possibility.

Next up, on the day of the 24hr Track Race was the Northern Vets Championship at Burnley. And a long day in prospect. A gold medal, a PB (2:32.3) and 17hrs lap

marking. What more could you ask for? Confidence high going into the middle Women's meet, a new PB (2:29.2 – senior women's record), PB at 400 (63.8) and a PB at 200 (29.1), maybe this frog could run a bit?

Training still progressing but with the body reactions largely a case of one-step forward, one to the side! Then back to Cleckheaton for the Knockout Cup and a run around behind the Lady from Wakefield. Oh! Another PB (2:25.9 – an overall Club record) and second in the race followed by another PB (400-63.6), could it be that Coaches thoughts of 2:22 where not as fanciful as first thought?

Then the big day and what the season's dreams had all been about The British Veterans Championships held this year at Bedford. Doubts abounded, it was a long way to go (particularly in the car we went down in). None the less go we did.

After collecting your competition number you are required to sign in for your specific races some 20 mins. before the start. On the list are details of your fellow competitors with details of their PB's. Twelve names listed, two of them with time of 2:19 and only one with a time outside that of our frog. It certainly had me worried, perhaps they wouldn't turn up!

Would it be heats as suggested with the numbers and the programme or would it be a straight final? As it turned out nine were on the start line, but it was to be a straight final. I'm in position at the 200 mark as the gun goes off. A frantic start but by the time the field passes me she's into third position and running well. Down the home straight holding position and through the bell into the final lap. As they come down the back straight I am already aware that it is a fast race but she's still in there holding position, past me onto the final bend at 600, time is fast and she's going with it. The long time leader is struggling people are trying to get by and suddenly I'm no longer a coach but a demented idiot, screaming at her to go for it. As she enters the home straight she takes the lead. I get louder. Challengers come, she fights them off, and I get louder! The Guy standing next to me must think I'm mad! Stride by stride down the Home straight she never loses the lead, No one ever looks like passing her, must be my encouragement.

Over the line she goes, first of five finishers within three quarters of a second in a time of 2:23.15. That was no frog, that was a Princess! **Kim Blagden** – British Veteran Champion 800 metres – year 2000

**She dared to dream, and the dream came true!!!!**

I wonder what time I got for the return journey to the finish in my sandals? I think it might have been a PB!

*PAUL BROWN.*



## Northern Women's League - year 2000

Report by Paul Brown

After last year's performance when we were only denied promotion by a matter of just six points I felt that with the Team we had on paper we should be strong enough this year to do the job. Sadly it was not to be. The first meet at Cleckheaton turned out to be the best of the series, very close between the old enemy - Cleethorpes, the Hosts - Spenborough and ourselves. The early season weather was better than we had dared hope for and all the events, with the exception of the pole vault were covered thanks to a late call up to the long jump of our distance runners Jane & Dawn and Sally agreeing to run the 800mtrs immediately after the 400 hurdles!. Most difficult job on the day was trying to convince the girls that keeping out of the sun was actually good for them.

Due to a problem with the software being used to produce the results we were late getting away feeling slightly disappointed at only placing second, but pleased for Grace Hall of Spenborough who had taken on the Spenborough Team at a time when they were falling through the leagues and who now believed had stopped the rot. Worse was to come when I got conned into calling into McDonalds on the way back home where I discovered the girls could speak another language. Later that evening I got a call from Grace to say she had worked back through the results and it was ourselves who had won, Spen second with Cleethorpes 3rd - all within 9 points of each other!

So on to the middle meet and the old problem of the under 17's. GCSE's were due and some of the girls were wishing to concentrate on them and were therefore unavailable. On the day we were only able to turn out four when to cover all the age group events we need a minimum of seven. The girls all willingly agreed to do their maximum amount of events but sadly the lost points resulted in us finishing second behind Cleethorpes. Highlights of the meeting were Kim's 3 PB's (800, 400 & 200) and Shelley moving from Javelin at the last moment to cover the high jump and doing so well.

The Knockout Cup was next up which turned out to be a little of a disappointment. A Senior based competition with only 1 athlete per event I thought it would be no problem to field a team as it is within the rules to field under 17's as well. In the event we made it only failing to cover the pole vault (and I am sure Erica would have had a go if she had only got a "stick"). It was a surprise to see that Rotherham had failed to turn out a team in company with many of the bigger name Clubs. Our gallant band did their bit, Erica doing all the "chucks" and the high jump, Kim breaking the overall club record in the 800 and her PB again in the 400 and the highlight for me and I think the rest of the girls, Michelle Moody competing for us in her front line events - the 400 hurdles and the triple jump!!!!!! (7.34 off the 7 metre board kind of has you holding your breath and she's never been that confident over the hurdles!)

So to the last meet over in Hull, still at the top of the league by one point but knowing we have to beat Cleethorpes as they are ahead on match points. I guess the writing was on the wall when I discovered Kim Wainwright was on holiday and Rebecca (7 events) Holdsworth was injured. However I had managed to paper over most of the cracks but couldn't cover the pole vault and the triple jump. Despite some great efforts by the girls we sadly were never in it. Cleethorpes had come prepared, had the athletes and were much better organised as a team than us and deservedly in the end gained the promotion spot. So near, but so far!

Which brings me to the sad part. Some of you may be aware that in recent months I have not been happy with the way things were progressing at the Club. Operating at two sites is now in my opinion working against the best interests of the Club, our limited coaching facilities are severely stretched and lack of provision for the more technical events is costing us dear in competition. Athletes have largely developed despite, rather than because of anything we have been able to provide for them. The seeming intransigence of our Council leads me to wonder if we will ever get a proper facility in Doncaster and allow us to properly carry out our stated mission.

I have always been proud to be a member of the club, both old and new but feel that in view of some personal problems I currently have and the fact that despite my very best efforts I don't feel I can progress the team any further, it is now time to move over and allow someone else the privilege of managing the team. Accordingly I have now tendered my resignation to the committee. I have also resigned from my position as Vice-Chair.

To each and every one of you who has taken the time to turn out for the team and make your contribution goes my heartfelt thanks. It has been hard work for me and perhaps a little expensive, but the rewards have been immense. Many of you have stayed loyal to the team for a number of years and I would ask that you do so now for whoever takes over as manager. Have that success in 2001 that I know you deserve.

As for the future my immediate plans are to distance myself from the pettiness and bickering that has sadly descended on the Club to concentrate on coaching a specific group at middle distance and to spend a little more time next Summer officiating at some of the higher graded meetings where obviously I would hope to be seeing some of you!

Before the Summer I am however committed to the winter training provision at the Hall Cross School starting 1st Tuesday in October where this year we hope to provide a progressive training programme, based around circuits. £1 per session, all are welcome.

PAUL BROWN



# Forthcoming Events

## TIME TRIALS

This years 5 mile monthly time trials start on Tuesday 17th October at 6.30pm from Town Moor Avenue.

Time trials are held on the third Tuesday of every month, dates as follows:-

17.10.00  
21.11.00  
19.12.00  
16.01.01  
20.02.01  
20.03.01

This event is run on a handicap basis, come along, join in and measure your improvement throughout the winter.

### **The Doncaster and Stainforth Annual Christmas run**

27th December from Eden Grove  
*Approx. 18 miles in total with runners  
wanting a shorter distance joining in at  
various pick-up points.  
(In the bar after for a pint and  
sandwiches)*

## SOUTH YORKSHIRE CROSS COUNTRY

15th October, Valley Park,  
Rotherham

5th November, Concord Park,  
Sheffield

10th December, Silverwood,  
Barnsley

14th January, Graves Park,  
Sheffield

### Order and timing of events

Event No	Age Group	Start
1 & 2	B/G 8,9,10	11.00
3 & 4	G U/13, 15	11.05
5	B U/13	11.20
6	B U/15	11.40
7 & 8	All Ladies	12.00
9 & 10	All Men	12.30

The final meeting includes the  
South Yorkshire Championships.

Remember... if you have any news, results or reports, contact:-

Eddie Fletcher on Doncaster **872443**  
or email me at, [ed@efletcher.freeseve.co.uk](mailto:ed@efletcher.freeseve.co.uk)