

# **Doncaster and Stainforth Athletic Club**

**Volume 1 No 6**



***The Official News letter of  
Doncaster and Stainforth A.C Oct 98***



## Doncaster and Stainforth Athletic Club

### 1997/1998 Committee

Chairman	Dave Churchill	841895
Vice Chairman	Paul Brown	855488
Secretary	Bob Ward	536109
Treasurer / Membership Secretary	Roy Veall	360500
Publicity Officer / Club Magazine	Mick Limb	887483
Track & Field Secretary	Stuart Gemmell	532832
Road Running Secretary	Mick Hill	833584
Veterans Secretary	Kim Blagden	817924
Junior Representative	Steve Liddle	
Junior Representative	Sarah Brown	
Coaching Co-ordinator	Mark Churchill	841895
Nothern Mens Team Manager	Stuart Gemmell	532832
Committee Member	Janet Moy	882676
Club Captain ( Men )	Dave Grayson	780921
Club Captain ( Women )	Kim Blagden	817924



## TRAINING NIGHTS

### Tuesday & Thursday

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

Front Cover Photo :-

The Agony ( Kevin Brennan)

Taken from The Robin Hood Marathon programme.



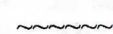
## The Loss of a Friend

It is with great sorrow that we have to report the death of Alan Willis a fellow club member. Alan sadly passed away on Monday 24<sup>th</sup> August after only a short illness.

He had only taken to running in the last few years, but his love and enthusiasm quickly showed in his much improved times and made him a valuable member of the team, but it was not only his times but also his attitude that made him popular with everyone. He always drew the short straw in relays but never complained when asked to run the last leg, hanging around while others did their run and often with no chance of catching those in front Alan still gave his all to bring the club home with a decent result.

Although quiet and reserved Alan would do anything for anyone not expecting even a thank you, he was a good friend liked by everyone and will be truly missed.

Peter & May Rowland



I got to know Alan down at Stainforth and soon made a friend for Alan was one of the nicest chaps one could meet, he had time for everyone.

It is hoped as a sign of remembrance of Alan to introduce a 10k road race around the time of the old Hall-Cross in his memory for 99.

Alan's fellow runners turned out in numbers at the funeral in respect of the loss of a true friend.



Welcome to this issue of the Cub Mag

## A Blast Back To Where It All Started

Before I joined Stainforth A.C, I spent my weekends orienteering, along with my wife Tracy, entering competitions all around the country. From the Capricorn to the JK, entering badge events far and wide. We even spent our honeymoon orienteering in Shropshire.

### 1989

Friends and fellow orienteering companions Brian and Eileen Shaw now of Askern R.C told us about the Hall Cross 10k run from Doncaster Town Moor.

Looking Back to this my first 10k, I remember getting off to a fast start only getting to the 1 mile mark totally spent and going backward at terrific rate. ( something's never change!) though I was not going to let it beat me. I finally crossed the line in a time of 45:56.

I was hooked, it wasn't long before orienteering was taking second spot. Though I still go to the odd colour coded event today.

(SYO Colour Coded Orienteering Event Sandall Beat Sunday Nov 1st)

Listed overleaf are runners from the Doncaster clubs who took part, in the 1989 Hall Cross 10k.

Thanks to Paul Brown and Richard Churchill who contributed to this issue. If you have anything for future Club Mags.

Contact:-

Mick Limb  
13 Eccleston Road  
Kirk Sandall  
Doncaster  
DN3 1NX

Tel: 887483

E-Mail Mick.Limb@tesco.net

## Hall Cross 10k 1989

1	Darren Cooney	Rotherham H	30:13	171	Eric Smith	Stainforth A.C	39:33
7	Don Wiegel	Askern R.C	31:52	172	Roy Veall	J I Case	39:33
12	Lee Collingwood	Askern R.C	32:05	173	Terence Twiby	Plant Works	39:33
16	Jack Cook	Stainforth A.C	33:05	175	Dave Wozencroft	Stainforth A.C	39:42
20	Russ Irani	Plant Works	33:23	182	Michael Panks	Plant Works	39:52
22	Oswald Fuller	Plant Works	33:52	193	Bob Ward	Plant Works	40:26
25	Dave Burdall	Plant Works	33:59	196	Steven Wagstaff	Askern R.C	40:30
27	Dave Grayson	Stainforth A.C	34:08	197	Nicholas Dawson	J I Case	40:40
29	Dave Hindmarsh	J I Case	34:12	199	Daniel Connolly	Plant Works	40:40
30	James Chishholm	Plant Works	34:15	200	Helen Ward	Stainforth A.C	40:45
34	Paul Rowland	Stainforth A.C	34:30	205	Dave Askew	Askern R.C	41:01
39	Neil Lewin	Plant Works	34:43	209	Trevor Lee	Plant Works	41:04
47	Carl Johnson	Stainforth A.C	35:08	214	George Ford	Askern R.C	41:15
53	Keith Warren	Stainforth A.C	35:14	224	Robert Bickerstaffe	Stainforth A.C	41:43
57	Terry Bentley	Plant Works	35:30	232	David Johnson	Stainforth A.C	42:04
60	Pete Rowlands	Stainforth A.C	35:36	237	Niel Wouliscroft	Plant Works	42:17
63	John Slack	Stainforth A.C	35:43	239	Martin Hilton	Stainforth A.C	42:18
64	Trevor Matthews	Stainforth A.C	35:46	241	Maurice Swinney	Stainforth A.C	42:27
65	Pete Swaby	J I Case	35:50	244	Steven Rudman	Askern R.C	42:29
73	Ray Slack	Askern R.C	36:17	245	Kevin Blackshaw	Askern R.C	42:29
74	Darren Ward	Plant Works	36:18	251	Brian Brooks	Askern R.C	42:43
78	Stan Williams	Askern R.C	36:27	261	Linda Maule	Stainforth A.C	42:50
80	Kevin Crampton	Plant Works	36:29	274	Michael Haywood	Stainforth A.C	43:20
83	Keith Temperton	Stainforth A.C	36:37	277	David Iles	Stainforth A.C	43:26
86	Dave Brown	Stainforth A.C	36:42	281	Larry Muldowney	J I Case	43:38
90	Gary Venables	J I Case	36:50	293	Henry George	Plant Works	44:20
92	Malcolm Calow	Stainforth A.C	36:50	296	Brian Shaw	U/A	44:30
94	Martin Penn	J I Case	36:53	310	Margaret Coy	Stainforth A.C	45:10
95	Ian McCreddie	Plant Works	36:53	322	Mick Limb	U/A	45:56
96	John Penn	J I Case	36:53	325	R.J Bell	Askern R.C	45:59
108	Tony Middlebrook	Stainforth A.C	37:14	335	Christopher Mitchell	J I Case	46:06
111	Reginald Kellet	Plant Works	37:19	341	Niel Dawson	Plant Works	46:18
112	John Elvin	Stainforth A.C	37:19	343	James Wilkinson	Plant Works	46:25
114	John Topliss	Stainforth A.C	37:26	348	M Burrows	Plant Works	46:38
119	Tony Henderson	Stainforth A.C	37:44	350	Peter Willets	Stainforth A.C	46:40
130	Robert Green	Stainforth A.C	38:10	351	Christine Staton	J I Case	46:42
134	Phill Ward	Stainforth A.C	38:16	374	David Barrow	Stainforth A.C	47:56
141	Stephen Bucic	Stainforth A.C	38:30	381	Andrew Case	Stainforth A.C	48:37
152	Dave Bullock	Askern R.C	38:38	384	Thomas Fox	Plant Works	48:47
157	Phil Burt	Askern R.C	38:55	391	Dereck Fretwell	Plant Works	49:22
161	Chris Lockwood	Plant Works	39:02	408	Mary Moore	Stainforth A.C	51:47
163	Garry Nicklin	Plant Works	39:15	419	June Fox	Plant Works	54:08
167	Peter Tomlinson	Plant Works	39:27	425	Maxine Cooper	Askern R.C	55:50



**John Robinson** Property Sales with the Personal Touch

## Armthorpe 10k

31st Aug 98

**Race Winner Tony Graham Tipton Harriers 30:55**

2nd Chris Parks Rotherham Harriers 31:00 3rd Dave Bond Askern D.R.C 31:30

7	Simon Wright	32:57	123	Tony Henderson	40:38
20	Nick Shypka	34:37	132	Andy Hall	40:54
24	Mick Page	35:00	135	Eric Smith	41:07
32	Kevin Newman	35:40	142	Paul Brown	41:21
46	Robin Aconley	35:52	151	Dave Lawrie	41:43
47	Martin Jephcott	37:05	154	Mick Limb	41:51
50	Peter Tomlinson	37:16	165	Paul Cussons	42:34
55	Kevin Lincoln	37:36	188	Pete Oliver	43:13
63	Roger Fuller	38:09	189	Keith Lindley	43:13
65	Janet Hindley	38:11	193	Gorden Cox	43:16
68	Merrit Adlard	38:18	217	Malc Carlow	44:27
76	Don Gill	38:35	218	Mick Haywood	44:30
80	Chris Boutell	38:43	222	Vicky Haigh	44:38
85	Brian Chadwick	38:52	247	Brian Connell	45:38
89	Dave Walton	39:08	250	Stan Beiris	45:55
90	Dave Varley	39:15	263	Dianne Beaumont	46:52
92	Jane Ayres	39:21	265	Sudesh Maharjan	46:55
93	Pete Swaby	39:32	284	Helen Ward	48:52
95	Chris Firth	39:35	294	Andy Kennedy	49:29
103	Gary Venables	39:49	377	John Walton	59:51

### 2.5 Mile Family Fun Run

4	Jamie Smith	15:42	41	Claire Greenwood	21:46
8	Sally Jephcott	17:05	51	Richard Woolley	22:41
9	Steven Greenwood	17:07	59	Jennifer Woolley	24:00
20	Michelle Moody	18:58	65	Daniel Andrews	25:09
21	Peter Andrews	19:18	70	Helen Beiris	26:09
22	Sarah Shearman	19:19	64	June Fox	25:08
24	Laura Berisford	19:51	63	Adam Padgett	25:09
25	Shaun Berisford	19:53	66	Mathew Beiris	25:18

## MEMBER PROFILE

**Name:** Mick Hill

**Age:** 49

**Occupation:** Production Inspector **No. Of Years Club Member:** 16

**Hobbies:** Watching Club at Northern Mens

**Personal Bests:-** 5 mile 28:32 10k 36:25 10 mile 59:52

**Half Marathon** 1:19:30 **Marathon** 2:59:41

**Favourite:** Event 10k

**Training Session** Steady run round Sandall Beat

**Food** Any

**T.V Programme** Sky Football ( when I can watch it )

**Person** Two Sons Mathew & Andrew

**Who I Would Like To Meet Most:** Already met, Mick Hill

**Dislikes:** Event 5000 Metres track

**Training Session** Speed work

**Food** Curry

**T.V Programme** All Soaps, Janet loves them!

**What made you decide to take up running:** Over weight and drunken

**Future goals:** To run the London Marathon 1999 at the age of 50



# Ringways

# Askern 10

9th August 1998

24 Richard Wright	58:38	123 Chris Bouttel	1:07:53
36 Mick Page	1:00:24	142 Tony Henderson	1:10:31
62 Kevin Lincoln	1:03:22	160 Mick Limb	1:11:55
64 Tony Frow	1:03:24	170 Geoff Hamill	1:12:55
78 Robin Aconley	1:04:22	202 Vicky Haigh	1:15:21
83 Kevin Brennan	1:04:45	215 Paul Cussons	1:16:32
97 Dave McCabe	1:05:42	216 J Whales	1:16:34
99 Janet Hindley	1:06:04	242 Gordon Cox	1:18:05
110 Dave Grayson	1:06:44	244 Keith Lindley	1:18:16
111 Eric Smith	1:06:45	256 Dianne Beaumont	1:19:14
112 Brian Chadwick	1:07:04	321 Helen Ward	1:26:19
117 Don Gill	1:07:31	341 A Variham	1:28:39
		362 Julie Broadbent	1:33:02

## Hallam Junior Cross Country 3k Graves Park Sheffield

Sunday 27th Sep 98

Sally Jephcott 13 once again showed her class by being the first young lady finisher over the 3k course beating girls a lot older.

What a prospect Sally is for the forthcoming South Yorkshire winters Cross Country Season which opens at Graves Park on 25th October.

Running with Sally was team mate Michael Moody 13 along with Claire and Steven Greenwood.

Pos		Cat	Time
21	Sally Jephcott	F15	12:06
26	Steven Greenwood	M15	12:31
36	Michael Moody	F15	13:14
51	Claire Greenwood	F13	15:23

Note:- South Yorkshire Cross Country dates and Fixtures on the back page

## Wilsic 5.4 Mile Handicap Time Trial

Posn	Name	Elapsed Time	Handicap	Actual Time
1	Don Gill	40:19	7:00	33:19
2	Pete Neal	40:47	11:00	29:47
3	Andy Hill	40:53	5:00	35:53
4	Vicky Haigh	41:04	3:00	38:04
5	Caroline Dauris	41:15	3:00	38:15
6	Steve Gaines	41:16	11:00	30:16
7	Martin Jephcott	41:50	9:00	32:50
8	Pete Tomlinson	41:50	9:00	32:50
9	Julie Broadbent	42:16	:00	42:16
10	Kevin Brennan	42:18	9:00	33:18
11	Dawn Fletcher	41:57	7:00	35:57
12	Derek Clarke	43:04	:00	43:04
13	Erica Williams	43:04	:00	43:04
14	Dave Rhodes	43:52	5:00	38:52
15	Pete Humphries	43:54	7:00	36:54
16	Mick Hill	43:55	3:00	40:55
17	Tony Frow	44:28	9:00	35:28
18	Janet Hindley	45:19	9:00	36:19
19	Neil Petrie	45:57	5:00	40:57
20	Daniel Wilson	45:57	5:00	40:57
21	Rob Holiday	47:15	15:00	32:15
22	Dave Tune	47:15	15:00	32:15
23	Chris Parks	47:15	15:00	32:15
24	Sally Jephcott	50:14	6:00	44:14
25	Paul Brown	50:14	6:00	44:14
26	Pete Ruddleston	65:10	:00	65:10

## Mizuno Erewash 10 Mile Classic

23rd August 98

147 Janet Hindley	61:01	162 Tony Frow	61:49
161 Kevin Lincoln	61:49	244 Bryan Chadwick	64:56





# Club Championships 98

## UNDER 11 BOYS

Pos.	Name	Scoring Events	Total Points
1	ROBERT BROWN	3	178
2	MARC HALL	3	175
3	GARY WAINWRIGHT	3	172
4	THOMAS MOODY	3	165
5	STEPHEN CONN	3	161
6	RICHARD MARKS	3	146
7	JONATHAN WILLIAMS	3	139
8	DANIEL MEEKIN	3	133
9	ADAM PADGETT	3	131
10	LIAM KELSALL	3	129
11	LIAM STEPHENSON	3	113
12	SIMON CRESSEY	3	93
13	JONATHAN ANDREWS	3	53
14	PAUL CRESSEY	3	28
15	GARY HART	2	53

## UNDER 11 GIRLS

Pos.	Name	Scoring Events	Total Points
1	KELLY FLOCTON	3	176
2	KATIE HALSTEAD	3	155
3	RACHEL HAGUE	3	117
4	ANN-MARIE CONN	3	106
5	RACHEL CRESSEY	3	67
6	LOIS MOODY	3	52
7	POLLY FLETCHER	1	16
8	ALICE FLETCHER	1	7

## UNDER 13 BOYS

Pos.	Name	Scoring Events	Total Points
1	RICHARD WOOLLEY	5	336
2	CHRIS HALSTEAD	5	304
3	JOHNATHAN MARSH	5	277
4	ALEX BROWN	5	270
5	ANDREW BROWN	5	251
6	STEPHEN SOFFE	5	237
7	JAMES CAMMACK	1	42
8	JOEL FLETCHER	1	31

## UNDER 13 GIRLS

Pos.	Name	Scoring Events	Total Points
1	KIMBERLEY WAINWRIGHT	5	299
2	SHELLY REVITT	5	290
3	CLAIRE GREENWOOD	5	264
4	CARLY DYSON	5	219
5	CLAIRE JEPHCOTT	5	87
6	HOLLY STRAW	4	192

## UNDER 15 BOYS

Pos.	Name	Scoring Events	Total Points
1	MATHEW CLARK	5	386
2	PETER ALEXANDER	5	354
3	PETER ANDREWS	5	334
4	THOMAS RODGERS	5	324
5	ANDREW STOCKHILL	5	307
6	STEVEN GREENWOOD	5	300
7	PHILIP ROBINSON	5	222
8	BRENDAN LACEY	4	268

## UNDER 15 GIRLS

Pos.	Name	Scoring Events	Total Points
1	SALLY JEPHCOTT	5	314
2	NATASHA SAMPSON	5	301
3	DANIELLE CUNNINGHAM	5	292
4	SARAH HOLMES	5	255
5	MICHELLE MOODY	5	252
6	JENNY WOOLLEY	5	248
7	AMY BYRNE	5	221
8	VICTORIA LAWRENCE	4	214

## UNDER 17 MEN

Pos.	Name	Scoring Events	Total Points
1	RICKY PRESCOTT	5	457
2	PHILIP WATSON	5	390
3	JOHN BALL	4	289
4	DANIEL WILSON	2	167
5	NEAL PEATRIE	2	155

## UNDER 17 WOMEN

Pos.	Name	Scoring Events	Total Points
1	LOUISE HARDY	5	326
2	CHERRY HARRIS	5	274
3	VANESSA WRIGHT	5	267
4	ANNA GELLATLEY	5	261
5	SARAH SHEARMAN	5	251
6	LAURA MARSH	5	245
7	HELEN BIERIS	5	241
8	FIONA SAYLES	5	235
9	SARAH AKROYD	5	234
10	MEGAN GELLETLEY	5	191
11	SAM MOY	5	179

## SENIOR MEN

Pos.	Name	Scoring Events	Total Point
1	JAMIE SAWBRIDGE	5	427
2	DUNCAN MEADOWS	5	378
3	RICHARD SOFFE	5	312
4	ANDREW HALL	5	303
5	MATHEW BIERIS	5	294
6	ANDREW HUGHES	3	234
7	MARK CHURCHILL	3	211
8	STEPHEN LIDDLE	1	86

## SENIOR WOMEN

Pos.	Name	Scoring Events	Total Point
1	REBBECA HOLDSWORTH	5	343
2	JANE AYRE	5	296
3	ERICA WILLIAMS	5	252
4	NADINE HARRIS	3	169

## VETERAN MENS

Pos.	Name	Scoring Events	Total Point
1	DAVE McCABE	5	395
2	MARTIN JEPHCOTT	5	361
3	PAUL BROWN	5	337
4	DAVID ANDREWS	5	313
5	MICK LIMB	5	298

## VETERAN WOMEN

Pos.	Name	Scoring Events	Total Point
1	MARGARET COY	2	29
2	KIM BLAGDEN	1	45



## Coaching News

We have now come to the end of the summer season. It has been an exiting year for the club having gained promotion in the Northern Women's and getting into the Division 1 promotion play-off match in the Northern Men's league. Congratulations to both Paul Brown and Stuart Gemmell for achieving such great results and hopefully our coaching through the winter will yet again come good next summer with more promotions and even better performances by our athletes.

The Club Championships have now been completed and but for one or two problems everything has run smoothly. I would like to thank all coaches and parents that helped in running field events, track judging and time keeping for their help, without these people the Club Championships would not have been completed at all. On a personal note I would like to thank Mick Limb for coming to the rescue on the second day of the Championships, acting as starter for the evening. Everyone commented on what a great job he did.

The Presentation evening has now been moved to Friday 9<sup>th</sup> October at J.I. Case Social Club starting at 7.30pm. Tickets are now on sale at both tracks, hurry and get your tickets whilst there are some left. Only on the night will all the final results of the Club Championships be announced.

Winter training will now soon be upon us. Hall Cross school will be being used once again on a Tuesday evening from 6.30pm to 8.30pm, cost £1.00. This means that no coaches will be a Eden Grove on Tuesday evenings. For start dates please look at the notice boards at both tracks or ask your coach.

I have now had 6 applications from people for coaching courses. If there is still anyone out there that would like an application form please contact me as soon as possible. Places are available for existing coaches to gain new qualifications in different events, same applies to you, if you would like an application form please see me as soon as possible as places on these courses soon disappear.

A reminder to all coaches, the coaching committee meets every month at J.I. Case Social Club on the second Monday starting at 7.30pm. It has now been noted that fewer and fewer coaches are attending these meeting. It is important that you attend as there is only a small amount the four or five who regularly attend can achieve. Your input is vital to the running of the club so come along and put your ideas and thoughts forward. Any ideas from non coaches for the agenda would also be appreciated.

Finally I would like to say thank you to Mick Limb for producing a brilliant club newsletter. Please support Mick by sending him articles, because without the help of coaches and athletes supplying results and information their would be no newsletter to produce. Once again, keep up the good work Mick.

Everyone's support is needed to keep the club successful

Mark Churchill

## Rossington Relay

10th Sep 98

Local knowledge helped Kevin Brennan bring his team home to victory. Kevin catching race organiser Dave Hope at the old brick pond in the closing stages with just 8 seconds separating them at the finish.

Winning Team : Merritt Adlard, Mick Finney, Kevin Brennan

Dave Walton ran the fastest leg 19:37 with Askern's Dave Cole 19:40 second. Also running a splendid leg over the 3.4 mile off road circuit was youngster Jamie Smith 21:31

**Home at last!** Dave totally lost McCabe running the final leg had some difficulty in finding his way around the circuit, blaming it on the lack of light as the dark crept in, was awarded with the rest of his team the nights special award for the last team home (A lighter)

Posn	Overall	Runner 1	Runner 2	Runner 3
	Time			
1	64:19	Merritt Adlard	20:25 Mick Finney	22:59 Kevin Brennan 20:55
2	64:27	Dave Lawrie	23:07 Dave Walton	19:37 Dave Hope 21:43
3	65:04	Pete Tomlinson	20:31 Jamie Smith	21:31 Mick Limb 23:02
4	65:27	Jim Fletcher	20:38 Chris Firth	21:35 Roy Cooke 23:14
5	66:57	Mick Colligwood	22:07 Gordon Cox	23:16 Pete Rowlands 21:34
6	68:36	Eddie Fletcher	20:36 Dawn Fletcher	23:39 Trev Elkin 24:31
7	69:14	Dave Cole	19:40 Tony Henderson	25:12 Trevor Lee 24:22
8	69:39	Martin Flanagan	24:13 George Stimpson	23:12 Dave Grayson 22:14
9	73:13	Stan Bieris	24:48 Paul Brown	21:54 Dave McCabe 26:31



## Athletics today

The sport has changed greatly since the mid-1900's. Performances once thought to be impossible are common today. In 1954, Roger Bannister became the first person to run the mile in less than four minutes. Within the next 20 years, more than 200 men had run the mile in under four minutes. In the late 1980's, the 50 all-time best performances in each event included only a few from before 1980.

There are a number of reasons for this remarkable progress in athletics. They include increased competition, especially in Europe, as well as improved training methods, equipment, and techniques. Traditionally, athletics has been an amateur sport. However, the rules have been broadened to allow athletes to receive large sums of money for endorsing athletic shoes or other products and for appearing in invitation events. The opportunity to earn money has increased the level of competition.

Improved training methods help today's athletes perform well. Training with weights gives athletes greater strength for throwing, jumping, and even running. New equipment has raised performance levels. Synthetic tracks, which have more spring, cut a runner's time by as much as one second per lap. The use of fibreglass vaulting poles instead of wooden ones has reduced Warmerdam's once amazing heights to secondary-school performance levels. New techniques also help. In the high jump, for example, the use of the Fosbury flop adds about 15 centimetres to most jumps.

Current athletics champions reflect the international popularity of the sport. The biggest names in men's athletics in the 1980's included hurdler Edwin Moses and sprinter Carl Lewis of the United States, distance runners Said Aouita of Morocco and Sebastian Coe Great Britain, pole vaulter Sergey Bubka of the Soviet Union, and decathlon athlete Daley Thompson Great Britain. In women's events, sprinter Marita Koch and sprinter and long jumper Heike Drechsler of East Germany were major figures in the 1980's. Also important were sprinter Florence Griffith Joyner and long jumper and heptathlon competitor Jackie Joyner-Kersey of the United States.

## MEMBER PROFILE

**Name:** David Grayson

**Age:** 53

**Occupation:** Technical Sales Rep    **No. Of Years Club Member:** 14

**Hobbies:** Vets Squash, Badminton, Fell Walking, Cycling

**Personal Bests:-** 5 mile 25:40 Askern 1986    10k 32:25 Armthorpe

10 mile 52:46 Mardon Nott's    **Half Marathon** 1:11:48 Bridlington

**Marathon** 2 hrs 36 min London

**Other:** 3:51 Meltham Mile Downhill, 5 hrs 20 min Lyke Wake Race 3rd

**Favourite:** Event Vets Relays Dam Flask, South York's Road League & 10k

**Training Session** 600 metres repetitions Sandal Beat wood

**Food** Pasta, Indian Food, Fish

**T.V Programme** Coronation Street, Fools & Horses

**Who I Would Like To Meet Most:** Seb Coe

**Dislikes:** Event None

**Training Session** Winter, dark nights

**Food** Meat, Chips

**What made you decide to take up running:** To keep fit & keep weight down

**Future goals:** Sub 36 mins for 10k again. Sub 2 hrs 50 min for London Marathon, and win vets Squash league.



## South Yorkshire Track and Field Championships

**Dorothy Hyman Stadium, Cudworth**

**Sunday 30<sup>th</sup> August 1998**

A disappointingly small amount of athletes gathered in reasonably good weather conditions to compete in the latest edition of our local track and field Championship. Accustomed in the past to seeing the early events dominated by seemingly endless heats of the sprints, it came as something of a surprise to discover that most age groups would be contested as straight finals. Scanning through the entries for the field events it was also apparent that very few events would contain large fields. The normal "Banker", the long jump sadly looked under subscribed!

However, our first arrivals had occupied the central area in the stand and it was to that region that most of us gathered to add our vocal support to Natasha, first away in the under 15 100 metres. Straight into the medals! The first of many for our members as the day unfolded. The programme on the track fairly rattled along. A little too quickly for those preparing for the Vets 1500 when none of the entrants turned up for the Ladies 3000, suddenly advancing things by over 10 mins! So much for warm up.

As the athletes from the Club set about their business it was good to see that the officiating side of the Club was well represented with Dave Churchill and Les Watson on the stop watch, Terry Bailey track judging and John Blackshaw with Maurice Sawbridge out in the field with their assistants doing whatever they do with spikes, rakes and things! Unsung heroes. Have you ever wondered how the event would be staged without them? Mind you with comments about it being dark before I finished the 5000 perhaps we should give it a try!

Yet again, all the representatives of the Club, in whatever role did the Club proud. We always seem to be the most interested and loudest group. It is so important that we continue to support this type meeting because this is the springboard for the Club athlete into bigger and more taxing events. I have said it before about other promotions of the South Yorkshire County District committee, they are staged to enable all the members of the Club to participate. We should be careful to preserve what we have and do all we can by supporting the events as a way of saying thanks for all the time and effort expended by these wonderful people on our behalf.

## South Yorkshire Track and Field Championships Results

### U15 Girls 100m

Natasha Sampson 2nd 13.5

### U15 Boys 100m

Matthew Clark 1st 12.7

### U17 Women 100m

Louise Hardy 4th 14.5

Fiona Sayles 5th 15.6

### U17 Men 100m

Chric Dack 1st 11.5

### Womens 100m

Rebecca Holdsworth 3rd 13.6

### U15 Boys 80m H

Stephen Greenwood 2nd 17.3

### Vet Men 1500m

Martin Jephcott 1st 4:48.2

Paul Brown 4th 5:19.7

### U15 Girls 200m

Natasha Sampson 2nd 28.4

Claire Greenwood 4th 33.7

### U15 Boys 200m

Matthew Clark 1st 25.6

### U17 Men 200m

Chric Dack 1st 23.3

### U15 Girl 800m

Claire Greenwood 2nd 3:03.8

### U15 Girl 1500m

Sally Jephcott 1st 5:10.3

Michelle Moody 4th 5:46.8

### U15 Boys 1500m

Stephen Greenwood 1st 5:42.8

### Womens 800m

Rebecca Holdsworth 1st 2:42.9

### Vet Men 5000m

Paul Brown 2nd 20:02.4

### Men High Jump

Andy Hughes 4th 1.65

### Men Triple Jump

Andy Hughes 3rd 10.87

### U15 Girl Long Jump

Claire Greenwood 6th 3.19

Michelle Moody 8th 2.73

### U15 Boy Long Jump

Matthew Clark 1st 4.87

### Men Shot

Steve Minnikin 1st 11.90

Mark Churchill 2nd 7.94

### Vet Men Shot

Bernard Minnikin 2nd 8.86

### Vet Men Discus

Bernard Minnikin 2nd 27.90

### Men Javelin

Mark McCoy 1st 52.33

### U15 Boy Discus

Tom Rodgers 1st 24.39

### Men Hammer

Steve Minnikin 1st 58.57

### U15 Girl Shot

Amy Byrne 4th 6.24

### U15 Boy Shot

Tom Rodgers 1st 9.80

### Women Triple Jump

Rebecca Holdsworth 2nd 9.60

### U15 Girl Javelin

Amy Byrne 3rd 14.20

### U15 Boy Javelin

Tom Rodgers 3rd 26.09

### U17 Men Javelin

Phil Watson 3rd 34.90

**Several Field Event Results Not Known**



## Mansfield Review

On Friday 11<sup>th</sup> September a small team went on an expedition to Mansfield to compete in their floodlit trophy match. On a bitterly cold evening and with only 20 athletes, everyone of them putting in maximum effort, we managed to finish fifth out of seven which was a little below par to say that we had won the competition twice in the last three years. All the athletes cheered and shouted on their team mates and despite it only being a small team, we were the loudest around.

1st	Mansfield Harriers A.C.	304 pts
2nd	Scunthorpe & District A.C.	215 pts
3rd	Chesterfield A.C.	205.5 pts
5th	Doncaster & Stainforth A.C.	152 pts

### U15 Boys

#### Thomas Rodgers

5th	Long Jump	3.31m
4th	Shot	10.21m
6th	Javelin	30.00m

### U15 Girls

#### Victoria Lawrence

5th	80m Hurdles	15.6
-----	-------------	------

#### Natasha Sampson

1st	100m	13.3
1st	200m	27.4

#### Amy Byrne

6th	Shot	5.31m
-----	------	-------

#### Danielle Cunningham

7th	Long Jump	3.75m
6th	High Jump	1.20m

### U17 Men

#### Philip Watson

3rd	Shot	8.61m
2nd	Javelin	33.10m

### Neal Peatrie

5th	800m	2:26.1
-----	------	--------

#### Daniel Wilson

4th	200m	27.0
-----	------	------

#### Ricky Prescott

2nd	Long Jump	5.79m
1st	400m	53.1

### U17 Women

#### Helen Bieris

5th	Shot	5.95m
5th	300m	51.1

#### Fiona Sayles

6th	High Jump	1.15m
-----	-----------	-------

#### Louise Hardy

5th	100m	14.2
-----	------	------

#### Cherry Harris

6th	200m	30.9
5th	Long Jump	4.09m

#### Sam Moy

1st	Javelin	19.04m
-----	---------	--------

Continued :-

### U20 Men

#### Matthew Bieris

2nd	3000m	15:16.3
5th	Shot	6.37m

#### Andy Hughes

4th	100m	12.8
4th	Javelin	28.69m

3rd	200m	25.3
-----	------	------

5th	High Jump	1.55m
-----	-----------	-------

#### Duncan Meadows

2nd	800m	2:21.6
-----	------	--------

#### John Ball

6th	Long Jump	4.77m
-----	-----------	-------

### U20 Women

#### Sarah Akroyd

3rd	100m	15.2
2nd	200m	31.4

#### Nadine Harris

2nd	Javelin	2.37m
1st	Shot	5.72m
2nd	400m	79.4

### Relays

#### U17 Women

4x100m	6th	57.7
--------	-----	------

#### U17 Men

4x100m	5th	50.4
--------	-----	------

On a final note could I thank Andy Hughes and Mark Churchill for being team managers for the evening and to Les Watson for playing time-keeper for the club on such a cold evening.

## Elsecar 8 Challenge

13th Sep 98

### Mick Page 1st vet 40

Race winner Chris Parks (Rotherham Harriers) 43:43

3	Simon Wright	46:12	37	Pete Swaby	55:23
9	Mick Page	49:25	38	Don Gill	55:25
11	Rick Wright	50:22	44	John Elvin	55:48
21	Dave Walton	52:39	54	Kevin Brennan	57:32
23	Tony Frow	53:13	62	Tony Henderson	58:01
26	Brian Chadwick	53:37	79	Dave Hope	59:58
28	Merrit Adlard	54:39	85	Paul Cusson	60:39
34	Dave Grayson	55:18	142	Jim Collett	66:58

198 Finishers



**South  
Yorkshire**

**Cross Country**

**Fixtures**

**1998/1999**

**Numbers**

**£2.00**

25th October	Graves Park	Sheffield
8th November	Valley Park	Rotherham
22nd November	Campasll Country Park	Askern

Event				
1	Senior/Junior/Vet Men	10k	11:00	Start
2	U17 men	6k	11:00	
3	Senior/Junior/Vet Women	6k	11:45	
4	U17 Women	4k	11:45	
5	U11 Boys	1.5k	12:15	approx
6	U11 Girls	1.5k	12:20	
7	U13 Girls	3k	12:25	
8	U15 Girls	3k	12:35	
9	U13 Boys	3.5k	12:50	
10	U15 Boys	4k	13:05	

**Town Fields**

**Time Trials**

Run on the Third Tuesday of the month

Start Time 6.30 pm

Approximately 5 Miles Starting on Town Moor Avenue

**Run on a Handicap Basis**

**Start Date 20th October 98**