



August 2010

Special points of interest:

DAC ARE TOP YORKSHIRE JUNIOR CLUB FOR 2ND YEAR RUNNING IN YAL

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RESPECTING THE LEGACY, SHAPING THE FUTURE

Editor's Comment

Welcome to the second edition of "The Athlete". As we near the end of another eventful and, on the whole, very successful track and field season, there is a lot to report on. Similarly, as we approach a new cross country season, we look forward to that, also. On the road, 2010 has seen DAC building on its success in introducing the "Festival of Running" in 2009, with record numbers taking part in this year's three road and trail races. DAC has much to be proud about, and many of those achievements are recorded in this Newsletter. However, space is limited, so I apologise if not everything gets mentioned. Similarly, I can only put in what I am informed about, so I rely upon you, the reader, to keep me in the know. Please feed me your news. I'd also appreciate any constructive comments as to how to make the newsletter better, via my email address on page 6. Happy Reading!!

THE ATHLETE

LOUIS SCORCHES TO 3 EUROPEAN RECORDS!!



Well done to Louis Speight, our 20 year old wheelchair athlete. Competing in Switzerland recently, he annihilated 3 European records, and almost broke a World Record. In the T33 class he:-
(1) broke the 100m European Record, with a time of 19.09secs, 2.23 seconds inside the previous record. His time would have broken the previous

Paralympic record by 0.81 secs, and the previous World Championship record by 0.47 secs.

(2) broke the 200m European Record, with a time of 33.77 secs, 5.43seconds inside the former record. This would have broken the previous Paralympic record by 8.37 secs, and World Championship record by 3.35secs.

His time was only 400th / sec outside the world record time of 33.73, which has stood since 2005.

(3) broke the 400m European Record, with a time of 1:05:98, 10.54 seconds inside the former time of 1:16:52. His time would have broken the previous Paralympic record by 4.89 secs, and the previous World Championship record by 5.20secs.

In this current form he is ranked No1 in the world in these 3 events, and, if he remains injury-free, and continues to progress, he should be selected to represent Team GB in next year's World Championships, in New Zealand, and must be an outstanding prospect for an Olympic medal at the London 2012 games.

Diana scoops top disability coaching award



CP Sports annual dinner and awards evening was held on Saturday 17th July at Nottingham University. Athletes and volunteers, from the world of athletics, football, swimming, bowls and polybat, were recognised. Local Doncaster A.C. coach, Diana Stanger, was awarded Coach of the Year for her input, during the winter, as field events coach at the squad training days, and also because of the growing number of ath-

letes from Doncaster AC that are being encouraged, and coached to compete at CP Sport events, throughout the country. Diana was surprised and honoured to receive this award; previous recipients

include Ray Knight and Ros Miller, who have both coached multiple Paralympic champions. Diana has been instrumental in Doncaster A.C. playing host to a number of prestigious disability athletics meetings, and has been the driving force in seeing the club become fully inclusive. The number of athletes with a disability at the club continues to grow, with their standard of achievement continually improving.

Indeed, such is their rapid rate of development, that a number of these athletes could well be representing their country at the London 2012 Paralympics, and several have already competed for DAC, in league competitions in 2010, including Diana's daughter Esther, thrower Brian Burrows, and sprinter Matthew Whitehead. CP Sport England and Wales started out as an organisation to help and encourage people with cerebral palsy into sport. These days it has broadened to welcome other physical disabilities to their Grand Prix and Championship athletics competitions. CP Sport also focus on Junior Sport development.

CALLING ALL ONLINE SHOPPERS!!!

Booking a late holiday?

Changing your car insurance?

Shopping early for Christmas?

If so, you may be able to help raise funds for DAC at the same time, without it costing you a penny more!! If you go to

www.easyfundraising.org.uk and search to see if they have what you want, you can get your goods or services, and swell DAC's coffers at the same time. Just follow their instructions, to set up DAC as your nominated beneficiary, and then make your purchase. The amount DAC gets, varies, depending upon the product, and the company it is purchased from. All the money they give out in "commission" accumulates, and gets paid to the club every quarter.

NB—please do not purchase unnecessarily, but if you are shopping online, why not help the club at the same time, and at a price that suits you.?



**COULD YOU COACH?
COULD YOU OFFICIATE?
COULD YOU HELP WITH:-**

- ✓ **MARKETING?**
- ✓ **PUBLICITY?**
- ✓ **GENERAL ADMINISTRATION?**
- ✓ **TUCK SHOP?**

**DAC NEEDS YOU!!
Call 07917833860**



CLUB LOTTERY

Help DAC raise much-needed funds, whilst, at the same time, stand a chance of winning one of three monthly prizes yourself? Yes, for just £1 per month you can enter our club lottery draw. 50% of all sales are paid out each month, so the more that enter, the bigger the pay out, and the more **your** club benefits. So, if you want to "BE IN IT TO WIN IT" sign up at the Reception Desk now.

DAC goes back to school

This year DAC has made major progress in seeking to strengthen its links with local schools. Current partners include:

Danum Community School
Balby Sports College
Doncaster School for The Deaf
Doncaster Secondary Schools Sports Association
Doncaster schools disability outlets

The Club recognises, in offering state of the art athletic facilities, and experienced coaching opportunities, schools in Doncaster should be encouraged to access DAC's expertise. This winter Danum School will renew previous arrangements, whereby Danum students will work alongside DAC club coaches, in exchange for free use of their school gymnasium for winter conditioning training. A similar arrangement has been made with Balby Sports College.

Recently, a number of level 2 coaches from Doncaster Deaf College worked with one of DAC's coaches, in training DAC athletes, in what was a highly successful experience, with plans to consolidate this arrangement.

The future.

Around 20 students have received free taster sessions at the Club, following outstanding performances at the two day Secondary Schools Sports Days. Next year the Club will offer taster sessions in jumping, throwing, hurdles, pole vault and sprinting, prior to the school sports, to raise the level of ability of those competing.

DAC are also hosting the first ever Disability Startrack Session at the track, fully sponsored by The Doncaster Athletic Development Group, on the 30th September, between 10am and 2pm.

DAC needs your help

Since moving to the Keepmoat track, DAC has seen its membership grow from around 120, to in excess of 600, and this is expected to grow even more as London 2012 approaches. Whilst the club has steadily managed to gain extra coaches to keep the athlete:coach ratios at acceptable levels, the club is always looking to recruit and train more parents, or former athletes to become coaches. Those that have previously become involved have found this very rewarding, and much more preferable to waiting for training to finish, sat in the cold grandstand.

Similarly, the club needs more people who are interested in becoming track or field officials. These are key roles, that ensure that athletic meetings go ahead, and run smoothly. Having a full complement of officials at league fixtures also scores valuable points for the team, which could be crucial to promotion, or relegation over the season.

A growing membership, and increasing league participation, also requires greater levels of administration. These also generate additional financial overheads that require fundraising events organizing to cover the costs. As the club is run totally by volunteers, we are always looking to encourage more parents to get involved, in whatever capacity, and, possibly, using their everyday expertise to the benefit of the club (e.g. marketing, publicity, finance).

If you would like to become involved as a coach, an official, or in some other capacity, please contact Dave Lilley, Keiv Lincoln, or speak to the Reception Desk personnel.

Our Member's Meetings are on the 2nd Wednesday of each month, @ 7pm, in the Keepmoat Lower Press Room. Everyone is welcome to attend. The club's future could depend upon you!!



No stopping DAC's disabled athletes

An increasing number of Doncaster AC vests can be seen at disability events throughout the country, athletes from the club have been competing in the Men-cap National Championships, CP Sport Grand Prix series and Development Games, the UKA parallel challenge series, UKA Disability Challenge, the BWAA and BWRA events during 2010. These athletes include Matthew Whitehead, Louis Speight, Esther Stanger, Brian Burrows, Lucy Heavisides and Jack Ramdeen.

Five DAC members competed at the DSE Junior Championships at Blackpool on 3-4th July, winning 5 gold, 2 silver and 3 bronze medals between them.

Brian Burrows, in his very first season in competition, eclipsed the opposition in the F44 under 20 throwing events. He won gold in all 3, recording throws of 9.47 in shot putt, 24.35 in discus and a massive 36.47 in javelin.

Lucy Heavisides threw two PBs, in the F35 javelin (4.94m, bronze) and shot (4.06m, 4th) and won gold in the discus with a seasons' best of 11.54m.

Jack Ramdeen also struck gold in the F35 shot putt with 6.26m, and won silvers in javelin with 15.35m and discus with 17.29m.

Kayden Roe, in the F37 category, was throwing against two of the best in the UK; he still won bronze in the discus with a PB of 18.29m,

and was 4th in Javelin with another PB of 14.17m. Kayden was 4th again in the T37 100m in a very good time of 17.3sec. Matthew Whitehead was also up against the best under 20 T20 athletes in the country. He won a well deserved bronze in the 100m with a time of 13.6sec, and was a close 5th in a thrilling 200m in a time of 27.4sec. Matthew and Kayden were also valuable members of the Yorkshire and Humberside relay teams. Brian Burrows and Matthew Whitehead have competed for the club alongside the mainstream athletes in the National Junior League matches.

September will see the last of the outdoor events of 2010. There will be a good turnout of Doncaster AC athletes at the CP National Championships which will be at Nottingham on 18-19th September. Prior to that, there is the FDSO Senior event at our own Keepmoat Stadium on Thursday 16th September. This is for athletes with learning or a physical disability aged 15 and over. Athletes from throughout Yorkshire will be competing; I am expecting a strong turnout from DAC. Come down to support us if you can, look out for Brian Burrows, James Gosling, Esther Stanger, Matthew Whitehead, Jack Ramdeen, Lucy Heavisides, Kayden Roe and new 'boy' Paul Bentley.

Diana Stanger

In early July, a record number of 13 DAC athletes competed in the English Schools Athletic Association Championships, at Alexandra Palace Stadium, Birmingham. They were representing the County Schools Athletic Associations of South Yorkshire, Nottinghamshire, or Humberside, depending upon which schools they attend. The event was televised live on Sky TV, and to reach these Finals alone is a tremendous achievement, requiring each athlete to achieve the qualifying standard, and to sufficiently impress their respective counties selection panels to be selected, as each county's total squad numbers are limited to 35.

In the Senior Boys, Ransford Anthony reached the final, having run 11.0 in the heats, and 11.08 in the semis, but, carrying a slight injury, could only manage 11.17 in the final, finishing 8th. In the Junior Girls, Alice Howe (Lincs) and Rachel Shaw (Humb) both reached the semi-finals of the 100m, but just failed to qualify for the final. However, Rachel was also in the Humberside 4 x 100m squad that claimed the silver medal, just behind Sussex, in 48.93secs.

In the Junior Boys, Papa Anthony finished eighth out of seventeen in the triple jump, with a distance of 12.05m. Ashton Harrison, currently ranked 8th in the UK at U15 level, came sixth, out of nine, in the Pole Vault (3.15m), with UK ranked No.1, and South Yorkshire teammate, Adam Hague, from Dearnside High,

winning with a clearance of 3.45. In the 100m, Jake Canning reached the semi-finals (11.55secs), but was up against George Perkins, and Ronnie Wells, who finished 1st and 2nd in the Final, where they ran 11.25, and 11.26 respectively.



Nicole Bewley jumped 1.59m, to finish thirteenth, out of twenty two, in the Inter Girls High Jump. Kelly Bramhald threw 39.34m in the javelin, to finish seventh, out of twenty three.

Inter Boy, Dan Dale, threw his javelin 47.05m to finish thirteenth, behind Somerset's Robin Denaher, who threw an enormous 62.01m.

Kat Wilson, Amber Merrills, and Chloe Bradley were our Senior Girl representatives. Kat came eighth, out of 10, in the Pole Vault, clearing 2.85m. Amber finished fifth, of 15, in the Shot, with a distance of 11.52, whilst Chloe finished third in her heat of the 400m, in a club record time of 57.51secs, but, sadly, this failed to qualify her for the Final.

As well as Rachel winning an excellent silver medal, all the athletes will have gained invaluable experience from competing in such a prestigious competition, and many of these, along with other, up-and-coming DAC athletes, will be keen to be there once more next year.

SENIORS NEED MORE FEMALE ATHLETES

A distinct shortage of female athletes was the main reason behind the club's senior team being relegated, back to division 3EC next season, after just one year in division 2EC. Over the 4 match season, the men's squad was strong, both in numbers, and quality, and finished in the top three, on each occasion,

In match 1, even though the fixture was at home, DAC could only find 2 female athletes to compete. The men's team finished 2nd, scoring 182 points, but with the women only scoring 21 in total, the combined total was only good enough for 6th place.

Matches 2, 3 and 4 saw DAC fielding 8, 11 and 7 female athletes, which left many events uncovered, whereas the men's squad saw athletes turning out in the majority of the disciplines.

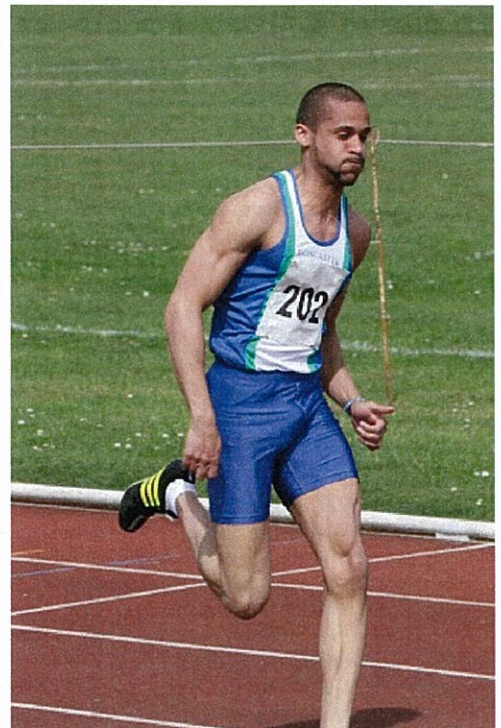


The season was not all doom and gloom, with some excellent performances by those who did compete. Liam Davies, Darran Askew, Les Grant and Pete Andrews, and Chloe Bradley competed in every match, and were happy to fill in wherever they could, to earn a few extra points. Lisa and Shelley Revitt, took part in most fixtures, and featured highly in the multitude of events they took part in, as did Dave Long, Matt Green, Kelly Bramhald, Troy Kennedy, Steve Minnikin, Carl Ryde, Pete Tallents and Chris Watts.

Next season DAC will, hopefully, have more athletes, both male and female available to compete in the Northern Senior League, as greater numbers

come through from the junior ranks. However, it may be a few years yet before our numbers are equal with those of our neighbouring clubs, and we can make a concerted run up the league tables, rather than yo-yoing, up and down.

Dave Sedgwick, and Lewis Purcell, from our male road running athletes, dipped their toe (some literally!!) into the world of track and field, by competing in the 3k steeplechase, and seemed to relish the experience. Hopefully they will be back next season, keen to improve on this year's performances, and, perhaps, attempt one or two other events. Hopefully, their participation may encourage other road-runners, both male and female, to give T&F a go, as a pleasing alternative to the grind of distance running, and enjoy the atmosphere of friendly team competition.



Next year the team will be looking to appoint a new Team Manager, or Managers, as I have decided to concentrate my efforts on other club issues, and, with some sadness, relinquish the role, into the hands of someone that has the time to organise the team, both prior to the match, and on the day (hopefully, without having to double up as an official too!!). Many thanks to all those who have competed for me, whilst I was manager, and I hope the team quickly climbing back up the leagues, where it should rightfully be. If you are interested in becoming the manager next year, and would like to know more about the role, please feel free to contact me.

Dave Lilley.

YAL SQUAD ARE YORKSHIRE'S TOP CLUB FOR SECOND YEAR RUNNING!!!



Doncaster Athletics Club - 2010 Young Athletes League Team

It was with a degree of trepidation that we went into the 2010 McCain's Young Athletes League competition. On the back of a season, where the team of 2009 surpassed all expectations by finishing fifth overall in the North, it was always going to be difficult to live up to this, especially after losing most of our U17 men's team who moved up to compete in the U20s age group.

Still, we pooled all our resources, managed to bring a few new key athletes into the team and yet again put in superb individual and team performances which resulted in us finishing the Northern Premier East Division in **SECOND** place and the Northern area regional finals in sixth place overall (only one place lower than the exulted position that we finished in last year) This left us once again **THE TOP YOUNG ATHLETES TEAM IN YORKSHIRE, HUMBERSIDE and NORTH DERBYSHIRE** - beating the likes of Wakefield, Sheffield, Leeds, York, Rotherham, Chesterfield, etc.

This year the YAL format changed considerably, which meant we no longer competed in regional rounds against the top Northern opposition from the West of the region (Sale, Liverpool, Blackpool and Preston) and also the timetable changed around considerably, which resulted in many events clashing and precluded many of our athletes doing all their strongest events. This re-organisation gave us quite a few issues and hours of work trying to work our way round but we finally got to grips with it by the end of the season!

The season opened on a bitter cold day in May at the Keepmoat, where we played host to the rejuvenated and once again mighty Gateshead Harriers team. They were certainly out to avenge their defeat by DAC last season and ended up the class team of the division, winning every round and then going onto win the regional final comfortably beating Sale Harriers of Manchester.

We certainly weren't totally outclassed though and were only beaten by 69 points, scoring a still respectable 595 points ourselves and easily beating the other opposition, East Cheshire.

The second round, once again at the Keepmoat was a much warmer affair and one that Doncaster AC dominated, comfortably beating Chesterfield and Leeds AC (who narrowly beat us last season) by over 100 points. At this event a number of club records were achieved and the majority of our athletes achieved Personal Best performances. What was key however was that we had just about every event covered with an A and B competitor which really pays off in this type of competition.

It was then a case of packing our bags on the coach and off to the first 'awayday' of the season where we were competing at York. We went into this round with an extremely strong team and an expectation to comfortably win this round over York and Rotherham. York turned out a good team on the day though and gave us more competition than we were expecting. We were however really bewildered to see the results at the end of the day only put us on 571 points (albeit still 65 points ahead of York and 255 ahead of Rotherham) and this put rather a dampener on what should have been a great performance by us. After an inquest and a lot of questioning the results, we did manage to get awarded a further 100 points, that were found to be missing, which kept us in the overall second place in the division just ahead of Wakefield and Sheffield who we were to meet in the next round.

The final round at Sheffield was always going to be a difficult affair for us. Our team was really depleted and the usually strong Boy's team were without any distance runners. We were disappointingly beaten into third place by our nearest rivals, but this was not wholly unexpected. It was a close round though and there were only 50

points that separated the 3 teams at the end of the day.

There were still a lot of good things to take away from the day - our sprint team did really well setting many individual P.B.s - topped by Joe McGrath who set a club record in the 200m. There were many P.B.s also set by our middle distance runners, hurdlers and jumpers.

Full results for the four rounds are shown below

REGIONAL FINAL ON SUNDAY 1st AUGUST

This all enabled us to qualify for the Regional Finals at Cudworth, to take on the other three top four teams from our division plus the four top teams from the West division in a Premier League showdown. Again, we had to go into this with a lot of our athletes unavailable and really paid the price for it in this exalted company. We didn't have any athletes in 24 events (15% of the total events) and in about a third (47) of the events that we did cover, we didn't have our usual (and strongest) athlete. If we had put the same team out that we had done in earlier rounds then we certainly would have beaten Liverpool into the fifth spot and might have even been chasing an Auxiliary Final place. Had it not been for a lot of these missing athletes though, we would not have made it to the finals in the first place, so a big thank you is sent out to them and sorry they missed what was a great day against some really good quality opposition.

DAC athletes did however hold their own in this competition, and where we did have athletes competing in their favoured events then they all did extremely well with many doing PB performances. There were a whole load of events that we won quite comfortably and a few where we had one and two finishes - at this level of competition, that was no mean feat!

Once again Jack Houghton lead the way and set TWO club records in the process, and as for the awesome U15 Boys 4 x 100 relay team, they really owned the track making the sprint teams from Liverpool, Sale and Gateshead look pedestrian in comparison.

Throughout the day we were "nip and tuck" with Wakefield and within a few points of the fifth place finishing Liverpool Harriers. The full results of how we finished on the day are shown below.

We would like to thank all the athletes for the effort they gave during the season - many of which ended up doing events for the first time, events they were not particularly comfortable doing or just the same event time and time again when they really wanted to be doing something different.

Round 1 - 2nd May		Round 2 - May 16th		Round 3 - June 20th		Round 4 - July 18th	
Gateshead Harriers	664	Doncaster AC	639	Doncaster AC	675	Wakefield	600
Doncaster AC	595	Chesterfield AC	549	City of York AC	527	City of Sheffield	572
East Cheshire	473	Leeds City AC	528	Rotherham Harriers	393	Doncaster AC	550

Most of the outstanding individual performances from each round were rewarded with the athlete concerned being awarded "Athlete of the Match". These were:

Round 1 at the Keepmoat



U17W
Kelly Bramhald

Male
U15B

Ashton
Harrison

Female



Female
U13G
Abigail Cliff

Round 2 at the



Keepmoat

Male
U15B

Jake Canning



Female
U15G
Alice Howe



Round 3 at York

Male
U17M

Jack Houghton



Female
U17W
Beth Dobbin

Round 4 at Sheffield



Male
U17B

Ash Langton



Whilst not wanting to really single out any individual performances, we can't miss out on the opportunity to further thank Jack Houghton for his outstanding contribution and attitude towards his team performances this year. Jack did everything we have asked of him (and much, much more) in terms of competing in different events. More than this though, he has without exception, given absolutely everything he possible could each time out, winning most races and setting P.B. after P.B. and club record after club record.



Jack is a shining example of everything that is good within this team and the club in general. We will sadly miss him next year as he moves on to U20s competition but if there is anyone you would want as team captain, to lead by example, then Jack is your man - WELL DONE AND THANKS FOR YOUR OUTSTANDING EFFORTS.

The same can also be said for Beth Dobbin, who has really 'come of age' this season and turned in some superb performances propping up the depleted Under 17 Women's team - Thanks Beth!

We will sadly have to say goodbye to a number of our U17 athletes who will be too old to compete in the YAL next year but will no doubt move on to NJL competition where we are sure that Jill and Howard St. Clair will put them through their paces.
Thanks and all the best for the future to:

Kelly Bramhald, Cora Troope, Kirsten

Frost and Beth Dobbin.

Jamie Smyth, Charlie Stephenson, Jack Houghton and Saroj Khadka

We would also like to thank all the officials, judges, timekeepers, and general helpers without whose help it would have been impossible to host the two rounds down at the Keepmoat and also score maximum Officials points in each round, contributing to the overall total of teams points.

We would particularly like to thank Dave Andrews (who was time keeper at every event) and Pete Lowe (who was starter and track judge also at every round) for their outstanding dedication and contribution. Last but certainly not least, our thanks also go out to Terry Bailey, who as always was our "man in the know". The expert who we always go to if we needed any help in organising things and our co-ordinator with the league - and of course.....the one that took it upon himself to sort out the mess with the scoring at the York round that resulted in us getting the extra 100 points due to us that moved us above Wakefield into second place in the league.

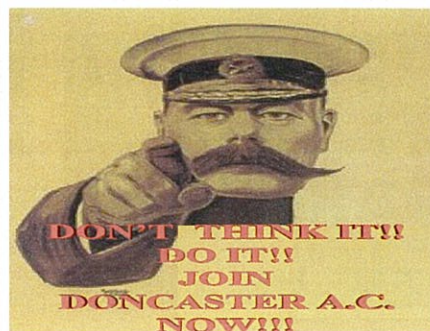
So it's the end of another successful campaign for the DACYAL team and the end of another stressful time for us Managers.

Hopefully we will all be back to do it again next year (even though we always say this year is our last!) and who knows with a stronger U17s team next year and hopefully some good up and coming U13s then maybe, just maybe, this plaque will be replaced with an Auxiliary final one.

Until then, thanks again to everyone involved in making this another great achievement for Doncaster AC, and have an enjoyable and successful rest of your season .

YAL TEAM MANAGERS — *Marie, Nicki and Elaine xx*

Gateshead Harriers	857
Sale Harriers	
Manchester	838
Preston Harriers	720
Blackpool , Wyre & Fylde	719
Liverpool Harriers & AC	687
Doncaster AC	670
Wakefield & District Harriers	662.5
City of Sheffield AC	555.5



DAC ROAD RACES GROW IN POPULARITY

Sandall Beat.

The first race of the 3 races hosted each year by Doncaster AC saw organisers waking up to beautiful blue skies and hot sunshine. The course was marked out during the morning, with the team back on-site at 3pm to complete preparation. As the first runners began to arrive the temperature remained in the mid 20's, but was refreshingly cooler in the shade of the woods.

At 7pm prompt the Fun Run started with 35 runners ranging in age from tots to grandparents. The first 3 boys and first 3 girls, under 16, were each awarded a trophy and these were fiercely contested. The overall winner was Declan Neary, 13, of Doncaster AC in a time of 6 minutes 26



seconds. In a very close 2nd was the first girl, Charlotte Kirk, 13, also of Doncaster AC, in 6 minutes 34 seconds. 2nd boy was George Phillips,



10, in 7.14 and 3rd boy was Naeem Stevens, 14, in 7.15. 2nd girl was Ellie Carr, 9, of Doncaster AC in 8.58 and 3rd girl was Lauren Howe, 11, also of Doncaster AC in 9.14.

At 7.30pm the main race got underway with the 230 plus field thinning quickly as the faster runners set a blistering pace across Castle Park and out into the woods. A little over 32 minutes later our own John Wanjohi appeared around the corner into the home straight to win the race in



32.44, followed a short time later by Carl Ryde in

34.57, Lewis Purcell in 36.28 and John Guveya in 36.41. This meant that the first 4 places were taken by Doncaster AC athletes.

Jayne Purchase completed an excellent night for Doncaster AC by claiming 2nd place in the ladies race in 41.52, only 8 seconds behind first lady Julie Masterman from Goole Vikings. 3rd lady was Lindsay Gray of Rotherham Harriers who finished just 2 seconds later, meaning the first 3 ladies finished within 10 seconds of each other.

Once the race was over a large number of competitors, marshalls and spectators retired to the bar for a well earned beverage. For those interested in running next year the date has already been set for Wednesday 15th June 2011.

Town Centre.

14th July saw the 17th running of our annual Town Centre 5k races. First held to commemorate the 800th anniversary of Doncaster, the race has been run every year since. With just half and hour to the start of the fun run the heavens opened, and there was thunder and lightening, but, as quickly as it had started, the skies cleared and the sun shone brightly.

The organising team felt it would be fitting this year to rename the Fun Run in memory of our fellow member and friend John McHale who died in January at the age of just 36. It was with great pleasure, and with some tears, that the largest ever number of competitors in the 'Johnny Mac Family Fun Run' took part in a round of applause to remember John, prior to the start of the race. The 250 strong field then charged away, with all ages taking part, a large proportion



in fancy dress, raising money for local charities.

At the front, an exciting race developed, with



Doncaster AC's Declan Neary narrowly beating fellow DAC athletes Callum Wilson and Elliot Tong in a time of 6.14. Callum was only 3 seconds behind and Elliot just 7 seconds behind Callum. In the girls race DAC's Charlotte Kirk was first in a time of 6.31, closely followed by Rotherham Harrier's Jess Mangham, in 6.42, and DAC's Megan

Blackburn in third in 6.57.

Next up was the Vets race (Men over 40 and Women over 35!). A highly competitive race ensued, with Shaun Dimelow of Barnsley Harriers eventually winning in 16.00, with Simon Wright of Doncaster AC runner-up in 16.23.

The course record for the Town Centre race is shared by Dave Tune and Jason Ward, with a



time of 14:28, which Dave set in 1996, and Jason equalled in 2003. The ladies record is held by Birhan Dagne in a time of 16:35, set in 1998. A talented field assembled this year and spectators assembled expectant of a fast time.

The 186 competitors were led home in 15.11 by Philip Hoole of Rotherham Harriers, closely followed by Doncaster AC's Carl Ryde and John Wanjohi in 15.34 and 15.40 respectively. In the ladies race Jenny Blizzard, of Rotherham Harriers, was first home in 17.36.



The Lady Mayoress was on hand to start all 3 races and to welcome the runners home before



kindly presenting the prizes in the Courtyard pub afterwards.

Cusworth 10k

This year's race is on Sunday, 26th September, with the 1 mile Fun Run taking place at 10.15am, followed by the main race at 11.00am.

DAC ROAD RACES GROW IN POPULARITY (continued)

Last year's race proved to be very popular, and enjoyable, with many of the runners stating that they would be back again this year. If the entry levels for Sandall Beat and the Town Centre races are anything to go by, we can expect an even larger turn out than last year. Entry numbers are limited, for health and safety reasons, but there are currently still places available. Entry forms can be downloaded from the club's website (www.doncasterathleticclub.com). The Cusworth races are set in lovely surroundings, so why not give them a try. You can run competitively, just run to be involved, or use it as an opportunity to raise money for a good cause, by getting yourself sponsored. Entries will be taken on the day, if the events are not already fully subscribed, but these entries will not be eligible for prizes, medals, or a T-shirt.

Chris Newman & Steve Hall - Loch Ness Marathon

In memory of our good friend John McHale, DAC members Chris Newman and Steve Hall are running the Loch Ness Marathon in October to raise money for Bowel Cancer UK. If you would like to sponsor Chris and Steve you can do so, via a link on the club web-site. Good luck to you both.

Notable Successes for DAC Road Runners

A busy summer for the road running section has produced some excellent performances from Doncaster AC athletes. Some of the most noticeable are:

Carl Ryde winning the Jim Dingwall Elloughton 10k on 8th August in 32.41, with rising star Josh Lowe finishing 8th in 36.04. Another excellent performance from Kev Taylor saw him finish in 44.31 in the same race. Only a few weeks earlier Carl had set a new club record for 5 miles of 25.48 at the Notts AC 5 mile road race, finishing 5th overall. Again Josh Lowe was hot on his heels

equalling his PB in 27.35.

At the Scunthorpe 10k, in early July, John Guveya finished 2nd in 35.58 and Jayne Baldwin was first lady in 40.54.

Forthcoming Races

12 th September	Wetherby 10k
12 th September	Mablethorpe 10k
26 th September	Cusworth 10k
3 rd October	Isle of Axholme Half Marathon
3 rd October	Mablethorpe Marathon and Half Marathon
31 st October	Guy Fawkes 10, Ripley Castle
5 th December	Percy Pud 10k, Sheffield

ARE WIGAN-A-GO-UP?

A hard-fought season in the Humber division of the National Junior League, saw DAC finish second overall, behind league champions Wakefield Harriers. This means that both clubs qualified to compete in the Northern Premier league promotion play-off match, at Wigan, on the 29th August. This fixture usually involves the top 2 teams from each of the Humber, Pennine and Mersey leagues, together with the club who are next to bottom in the Premiership, and who are battling to stay in that division. However, both clubs in the Mersey division have withdrawn from the match, so DAC will be up against teams from Wakefield, Leeds, York and Preston, with the top 2 in the match being promoted to the

1	WAKEFIELD & DISTRICT HARRIERS	1831	32
2	DONCASTER A.C.	1652	28
3	ROTHERHAM HARRIERS	1220	22
4	SCUNTHORPE & DISTRICT A.C.	1211	21
5	KINGSTON UPON HULL A.C.	1022	16
6	CITY OF SHEFFIELD A.C.	756.5	13
7	GRIMSBY/CLEETHORPES	357.5	8



Northern Premier league next summer. DAC reached the same fixture last season, but only had 7 athletes available to compete. This time DAC are hoping to take a much larger squad, and make a serious challenge for promotion.

If DAC are successful, this would see them taking on Team Edinburgh, Team Glasgow, Team Forth Valley and Kingdom Athletics (who are all Scottish composite teams, made up of a number of clubs pooling resources), together with Gateshead, Sale, and whoever else is promoted. This would be a big step up in standard for DAC's athletes, and would probably entail at least one, if not two fixtures in Scotland, requiring an overnight stopover.

Whatever the outcome, the squad have shown that DAC are clearly getting stronger year by year and, if not this year, it is only a matter of time before they are mixing with, and becoming, one of the best teams in the country.

GRAMM VISITS DONNY

I recently had the pleasure to meet former GB middle distance runner Steve Cram, at a seminar held by the Yorkshire Bank in Doncaster. During his career, Steve won an Olympic 1500m Silver medal, 3 Commonwealth Games Gold medals (1500m twice and 800m once), a World Championship Gold medal (1500m), 2 European Championship Gold medals (both 1500m) and a bronze for the 800m.

However, he is most remembered for his "19 DAYS OF GLORY", during which period, in 1985, he set 3 world records:-

July 16th 1985 - 1500m - 3:29:67, beating Said Aouita by 0.04 of a second
 July 27th 1985 - Mile - 3:46:32 (record stood for a further 8 years)
 August 4th 1985 - 2000m - 4:51:39

Steve talked about how he got into athletics whilst at school (because he was a bit better at running than he was at football). He admitted that he used to be lazy when it came to training, but was still the best his school had to offer. In 1978, when he was just 17, his PE teacher, to teach him a lesson, did not pick him for a forthcoming 1500m race at Gateshead. He asked why he hadn't

been picked, and his coach explained that it was because of his attitude towards training. Steve promised to change his ways, if he was picked to compete. The teacher agreed, and Steve went to Gateshead to race. Steve did not know it, but Brendon Foster (who only lived about 500 yards from Steve) was in the crowd watching. Steve went into the race, determined to prove that he was the best. He won by about 100 metres, in a time of 3:42.8, which he said, was the exact equivalent of doing a 4 minute mile.

Having seen this amazing performance by a young 17 year old, Brendon Foster contacted the organisers of the Emsley Carr Mile, a prestigious annual race, which was due to be held at Crystal Palace the following week, and recommended that Steve be invited to run. It was the furthest Steve had ever travelled to race, and was at a much higher standard than anything he had previously encountered. He failed to win the race, but his time of 3:57:4, broke the "Age 17 and Under" world record for the mile, previously set by Jim Ryan.

Steve's performance led to him being selected, a week later, to represent England in the Commonwealth Games in Canada. Whilst he was eliminated in the qualifying stages, he found the experience invaluable, and he knew then that he wanted to be

a world class athlete, and if he wanted to be the best, he had to be fully committed to the sport, ensuring that every aspect of his preparation was planned and carried out to the letter.

His athletic records speak for themselves, and Steve said that he later went back to see his former PE teacher, and thanked him for dropping him as, but for this jolt in the arm, he may never have achieved what he did.

Steve signed a DAC vest, for framing, as well as signing a few items to be raffled off for club funds, and had his photograph taken, holding the club vest. He said that he would love to come and talk to DAC's members if we can find a time that coincides with him being in the area at some point in the near future. If this comes about, do not miss it, as he is definitely worth listening to.

DAVE LILLEY



Saturday, 28 August 2010

NA Inter-counties Competition:: Track and Field

Sunday, 29 August 2010

NJL - Regional Promotion Final :: Track and Field

Sunday, 29 August 2010

Chesterfield Spire 10:: Road Running

Monday, 30 August 2010

DAC Open Meeting:: Track and Field

Wednesday, 01 September 2010

York Millennium Bridge races:: Road Running

Friday, 03 September 2010

Mansfield 5k:: Road Running

Saturday, 04 September 2010

NATYAL Auxiliary Final:: Track and Field

Sunday, 05 September 2010

NATYAL Main Final:: Track and Field

Sunday, 05 September 2010

Great Yorkshire Run - Sheffield 10k:: Road Running

Saturday, 11 September 2010

U15 Inter-Counties Match:: Track and Field

Saturday, 11 September 2010

Penistone Show 10k:: Road Running

Sunday, 12 September 2010

Bawtry Forest Trail Run:: Cross Country / Trail

Sunday, 12 September 2010

Robin Hood Half Marathon:: Road Running

Sunday, 12 September 2010

Sandal Castle Mutli Terrain Races:: Cross Country / Trail

Sunday, 12 September 2010

MABLETHORPE EAST COAST CLASSIC 10K RACE :: Road Running

Sunday, 12 September 2010

NJL - National Final :: Track and Field

Sunday, 12 September 2010

6th Somme Poppy Races (France):: Road Running

Saturday, 18 September 2010 - Sunday, 19 September 2010

ESAA Combined Events Championships:: Track and Field

Saturday, 25 September 2010

Nine Edges Endurance:: Cross Country / Trail

Sunday, 26 September 2010

Cusworth 10k:: Road Running

Thursday, 30 September 2010

All Abilities Startrack:: Track and Field

Saturday, 02 October 2010

Rother Valley Trail Run:: Cross Country / Trail

Saturday, 02 October 2010

2010 Road Relay Champs - Manchester:: Road Running

Sunday, 03 October 2010

Mablethorpe Marathon & Half Marathon:: Road Running

Sunday, 03 October 2010

Isle of Axholme Half Marathon:: Road Running

Sunday, 03 October 2010

Harewood 10:: Road Running

Saturday, 09 October 2010

Cutlers' XC Relay Championships:: Cross Country / Trail

Saturday, 09 October 2010

Northern Athletics 1st Annual Northern Cross Country:: Cross Country / Trail

Sunday, 31 October 2010

Worksop Halloween Half Marathon:: Road Running

Sunday, 14 November 2010

Barnsley 10k:: Road Running

Sunday, 19 December 2010

Bolsover 10k:: Road Running



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The logo for 'metres to miles' features silhouettes of a runner, a child, and a person with a dog, with the text 'metres to miles' in a stylized font. Below it, it says 'WALK | JOG | RUN' and 'specialist in running & fitness gear'.

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