TEN YEARS of the NEW MARSKE HILL RUN

1972 - 1982

Compiled and Written
by
Harry Gamble-Thompson
and
Alan Hughes

sketches by
Susan E. Hughes

Published by
The Revd Alan Hughes
10 Allendale Tee
New Marske
Cleveland TS11 8HN

Printed by
Linthorpe Printers Ltd.
477 Linthorpe Road
Middlesbrough
Cleveland

Cover reproduced from Ordnance Survey Map of 1895

PREFACE

The idea behind this book arose from a conversation between Harry Gamble-Thompson and myself in the autumn of 1979. At the time, we thought that runners and their families might like a simple record of New Marske Hill Run races. Fortunately Harry had an almost complete record of times and placings. The original notion of a sheaf of typed sheets has grown into this more comprehensive little book, published to coincide with the tenth anniversary of the run.

The 25th Teesside (New Marske) Company of The Boy's Brigade, which celebrates its Centenery next year, holds a Carnival on Pontac Road Playing Fields each July. The Company, led by Captain Barrie Pearce and now numbering over one hundred and ten boys, sponsors the run providing necessary finance for personal trophies and boy-power along the route. Harry Gamble-Thompson plans each run assisted by his trainer Tom Farrell, who acts as race recorder and timekeeper. Harry's daughter, Helen Thompson processes all entries.

We hope that you enjoy reading about the history behind the run and its devotees. The ten races run between 1972 and 1981 are all recorded. Harry has also put together some hints for joggers and, after some pressure from me, revealed something of himself.

The eleventh race takes place on Sunday July 18th around mid-afternoon.

Alan Hughes

CONTENTS

Preface

Page

A History of The Hill Run 2

Ten Years of Races and Runners 5

Handy Hints for Joggers 13

A (potted) Sports biography of

Harry Gamble-Thompson 15

A HISTORY OF THE HILL RUN

During early 1972 Frank Gilbert - then Captain of New Marske Boys Brigade - asked Harry Thompson if he could organise some sort of race to be run on New Marske Carnival Day - it had to be one to hold the spectators interest, not too short and not too long - so the New Marske Hill Run was started.

The first winner of the over 16's race L. Spence was from Scotland and in the last couple of years this young man has represented his country at several distances.

Four past winners of the under 16's race have represented Cleveland County in the all England School Cross Country Championships - Mark Thompson, John Bell, Paul Curry and Alan Prouse.

Harry Thompson's son, Mark made his debut in the London Marathon in 1982 with a time of 2 hours 53 mins 16 secs. He has competed in the Engadin Ski Marathon of 26 miles and is presently training for the Berlin Marathon where he is serving with The Royal Artillery.

The Late Tom Flory winner in 1977 and 1978 won the Yorkshire Marathon Championship and represented Yorkshire in 20 mile races several times - the last occasion in 1978 at the age of 40, he finished 5th in the 25 kilometre (over 15½ miles) world veteran championships in 1979 at Bolton.

Mick Garrett ran second to Jos Naylor (one of the top few runners in Britain for some years) in the Lyke Wake Race - yes ran 42 miles - he also broke the 24 hour Fell Running record in 1978 with the help of Peter Haines (4th in 1979 Hill Race).

Who knows what the future holds for our young runners - maybe an England athlete or olympian.

* * *

1972 Trophy donated by H.G. Thompson to be awarded to fastest New Marske resident in either race -
1st winner: Steve Hurrell

1973 First female runner- Francis Raby, finished 13th out of 15 runners.

1974 5 female runners - Helen Thompson winner.

1976 Thompson family, father, son and daughter - Harry, Mark, and Helen win all races, record No. of runners 42 in U/16.

1977 Helen Thompson wins girls race for third time in 4 years. New trophy donated by N.M.I.C. Football section, this to be awarded to fastest New Marske Resident in O/16 race. The original trophy now to go to the fastest New Marske resident in the U/16 race.

1978 More 'outsiders' in both races this year U/16 and O/16 winners from these. However girls 'hold fort' for New Marske as Julie Tomlinson gets her first win in the U/16 girls. New record set by Tom Flory in 8 mins 53 secs.

1979 Record number of girls running, 12 - Louise Heywood winning in her first attempt. Gwyn Potts wins O/16 in new record time of 8 mins 43 seconds. Youngest competitor Jason Henry aged 8, position 21.

1980 40 starters, 2 failed to finish, 1 disqualified. 2 merit awards for G. McNally 1st under 10 years old and Ruth Johnson who started 1 min later than everyone else.

1981 We may have to widen Pontac Road.
64 starters - 45 males 19 females
62 finished - 44 males 18 females
Plus 9 males and 1 female in the Seniors Race.
74 starters in all.

1972 — 14 entrants 1982 — 74 entrants

10 YEARS OF HILL RUN

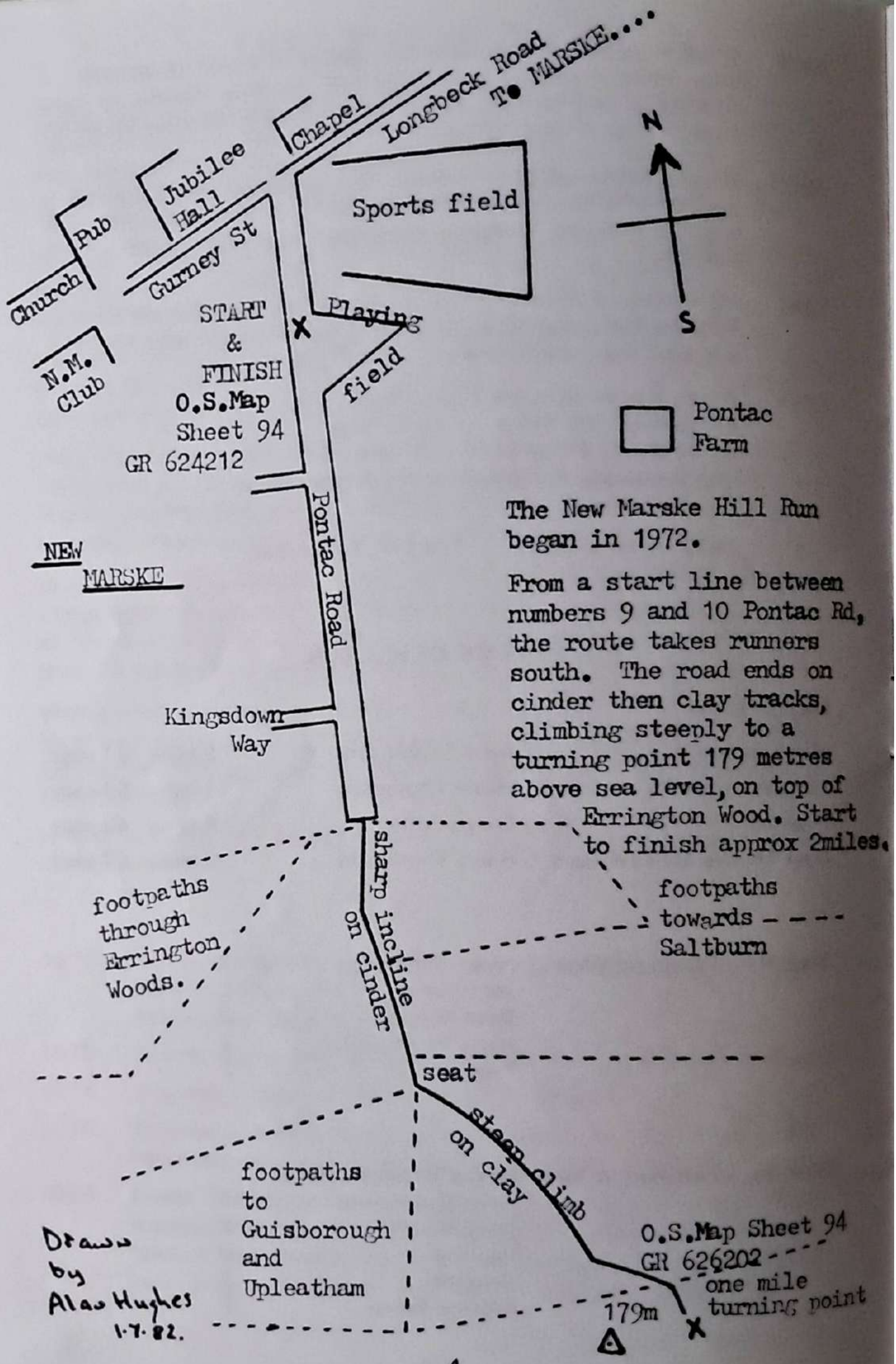
Record Holder

Males under 16	Mark Thompson	9 mins	21 secs
Females under 16	Helen Thompson	11 mins	59 secs
Over 16	Gwyn Potts	8 mins	43 secs
Over 16 (New Marske resident)	Harry Thompson	9 mins	37 secs

Most No. of Outright Wins	Helen Thompson	3
	John Bell	2
	Dave Moore	2
	Harry Thompson	2
	Tom Flory	2

Most No. of winners of New Marske Residents Races

Harry Thompson	4
Dave Moore	2
Paul Curry	2
John Bell	2
Andrew Bacsa	2


Longbeck Road
To MARSKE....
Chapel
Jubilee Hall
Pub
Church
Gurney St
Sports field
N
S
START & FINISH
O.S.Map Sheet 94
GR 624212
Playing field
N.M. Club
Pontac Farm
NEW MARSKE
Pontac Road
Kingsdown Way
The New Marske Hill Run began in 1972.
From a start line between numbers 9 and 10 Pontac Rd, the route takes runners south. The road ends on cinder then clay tracks, climbing steeply to a turning point 179 metres above sea level, on top of Errington Wood. Start to finish approx 2miles.
footpaths through Errington Woods.
sharp incline on cinder
footpaths towards Saltburn
seat
steep climb on clay
footpaths to Guisborough and Upleatham
Drawn by Alan Hughes 1.7.82.
O.S.Map Sheet 94
GR 626202
one mile turning point
179m

TEN YEARS OF RACES AND RUNNERS

1972

Under 16

Position		Time in minutes & seconds
1.	S. Hurrell	10.30
2.	M. Burnicle	10.59
3.	G. Duggan	11.32
4.	A. O'Connell	11.45
5.	M. Thompson	11.46
6.	B. Sands	12.28
7.	G. Boag	13.40
8.	R. McIntosh	13.45
9.	R. Spencer	13.57
10.	A. Cumasky	14.05
11.	P. Leademan	15.00

Over 16

Position		Time
1.	L. Spence	8.58
2.	H.G. Thompson	11.16
3.	G. Johnson	14.00

First New Marske Residents

U/16 S. Hurrell
O/16 H.G. Thompson

1973

Under 16

Position		Time
1.	Paul Calvert	10.45
2.	Glyn Duggan	11.03
3.	Ian Greenwood	11.23
4.	Mark Thompson	11.24
5.	Stuart Love	12.03
6.	Mark Spavin	12.15
7.	Colin Gilbert	12.27
8.	Paul Nobel	13.02
9.	Ian Greig	13.13
10.	Philip McDonnel	13.26
11.	Mark Nobel	13.48
12.	Martin Cooper	14.10
13.	Francis Raby (female) first female entrant	14.25
14.	W. Young	14.43
15.	Mark Trodden	14.55
	M. Hutchinson	
	P. Rutter	Did not Finish
	J. Marsden	
	C. Hanson	

Over 16

Position		Time
1.	DavidMoore	10.34
2.	Harry Thompson	10.44
3.	Alan Jones	10.58

First New Marske Residents

U/16 Paul Calvert
O/16 D. Moore

Trophy Winner: Dave Moore

1974

Under 16

Position		Times
1.	John Bell	9.43
2.	Mark Thompson	10.02
3.	Alan Prouse	10.04
4.	Philip Calvert	10.07
5.	Philip McDonnell	11.26
6.	Ian Greig	11.32
7.	Paul Noble	11.35
8.	Paul Curry	11.56
9.	Adrian Stonehouse	11.58
10.	Daren Ford	12.27
11.	Steven Gregory	12.55
12.	Andrew Bacsa	13.15
13.	Andrew Fletcher	16.20

Females Under 16

Position		Times
1.	Helen Thompson	12.23
2.	Julie Thomlison	13.18
3.	Catherine Farkas	17.25
4.	Karen Calvert	17.40
	Nicola Curry (fell)	

Over 16

Position		Times
1.	David Moore	9.46
2.	Martin Duggan	9.48
3.	John Hamilton	10.14
4.	Robert Waller	12.13

First year we could hold a girls section (5 runners)
First 4 in boys under 16 all shattered existing
Record of 10 mins 30 secs.
Four of the boys later represented Cleveland in the All England Schools Cross Country Championship - the first 3 above plus Paul Curry
Trophy Winner: John Bell

1975

Under 16

Position		Time
1.	John Bell	9.45
2.	Mark Thompson	9.50
3.	Alan Prouse	10.16
4.	Paul Calvert	
5.	Ian Grieg	
6.	Martin Wheatley	
7.	Philip McDonnel	
8.	Andrew Bacsa	
9.	Roy Cockburn	
10.	Kevin Calvert	
11.	David Zipfell	
12.	Gary Mumford	
13.	Philip Wright	
14.	David Curry	
15.	Andrew Fletcher	

John Bell Trophy Winner

Over 16

Position		Time
1.	Francis Raby	14.05
2.	Helen Thompson	
3.	Karen Calvert	
4.	Julie Tomlinson	
5.	Nicola Curry	
6.	Dawn Whittaker	
7.	Karen Brookes	
8.	Janet Rice	

Over 16

Position		Times
1.	Harry Thompson	10.02
2.	David Moore	11.00
3.	Tony Greenwood	12.06
4.	B. Baker	12.39
5.	A. Hood	12.54
6.	G. Johnson	12.58
7.	M. Hutchinson	
8.	B. Wem	
9.	S. Irving	

1976

Under 16

Position			Times
1.	Mark Thompson	(record)	9.21
2.	Alan Prouse		9.26
3.	Michael Orange		10.21
4.	Ian Grieg		
5.	Martin Wheatley		
6.	John Helm		
7.	Roy Cockburn		
8.	Keith Thompson		
9.	Mark Sturman		
10.	Stephen Adams		
11.	J. Moscrop		
12.	Gary Mumford		
13.	Andrew Barras		
14.	Andrew Jackson		
15.	David Zipfell		
16.	J. Foster		
17.	D. Smith		
18.	K. Calvert		
19.	D. McKie		
20.	M. Helm		
21.	P. Tucker		
22.	S. Martin		
23.	P. Wood		
24.	L. Orange		
25.	N. Dobie		
26.	P. Gosling		
27.	J. Gaskin		
28.	J. Moscrop		
29.	P. Slingsby		
30.	A. Walton		
31.	P. Gibson		
32.	S. Laing		
33.	M. Rutherford		
34.	C. Stockill		
35.	D. Curry		
36.	D. Ryan		
37.	P. McKie		
38.	R. Donaghy		
39.	S. Barker		
40.	A. Bacsa		
41.	A. Noble		
42.	M. Proudfoot		

Females Under 16

Position			Times
1.	Helen Thompson	(record)	11.59
2.	Sue Carroll		
3.	Julie Tomlinson		
4.	T. Porritt		
5.	K. Calvert		
6.	G. Moutrey		
7.	D. Sparrow		
8.	D. Herrell		
9.	J. Lincoln		
10.	T. Thorn		

Over 16

1.	Harry Thompson	9.37
2.	Harry Burdett	

Sadly further list of results lost.

Trophy Winners

U/16 Mark Thompson

New record number of runners

New records in U/16 males & females and New Marske Resident O/16.

First New Marske Residents

Winners of all sections
Father - Son - Daughter
Harry - Mark - Helen Thompson

1977

Under 16

Position		Times
1.	Alan Prouse	9.49
2.	Keith Thompson	10.54
3.	Michael Orange	11.02
4.	Mark Noble	11.03
5.	Ian Grieg	11.21
6.	Philip McDonnell	11.35
7.	Andrew Barker	11.40
8.	John Helm	11.55
9.	Mark Sturman	12.19
10.	Paul Noble	12.25
11.	Roy Cockburn	12.32
12.	K. Calvert	12.38
13.	K. Thompson	12.39
14.	D. Zipfell	12.45
15.	M. Helm	12.59
16.	A. Jackson	13.18
17.	A. Barras	13.27
18.	I. Burns	13.28
19.	I. Turnbull	13.37
20.	M. Moore	13.37
21.	P. Gilmore	13.53
22.	M. Wheatley	14.10
23.	A. Mack	14.15
24.	G. Forrest	14.21
25.	L. Chanley	14.46
26.	S. Hancock	14.48
27.	P. Wood	14.53
28.	A. Ayre	15.20
29.	L. Orange	15.17
30.	M. Burns	15.48
31.	P. Moylan	15.48
32.	D. Hall	15.53
33.	M. Hancock	16.05
34.	S. Barker	16.18
35.	P. King	16.36
36.	N. Dobey	17.06
37.	M. Hall	17.07
38.	J. Yarker	17.20
39.	M. Fishpool	18.30
40.	T. Craggs	20.21

First female finished in 17th place in front of 24 boys.

Females Under 16

Position		Times
1.	Helen Thompson	13.22
2.	P. Blake	14.16
3.	K. Calvert	14.22
4.	F. Raby	15.20
5.	J. Duggan	17.46
6.	A. Morgan	19.35
7.	N. Thorne	19.39
8.	T. Moore	19.40

Over 16

1.	Tom Flory	8.55
2.	Gwyn Potts	9.10
3.	Alan Patterson	9.35
4.	John Yuille	9.44
4.	Harry Thompson	9.44
6.	Paul Skelton	10.30
7.	Ian Yarker	10.30
8.	David Moore	10.31
9.	Gordon Barnes	10.55
10.	Alan Bell	11.44
11.	Steven Hurrell	11.47
12.	Ian Holtby	12.18
13.	Terry Cox	12.50
14.	Robert Walker	14.20
15.	Barney Wem	15.10

First New Marske Residents

U/16 A. Prouse
U/16 H. Thompson (female)
O/16 H.G. Thompson

Winners of Trophies

U/16 Alan Prouse
O/16 Harry Thompson

1978

Under 16

Position		Times
1.	S. Kelleher	9.38
2.	P. Curry	9.48
3.	M. Wheatley	10.09
4.	D. Mockler	10.38
5.	M. Sturman	10.47
6.	J. Mohac	10.51
7.	A. Bacsa	10.57
8.	S. York	11.00
9.	I. Crieg	11.04
10.	M. Trodden	11.44
11.	B. McNally Joint	11.58
11.	A. Barras	11.58
13.	A. Jackson	12.18
14.	I. Burns	12.21
15.	R. Flory	12.22
16.	G. Morgan	12.25
17.	R. Cockburn	12.39
18.	L. Shanley	12.49
19.	P. King	13.15
20.	H. Hardy	13.26
21.	D. Hodgson	13.42
22.	S. Craggs	13.50
23.	I. Drumm	13.52
24.	S. Barker	13.52
25.	J. White	14.04
26.	D. McGovern	14.29
27.	D. Lambert	14.54
28.	D. Zipfell	14.55
29.	M. Burns	15.00
30.	A. Zipfell	15.09
31.	N. Dobie	15.09
32.	G. Marsden	15.14
33.	R. Puckrin	15.30
34.	M. Flory	15.32
35.	A. Szekeres	
36.	S. Mason	
37.	J. Allen	
38.	S. Mason	
39.	D. Espan	

Females Under 16

Position		Times
1.	J. Tomlinson	14.11
2.	K. Calvert	14.58
3.	K. Flory	15.29
4.	A. Henley	
5.	K. Mathew	
6.	C. Ansell	

Over 16

1.	Tom Flory (New Record)	8.53
2.	G. Potts	8.59
3.	R. Puckrin	9.16
4.	J. Walker	10.19
5.	J. Mett	10.34
6.	P. Skelton	11.06
7.	A. York	11.19
8.	S. Harston	11.27
9.	P. Smith	11.36
10.	P. Cumasky	11.36
11.	P. Calvert	12.03
12.	T. Cox	12.34
13.	P. Iveson	14.05
14.	W. Green (female)	16.29
15.	M. Adamson	25.00

First New Marske Residents

U/16 P. Curry
O/16 J. Walker
Females J. Tomlinson

Winners of Trophies

U/16 Paul Curry
O/16 John Walker

1979

Under 16

Position		Times
1.	P. Curry	9.40
2.	Steven York	10.07
3.	Mark Sturman	10.10
4.	Andrew Bacsa	10.18
5.	Darren Mockler	10.23
6.	John Helm	10.56
7.	Kevin Barker	10.58
8.	Andrew Barras	11.04
9.	Paul Christon	11.40
10.	Martin Helm	11.43
11.	Lelie Thompson	11.49
12.	Paul Gilmore	11.53
13.	Darren Hendry	12.03
14.	Bernard Knight	12.13
15.	Harold Hardy	12.20
16.	Paul King	12.28
17.	Anthony Snaith	12.30
18.	Peter Wood	12.50
19.	Paul Lund	13.19
20.	Peter Carr	13.53
21.	Jason Henry	14.07
22.	Steven Craggs	14.15
23.	Anthony Bell	14.23
24.	Andrew Zipfell	14.24
25.	Stephen Barker	14.27
26.	Paul Hebden	14.48
27.	Simon Barker	14.50
28.	Paul Winders	14.58
29.	Neil Dobie	16.10
30.	Glen Clark	18.00
31.	Garry Wells	18.25

Youngest Competitor

Jason Henry Age 8
Position 21

First new Marske Resident

Harry Mett

Trophy Winners

U/16 Paul Curry
O/16 Harry Mett

Females Under 16

Position		Times
1.	Louise Heywood	12.40
2.	Julie Tomlinson	13.23
3.	Penny Allen	14.55
4.	Clair Tranill	15.50
5.	Clair McGough	18.45
6.	Fiona Henderson	19.00
7.	Lara Watkins	19.08
8.	Tracy Moore	19.10
9.	Jane Barnes	19.50
10.	Ruth Johnson	19.55
11.	Clair McNally	23.01
12.	Paula Stockill	26.00

Over 16

1.	Gwyn Potts (New Record)	8.43
2.	Mick Garrett	8.47
3.	Bill Lundrigen	9.23
4.	Peter Haynes	9.26
5.	Richard Puckrin	9.39
6.	Steven Robinson (Under 16)	10.04
7.	Alan Bell	10.33
8.	Harry Mett	10.40
9.	Peter Bramham	10.41
10.	David Grey	11.00
11.	Alan York	11.25
12.	Ian Dobie	11.40
13.	Bill Ferguson	12.10
14.	Terry Cox	12.22
15.	Michael Payne	12.24
16.	Alex Findlayson	12.43
17.	Sue Carrol (female)	14.28
18.	Martin Hutchinson	15.18
19.	Steven Mason	15.35

1980

Under 16

Position		Times
1.	A. Bacsa	9.53
2.	D. Mockler	10.07
3.	S. York	10.20
4.	M. Sturman	10.51
5.	P. Robinson	11.15
6.	H. Hardy	11.25
7.	D. O'Malley	11.40
8.	A. Barrass	11.41
9.	N. Doyle	11.43
10.	M. Helm	11.44
11.	Lisa Early	12.03
12.	A. Bell	12.06
13.	B. Knight	12.14
14.	P. Gilmore	12.14
15.	M. Smith	12.19
16.	A. Farrell	12.31
17.	P. Carr	12.37
18.	G. McNally (M.A.) (1st under 10 years)	12.43
19.	Louise Heywood	12.58
20.	N. Holmes	13.37
21.	B. Dodgson	13.51
22.	P. McDonald	13.57
23.	P. Lunn	14.05
24.	M. Hall	14.05
25.	S. Craggs	14.17
26.	P. Hall	14.19
27.	J. Clifton	14.20
28.	D. Henderson Did not report at top	
29.	J. Purcell	14.27
30.	J. Curry	14.46
31.	L. Hardy	14.57
32.	M. Burns	14.58
33.	N. Palmer	15.09
34.	A. Zipfell	15.27
35.	K. Smith	15.50
36.	Penny Clifton	15.56
37.	Mandy Clifton	15.57
38.	Ruth Johnson (M.A.) started 1 min after everyone else	16.39

40 starters 2 failed to finish
1 disqualified

M.A. = Merit Award

Females Under 16

Position		Times
1.	Lisa Early	
2.	Louise Heywood	
3.	Penny Clifton	

B/B Under 12

1. M. Smith
2. R. Lunn
3. J. Curry

Over 16

1.	Gwyn Potts	8.55
2.	Ken Marshall	9.03
3.	Dave Healey	9.23
4.	Paul Curry	9.54
5.	Dave Grey	10.05
6.	Alan Bell	11.20
7.	Alan York	12.38
8.	Terry Cox	13.03

First New Marske Resident

Dave Healey

1981

Under 16 Female

Position		Times	Position		Times
1.	. Heywood	12.22	10.	R. Johnson	17.13
2.	K. Rayner	13.37	11.	R. Astbury	17.34
3.	J. Beckett	14.10	12.	J. Hatton	17.41
4.	H. Haig-Prothero	15.13	13.	S. Coles	17.48
5.	J. Haig-Prothero	15.21	14.	S. Holtby	18.01
6.	K. Bolton	15.38	15.	A. Astbury	18.24
7.	C. Lee	15.43	16.	T. Forest	18.25
8.	N. Brooks	16.36	17.	S. Mockler	21.24
9.	G. Alderson	16.54	18.	A. Hatton	21.55

Seniors

			Previous Times & Positions				
			1980		1979		
1.	Gwyn Potts	8.54	1st	8.55	1st	8.43	
2.	Dave Healey	9.36	3rd	9.23			
3.	Andrew Bacsa	9.47	1st U/16	9.53	4th U/16	10.18	
4.	Alan Bell	10.49	6th	11.20	7th	10.33	
5.	S. Bell	11.43					
6.	A. York	12.19	7th	12.38	11th	11.25	
7.	T. Cox	12.38	8th	13.03	14th	12.22	
8.	D. Lincoln	12.52					
9.	D. Ruddock	13.20					
10.	C. Markey	14.45					
11.	S. Wilton (f)	15.47					

Winner of New Marske Residents Cup Andrew Bacsa

1981

Under 16

Position		Times	Position		Times
1.	S. York	9.46 1/5	32.	M. Bateman	14.22
2.	M. Sturman	10.01	33.	N. Palmer	14.36
3.	G. Porrett	10.21	34.	A. Zipfell	14.38
4.	P. Griston	11.00	35.	I. Brown	14.39
5.	J. Henry	11.20	36.	A. Hebdon	14.47
6.	C. Beckett	11.24	37.	M. Payne	14.56
7.	A. Barras	11.42	38.	S. Broomley	15.01
8.	C. Stockill	11.46	39.	K. Smith	15.06
9.	D. Pearson	11.51	40.	N. Brooks	15.06
10.	A. Young	11.52	41.	H. Haig-Prothero(f)	15.13
11.	P. Lincoln	12.06	42.	J. Haig-Prothero(f)	15.21
12.	G. Beckett	12.10	43.	S. Nicholson	15.25
13.	J. Clifton	12.19	44.	M. Agar	15.29
14.	G. McNally	12.20	45.	M. Burns	15.34
15.	L. Heywood (f)	12.22	46.	K. Bolton (f)	15.38
16.	R. Lunn	12.27	47.	C. Leet (f)	15.43
17.	P. Simmons	12.31	48.	A. Porrett	16.09
18.	P. Hall	12.32	49.	J. Taylor	16.27
19.	P. Hebdon	12.37	50.	I. Smith	16.35
20.	D. Young	12.49	51.	N. Brooks (f)	16.36
21.	M. Hall	12.56	52.	J. Forest	16.46
22.	P. Power	13.01	53.	G. Alderson (f)	16.54
23.	P. O'Grady	13.10	54.	R. Johnson (f)	17.13
24.	S. Craggs	13.34	55.	R. Astbury (f)	17.34
25.	C. Wem	13.36	56.	J. Hatton (f)	17.41
26.	K. Rayner (f)	13.37	57.	S. Coles (f)	17.48
27.	J. Holmes	13.52	58.	S. Holtby (f)	18.01
28.	N. Dobie	13.56	59.	A. Astbury (f)	18.24
29.	A. Goldsmith	14.00	60.	T. Forest (f)	18.25
30.	P. Foster	14.07	61.	S. Mockler (f)	21.24
31.	J. Beckett (f)	14.10	62.	A. Hatton (f)	21.55

(f) = female

64 starters 45 male 19 female

Finishers 62 44 male 18 female

1st B.B. U/12 J. Henry
2nd B.B. U/12 C. Beckett
3rd B.B. U/12 D. Pearson

Females: 1st L. Heywood 2nd K. Rayner 3rd J. Beckett

Annual Trophy Winner: Stephen York

HANDY HINTS FOR JOGGERS

'JOGGING IS GOOD FOR YOU'

There are numerous scientific reports on the benefits of exercise and almost universal agreement among experts that regular, moderate exercise is good for you.

WHAT SORT OF EXERCISE?

It appears that the most beneficial type is continous activity using most of our large muscles, and this includes brisk walking, jogging, running, swimming, and cycling. The exercise, to do any good, should last at least 15 minutes and take place at least 3 times a week.

JOGGING has certain advantages over other types of exercise - it requires a minimum of equipment - it can be done at any time of the day and at almost any place - *but* start gradually and increase distance slowly.

DRESS

1. Good footwear is essential - proper fitting good training shoes
2. *Dont* overdress. Wearing thick and bulky clothes can cause you to overheat and is an inefficient method of insulation. Wear several thin layers, since the air trapped between each layer is an excellent insulator: if you get too hot you can always take off a top and tie it round your waist.

Pick materials carefully even in cold weather you are going to sweat - so wear an absorbent material next to the skin cotton is best, wear wool on the outside - (wool dries from the inside out and keeps its insulation properties even when wet) but make sure it is not too heavy and baggy a garment which will weigh a ton in the rain.

Pay attention to your extremities: Woolen socks are best but only one pair -cotton gloves should be warm enough in the cold weather- a hooded top is a good investment *but* the hood can be a bit stifling. Best to use a woolen bobble hat- dispense with bobble if movement irritates you!

Wet weather clothing for runners has always been a problem and many swear by the plastic/nylon rain or wet suits - few are genuinely waterproof and the internal condensation often soaks you more than the rain - on the other hand, proper waterproof clothing wont let your sweat evaporate either. If its not cold with the rain keep your kit light weight and go bare legged. There is nothing worse than track suit trousers hanging round your ankles.

PLAN YOUR ROUTE: Let someone in the house know where you are going and approximately how long you will be - if possible start off running into the wind (if there is one) then when you are tired the wind will be on your back and it will be a little easier - also ease down towards the finish of a run - don't sprint as though you are a gold medal winner -then straight into the warmth - damp clothes off and into a warm bath/shower.
Wear bright clothes in the dark and stick to routes with pavements and lights - during summer months jog round New Marske Woods - it is more interesting than roads and it is easier on the feet.
Face oncoming traffic if running on roads.

HEALTH - DONT'S FOR JOGGERS

1. *Dont* start jogging without consulting a doctor if:-
   (a) you are considerably overweight
   (b) high blood pressure
   (c) any previous heart trouble
2. *Dont* Jog if it produces chest pains
3. *Dont* jog if it produces shortness of breath and persistent tiredness.
4. *Don't* jog, especially if you're middle aged, on a day when you feel very tired, have indigestion, or if you have recently had influenza

PHYSICAL BARRIERS

1. *Sore Throat* - You might get a sore throat until you learn to breathe correctly when jogging - it tends to be worse in cold weather -but it is surprising how quickly this improves
2. *Stiffness* the day after jogging you may find you can hardly walk. Its probably because you did not 'warm down' correctly after your jog. A hot bath and a deep heat rub after you run can help prevent stiffness
3. *Joggers nipple:* both men and women can get sore by rubbing against vest or bra -just smear petroleum jelly on before going out jogging.
4. *Thigh rub:* if you suffer from this - again petroleum is the answer
5. *Blistered feet:* check socks for holes - rub petroleum jelly on sore parts.

ENJOY YOUR RUNS, BE CAREFUL, HAPPY JOGGING.

Harry Gamble Thompson

HAROLD GAMBLE-THOMPSON — A (POTTED) SPORTS BIOGRAPHY

Born 12th September 1931 at Stockton-on-Tees.

Educated at Queen St. Thornaby, Middlesbrough High School
Conscription - called up in January 1950
Served in Egypt from June 1950 until Jan. 1952 with Royal Army Medical Corps - ran in 1 mile and 3 miles track races winning the Army Egypt championship in the longer distance.
On demob played football, cricket, tennis, darts - occasionally running - last race was in Aug. 1960 - didn't achieve very much. In 1974 underwent cartilage operation -started jogging to strengthen knee and leg muscles -by Oct. 1975 ran in 1st race - 10 mile at Ripon in time of 61 mins 6 secs - a year later ran 1st marathon at Hiddersfield (age 45 years) in time of 2 hours 52 mins 41 secs.
Since 1st race - ran in 104 races - (including 10 marathons)
Best 10 mile time 52 mins 38 secs (age 49)
Best marathon time 2 hrs 30 mins 12 secs (age 49 yrs 11 months)
Ambition - to win world over 50 marathon, to run marathon under 2 hrs 30 mins.

Huddersfield	Sept. 1976	2.52.41
Middlesbrough	Oct. 1977	2.35.17 (1000 yds short)
Middlesbrough	Oct. 1978	2.37.33
Middlesbrough	Oct 1979	2.31.37
Glasgow	Aug 1980	2.34.19
Middlesbrough	Oct. 1980	2.31.49
N. Tyneside	July 1981	2.30.12
Crook	Sept. 1981	2.42.12
Stone (Staffs)	Oct. 1981	2.36.24
London	May 1982	2.32.09

July 1979 at Bolton was 2nd in over 45 race in world 25 kms championship

Oct 1981 at Stone (Staff) was 2nd in over 50 race in British Marathon Championship

At present rated No. 2 in U.K. and No. 3 in World in over 50's marathon.

Harry Thompson