



# Depleted RH do enough

**With a number of runners unavailable our 12-stage relay squad took a respectable 15th place (16th overall) at Heaton Park. So qualifying for the national. Results page 4.**

**Start and finish pictures show Andy Aked (right) launching the event and vet John Atkinson supportive and competitive as ever on stage 12.**

**Jim Brogan reports:**

### Northern Road Relays, Heaton Park, Manchester, Saturday 2<sup>nd</sup> April 2005

When the venue of Heaton Park was announced for this years 12 stage (men) and 6 stage (ladies) relays, it set something off in my memory. I was sure we had been there before. But enough of that for now.....

The day itself turned out to be glorious, with warm spring sunshine. As always I was delighted to be at the relays supporting the team. Once again Peter Neal had left no stone unturned to ensure we were there with a strong team. Unfortunately we had some top athletes missing, but this is par for the course for most clubs. Even so, no Rob Watkinson, no Jon Thewlis, no Mark Ruddleston. How many clubs could cope with the loss of two international athletes plus Mark? Well, we did. Our objective was to qualify for the National 12 stage relay at Sutton Park later in April, with the first 24 teams to qualify. Would we make it? Our start couldn't have been better.

Once again Andy Aked showed us the way with an outstanding opening 8Km leg, bringing us home in a superb 10<sup>th</sup> place. Believe me, the opening legs of 12 stage relays are TOUGH and Andy dug deep to get us off to such a positive start. And for myself a rare success – I actually managed to take a picture where I got the athlete and not a fresh air shot (see pic)!! The times and positions in the results tell the story of how the day went for us, and we were rewarded by a superb placing of 15<sup>th</sup> club overall to make the National 12 stage with a fair bit to spare. All of the athletes deserve praise for their total commitment. In particular though I would like to say a big thanks to the 'newcomers', the two Simons (Mounsey and Gregory) and Daniel Gavelle in their first 12 stage, and to Dave Nuttall, representing us in the event for the first time.

And now for the memory bit. When I got home after the event, I did a quick search of my old training diaries (what an anorak!) to discover we had indeed been there, way back in 1984, on the 7<sup>th</sup> April. Sadly I do not have a results sheet from that day, but I had noted some details down in my diary. The format was different in those days, and was a bit tougher with 6 long and 6 short legs, compared to the present day format of 4 long/8 short legs. What stands out a mile though is that Peter Mirlees, who ran a long leg for us in 2005, ALSO ran a long leg for us in 1984. Imagine, over a 21 year period and STILL doing us proud in the 12 stage. Now that is what I would call club

loyalty! Not only that, but among the long leg runners for us that day in 1984 was a certain Peter Neal, who despite being our team manager in the 2005 event, was also standing by as first reserve. Others who ran long legs 21 years ago were Alan Beighton, Andrew Clarke, Frank Hibbert and yours truly. My memory of the day is of Steve Cram passing me as if I was standing still. Oh, and a certain Ron Hill as well.

But enough of the past. Surely though THE outstanding performance of the day for us came in the Ladies event. Despite us not being able to field a team for various reasons, Jenny Blizzard still wanted to make the journey and pit herself against the cream of the North. Jenny stunned us all (and herself) with an outstanding second placing and time of 16 minutes 26 seconds on the opening 5Km leg. Just to put things in perspective, only Joe Gavelle of our mens team ran faster than Jenny for the 5Km leg. I think Jenny has thrown down a big challenge to you there, lads. Even more amazing is the fact that in the March Ulley Time Trial Jenny had run a pb for 5Km of 17 minutes 45 seconds, so her improvement on the tough Heaton park course was nothing short of massive.

So, praise indeed for the athletes and for Peter Neal in organising them. Praise is also due to Pete Shaw, who is currently putting the athletes through their paces with his Thursday night 'squad sessions'. Already, Pete's influence is paying dividends. No one could ever doubt Pete's commitment to the 12 stage – he was there on crutches following his recent knee operation! His enthusiasm must be incredibly infectious too because his partner Carol was also there, and also on



crutches following a recent hip operation.

So we can look forward now to Sutton Park and the National 12 stage (men) and 6 stage (ladies). What a day out that promises to be. Watch this space for a race report.....



## ROAD LEAGUE 1

Next Weds, 27 April  
off 7pm  
DINNINGTON RFC

**DON'T MISS IT!**

**£4 for all four races– keep  
your number. All 5 miles.  
11 May Worsbrough 7.15  
25 May Rother Valley 7.15  
8 June Hayfield 7.15**

**Club Vests**

**CRB Disclosure ALL CLUB COACHES**

We have been advised that ALL Club Coaches now have to be Police checked with the CRB. It is the responsibility of the individual to arrange the check the process is reasonably simple:-

You apply by telephone for a CRB check application form by telephoning 0870 9090844 requesting an enhanced disclosure.

You will be asked to supply the following information when you make the call

The Registered body number UK Athletics  
22525500000

Your full name and any other names that you may have been known by

The address(es) you have lived during the past 5 years  
Your date and place of birth

Your National Insurance Number

And other information such as passport/driving licence details

You will be asked about payment for the check, inform the CRB that you are an unpaid volunteer and no charge will be made.

You will then receive an application form in the post complete this as instructed and deliver identification documents and the application to our nominated verification officer who is the Club Chairman Jim Brogan.

This procedure must be completed between July and September 2005

**Welcome, Wellcomen, Ben Venute....**

The following new members were accepted by the executive committee of the club at the April meeting:- Jessica Fawcett 15 yrs T&F XC, Fern Keeling 11 yrs T&F XC, Alexandra Kirwan 13 yrs T&F XC, Julie Victoria Mitchell 35 yrs coaching general, Natalie Mitchell 11 yrs T&F XC, Lauren Myers 10yrs T&F XC, Kelly Pagdin 14 yrs T&F, Ali (10yrs) and Majed (12yrs) Saiepour T&F, Kellie Thomason 23yrs 2<sup>nd</sup> Claim RR, Laura Jane Thompson 11 yrs T&F XC, Kimberley Jane Wright 10 yrs T&F XC.

We extend the usual warm welcome to our new friends and wish them all a successful career in the black vest with the white 7 pointed star.

**Vandals Strike again.**

In spite of upgrading the security at the pavilion we have suffered another break in at the club kiosk. Over the Easter Bank Holiday period thieves forced their way into our metal cabinet and took property valued in excess of £100. The cabinet appears to have been damaged beyond repair and will cost over £100 to replace. 3 local youths have been arrested and Secretary Bert Norburn has been busy making statements to the local Constabulary. It is understood that these youths will be charged but because of the pathetic way that the judicial system works in the country (Secretary's view) it is unlikely that any compensation will be forthcoming. We have of course requested compensation; we could well do without losing over £200 of valuable club funds.

**Track refurbishment update**

You may or may not have noticed that the track has been pegged out for repainting. The Council are confident that the track will be re painted and will re open by 25<sup>th</sup> April, after a 3 week closure. This is dangerously close to our open meeting on May 2<sup>nd</sup> (Club Championships). With the weather playing a big part as to whether painting can take place and this month being traditionally April showers (I'm sure the Council forgot this when they arranged for the painting at this time) the track and field committee had to make a decision as to whether the open meeting could take place. We hoped it could but the decision had to be made by Monday 25<sup>th</sup> and the decision has now been reluctantly taken that

**THE OPEN MEETING OF MAY 2 IS CANCELLED**

**Would you like to expand your businesses customer data base?**

Why not advertise on our Club Website or in the Club Newsletter?

Our Website is currently visited by about 25000 enquirers (Yes twenty five thousand) per month and the newsletter is distributed to 150 people each month (25 posted, increasing numbers placed at shops, library, business) and extensively accessed on internet. We would like any members to help club funds by paying to advertise on the website and/or newsletter. Rates are very reasonable £25 per year. Please contact our web site manager Chairman Jim Brogan.

The following athletes will be registered with the NoEAA Membership Scheme for competition purposes this season 2005/06. If you are not on it contact Club Secretary Bert Norburn ASAP

Memb Num	Last Name	First names	Gender	End Date of Birth	Date of Election
Rot00312	Adkins	Louise	F	24/01/1977	Jun 2002
Rot00002	Aked	Andrew M	M	09/03/1965	Apr 1996
Rot00347	Allen	Jade	F	22/04/1990	Jul 2003
Rot00193	Armstrong	Michael	M	09/02/1963	Nov 1992
Rot00192	Asbridge	Matthew	M	02/11/1969	Jun 2000
Rot00003	Atkin	Michael	M	17/9/1982	Jul 1998
Rot00004	Atkinson	John	M	14/4/56	Dec 1994
Rot00098	Banks	Helen E	F	04/05/1989	May 1998
Rot00295	Banks	Richard	M	01/12/1988	May 1998
Rot00275	Barnes	Sarah Louise	F	15/12/88	Nov 2001
Rot00293	Barnes	Laura	F	15/5/91	May 2002
Rot00358	Baulk	Tom	M	06/06/1989	Feb 2004
Rot00166	Beighton	Samuel	M	22/12/86	Mar 1998
Rot00331	Bellamy	Sue	F	09/12/1971	Apr 2003
Rot00399	Binks	Louise	F	10/09/1990	Mar 2005
Rot00230	Birch	Craig P	M	09/12/1985	Apr 2000
Rot00155	Blizard	Jenny	F	02/08/1975	Jul 1999
Rot00258	Boner	Martin	M	28/10/88	Apr 2000
Rot00007	Booth	Adam E L	M	22/10/85	Oct 1995
Rot00008	Booth	Kerry	M	10/09/1961	Mar 1994
Rot00101	Booth	Laura A	F	28/4/88	Feb 1999
Rot00282	Booth	David	M	02/08/1991	Feb 1999
Rot00381	Brady	Luke	M	06/12/1946	Sep 2004
Rot00012	Brogan	Jim	M	07/01/1950	Oct 1977
Rot00225	Brookes	Nigel	M	12/06/1963	Jan 1985
Rot00013	Burgess	Glynn	M	29/11/73	Jun 1988
Rot00387	Burns	Stephanie L	F	03/08/1992	Nov 2004
Rot00104	Burton	Sharon	F	28/5/61	Oct 1975
Rot00172	Butterworth	Phillip R	M	01/04/1966	Nov 1992
Rot00178	Carroll	Anthony F	M	16/4/65	Aug 1994
Rot00201	Cavell	Anita	F	26/3/70	Mar 2000
Rot00016	Chell	Alan	M	13/08/1956	May 1990
Rot00348	Chivers	Martin	M	22/03/1985	May 2002
Rot00189	Clarke	Derick	M	23/11/1930	Jan 1970
Rot00261	Clarke	John	M	17/4/46	Apr 1992
Rot00365	Clarke	Lyndsay	F	31/07/1989	Jan 2004
Rot00017	Comrie	John	M	16/10/63	Dec 1991
Rot00018	Cooley	Ian	M	04/01/1957	Apr 1977
Rot00019	Copestake	Mark A	M	06/06/1987	Aug 1997
Rot00410	Coupe	David	M	28/11/1990	Dec 2002
Rot00328	Creaghan	Jemma	F	22/1/92	Mar 2000
Rot00020	Crofts	Geoffrey	M	23/9/60	Jul 1991
Rot00106	Cuthbertson	Jenny	F	06/11/1984	May 1999
Rot00353	Cutts	Brian	M	11/02/1934	Mar 2004
Rot00346	Darby	Christopher	M	01/11/1988	Sep 2003
Rot00372	Darnell	Gareth	M	30/18/1970	Dec 2003
Rot00021	Davies	Coryn L	M	23/6/72	May 1988
Rot00394	Davy	Garry	M	30/08/1966	Feb 2003
Rot00281	Donaldson	Drew	M	24/05/1959	Nov 2002
Rot00333	Dyson	Heather	F	05/09/1991	Dec 1999
Rot00302	Eastwood	Terry	M	17/11/57	Sep 2001
Rot00091	Eddison	Phil	M	28/05/1956	Mar 1991
Rot00026	Elvidge	Steven	M	05/08/1957	Feb 1991
Rot00408	Fawcett	Jessica A	F	15/09/1989	Apr 2005
Rot00200	Fisher	Paula	F	22/7/57	Jul 1996
Rot00386	Flint	Rebecca	F	15/05/1990	Nov 2004
Rot00318	France	Vicky	F	03/06/1989	Jul 2002
Rot00341	Fuller	Wendy	F	16/8/50	Jul 2003
Rot00029	Gains	Stephen	M	04/12/1952	Dec 1985
Rot00031	Gallagher	Jim	M	24/3/58	Dec 1998
Rot00111	Garrison	Hilary J	F	06/06/1959	Jan 1993
Rot00314	Gavelle	Joseph	M	23/3/70	Jun 2002
Rot00250	Gibson	Leanne	F	21/07/1988	May 2001
Rot00364	Gibson	Kathleen	F	01/01/1964	May 2001
Rot00373	Gibson	Naomi	F	28/12/1992	May 2003
Rot00033	Gorrill	Stephen	M	09/03/1961	Aug 1984
Rot00114	Grady	Annabelle	F	26/09/1987	Jan 1999
Rot00280	Grant	Natalie	F	03/07/1990	Dec 2001
Rot00355	Greaves	Jonathan M	M	03/04/1980	Nov 2002
Rot00035	Gregory	Alan	M	15/11/1952	Jun 1984
Rot00398	Gregory	Simon P	M	26/07/1973	Feb 2005
Rot00356	Guring	Jan	F	31/11/68	Jan 2004
Rot00357	Guring	Dev	M	11/10/1973	Jan 2004
Rot00212	Haigh	Phillip	M	11/09/1956	Feb 1992
Rot00391	Haigh	Rachel	F	01/10/1988	Sep 2004
Rot00039	Harney	Brian	M	05/11/1945	Jan 1993
Rot00040	Harris	Richard	M	16/8/71	Jul 1996
Rot00371	Harvey	Ben	M	13/10/1988	Feb 2003
Rot00389	Harvey	Rebecca	F	13/07/1987	Aug 2004
Rot00156	Harwood	Lee	M	08/10/1988	Jun 1997
Rot00157	Harwood	Scott	M	10/01/1986	Jun 1997
Rot00041	Hastey	Rhian	M	08/05/1986	Dec 1997
Rot00354	Haynes	Nic Mark	M	23/01/1980	Mar 2004
Rot00363	Haywood	Lauren	F	29/11/1989	Jan 2002

Rot00393	Herrington	Martin	M	18/09/1952	Jun 1968
Rot00286	Hewitt	Stefanie	F	27/7/88	Feb 2002
Rot00121	Hill	Lynette	F	20/8/87	Feb 2000
Rot00296	Hill	Craig	M	24/7/86	May 2002
Rot00122	Hindley	Janet A	F	08/12/1964	Jul 1991
Rot00349	Hindley	Ian	M	03/05/1959	Dec 2001
Rot00336	Hoole	Philip Andrew	M	28/10/79	May 2003
Rot00097	Horan	Jennifer S	F	14/4/46	May 1995
Rot00046	Howarth	Raymond	M	17/11/52	Jul 1991
Rot00047	Humphries	Peter	M	12/03/1942	Mar 1978
Rot00350	Hutchins	Victor	M	26/11/1956	Feb 2004
Rot00049	James	Jonathon S	M	21/2/78	Jul 1998
Rot00197	Jeavons	Arthur	M	23/10/2023	Oct 1989
Rot00050	Johnston	Lea	M	22/07/87	Jan 1998
Rot00226	Joyce	Alan	M	07/09/1956	Jan 1990
Rot00229	Kaighin	Lee	M	08/02/1979	Aug 1991
Rot00126	Kerr	Lucy	F	05/11/1983	Mar 2000
Rot00342	Kirk	John	M		Sep 2003
Rot00402	Kirwan	Alexandra	F	28/02/1992	Apr 2005
Rot00329	Lebond	Claire	F	17/10/1991	Nov 2001
Rot00351	Lebond	Stacey	F	19/08/1989	Mar 2002
Rot00233	Lee	Helen	F	27/8/80	Jun 1990
Rot00403	Llynch	John	M	22/12/1933	Nov 1991
Rot00182	Lunn	Hayley	F	30/11/85	Jul 2000
Rot00127	Maher	Elizabeth	F	19/05/83	Mar 1997
Rot00055	Marsters	Michael	M	02/01/1948	Oct 1985
Rot00405	Marston	Henry	M	08/09/1946	Jan 1974
Rot00056	Maxfield	Jason	M	28/3/88	Feb 2000
Rot00377	McClaren	Harriet	F	15/10/1990	Aug 2003
Rot00332	Merrills	Amber	F	05/04/1992	May 2002
Rot00334	Merrills	Sharon	F	05/12/1960	Feb 2003
Rot00188	Middleton	Rebecca	F	04/05/1992	Jun 2000
Rot00406	Mirfin	Alan	M	13/06/1944	Aug 1994
Rot00058	Moore	Adam John	M	04/08/1989	Apr 2000
Rot00059	Moore	David	M	10/10/1975	Apr 2000
Rot00397	Moore	James	M	20/07/1992	Feb 2005
Rot00284	Morris	Adelle	F	09/10/1963	Apr 1992
Rot00390	Morris	Emma L	F	05/04/1992	Nov 2004
Rot00362	Mosley	Ellie	F	19/05/1991	Apr 2004
Rot00382	Mounsey	Simon	M	15/04/1972	Sep 2004
Rot00271	Mullarkey	Christine	F	03/02/1950	Jan 1991
Rot00196	Muller	Patricia	F	30/1/53	Feb 1986
Rot00060	Neal	Peter	M	16/9/56	Jan 1973
Rot00401	Neal	Olivia	F	12/03/1994	May 2003
Rot00384	Needham	Tom	M	01/03/1992	Nov 2004
Rot00339	Nelson	Peter	M	08/10/1987	Sep 2002
Rot00383	Nuttall	Dave	M	13/10/1959	Jul 2004
Rot00370	Nye	Andrew	M	22/05/1989	Jun 2004
Rot00385	O'Malley	Liam	M	28/11/1990	Oct 2004
Rot00345	Omara	Ken	M	19/05/1963	Dec 2002
Rot00375	Pagdin	Kelly	F	17/10/1990	Jan 2004
Rot00266	Palfreman	Malcolm	M	31/5/46	Jan 1979
Rot00303	Palmer	Alex	F	10/06/1990	May 2002
Rot00367	Palmer	Georgina	F	20/05/1993	May 2002
Rot00340	Parkinson	Edward	M	16/11/1938	May 2002
Rot00062	Phillips	Stephen	M	30/3/63	Feb 1997
Rot00396	Phillips	Anna	F	08/05/1979	Feb 2005
Rot00195	Pike	Nicholas	M	23/5/74	Jan 1986
Rot00268	Pollard	Matthew	M	09/03/1988	Aug 2001
Rot00374	Prescott	Mitchie.Kathie	F		Jun 2003
Rot00335	Pugh	Simon	M	30/5/58	Jul 2002
Rot00366	Pugh	Simon	M	30/05/1958	Jul 2002
Rot00191	Reid	Irene	F	08/05/1943	May 1995
Rot00063	Renshaw	William	M	08/07/1949	Feb 1988
Rot00065	Rhodes	Malcolm S	M	06/09/1948	Jan 1989
Rot00400	Roberts	Phillip	M	01/02/1958	Feb 2005
Rot00223	Rollinson	Benjamin W	M	15/6/90	Jul 1998
Rot00409	Rollinson	Samantha	F	19/08/1994	Aug 2002
Rot00068	Ruddleston	Mark	M	25/8/62	Aug 1985
Rot00392	Ruddleston	Paul	M	10/08/1961	Jan 2005
Rot00395	Sarjeant	Malcom	M	07/08/1952	May 1995
Rot00070	Scholey	David E	M	09/06/1987	May 1998
Rot00072	Sharpe	Thomas M	M	14/12/82	Aug 1996
Rot00190	Shaw	Neil	M	15/1/73	Jan 1997
Rot00379	Shaw	Peter	M	08/02/1958	Jul 2004
Rot00376	Slater	Zoe Marie	F	24/03/1988	Sep 2003
Rot00073	Smales	Philip A	M	14/10/63	Apr 1987
Rot00245	Smith	Chris	M	19/9/83	May 2001
Rot00388	Spence	Laura	F	09/04/1991	Nov 2004
Rot00407	Spencer	Robert	M	01/01/1962	Aug 2002
Rot00352	Spensley	Ron	M	08/10/1943	Dec 1987
Rot00220	Staley	Paul	M	05/01/1955	Apr 1985
Rot00075	Stark	Graeme	M	10/12/1963	Jan 1978
Rot00285	Stephenson	Paul	M	08/10/1948	Jan 1980
Rot00161	Storey	David	M	17/10/72	May 2000
Rot00102	Taylor	Gillian	F	16/7/54	Jun 1991
Rot00080	Thewlis	Jonathan	M	05/07/1985	Apr 2000
Rot00081	Thomas	Owen	M	19/4/81	Nov 1990
Rot00292	Tideswell	Liam	M	11/10/1988	Oct 2001
Rot00228	Tune	Michael	M	13/09/1967	May

# RH girls take to the road

Results from the Nike AAA Young Athletes Road Relays

First off were the u13 girls (3 x 3.861km) with Jemma Creaghan just arriving straight from holiday, she set off confidently but after the half way the stomach bug she suffered whilst on holiday took its toll and she did really well to reach the finish line in 81<sup>st</sup> place in a time of 18.32, next of was Rebecca Middleton who also was recovering from illness but managed a solid run of 17.32 to fetch the team back in 71<sup>st</sup> place.

The last leg saw Robin Lanceley impress by bringing the team home in 63<sup>rd</sup> place in a time of 18.02. The u13 girls also had a 'B' team comprising of only two runners; first of was Emma Morris who showed a great amount of determination to come back in 87<sup>th</sup> place in a time of 19.31, the second runner for the 'B' team was Alex Firwan who ran in her first ever race at any level and came back strongly in 82<sup>nd</sup> place in a

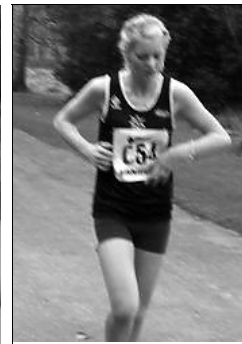
time of 18.33.

Next off the mark were the u15 girls (3 x 3.861km) with Jade Allen going off on the first stage, and despite suffering from stomach problems still managed a solid run bringing the team back in 18<sup>th</sup> place in a time of 15.11 at times Jade looked as though she should have stopped but her thoughts were with the team and she forced herself to complete the course, next of was Laura Spence who steadily passed other runners to come home in 14<sup>th</sup> place, the final leg saw Natalie Grant run her usual brilliant race to finish in 7<sup>th</sup> place in a time of 14.14 which was also the 4<sup>th</sup> fastest of the day.

The u15 girls also had a 'B', but the sole representative was Laura Barnes, who has been improving all the time this year, and ran a good leg to finish in 71<sup>st</sup> with a time of 18.08.

The last relay involving RHAC athletes were the u17 women with two full team contesting the event, first of for the 'A' team was Leanne Waddington who again showed that she excels when competing in a relay, Leanne finished in 15<sup>th</sup> place with a time of 15.05, the first leg 'B' athlete was Sarah Barnes who brought the team home in 33<sup>rd</sup> place with a time of 16.11; next for the 'A' team was Lyndsay Clarke who had an excellent run to finish her leg in 9<sup>th</sup> place in a time of 15.09, for the 'B' team Leanne Gibson steadily passed runners to come back in 24<sup>th</sup> place in a time of 15.25; on the final leg for the 'A' team was Victoria France who held her own in bringing the team home in 10<sup>th</sup> place with a time of 15.20, for the 'B' team Laura Sanderson brought the team home in 25<sup>th</sup> place (which also placed the RHAC 'B' team as 3<sup>rd</sup> 'B' team) in a time of 17.02.

A really great set of performances from the young girls from RHAC.  
Dennis Russell



From the YA Relays at Sutton Park from left to right:  
U13s Rebecca Middleton, Emma Morris, Robin Lanceley;  
U15 Laura Spence;  
U17 Laura Sanderson

## Ulley Time Trial (26<sup>th</sup> March 2005)

Jim Brogan

### Ulley 5Km Time Trial

1. Andy Aked	15:57
2. Joe Gavelle	16:02
3. Phil Hoole	16:05
4. Mark Ruddleston	16:37
5. Roy Bailey*	17:10
6. Simon Gregory	17:28
7. Simon Mounsey	17:43
8. Jenny Blizzard**	17:45
9. Dave Nuttall	17:58
10. John Atkinson	18:19
11. Terry Hawley	18:33
12. Alan Gregory	18:57
13. Neil Shaw	19:00
14. Steve Gorrill	19:08
15. Rob Spencer	19:20
16. Peter Neal	19:22
17. Kerry Booth	19:50
18. Phil Haigh	20:33
19. David Booth	20:48
20. Mathew Asbridge	21:06
21. Anita Cavell	21:07
22. Patricia Muller	21:54
23. Gill Taylor	23:19
24. Janice Streets	24:26
25. Malcolm Rhodes	24:43
26. Dave Weatherburn	25:33

\* denotes guest from another club  
\*\* denotes fastest ever time by a lady from RHAC

A record field of 26 runners took part in the final run of the 2004/2005 series. The

highlight of the day was Jenny Blizards superb run, in which she took 19 seconds off her own pb. Only international runner Debbie Robinson, who is not a member of the club and was running as a guest in the event, has ever run faster.

After his superb course record of 15:04, set in the February time trial, Andy Aked was content to cruise around in 15:57. Both Andy and Jenny received awards for their achievements in this seasons series, presented by the club president Dave Johnson. It is also worth mentioning that Mark Ruddleston, Joe Gavelle and Mathew Asbridge took part in all 6 events this season. Indeed Mark Ruddleston has featured in every event in its 4 year history.

### Ulley 5Km Time Trials

This years series came to a memorable conclusion with the 6<sup>th</sup> trial of the season on March 26<sup>th</sup>. A record 26 runners took part, and throughout the season the consistent turnouts have proved the events popularity with the athletes. The results speak for themselves, but of course there is more to the event than just the results. We all owe a debt of gratitude to Mark Ruddleston and Phil Smales who started the series 4 years ago. Indeed, Mark has run in every single event in it's history. I make that 24 consecutive runs Mark?

And a word of praise for all of the athletes who took part in this years series. As with all athletics events, particularly road races, the safety of athletes is paramount. This in turn means that the athletes need to show a responsible attitude towards their own safety. I am happy to say that our athletes have displayed that attitude. The Ulley course is not without it's risks and it was felt necessary by the Road committee that we take all necessary steps towards ensuring athletes safety. We now have a permit for the

event and a set of safety rules, which all participants see before they take part. The conduct of the athletes has been exemplary, and is a credit to Rotherham Harriers. Well done and keep it up during next years series.

After the final event this year we all piled into the Royal Oak for a pint and a well deserved chip butty. We were graced by the presence of club president Dave Johnson who came along to make presentations to Andy Aked and Jenny Blizzard for their outstanding individual performances in the series. The attached photo may appear somewhat unusual. For once I am not guilty! Our photographer on the day was none other than Anita Cavell. You must let me into your secret Anita! At least you actually get the intended people onto the photo, which is always better than my 'fresh air' shots. And of course, I know you were experimenting with a new artistic approach to taking pics.

Lat but not least I would like to express my heartfelt thanks to David Haywood, whose commitment to the event always ensures I actually get there. Thank you David. And roll on next years series.

### Rotherham Harriers & AC Newsletter

Editor Peter Humphries

Contact for news/comment: 01709 549125E-mail: peterh@thedoc.fsnet.co.uk

Club Websites:

www.rotherhamharriers.org (official site) www.hmarston.pwp.blueyonder.co.uk/rhac/index.htm

Newsletter and back issues on-line: www.thedoc.fsnet.co.uk/rrindex.htm

We are always interested in the views and news of runners, especially members (old, new, ex- or prospective).  
Deadline for copy: third Tuesday each month.

**Running Shorts**



**Dave Nuttall** has not taken long to show what a top supporter he is. He has hardly been out of the results lists since recovering from the injury he picked up at the time of joining us last summer.

I have now contacted a number of our athletes with a view to a more in-depth look at their running, hopefully starting next month. I also have in mind the fact that faster

runners often aim at prestige events, which takes them away from our local races, which risks our missing their performances. I will put that right.

**From Dave Haywood:**

In your next edition can you please mention the sterling work President Dave Johnson did re the recent event at Wath Not only as Race Secretary but he was out marking the course at 7 that morning. I am sure people never realise or appreciate what is done for them at times.

*(Delighted to comply David.....Ed)*

**From Neil Shaw:**

Here are some of the results of some of the Harriers I met at the London Marathon. As usual, the organisation and the atmosphere of the event were outstanding. The supportive, and noisy, crowds turned out in large numbers, helped by the unexpectedly warm weather. However, the weather also didn't make running easy, and resulted in a few cases of sunburn (Must remember to pack sun cream, next time!!) With apologies to anyone I have missed ..

**RHAC Results for London Marathon (17/4/05):**

723. Drew Donaldson	2:54:43
1602. Neil Shaw	3:06:49
1860. Ray Howarth	3:09:43
6126. John Kirk	3:41:17
25535. Jim Gallagher	5:05:37
25778. John Clarke	5:06:57
27398. Tony Sarjeant	5:17:12

**Email from Dave Tune** informs me he is working in Brussels though regularly visiting home to see daughter Romany. He is training at 70 mpw, also training at Belgian beer. He also informs me of a second child for our ex-colleague Lee Collingwood and wife. Lee and Dave, and Darren C. hopefully, would do our relay teams no harm at all!

**Ladies 6-stage results**

Fastest of all legs

1 Jenny Clague	Liverpool A	15:54
2 Morag McDonald	ChesterLS A	16:02
3 Gemma Phillips	KendalAAC	16:05
4 Aine Hoban	Wakefield	16:17
5 Jenny Blizzard	Rotherham	16:26
6 Bev Jenkins	SalfordH	16:28

**Reminder: Wickersley Joggers' Reunion**

This will be held in the upstairs room of the Three Horseshoes PH, Wickersley, from 7:30pm on Thursday 26 May 2005. A buffet is going to be provided for which there is a charge of £4.50. Would anyone who wishes to attend please pay any Wickersley Jogger or Tony Sarjeant (01709 540688), before the 14 May where possible.

**12-Stage Results**

1 Morpeth Harriers & AC	3:41:37	18 Horwich R M I Harriers	4:06:42
2 Sale Harriers Manchester	3:43:05	19 Salford Harriers 'B	4:07:26
3 Leeds City Athletic Club	3:43:13	20 Gateshead Harriers & AC	4:07:45
4 Altrincham & District AC	3:45:28		
5 Trafford Athletic Club	3:50:16	<b>RHAC:</b>	
6 Salford Harriers	3:51:20	Andrew Aked	(10) 25:49
7 Liverpool Harriers & AC	3:51:31	Dan Gavelle	(24) 17:46
8 Hallamshire Harriers Sheffield	3:53:25	Iain Whitaker	(26) 17:02
9 Bingley Harriers & AC	3:57:42	Richard Harris	(22) 27:09
10 Chester Le Street & Dist AC	3:57:51	Joseph Gavelle	(16) 15:54
11 Blackburn Harriers & AC	4:00:18	Warren Vard	(16) 16:35
12 Derby AC	4:01:27	Peter Mirrlees	(19) 29:17
13 Sunderland Harriers & AC	4:02:00	Simon Gregory	(19) 16:58
14 Preston Harriers & AC	4:02:44	Simon Mounsey	(18) 16:51
15 Leeds City Athletic Club 'B	4:04:26	Philip Hoole	(16) 27:21
<b>16 Rotherham Harriers &amp; AC</b>	<b>4:05:18</b>	Dave Nuttall	(15) 16:53
17 York Acorn Running Club	4:06:34	John Atkinson	(16) 17:43

**Picture Quiz: Last month**



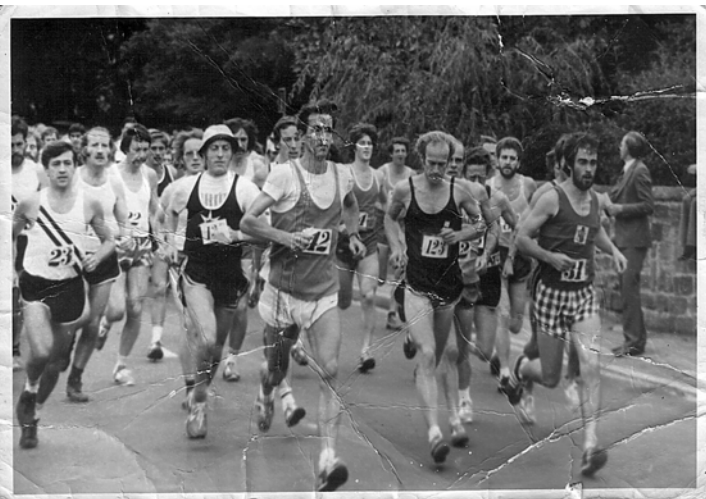
Picture 1 showed Mark Ruddleston as a callow youth, taking the cup at the Christmas Day Race 1983, having received a generous handicap from the man at that time, Brian Steeples, and having subsequently given a glimpse of what was to come by flying home without much competition. It was by no means unknown in those days, but in the light of his efforts and support since, we forgive him!

Mark also provided the picture, which shows then President Vic de Roeck, whose obituary we printed last month, doing the honours.

A deafening silence is the response so far to picture 2. I am not at all sure that the suited figure on the right is not Vic also; it is more than possible that

he is time-keeping if this is a Rotherham event perhaps of the seventies.

It looks to me like the back of the Homestead and of course features Don Creamer and Mick Hague in the RH vests. Many faces look familiar, but names are elusive so far. The 'Union Jack' shorts ought to narrow the date down. Obviously an open event, and they look like Ralph's numbers to me! Is it a marathon? They're moving a bit quick. Or maybe a South Yorks event no longer remembered: could it be a road league, which at one time ran on the local roads? But the vests are wrong!



**Picture Quiz: new one**

They're off again! What, where, who, when?

