



Star of the month: Richard Harris



Not only, topically, first home in the opening road league race, Richard's fine form and fine support saw him take the South Yorks Cross-country series back in January. Pictured above in a fast 30.16 stage of 9k at the northern.

Rotherham Runner April 06

If you needed a clear indicator of how much athletics goes on at RH, and how it has been developing, it can be judged from the trouble I have these days getting the newsletter together. Faced with a 12-page issue this month, I have no chance of meeting the deadline. To avoid delaying everything, it will be in two parts.

This is Part 1

Part 2 will be in the usual places by Monday, probably before the weekend.

Good Days Ahead

Performance and numbers at the 12-stage relays and road league indicated clearly that RH athletes are back into the serious end of racing after some time in the wilderness.

A very sound 9th place at the northern, tremendous support from organisers and runners alike to keep us in the game at the national, and to cap it all a turn-out like the good old days at Dinnington to clearly lay down RH's interest in being no.1 again.

Jim Brogan reports from the North of England AA Road Relay Championships Saturday 25th March 2006 Heaton Park, Manchester

Rotherham Harriers men produced a superb performance at Heaton Park, Manchester, to finish overall 9th in the North of England 12 Stage Relay. After an excellent opening 9Km long leg by Joe Gavelle to bring us home in a solid 19th position, the rest of the squad then followed Joe's example. Relative newcomer to the club, Chris Moran, and the long serving John Comrie kept us in good contention over the next two 5Km short legs. The ever dependable Mark Ruddleston, tackling the next long leg, produced a solid gain of 5 places to move us up to 24th place.

The experienced Paul Venables then maintained us in this position following the next leg (5Km). And now it was time to roll out the big guns. Junior Cross country international Jon Thewlis then took up the challenge on the 6th leg, and in the process of moving us up a further 7 places, also clocked the fastest time of the day for the 6th leg, as well as the 5th fastest on the day for all of the short legs. Richard Harris, on the next long leg, produced a scintillating run to gain a further 2 places and also to record the 7th fastest time of

the day on the highly competitive 7th leg. Now in 15th place, Richard handed over to track international Rob Watkinson who continued our move through the field by gaining another 3 places and recording the fastest time of the day for the 8th leg.

Stirling based Iain Whitaker, having travelled down for the event, the produced an excellent 9th leg, recording the 7th fastest time of the day for this leg and also pushing us up into 7th place overall. In form Philip Hoole, fresh from a recent half marathon pb then consolidated on the 10th (long leg) to keep us in 8th place overall. It

was then left to the two Davids, Storey and Nuttall to graft their way through the last two legs (short) to finish off a superb afternoons work by the mens team.

All in all a great team effort on the day, and great thanks are due to Peter Neal and Pete Shaw for masterminding the team selection and running order.

In the Ladies 6 stage event, Jenny Blizzard produced an outstanding run on the opening leg to come a close second in a time of 18 mins 04 seconds, the 5th fastest overall time of the day in the Ladies event.

Left: stage 6 Jon Thewlis among the fastest times on the day. Results p.2



Support Your RHAC Events

MALTBY RC MEMORIAL RACE

Wednesday 26th April
Off at 7.30
Wesley Centre Blyth Road
(very near White Swan)

£3 on the night

The first of these summer races and social meetings. Get a good RH presence at the start. Club vests.

ULLEY RES Wednesday 7 June 7.15 start at

Whiston Cricket Club
5 mile race on bridle & foot path
Out and back round Ulley Res.

In memory of Peter Ruddleston

Start & finish at Whiston Church
Parking, changing, social at Whiston CC
Permit app for

KIMBERWORTH RC

'Kimmy Kanter' Tuesday 13th June

Venue - As usual meet on Grange to enjoy the off road traffic free route - approx. 5 miles - followed by the presentation at the 'Travs'

This will be the 22nd consecutive running of the event More in May ERR

MEXBOROUGH PRC

No mid-week but watch for detail of races in May RR

GREASBROUGH PRINCE OF WALES

Wednesday 12th July

Advance notice of a
5k road race
traffic-free in

Wentworth Park

Detail soon
permit race

Just as our club race performances have been iffy at times in recent years, so too our appearance in local events. RH support of events at Maltby and Kimberworth especially, and their support of ours was a key feature of local running.

And what's more, it makes fixtures viable which otherwise aren't, because let's face it, the sport is not exactly healthy these days. And the social and the competition are great.

Let's give it a restart at Maltby, 26 April.

Relay Results

Northern 12 & 6 Stage Road Relay Championships

Joseph Gavelle	(19)	31:17
Chris Moran	(27)	18:33
John Comrie	(29)	18:46
M Ruddleston	(24)	32:06
Paul Venables	(24)	19:13
J Thewlis	(17)	15:51
Richard Harris	(15)	30:16
Rob Watkinson	(12)	16:16
Iain Whitaker	(7)	17:34
Phil Hoole	(8)	31:12
David Storey	(10)	19:15
Dave Nuttall	(9)	18:20

1 Leeds City Athletic Club	4:07:05
2 Sale Harriers Manchester	4:09:15
3 Salford Harriers	4:15:28
4 Altrincham & District AC	4:21:37
5 Liverpool Harriers & AC	4:24:09
6 Hallamshire Harriers Sheffield	4:24:19
7 Blackburn Harriers & AC	4:25:14
8 Horwich R M I Harriers	4:26:38
9 Rotherham Harriers & AC	4:28:39
10 Preston Harriers & AC	4:29:03
11 Leeds City Athletic Club B	4:29:28
12 Derby AC	4:30:00
13 Gateshead Harriers & AC	4:30:52
14 Chester Le Street & Dist AC	4:33:06
15 York Acorn Running Club	4:34:32
16 Morpeth Harriers & AC	4:34:33
17 Trafford Athletic Club	4:35:34
18 Bingley Harriers & AC	4:36:00
19 Keighley & Craven AC	4:36:07
20 Wigan Phoenix	4:36:38
21 Wirral AC	4:36:49
22 Sale Harriers Manchester B	4:37:57
23 Sunderland Harriers & AC	4:38:40
24 Holmfirth Harriers AC	4:39:02

25 Wilmslow Running Club	4:41:09
26 Otley AC	4:41:25
30 Skipton AC	4:47:13
31 City Of Sheffield AC	4:47:37
35 Kingston Upon Hull A C	4:52:03
39 Barnsley Athletic Club	4:53:59
42 Ackworth Road Runners	4:57:20
43 Spensborough & Dist AC	5:01:14
51 Kendal Amateur Athletic Club	5:23:09

National: Men

John Comrie	1 5.4 miles	64 31:36
Chris Moran	2 3 miles	63 16:53
Peter Neal	3 5.4 miles	61 32:37
Mark Ruddleston	4 3 miles	58 16:12
Phillip Hoole	5 5.4 miles	56 28:55
David Storey	6 3 miles	53 17:29
Dave Nuttall	7 5.4 miles	55 31:37
Steve Gorrill	8 3 miles	55 18:48
Drew Donaldson	9 5.4 miles	56 33:29
Pete Shaw	10 3 miles	56 17:24
Simon Gregory	11 5.4 miles	57 33:50
Steve Gaines	12 3 miles	56 18:22

1 Newham & Essex Beagles	4:10:08
55 Rotherham Harriers & AC	4:57:07
61 Norfolk Gazelles	5:13:32

Ladies

1 Chester-Le-Street & D Ac	1:44:12
2 Winchester & District Ac	1:44:42
3 Bristol & West Ac	1:44:49

RHAC:

J Blizard	(4) 16:44
J Walker	(7) 18:16
S Bellamy	(27) 21:35

Secretary's Notes

Bert Norburn

Club Shop.

Ralphs appeal for unwanted spikes has paid dividends we have the following sizes in a stock for anyone who wants to make a killing. We only ask for a donation of £5 towards Club Funds.



2.5: 4.0: 5.5: 8.0: 8.5: 7.5: 9.0: 10.0: 10.5 The picture to the left is one of those pairs of spikes, they are sized 10.5. They only have three spikes in each foot all on the outside. Many of our

coaches have been baffled by what they are for? my own views are that they are simply ultra distance spikes. Does anyone know what they are actually designed for? If you want to purchase any of the spikes contact Bert's wife in the shop

I apologise if you feel I am being too repetitive but has anyone purchased items through our link on the shop page yet. Remember every penny that you spend earns the club commission



Wheelchairs on water?

This sign was spotted by Jim Brogan and Bert Norburn as they walked the course of the Easter Chucky just a few days before the race. Did anyone else

spot it or indeed any wheelchairs on the WATER!!!!!!!

'The caption on the top board reads 'No Boats. Jet Skis or other Motorised Vehicles allowed except wheelchairs.'

New Members

Welcome, Willkommen, Benvenuti, Bienvenida, Bienvenu, Failt, Croeswaid, Welcum etc.... The following new members were accepted by the April Executive committee:-

Fergus Wallace Anderson 16yrs 2nd Claim NJL, Joseph Barker 10 yrs T&F, Chloe Brand 14 yrs T&F, Klachen Cheshire 17 yrs T&F 2nd Claim NJL, Rosie Edwards 18 yrs T&F 2nd Claim NJL, David Thomas Jones 14 yrs T&F, Emma Kirkwood 44yrs RR, Laura Beth Marriott 11 yrs T&F, Gareth Moreton 14 yrs T&F XC, Alex Pitcher 10 yrs T&F, Ryan Jordan Sutherland 11yrs T&F, Becky Thorpe 11 yrs T&F, Robert Tintinger 59 yrs RR XC, Kevin Lilley 44 yrs RR XC.

We give them the usual warm welcome and wish them a long and successful career wearing the seven pointed star.

15 in but one out.

The same executive received the resignation of Garry Davy he has decided to leave the club and wants to concentrate on triathlon competition. We wish him well.....

Volunteers needed urgently.

New members and especially their mums and dads may not be aware but there are NO paid officials in our Club everybody DOES IT FOR NOWT. The band of helpers, coaches, officials, club officers gets smaller every year. Those who do volunteer are becoming older and fatigued the cracks are appearing. PLEASE, PLEASE COME FORWARD AND OFFER YOUR HELP

The Sid Scoop Report

Northern 12 & 6 Stage Road Relays, Heaton Park 25 March 2006

On the start line of the Ladies race, there was one question to be answered. What is the difference between Jenny Blizard handing over to a 2nd leg runner at the Northern 6 Stage and a Dodo? The answer is I can remember the last time I saw a Dodo. Once again Bliz the Whizz laid the foundation for success with an outstanding 18mins 4secs effort. This was good enough for 2nd place on the opening leg and was 5th fastest overall from the total of 243 finishers. Sadly, in a repeat of 12 months earlier, the invisible baton was passed on to the invisible athlete, but at least we weren't disqualified for infringing the changeover rules.

Status Quo

After finishing in 16th place for the past 2 years, there was one question to be answered, would Jim Brogan's fake rolex watch stand up to the scrutiny of the official result? Joe Gavelle got the team off to a wonderful start coming home in 19th place with a magnificent 31mins 17secs for the opening long leg of 9km. There followed 2 short legs of 5km in which Chris Moran's tremendous 18.33 and John Comrie's splendid 18.46 saw our position slip back to 27th & 29th respectively. Mark Ruddleston halted the slide on leg 4 with a brilliant 32.06 while Paul Venables maintained the status quo with a battling 19.13.

Red Hot Chili Peppers

Jonathan Thewlis had the responsibility for bringing the first half to a close and he did so in awesome style with an outrageous 15.51. This proved to be the fastest time on leg 6 and the 6th fastest short leg of the day. More importantly we had moved up an incredible 7 places to 17th. Richard Harris carried on the good work with a superb 30.16, which was the 7th fastest time on leg 7 and improved our overall position by a further 2 places. Rob Watkinson took over and clocked the fastest time on leg 8 with 16.16, passing 3 teams in the process in his usual majestic style.

The Who

On to leg 9 and we were living the dream. Iain Whittaker romped round in an exceptional 17.34, the 7th fastest time on this leg, and amazingly we were in 7th place. However, with 6 teams less than a minute behind us, a tense finale was guaranteed. Phil Hoole kept the dream alive with an impressive 31.12 but had to relinquish 1 place to Blackburn Harriers. A further 2 places went by the wayside on the penultimate leg as Horwich RMI and Morpeth overtook Dave Storey who clocked a thrilling 19.16. On to the 12th and final leg, there was pressure galore on Dave Nuttall to bring it back into single figures. The 2005 Club Champion didn't disappoint as he mercilessly manoeuvred past the mighty Morpeth to clock a glorious 18.20.

Our final overall position of 9th is the best performance since the Class of 2000 finished in a remarkable 5th place at Sunderland and the overall time was 4hrs 28mins 39secs.

DON'T FORGET PART 2 OF YOUR NEWSLETTER WITH MORE PICTURES, NEWS AND RESULTS DUE IN A DAY OR TWO

Fixtures

23-Apr	London Marathon London
23-Apr	Nat Jun Lge Humber Div Scunthorpe or Rotherham
26-Apr	Memorial 5 mile Maltby Wesley Centre Byth Rd 7.30 on the night £3 (near White Swan)
30-Apr	Nat UKA YA Lge Rotherham
30-Apr	Three Peaks AL 24m/4500 Horton in Ribb. 10am £8
30-Apr	Crowden Horseshoe BM 8m/1700 Crowden YH Woodhead 11m 3 otd
30-Apr	Rothwell 10k Yorks Vets Champs
03-May	Tiger's Todger BM 6m/850 Tigers RUFC Dore Moor £5 otd
03-May	Esholt 5k Yorks Vets Champs
06-May	Northern Men/Women Div 2 EC Rotherham 1 of 4
06-May	Rother Valley 10k RV Country Park no details
07-May	Nat Jun Lge Humber Div Hull
08-May M	Trunce 3
10-May	SY Road League 2 RHCC Worsboro Mill (Cntry Pk) same number (or on the night)
13/14-May	Yorkshire Track & Field Champs Cudworth 10.30 prospectus & entry form No LE Fri 21/4
14-May	Sheffield Half RHCC Don V Stad 9.30 £14 (FR £5) 0114 230 8429 web 28/4
17-May	Askern 10k £6 (+2 otn) 7 pm http://www.askerndrc.org/
20-May	British Vets Road Relays Sutton Park
20-May	South Yorks T & F 1.00pm Rotherham
21-May	Nat UKA YA Lge Cleckheaton
24-May	SY Road League 3 RHCC Rother Valley Cntry Pk same number (or on the night)
31-May	SY Road League 4, last RHCC Hayfield Lakes same number (or on the night)
03-Jun	Northern Men/Women Div 2 EC Cudworth 2 of 4
04-Jun	Nat UKA YA Lge Grimsby
07-Jun	ULLEY RES 5m off road (bdle paths) Whiston Church
	RHAC Race on the night £3 (permit a.f., open race)
08-Jun	Haworth 5 mile Yorks Vets Champs
11-Jun	Nat Jun Lge Humber Div Rotherham
13-Jun Tu	Kimmy Kanter (Kimberworth SRC) Grange
14-Jun	South Yorks Track relay Ch 7pm Cudworth
18-Jun	South Yorks T & F 1pm Cudworth
18-Jun	Horwich 5k Brit Vets Champs
22-Jun	South Yorks T & F 7pm Rotherham
25-Jun	Nat UKA YA Lge Middlesborough
28-Jun W	Damflask Relays SY CHAMPS Bradfield
01-Jul	South Yorks YA Multis 11.30am Rotherham
02-Jul	Northern Men/Women Div 2 EC Derby 3 of 4 note venue
04-Jul	South Yorks T & F 7pm Cudworth
05-Jul	Roche Abbey 10k (Maltby RC) Maltby on the night
08/9 Jul	British Vets T & F Champs Birmingham
12-Jul W	Wentworth Park 5k date t.b.c. Prince of Wales Greassbrough 7.30 on the night £3
16-Jul	Nat Jun Lge Humber Div Grimsby
16-Jul	Eccup 10 mile Yorks Vets Champs
23-Jul	Nat UKA YA Lge Rotherham



Vets Relays

BMAF Road Relay Championships
20th May 2006 Sutton Park
Sutton Coldfield, Birmingham
(VETS RELAYS)

With the senior road relays behind us it is now time for the 'more senior' road runners to focus on the forthcoming vets relays. These prestigious annual relays have in the past seen several high level performances from both the men in black and the ladies in black. Individual leg times featuring in the top three along with team bronze medals have been some of the highlights. Our current crop of vets are capable of eclipsing all that has gone before. This year we have fast vets moving up in age category which will strengthen an already impressive O/50s mens squad along with newly recruited members. At O/40 mens the addition of two squad members who are probably our fastest two along with other new comers and improved runners may push the team very close to the rostrum. The ladies teams haven't quite got the same strength in depth as the men's with one or two of the athletes out of action at the moment, but this will not result in a disappointing performance – over the past few years our ladies have been top of the RHAC pile.

Important Message

With reference to the men's O/40 and O/50 squads in

Peter Neal

particular, please take note that it will not be myself (Peter Neal), Pete Shaw or Jim Brogan, or any other individual who will be responsible for selecting the respective teams – it will be up to the athletes themselves! Performance, attitude, want, need, desire. Let's see it.

Let us look at the squads:

O/40 Andy Aked, Kevin Lilley, Mark Ruddleston, Pete Mirrlees, John Comrie, Dave Nuttall, Nigel Brookes, Pete Shaw, Peter Neal, Drew Donaldson, Paul Ruddleston, Tim Drake, John Elvidge
 There are more but only 8 to run.

O/50 Paul Venables, John Atkinson, Keith Williams, Rob Tintinger, Steve Gaines, Chris Beighton, Alan Gregory, Martin Herrington, Terry Hawley, Mick Marsters, Malc Palfreyman.
 Again there are more but this time only 6 to run.

Please make an attempt to select yourselves by putting in a performance – recent results and performances may suffice, but keep an eye on the names above!

Keep in touch, let me know how you are going

Peter Neal



12-stage runners (clockwise from top right)
 Joe Gavelle, Chris Moran, John Comrie, Rob Watkinson, Ian Whittaker, Dave Nuttall, Phil Hoole, Dave Storey, Paul Venables, Mark Ruddleston.

Inset: team managers Peter Shaw and Peter Neal

Picture Quiz



I'm getting back into my own pictures this month; it's time you sent me some more! To mark the occasion of two former RHAC star runners heading back into the racing scene, the pictures above left show four RH all-time great runners taking each other on – simply who, where, when, in what?

Above right: two after-the-event shots. The top one was I think after the finish of my first race as a vet, but I'm not right sure. I know what and where, and several 'who's though– do you?

Lower right: Chris Beighton is seemingly in happy mood– why, and where exactly, and who are the ladies examining the prizes?

Last month's Quiz



Two pictures last month, both marathons. Left, the Rotherham version . Showing across the front row Bob Layton, David Baum, Roy Tinker, Stan Roe with Les Stone between. Other names should be known but no-one has offered them, or maybe I've forgotten. I'm never sure where these photos are taken– somewhere along Laughton Common I guess– the route ran from Wickersley Morthern Rd to Thurcroft (Dog Kennels) over on to the Brampton straight mile for two left hand loops of the straight mile, Dinnington pit corner, Lordens, St.Johns, Pit corner, Dog Kennels then straight back into and through Wickersley, Bawtry Road, Wickersley Rd, into the stadium. I think. I ran it twice but can't remember. David Haywood will clarify for us, he often organised if I remember right. (I certainly remember that countless runners died the death on the seemingly innocuous rise into Wickersley at the Institute!)

right Mike Sumption, Brian Harney, Stan Roe, George Newbould, June Harney, Geoff Pickstone (Hallam), Don Creamer and Arthur Oxley. Geoff Pickstone was HH secretary around that time and emigrated to New Zealand not long after.

The one on the right (courtesy of Mike Sumption) is a newspaper clipping of the Huddersfield (Chippendale) Marathon, a big event in its day. Brian Harney tells me there were 75 runners under 3 hours in the this one from 1978. All RHAC except one– left to

Rotherham Harriers & AC Newsletter

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We are always interested in the views and news of runners, especially members (old, new, ex- or prospective). Deadline for copy: will be announced on website. www.rotherhamharriers.org