



Spring brings the big relays: above the fierce start of the men's 12-stage at Sutton Park. Our ladies spectacular arrival on the scene is reported here and page 3. Top class support. More pictures next month. Full results page 5



Drew Donaldson on stage 2; a top supporter despite running London this week.



Howard Darwin on stage 7. Few can claim to have represented their club in the South Yorks, Yorkshire, Northern and National Cross-country, Northern and National relays in the same six months!

National Road Relays

Ladies March Up GB Road List

RH Ladies 19th

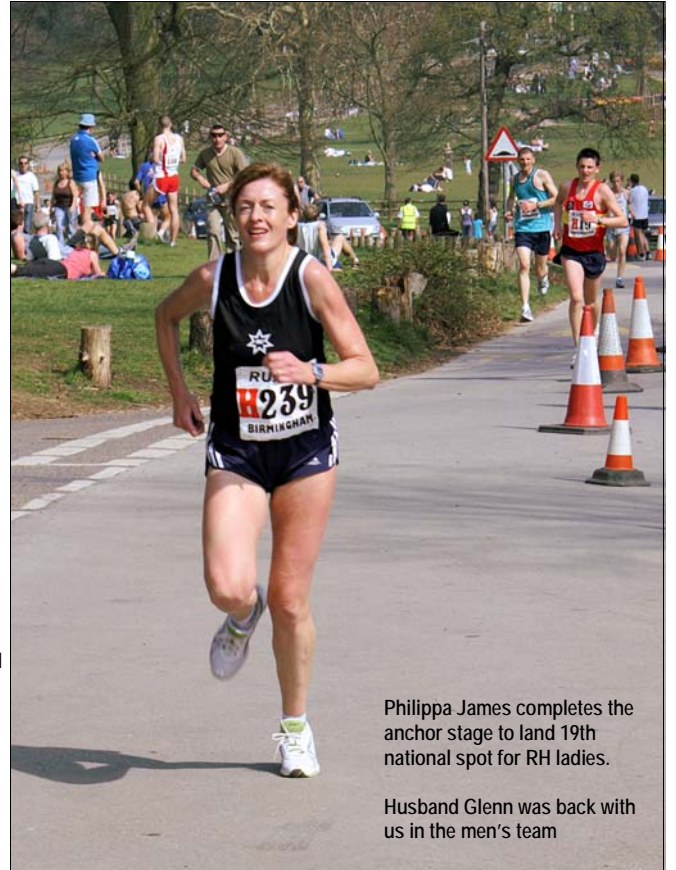
RH Ladies delivered a brilliant result at Sutton Park in the hot April sun with a 19th place performance in the national 6-stage road relays. For many, these are the 'senior' road events, 12 stages men and 6 stages women, in fact the premier division. And this is a result which I am sure is a ladies all-time best on the road, and second only to the men's 18th in 1999 in terms of club placement.

Our ladies are virtual newcomers to this event; for many years just getting to turn out at the Mecca for relay running, Sutton Park, was a step too far, although we have been represented by short teams, notably Jenny Blizzard in recent years. Not now, with this mix of youthful enthusiasm, mature ability and dedicated support. What a fine response in fact to Jenny's decision to put her faith in our development plans and stay with us at Rotherham.

As Ralph R used to say, you need many more than 6 for a 6-stage relay. This would be a fine time to attract some more, and of course a good number are waiting in the wings. You can see clearly that the vital hard work of Steve Gaines, Peter Neal, Gill Taylor and colleagues can only succeed if you have the likes of Dennis Russell and his colleagues attracting and enthusing the athletes concerned.

So, the standards threatened and delivered on the country have spread through into the road season. Our men's team ran 52nd, a determined effort which keeps us well in the frame of major competition.

It is worth noting in passing that in these days of declining involvement in running, RH are there or thereabouts, in fact the only South Yorkshire team there, and one of only five Yorkshire teams. On the ladies' side, five also and only Hallamshire and Rotherham were from South Yorkshire. The big national relay is a cauldron, there is nowhere to hide, and it takes a good deal of character at the very least to take on international runners and so on to keep your club in the competitive big-time. So a great "well done" also to the men for a determined performance.



Philippa James completes the anchor stage to land 19th national spot for RH ladies.

Husband Glenn was back with us in the men's team

Want to start running or getting fit, but are worried that the club training groups are too fast for you??

Then you may be interested in joining the newly formed "Beginners Running Group".

The group meets twice each week, on Mondays at 10:00am and on Thursdays at 6:00pm.

The sessions are led by Jim Brogan, club chairman & a qualified endurance coach. The group meets at the stadium entrance, and sessions take up to one hour.

The aim of the sessions is to enable people to get fit enough so that they can run for 30 mins or so. You do not need to be a runner, as there are differing standards within the group.

which allow for individual needs and performance. The sessions start with a walk / run mix. The aim is to reduce the walking periods progressively so that each person can comfortably run for 30mins without stopping or walking.

At that point, the aim is to have another group who will run 3 or more miles. this will enable a pathway from absolute beginner to club runner to be achieved. Jim is helped by other club members, so that the group members can run at a pace they are comfortable with.

The group are pictured alongside Jim and club member Jenny Horan. If anyone is interested in joining the group, contact Jim on 01709 370486.



Coming soon
Kimmy Kanter

12th June at Kimberworth

Ulley Res

20th June at Whiston
Probable date- check

BUT NOW

RH vests please at

Maltby

Memorial Race

Weds 25 April

**Wesley Centre
6.30 probably**

ERRA National 12 & 6 Stage road relays
14th April 2007, Sutton Park

Ladies Show Power Men Just Make It

In glorious sunshine and temperatures of 24 degrees, the club tent was needed, not for shelter from the rain and hail that we had last year, but as a sunshade to prevent overheating and sunburn.

We had entered 18 names for the ladies' team, and 31 names for the men's team.

On the day we had a full womens' team of 6, and two reserves. This is a massive improvement on past years, indeed this is the first year I can remember that we have had a full team. The reason is due mainly to the younger athletes moving into eligible age categories. Thanks to Gill and Janet for agreeing to travel as reserves.

It had been touch and go as to whether we would have the 12 runners for the men's team, and it wasn't until 9:00pm on Friday that I managed to speak to Glenn James and get his agreement to run. Glenn and his wife Philippa provided the clubs first husband & wife relay reps.



Rosie Edwards brings home stage 1

Thanks to all the runners for turning out. We are now starting to see some consistency - we have qualified for the men's National relays now for the last 5 years, and have fielded full teams for the last 2. You might think this is not exceptional, but we were the only SY club to field a men's team this year. We aim to compete in ALL national championship events, in both men's and womens races, We hope that this will be noticed by any runners who wish to do the same, and result in them joining.

Thanks to the 6 runners for agreeing to run long stage legs - particularly Howard & Richard who stuck by their pledge despite both being injured and below par.

The ladies team finished 19th - an excellent result - with both Jenny and Rosie running good times. The men finished 52nd, and while we would expect a higher finishing position - if all our runners were available - that is 4 places higher than last year.

Phil ran a very good opening leg, breaking 28 mins for the first time, and continuing his good form this year. Drew had asked to run a short leg, as he competes in the London marathon on the 20th. He is another RH athlete who has significantly improved their times this year. His time on the 2nd leg bodes well for next week, and we wish the club is much appreciated. Mark again ran the fastest short leg for the club, and as in the Northern relays, was the only man to run faster than the faster RH ladies. He ran a really good time, and Mark and Drew will both strengthen the O40 vets team in a months time. Simon said he found the long leg hard in the heat. Dave Storey - the last of our "young guns" ran well. For the next 3 legs it was "age and experience" as Pete, Rick & Dave kept our overall position around 50th. Rosie again ran a very good opening leg, remaining in contact with the lead bunch until the jamboree stone turn, and

him all the best. Richard has been suffering with an ankle injury - sustained whilst playing football - and this has severely limited the distances he can run in training. He was disappointed with his time, but his commitment to the club is much appreciated.



Dave Storey and (right) Pete Shaw

the jamboree stone turn, and finishing a creditable 9th in very good company as the photo shows. (Chester le street finished 3rd and Bingley 6th). Jo had a good run on leg 2 -improving her last years time. Linsay kept the team in contention and handed over to Jenny. Jenny had originally asked not to run, due to her calf injury which had caused some loss of fitness. For someone who has missed several weeks training, I thought she had a good run, and whilst she would expect to run faster, she gained 7 valuable places. Annabelle and Philippa brought the team home in an excellent position. Had we been aware that Klachen needed transport to get to the venue, the finishing position could have been even better.

The future is looking very good for the RH womens' team, since next year more of the U17 squad move up and further strengthen the team. Next year could be very interesting indeed!

On leg 10, Glenn made a welcome return to the RH team. It is some years since Glenn competed for us, and he was unsure of his fitness. I had (correctly) forecast that he would run faster than me, and had used this in my list of persuasive reasons why he should run. He ran leg 10 in order that he and Philippa could effectively share child care responsibilities.

Howard again demonstrated what a good club man he is by agreeing to run the long leg, despite a back injury. Howard was also unaware that leg 12 was to be a mass start (As indeed was our leg 12 runner!) & wondered where I was at handover.

I was struggling to get my aged frame around the short stage. As I finished I heard the announcer saying that Nick McCormick had run 13:39 - the 5th fastest time ever, but I bet he didn't take any photos or help put a tent up.

The Sid Scoop Report

Welcome Back, Sid Scoop

On the start line there was one question to be answered, is the future of the Rotherham Ladies Relay Team looking Rosie? This was immediately confirmed when Ms Edwards stormed round the opening leg in a magnificent 17m04s for the 2.995mils lap to set us up nicely in 9th place. Joanna Walker improved 10secs on last years effort to clock 18.06 which saw us slip back 3 places. Lindsay Clarke produced a typically tenacious effort with 19.31 but a further 6 places were relinquished. Cue Blizz the Whizz. Despite only 3 weeks training following an achilles injury, Jenny ran a remarkable 17.02 to recover 7 places and just maintain her position as Queen Harrier. Annabelle Grady took over on leg 5 and battled round in 21.15 but 4 places were conceded. Onto the final leg Philippa James even had time to stop for a photo in the finishing straight before stopping the clock at 20.57.

The overall time was 1hr 53mins 55secs which placed us in a very respectable 19th position. This is the best ever performance we have produced in this championship, the previous best being in 2005 when we finished 35th in 2hrs 3mins 03secs. Next year promises to be the dawn of a new era for the Ladies Road Relay Squad. In Rosie Edwards we have a young lady with outstanding potential who can get us in the thick of the action and when Jenny Blizard is firing on all cylinders, the possibilities are endless. In an exclusive interview with Harriers Supremo Steve Gaines, I asked "is there room in the team for old stalwarts like Janet Hindley & Gill Taylor?" "Are they hungry enough?" he asked. The answer was evident as they were both devouring a Kentucky Fried Chicken Bargain Bucket. Next years event promises to be the most exciting ever, so book early, space in the tent is limited.

On the start line of the men's race there was one question to be answered, with Jim Brogan failing to make the final 12, would Steve Gaines still be able to perform under such pressure? The answer was only just. A decision was made to start leg 12 runners off at 4.15 which was fortunately discovered at 4.13 by our team manager, driver, team hq erector & photographer! And leg 12 runner. The ever dependable Phil Hoole got us off to a great start with a blistering 27.57 long leg which was a massive improvement of 58secs on his 2006 effort. Drew Donaldson's brilliant 17.16 short leg saw us slide 10 places and from this point there was a consistent pattern with the long legs losing a couple of places while the short legs held their places, with the exception of Mark Ruddleston & Steve Gaines who both managed to improve one place. The final result showed us to be in 52nd place in a time of 4.55.19.

Not to be outdone by the ladies, this was the best performance by the men's team this century.

Last year we finished 55th in 4.57.07 which was our previous best so take a bow lads.

Ladies Result

Rosie Edwards (9) 17:04
Joanna Walker (12) 18:06
Linsay Clarke (18) 19:31
Jenny Blizard (11) 17:02
Annabelle Grady (15) 21:15
Philippa James (19) 20:57

Mens result

Philip Hoole (29) 27:57
Drew Donaldson (39) 17:16
Richard Harris (41) 30:05
Mark Ruddleston (40) 16:16
Simon Mounsey (46) 32:21
Dave Storey (46) 17:45
Pete Shaw (49) 32:04
Rick Sharp (49) 18:12
Dave Nuttall (51) 32:07
Glen James (51) 18:12
Howard Darwin (54) 34:51
Steve Gaines (53) 18:13

Mark Ruddleston's Excuseosaurus - No 264

"My black vest absorbs a greater density of cosmic rays which must cost me at least a second per mile....."

NoE 12 & 6 stage Road Relays 2007
1st April. Silksworth Sunderland

Men Qualify, Ladies Look Strong

We had entered 2 women's teams, and one mans team. On the day we were only able to field one complete women's team, and a very depleted men's team. Even the club sec had to run (Jim, this isn't in my job description). We were not at all confident that the men's team would qualify for the national champs (only the first 25 teams to finish qualify), but were fairly sure that the team had easily won the highest combined age award. We had to run 9 veterans in our team of 12, two of them over 50! Where are all the young guns needed for this event!?!.

On the day the women's team finished 9th, and the men's team 23rd. This is the best result I can remember for the RH ladies, and the 5th consecutive year that the men's team have qualified for the national event. Thanks to all the runners & supporters who turned out on the day



RH Ladies' Squad at Sunderland for the Nprthern 6-stage

		Results	
Simon Mounsey	(33) 23:43		
Terry Eastwood	(36) 12:07		
Peter Shaw	(33) 11:33	1 Morpeth Harriers	2:41:19
Philip Hoole	(26) 21:14	2 Leeds City	2:41:40
David Storey	(26) 11:45	3 Sale	2:44:18
Mark Ruddleston	(23) 11:09	23 Rotherham Harriers & AC	3:07:45
Drew Donaldson	(25) 24:44		
Dave Nuttall	(24) 11:43		
Howard Darwin	(24) 11:53		
Nigel Brooks	(24) 23:33		
Peter Neal	(24) 11:52		
Steve Gaines	(23) 12:29		

Phil Hoole had an excellent run, gaining 7 places. Both Dave Storey and Simon had solid runs.

In the vets 040 section, good runs from Pete (Shaw), Mark and Nigel. Good to see Drew continuing his good form, and a warm welcome to Howard's first outing on the roads for us. Thanks to Terry and Dave for supporting the club, and both having good runs

In the O50s, Pete (Neal) had a much better run - considerably faster than me, and therefore making him a long leg candidate if he is available for the nationals.

The team held a position perilously close to either just qualifying or just failing to qualify from leg 4 onwards. Thankfully I was completely unaware that I was setting off in 24th place (due to the lapped runners making it almost impossible to work out positions).

I had previously specified that Pete should either finish 15th or a distant 26th so that I did not suffer too much pressure. At my age and state of unfitness it can be dangerous!

I also had to endure several minutes of derogatory comments, from race announcer Mike Bateman, regarding my age, appearance, etc and also advising all those in the takeover pen that they could be confident of not running the slowest time on this leg!

Women

A great run from Rosie on leg 1, recording the 6th fastest time of the day. Thanks to Gill for accepting the responsibility for taking leg 2, in the almost certain knowledge that we could be leading the race. Lynsay had a good run. It was good to see both Stacey and Helen - who are new members & track runners - doing their bit for the road team, and running considerably further than they are used to! Annabel gained 4 places on her leg to get the top 10 placing.

A good performance!

Thanks to Paula for travelling up as reserve, and so ensuring that we had a guarantee of finishing a team.

		Results	
Rosie Edwards	(1) 11:18		
Gillian Taylor	(12) 14:08		
Lynsay Clarke	(10) 12:52	1 Chester le Street	1:08:12
Stacey Holmes	(14) 14:57	2 Leeds City	1:09:01
Helen Walker	(13) 13:34	3 Sale	1:11:07
Annabel Grady	(9) 13:32	9 RHAC	1:20:21

Rotherham Harriers & AC 'B' 14:34
Paula Fisher (23) 14:34

Further evidence of Phil Hoole's sharp improvement from the Wakefield 10k where vets Terry Hawley and John Atkinson were also not looking slow. John's daughter Keely is one of a good number of sharp-running ladies to have come to us lately; this was her first serious race, and it looks as though Jerry Spence kept her company.

Wakefield10k

1	001	Daniel Agustus	Scarb	00:31:35
2	002	Philip Hoole	RH	00:32:10
39	037	John Atkinson	M50 RH	00:36:27
67	062	Terry Hawley	M55 RH	00:38:24
315	026	Keely Atkinson	F	00:46:33
316	289	Jerry Spencer	M55 RH	00:46:33
1024 finishers				

Easter Chucky 10Km

25th March 2007

1 R. Watkinson R.H.A.C.	31:41 SM	60 C. Sumner Valley Hill	51:08 VM
2 P. Branney Kirkstall	34:32 SM	61 V. Ward NIH	51:30 SL
3 S. Mounsey R.H.A.C.	35:30 SM	62 L. Price Bannatynes	51:43 SM
4 D. Donaldson R.H.A.C.	36:09 VM	63 M. Shaw Unattached	51:44 VL
5 N. Brookes R.H.A.C.	36:29 VM	64 J. Metcalfe Unattached	51:44 SL
6 W. Alves Totley A.C.	36:38 VM	65 I. Day Livingwell	53:25 VM
7 H. Darwin R.H.A.C.	36:58 VM	66 Faye Hodgkins NIH	53:50 SL
8 J. Elvidge R.H.A.C.	37:26 VM	67 C. Fretwell Unattached	53:50 SL
9 P. Neal R.H.A.C.	37:51 VM	68 G. Benton Malby	53:57 VM
10 D. Winter Askern	38:01 SM	69 J. Webb Valley Hill	55:24 VL
11 D. Ballantine Keighley	38:01 VM	70 J. Adams Valley Hill	55:24 VM
12 D. Birkett Doncaster	38:39 VM	71 T. Goodyear Livingwell	55:27 VM
13 D. Russell R.H.A.C.	38:46 SM	72 A. Langley Bannatynes	55:56 VL
14 D. Allembly Wombwell	38:59 VM	73 M. Sumption Bannatynes	56:50 VM
15 R. Tintingier R.H.A.C.	39:17 VM	74 E. Yates Unattached	57:11 VL
16 I. Elsmore Totley A.C.	39:26 VM	75 T. Gibson Bannatynes	57:57 SL
17 S. Mozley Wickersley B.T.	39:35 SM	76 L. Statham Livingwell	59:06 VL
18 S. Nesbitt Durham City H.	39:45 SM	77 F. Earl Bannatynes	59:40 VL
19 C. Oxley Living Well	41:33 VM	78 S. Daniel Bannatynes	59:40 VL
20 S. Marshall Wakefield	41:36 VL	79 B. Langley Bannatynes	61:03 VM
21 I. Guest Wickersley B.T.	41:50 VM	80 M. Leverick Bannatynes	61:46 SL
22 C. Willgoose Halifax	41:59 VL	81 J. Ward Unattached	62:47 SL
23 J. Downing Livingwell	42:20 VM	82 S. Roebuck Unattached	62:47 SL
24 M. Smales Barnsley	42:23 VM	83 T. Moores Valley Hill	63:18 VL
25 N. Kent Sheffield R.C.	42:53 VM	84 L. Westby Valley Hill	63:18 VL
26 J. Hindley RHAC	43:20 VL	85 K. Robinson NIH	63:57 VL
27 P. Humphries R.H.A.C.	43:34 VM	86 A. Bryden RHAC	69:16 VM
28 C. Earl Bannatynes	43:39 VM	87 S. Buck Bannatynes	69:22 VL
29 E. Gregory Totley A.C.	44:15 VL	88 S. Arnold Bannatynes	69:43 VL
30 P. Hetherington Valley Hill	44:53 SM	89 S. Symcox Bannatynes	78:03 VL
31 P. Robinson Unattached	45:37 VM	90 A. Symcox Bannatynes	86:10 VM
32 T. Wade Livingwell	45:41 VM	Fun Run	
33 B. Sutton Valley Hill	45:43 VL		
34 K. Attwood Totley A.C.	45:47 VL	Posn Name Club Time	
35 D. Hogarth Bannatynes	45:51 VL	1 Cian Scothern RHAC	10:29
36 J. Gibson Bannatynes	45:53 SM	2 Michael Page Unattached	11:17
37 M. Ghattary Unattached	45:59 VM	3 Christopher Page Unattached	11:48
38 N. Cliff Bannatynes	46:11 SM	4 Joseph Willgoose Unattached	12:00
39 D. Batty Penistone	46:50 VM	5 Florence Evans Barnsley	12:22
40 D. Lockwood Unattached	46:50 VM	6 Melissa Hellewell RHAC	12:37
41 W. Liversidge Kimberworth	46:59 VM	7 Georgina Spencer RHAC	12:42
42 A. Kiernan Unattached	47:33 SM	8 Madi Ashton City Of Sheffield	13:12
43 D. Cubitt Unattached	47:33 SM	9 Helena Broadhead Hallamshire	13:19
44 M. Green Livingwell	47:41 SL	10 Georgina Clayton Wombwell	15:30
45 K. Nightingale Unattached	47:47 VL	11 Nick Cammack Unattached	15:48
46 S. Evans Unattached	48:07 VL	12 Robert Willgoose Unattached	15:52
47 M. Proctor Kimberworth	48:21 VM	13 Alex Camack Unattached	15:59
48 D. Beaver Kimberworth	48:21 VM	14 Bonita Clayton Unattached	17:22
49 K. Browning Doncaster A.C.	49:22 VL	15 Amber Thompson Unattached	17:43
50 L. Ward Bannatynes	49:22 SL	16 Diane Heaton Unattached	17:43
51 C. Parsons Totley A.C.	49:22 VL	17 Tracey Chaney Unattached	18:03
52 M. Statham Unattached	50:12 VM	18 Mathew Taylor Unattached	18:03
53 A. France Unattached	50:22 VM	19 Neil Taylor Unattached	18:29
54 J. Maddison Bannatynes	50:38 SM	20 Stuart Jay Unattached	18:39
55 M. Moore Totley A.C.	50:39 VL	21 Morgan Jay Unattached	18:44
56 G. Cliffe Bannatynes	50:54 SL	22 Tyler Jay Unattached	19:15
57 D. Skidmore Unattached	51:01 SM	23 Mathew McQuillin Unattached	19:23
58 K. Naylor Unattached	51:01 SL	24 Lewis McQuillin Unattached	19:23
59 S. Bagley Bannatynes	51:03 VM	25 Karen Jay Unattached	20:10
		26 Christopher Taylor Unattached	23:11
		27 Joseph Chaney Unattached	23:43
		28 Anthony Craney Unattached	23:43
		29 Tracey Chaney Unattached	23:43

Men National 12-stage

1 Leeds City AC 'A' 4:11:31
2 Morpeth Harriers & Ac 'A' 4:13:42
3 Belgrave Harriers 4:14:43
4 Newham & Essex Beagles 4:14:54
5 Cardiff Aac 4:16:20
6 Tipton Harriers 'A' 4:16:37
7 Notts Ac 'A' 4:16:53
8 Sale Harriers Manchester 4:17:13
9 Owls Ac 4:18:09
10 Shaftesbury Barnet Harriers 4:18:16
11 Bristol & West AC 'A' 4:20:54
12 Swansea Harriers 4:24:05
13 Aldershot, Farnham & District 4:24:28
14 Kent Ac 4:25:11
15 Bedford & County AC 4:26:19
16 Woodford Green & Essex Ladies 4:26:25
17 Birchfield Harriers 4:27:24
18 Wells City Harriers 4:29:44
19 Liverpool Harriers & Ac 4:31:27
20 Trafford Ac 4:31:54
21 Coventry Godiva Harriers 4:31:58
22 Blackheath & Bromley Hac 4:32:32
23 Thames Hare & Hounds 4:33:17
24 Blackburn Harriers 4:34:43
25 Salford Harriers & Ac 4:35:19
26 Altrincham & District Ac 4:36:55
27 City Of Norwich AC 4:37:18
28 Mansfield Harriers & Ac 4:37:27
29 Derby Ac 4:38:22
30 Thames Valley Harriers 4:39:24
31 Leeds City AC 'B' 4:40:27
32 Telford Athletic Club 4:40:36
33 Cheltenham & County Harriers 4:41:26
34 Reading Ac 4:42:16
35 Tipton Harriers 'B' 4:42:28
36 Herne Hill Harriers 4:42:32
37 Blackpool, Wyre & Fylde Ac 4:42:57
38 Brighton & Hove City AC 4:43:06
39 Serpentine 4:43:08
40 Severn Ac 4:43:19
41 Holmfirth Harriers Ac 4:44:33
42 York Acorn Running Club 4:45:19
43 Nene Valley Harriers 4:46:12
44 Notts Ac 'B' 4:46:12
45 Gateshead Harriers & Ac 4:46:46
46 Les Croupiers RC 4:47:01
47 Wigan Phoenix 4:48:00
48 Hillingdon Ac 4:48:02
49 Wirral Ac 4:51:51
50 Garden City Runners 4:53:00
51 Chester-Le-Street & District A 4:53:04
52 Rotherham Harriers & Ac 4:55:19
53 Bromsgrove & Redditch AC 4:56:41
54 Wolverhampton & Bilston 4:57:24
55 Northbrook Ac 4:58:04
56 Rugby & Northampton Ac 4:58:15
57 Birmingham Rowhealth Ac 4:59:09
58 Solihull & Small Heath AC 4:59:09
59 Halesowen A & Cc 5:00:16
60 Rossendale Harriers 5:02:29
61 Harborough Ac 5:06:03
62 North Shields Poly 5:09:00
63 Ilkley Harriers 5:10:41
64 Stroud & District AC 5:11:53
65 Team Bath (city Of Bath) 5:22:52
Philip Hoole (29) 27:57
Drew Donaldson (39) 17:16
Richard Harris (41) 30:05
Mark Ruddleston (40) 16:16
Simon Mounsey (46) 32:21
Dave Storey (46) 17:45
Pete Shaw (49) 32:04
Rick Sharp (49) 18:12
Dave Nuttall (51) 32:07
Glen James (51) 18:12
Howard Darwin (54) 34:51
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National & Northern Relays

Women National 6-stage

1 Charnwood Ac 'A' 1:41:14
2 Aldershot Farnham & District 'A' 1:41:23
3 Chester-Le Street & District 1:41:56
4 Winchester & District Ac 'A' 1:42:18
5 Leeds City Ac 'A' 1:45:04
6 Bingley Harriers & Ac 1:45:11
7 Bristol & West Ac 'A' 1:45:37
8 Windsor, Slough, Eton & Houns 1:45:40
9 Telford Ac 'A' 1:46:24
10 Belgrave Harriers 1:47:15
11 Bedford & County Ac 'A' 1:47:26
12 Arena 80 1:49:54
13 Hallamshire Harriers 1:50:58
14 City Of Norwich Ac 1:51:36
15 Wigan Phoenix 'A' 1:52:00
16 Sale Harriers Manchester 'A' 1:52:20
17 Bristol & West Ac 'B' 1:52:54
18 Winchester & District Ac 'B' 1:53:01
19 Rotherham Harriers & Ac 1:53:55
20 Birchfield Harriers 'A' 1:54:26
21 Solihull & Small Heath Ac 1:54:29
22 Serpentine Running Club 1:55:08
23 Stockport Harriers Ac 'A' 1:55:39
24 Royal Sutton Coldfield Ac 1:56:09
25 Holmfirth Harriers Ac 1:56:24
26 Tipton Harriers 1:58:14
27 Notts Ac 'A' 2:00:48
28 Coventry Godiva Harriers 2:00:52
29 Trentham Rc 2:03:10
30 Bournville Harriers 2:04:06
31 Woodford Green & Essex Lad 2:05:04
32 Team Bath (city Of Bath) 2:05:06
33 Heanor Rc 2:05:16
34 Cannock & Stafford Ac 2:06:23
35 Wolverhampton & Bilston Ac 2:09:18
36 Harborough Ac 2:10:04
37 Birchfield Harriers 'B' 2:10:17
38 Trafford Ac 2:11:50
39 Stockport Harriers Ac 'B' 2:13:36
40 Mansfield Harriers & Ac 2:15:51
41 Stroud & District 2:17:38
42 Leamington C & Ac 2:22:30
43 Northbrook Ac 2:23:59
44 Notts Ac 'B' 2:25:06
45 Birchfield Harriers 'C' 2:32:14

Rosie Edwards (9) 17:04
Joanna Walker (12) 18:06
Linsay Clarke (18) 19:31
Jenny Blizard (11) 17:02
Annabelle Grady (15) 21:15
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Men Northern 12-stage

1 Morpeth Harriers & Ac 'A' 2:41:19
2 Leeds City Athletic Club 'A' 2:41:40
3 Sale Harriers Manchester 'A' 2:44:18
4 Trafford Athletic Club 'A' 2:45:10
5 Salford Harriers 'A' 2:47:18
6 Blackburn Harriers & AC 'A' 2:48:35
7 Liverpool Harriers & AC 2:49:23
8 Hallamshire HSheffield 'A' 2:50:11
9 Altrincham & District AC 2:52:36
10 Derby AC 2:54:06
11 Sunderland Harriers & AC 'A' 2:54:40
12 Bingley Harriers & AC 2:55:20
13 Gateshead Harriers & AC 2:56:08
14 Blackpool Wyre & Fylde AC 'A' 2:56:22
15 Morpeth Harriers & AC 'B' 2:57:56

16 Leeds City Athletic Club 'B' 2:58:17
17 York Acorn Running Club 2:59:03
18 North Shields Poly Club 'A' 2:59:33
19 Wigan Phoenix 3:01:31
20 Holmfirth Harriers AC 3:03:22
21 Richmond & Zetland Harriers 3:03:34
22 Wirral AC 3:04:40
23 Rotherham Harriers & AC 3:07:45
24 E Cheshire H & Tameside AC 3:09:28
25 Chester Le Street & Dist AC 3:10:52
26 Ilkley Harriers AC 3:11:16
27 Elswick Harriers 3:12:38
28 Rossendale Harriers & AC 3:13:41
29 Skipton AC 3:14:53
30 Heanor Running Club 3:16:25
31 Keighley & Craven AC 3:16:30
32 Blyth Running Club 3:19:33
33 Low Fell RC 3:20:55
34 Beverley AC 3:21:15
35 Sunderland Harriers & AC 'B' 3:23:26
36 Blackburn Harriers & AC 'B' 3:24:34
37 Sunderland Strollers 3:26:48
38 Blackpool Wyre & Fylde AC 'B' 3:26:49
39 North Shields Poly Club 'B' 3:33:52

Simon Mounsey (33) 23:43
Terry Eastwood (36) 12:07
Peter Shaw (33) 11:33
Philip Hoole (26) 21:14
Dave Storey (26) 11:45
M Ruddleston (23) 11:09
Drew Donaldson (25) 24:44
Dave Nuttall (24) 11:43
Howard Darwin (24) 11:53
Nigel Brooks (24) 23:33
Peter Neal (24) 11:52
Stephen Gaines (23) 12:29

Women Northern 6-stage

1 Chester Le Street & Dist Ac 'A' 1:08:12
2 Leeds City Athletic Club 'A' 1:09:01
3 Sale Harriers Manchester 'A' 1:11:07
4 Hallamshire Harriers Sheffield 'A' 1:12:08
5 Morpeth Harriers & Ac 'A' 1:12:19
6 Bingley Harriers & Ac 1:14:04
7 Wigan Phoenix 1:18:25
8 Holmfirth Harriers Ac 1:18:43
9 Rotherham Harriers & Ac 'A' 1:20:21
10 Heanor Running Club 1:20:47
11 Keighley & Craven Ac 'A' 1:20:58
12 Blackpool Wyre & Fylde 'A' 1:21:01
13 Leeds City Athletic Club 'B' 1:21:21
14 Trafford Athletic Club 'A' 1:21:46
15 Morpeth Harriers & Ac 'B' 1:24:27
16 Sunderland Harriers & AC 1:25:44
17 Hull Achilles Ac 1:26:49
18 Blyth Running Club 1:30:27

Rosie Edwards (1) 11:18
Gillian Taylor (12) 14:08
Lyndsay Clarke (10) 12:52
Stacey Holmes (14) 14:57
Helen Walker (13) 13:34
Annabelle Grady (9) 13:32

Rotherham Harriers & Ac 'B' 14:34
Paula Fisher (23) 14:34

SENIOR AND JUNIOR MEN

1 Sheffield RC 109:17:00
2 Askern D.R.C. 114:02:00
3 Doncaster A.C. 116:51:00
4 Steel City Striders 119:56:00
5 Penistone F.R. 126:56:00
6 Totley A.C. 129:38:00
7 Rotherham H 130:10:00
8 Handsworth R 141:21:00

SY ROAD LEAGUE Hayfield

SENIOR AND JUNIOR MEN

1 John Heneghan Sheff RC 25:39
30 David Booth (U17) RH 31:04
31 Glen James RH 31:09
47 Matthew Asbridge RH 32:35
52 Neil Shaw RH 35:22

Male Vets 40-44

1 Martin Broahead HallH 25:44
3 Nigel Brookes RH 28:23
5 Ricky Sharpe RH 30:13
16 Paul Campbell RH 32:45
23 Roy Butterworth RH 35:29

Male Vets 45-49

1 John Cox HallH 27:33
2 Drew Donaldson RH 28:50
20 David Wright RH 36:29

Male Vets 50-54

1 Kev Newman DonAC 27:55
3 Pete Neal RH 29:27
9 Paul Venables RH 31:01
10 Stuart Lake RH 31:49
13 Alan Gregory RH 31:57
15 Martin Herrington RH 32:09
36 Tony Sargeant RH 45:59

Male Vets 55-59

1 Bob Pringle SheffTri 30:27
2 Steve Gaines RH 31:10
16 Malcolm Rhodes RH 41:16

Male Vets 60+

1 Mick Cochrane RH 32:38
4 Brian Harney RH 33:41
23 John Clarke RH 45:59

SENIOR LADIES

1 Kaeti McKenzie BarnAC 30:04
19 Alex Hill RH 42:13
23 Emma Bird RH 47:55

Vet Ladies 35-39

1 Beth Massey BarnAC 33:0

Vet Ladies 40-44

1 Linda Walton BarnH 32:41
3 Phillipa James RH 34:51
4 Janet Hindley RH 35:22

Vet Ladies 45-49

1 Pippa Weir Totl 33:28

Vet Ladies 50+

1 Mary Picksley SteelCS 33:32

TEAMS AFTER EVENT 1

ALL VET MEN

1 Doncaster A.C. 82:28:00
2 Hallamshire Harriers 83:19
3 RH 86:40:00
4 Askern D.R.C. 88:54:00
5 Steel City Striders 90:34:00
6 Totley A.C. 92:56:00
7 Penistone F.R. 94:08:00
8 Maltby R.C. 96:50:00
9 Barnsley A. C. 97:06:00
10 Sheffield Running Club 97:49:00
11 Barnsley Harriers 98:25:00
12 Kimberworth Striders 102:48:00
13 Living Well Barnsley 103:44:00
14 Handsworth R 104:55:00
15 Valley Hill Striders 116:28:

ALL LADIES

1 Barnsley A. C. 98:07:00
2 Totley A.C. 104:08:00
3 Kimberworth St 107:55:00
4 Steel City St 110:45:00
5 Handsworth R 111:31:00
6 Rotherham H 112:26:00
7 Doncaster A.C. 113:52:00
8 Penistone F.R. 114:33:00
9 Askern D.R.C. 114:52:00
10 Valley Hill Striders 116:48:00
11 Maltby R.C. 119:43:00
12 Barnsley Harriers 121:36:00
13 Living Well Barnsley 121:57:00
14 Tickhill R.C. 125:27:00

Sportshall 2006/7

The last of the seasons Sportshall sessions was held on the 21st March. The sessions are planned to resume in October. The final session ended with a presentation of Certificates of Achievement to those who had regularly attended the sessions.

The certificates recorded the best performance achieved in each of the events; 1 lap running, 2 laps running, long jump, triple jump, 20secs speed bounce, 30 secs speed bounce, chest push and vertical jump.

The pictures taken will be available on the RH website (thanks to Alison Fawcett for the photos). The picture here shows new member Safyan Hussain receiving his certificate.

The club, and I'm sure the athletes also, would like to thank the volunteers for all their hard work running the sessions this year, Katie Mapplebeck, Natalie Simms, Gayle Lebond, David Haywood, Ralph Rowbotham and the many others who have helped.

It is no small feat to keep 40 or 50 energetic young athletes occupied and interested. Your efforts are appreciated.



Ladies Centenary Open

Track & Field Update

Rotherham Open Meeting 1st April.

The meeting saw several new seasons bests set, and meant that some of the performances topped the national Power of 10 rankings.

Outstanding amongst the RH athletes was Kelly Pagdin. Kelly won the U17 Javelin with 38.40m which tops the UK U17 Power of 10 rankings for 2007. Kelly also won the shot with 10.56m (ranked 7th nationally) and the Discus with 33.11m (ranked 6th nationally)

Other great results were Chris Wright's time in the 110m hurdles (17.8) which moves him to 10th on the power of 10 national rankings.

Gerard Plunkett (Sale Harriers) won the men's Javelin with a throw of 69.50m to top the national rankings.

In the mens discus, James Taylor (City Of Sheffield) won the event with 43.69m to rank 5th nationally, with Gerard Plunkett in second with 37.68m, which ranks 12th.

RHAC performances at the Rotherham Open Meeting on 1st April 2007

80 metres

U11 Boys

1 Ben Twible	RHAC	11.9
3 Jordan Small	RHAC	12.2
4 Joe Hobson	RHAC	12.2

U11 Girls Heat 1

3 Jessica Mangham	RHAC	13.0
5 Mollie Arif	RHAC	13.6

U11 Girls Heat 2

3 S. Reed	RHAC	12.7
6 Elizabeth Coupe	RHAC	15.7

U15 Girls Heat 1

4 Olivia Neal	RHAC	11.5
5 Melissa Hellewell	RHAC	11.8

U15 Girls Heat 2

6 Cheryl Seed	RHAC	12.0
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100 metres

Sen Men

4 Ian Cooley	RHAC	13.4
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150 metres

U11 Boys

2 Jordan Small	RHAC	22.8
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U11 Girls Heat 1

2 Jessica Mangham	RHAC	24.7
4 S. Reed	RHAC	25.8

U11 Girls Heat 2

4 Mollie Arif	RHAC	25.3
5 Elizabeth Coupe	RHAC	30.3

U13 Girls Heat 1

3 Mary Jenkinson	RHAC	22.5
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U13 Girls Heat 3

4 A. Middleton	RHAC	23.0
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200 metres

U15 Girls Heat 1

2 Sarah Wilding	RHAC	27.1
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U15 Girls Heat 2

4 Melissa Hellewell	RHAC	30.1
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400 metres

U17 M

1 Gareth Moreton	RHAC	54.3
6 David Coupe	RHAC	61.7

Sen Men

1 Mark Ward	RHAC	53.1
2 Ben Harvey U20	RHAC	53.2
3 Simon Pugh	RHAC	63.5

Sen Women

3 Charlotte Vaughan U20	RHAC	63.0
5 Natalie Grant U20	RHAC	66.4

600 metres

U11 Boys

1 Joe Hobson	RHAC	02:05.9
2 Ben Twible	RHAC	02:07.3

U11 Girls

2 Jessica Mangham	RHAC	02:09.6
7 Mary Jenkinson	RHAC	02:20.5

U13 Girls

2 Megan Bailey	RHAC	01:59.6
3 A. Middleton	RHAC	02:01.0

U15 Boys

2 Cian Scothern	RHAC	01:49.5
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U15 Girls

3 N. Hatswell	RHAC	01:54.1
5 Georgina Arif	RHAC	01:55.0
6 Melissa Hellewell	RHAC	01:58.2

1200 metres

Sen Women

1 Natalie Grant U20	RHAC	3:47.0
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80 m Hurdles

U15 B

1 Cian Scothern	RHAC	19.9
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110 m Hurdles

Sen Men

1 Chris Wright	RHAC	17.8
2 Simon Pugh	RHAC	23.7

300 m Hurdles

Senior Men

4 Ben Harvey	RHAC	51.2
5 Simon Pugh	RHAC	55.3

Long Jump

U11 Boys

2 Jordan Small	RHAC	3.36
3 Ben Twible	RHAC	3.08
5 Joe Hobson	RHAC	2.42

U11 Girls

5 S. Reed	RHAC	3.01
7 Elizabeth Coupe	RHAC	2.49
8 Mary Jenkinson	RHAC	2.41

U15 Boys

3 Cian Scothern	RHAC	3.92
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U15 Girls

4 Olivia Neal	RHAC	4.25
8 Cheryl Seed	RHAC	3.35

U17 Men

1 Liam O'Malley	RHAC	5.98
5 David Coupe	RHAC	4.93

Shot

U15 Girls

1 Sarah Wilding	RHAC	7.8
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U17 Women

1 Kelly Pagdin	RHAC	10.56
2 Clair Lebond	RHAC	8.32

Javelin

U15 Girls

3 Georgina Arif	RHAC	16.68
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U17 Women

1 Kelly Pagdin	RHAC	38.4
2 Clair Lebond	RHAC	26.61

Senior Women

1 Theresa Oliver-Smith	RHAC	30.54
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Discus

U17 Men

1 David Coupe	RHAC	25.38
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U17 Women

1 Kelly Pagdin	RHAC	33.11
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Senior Men

4 Rob Wilkinson	RHAC	31.08
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Other notable RH Field performances.

Congratulations to Claire Lebond for her performance at the meeting at Hull on the 8th April. Claire threw the hammer 34.10m, to finish 6th overall in the meeting, but moves into 11th on the national power of 10 rankings for U17 HT. The throw also achieves ESAA qualification.

Stacey Lebond also moved into the national top 10 with her hammer throw of 44.63m at Liverpool on the 31st March. This places Stacey 5th in the U20 rankings.

ESAA Cross Country Championships, 24th March, Temple Newsham, Leeds.

English Schools: RH prominent

The English Schools championships were held at the same venue used by the National cross country champs in 2004. Whilst the ESAA course was not as difficult as the national course, it was nevertheless very hilly.

Nigel Brookes (our correspondent on the course) reports : A tough and undulating course with a strong wind thrown in awaited nine members of Rotherham Harriers representing their various Schools county XC organisations. The grass was lush and firm and on this course and if you wasn't running up a steep hill you were running down one spurred on by a massive crowd of eager and proud parents on a course ideal for spectators.

All the Rotherham contingent performed well and as in the Inter Counties we were well represented in several age groups.

Results

Senior Girls: Natalie Grant 7th, Klachen Cheshire 13th, Jade Allen 28th, Jess Fawcett 33rd, Lynsay Clarke 154.

Inter Girls: Laura Spence 13th, Stef Burns 31st, Robyn Lancelly 43

Junior Girls: Natasha Hatswell 136.

Pete Shaw reported that he thought this was Natalies best run of the XC season, since this is her first year in the senior age group, and she finished very close to the medal winners.



South Yorkshire squad (top) with the senior and intermediate starts

National Colleges Championships, Loughborough

Klachen wins National title.

Congratulations to Klachen Cheshire for her victory in the national college championships. Klachen, representing her Hull college, won by 6 seconds from Danielle Sale.

Klachen's selection for the event meant she was unavailable for the Northern 6 stage relay team. She is pictured here running for RH in the National.



Result		
1	K Cheshire 121	Hull 14:21
2	D Sale 102	SEEC 14:27
3	L Howcott 136	Winstanley 14:37

Season Review

Steve Gaines

Overview of XC season

When I agreed to take on the XC sec role, I had 3 aims 1) To bring improved organisation and co-ordination to the clubs entries and turnout, 2) To improve integration between senior and Young athletes, and 3) To increase the club entries in Championship events.

I think we have one of the best years for some time. The U17 girls retained their national title. We have finished a men's team in County, Area & National champs for the first time in many years.

That is not down to me of course, the runners have been brilliant and enthusiastic. We have purchased and used a club tent, and this has massively helped improve organisation, presence and morale.

In 2007 we have fielded 98 runners and finished 12 teams, compared with 77 runners and 10 teams in 2006.

We have also agreed to introduce a new set of XC awards to recognise those athletes who have turned out for the club. **The winners are shown below.** . The full table can be viewed on the cross country section of the website (NB these awards are in addition to the Maurice Jackson awards for U15 athletes, which are now SY only based. See later summary of these winners). Both sets of awards will be presented at the annual awards evening in December.

	Max events	Female Name	Events	Male Name	Events
U13	4	Natasha Hatswell	4	William Johnson	3
U15	4	Stef Burns	4	James Moore	3
U17	8	Laura Barnes	8	David Smith	6
U20	8	Rosie Edwards	8		
Senior	8	Jenny Blizard	1	Simon Mounsey	6
Veteran	10	Gill Taylor	5	Howard Darwin	7

We need to increase our intake of U11 and U13 girls and boys to supply the athletes, to maintain our presence and increase competitor numbers in all age groups.

I am reasonably confident that actions are in place to do that.

It is not only athletes who deserve some thanks & praise. I am extremely grateful to the following:-

Dave Johnson, who has driven the minibus to 4 championship events this year, and has looked after the U13 and U15 boys at those events.

Peter Neal, Nigel Brookes, Jim Brogan and Pete Shaw for their help with the tent and organisation.

Janice Barnes, for organising the National XC trip.

Nigel Brookes and Alison Fawcett for the many excellent photos they supplied
Dennis Russell, Kevin Thomas, Pete Shaw & Jim Brogan for their preparation of, and support for, the athletes.

The many **parents & supporters** who have made this year the success it has been.

Maurice Jackson Awards.

Thanks to Kevin Thomas for compiling the awards. The winners are

U11 boys	Jordan Small	U11 girls	Georgina Spencer
U13 boys	Nicholas Myers	U13 girls	Natasha Hatswell
U15 boys	Cian Scothern	U15 girls	Robyn Lancelly

Picture Quiz

Once again, you are letting me down! A serious lack of supply for the picture quiz forces me to raid the archives once again, and I came up with these five, my own or variously supplied by colleagues. Very simple this month. They are all starts or finishes of what exactly? If you fell really at a loose end for something to do, you might try working out the year into the bargain.

Of course, there are clues in the pictures: kit worn, spectators' clothing, backgrounds etc. And maybe athletes you know, though I don't see any in some of the shots. I can tell you that one of our leading ladies of the era is in one; in one I can name Alan Chell, Phil Eddison, Jerry Spencer and Dave Ritchie. Don't forget the quiz can be viewed in colour (and magnified) on the website.

Come on folks, raid the loft, clear out the desk, or whatever. Those photos you find commonplace will be fascinating to us.



The shot of the 1976 Olympic marathon trial at Wickersley showed among others Mick Hague near the bottom left, with Holmfirth runner Graham Ellis just in foreground. (Interesting in another context: Graham was one of the first I ever heard of who had his running severely upset by heart irregularity, a factor several colleagues know a good deal about these days)

Don Gill was on to this in a flash; he also was able to dismiss my suggestion that the second shot included a young Peter Elliott on the bike by contacting Peter, who confirmed he was in the stadium selling programmes on the day!

Rotherham Harriers & AC Newsletter

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 E-mail: peterh@thedoc.fsnet.co.uk

We are always interested in the views and news of runners, especially members (old, new, ex- or prospective).

Deadline for next copy: Monday prior to publication date (Wed 16 May)

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