



The National men's 12 and women's 6 stage road relays at Sutton Park Birmingham. Sat 9th April

New Signings as Stalwarts Maintain Relay Profile

Despite difficult times, RHAC succeeded in both qualifying through the 'Northerns' and getting a full team out at the National for the 6th year in a row! A tribute to the work done by Peter Neal, club president and endurance coach Peter Shaw (who also ran leg 6 in a respectable time)

No other local clubs were on show apart from Hallamshire, which you could take as a measure of strength. To some extent a measure of strength of performance though way off top pace, perhaps even more strength of purpose. We have prospects of being faster, and it is teams like this that have made it possible.

But the sport as a whole is in the doldrums and we suffer as part of it. It will do us no harm at all that Richard Harris returns soon (application received) and brings colleague Aidan Johnson with him- Aidan has already signed. Both are in 15-minute territory for 5k for example.

Results

1 TiptonHarriers 4:10:36
2 Newham & Ess Beagles 4:10:58
3 MorpethH&AC 4:11:02

29 Hallamshire Harriers 4:37:16
34 Holmfirth Harriers 4:40:20
51 Rotherham H&AC 5:02:07

RHAC:

1 ChrisAdams	(52)	30:02	2 RhianHastey	(43)	15:30
3 KyleCraib	(47)	31:22	4 JonathanMaxfield	(48)	17:04
5 NigelBrookes	(53)	33:54	6 PeterShaw	(54)	18:58
7 JohnComrie	(57)	33:49	8 DavidSmith	(53)	17:12
9 GaryClaxton	(52)	31:26	10 HowardDarwin	(52)	18:55
11 TerryEastwood	(52)	33:27	12 MatthewAsbridge	(52)	20:28

Marathon Report.....well done

Brighton Marathon. This event is now growing and challenging the London Marathon as the one that the elite club runners plan to run. Phil Hoole and Jenny Blizzard have both put in excellent winter training efforts and race preparation for this event. Jenny finished 4th in the ladies race in a new PB of 2:46.01.

Phil Hoole was 6th in 2:28.48, lowering his 2010 PB set at London by one minute.
Results at <http://brightonmarathon.co.uk/index.html>



Rhian Hastey comes in on the second leg, to post the clubs fastest time for the 3 mile leg and Chris Adams (1st leg) ran the fastest long leg time for RHAC

Fixtures: April 2011—

April			
Wed 13 Apr 11	SY Road League 2	open	Low Bradfield
Sat 16 Apr 11	SY T&F	SY clubs	At Herringthorpe, all ages
Sun 17 Apr 11	London Marathon & mini marathon	open	Inc England Champs
Sun 17 Apr 11	Sheffield Festival of Athletics	open	Don Valley Stadium
Mon 18 Apr 11	Trunce 4.2 miles (TFS)	open	Wagon & Horses, Oxspring
Sun 24 Apr 11	Graves Easter Dash	open	Includes 1.3m Fun Run -
Wed 27 Apr 11	SY Road League 3	open	Brodsworth (new venue)
Sat 30 Apr 11	Clifton Park 5k TT	RH,guests	off at 10.30am
May			
Sun 01 May 11	Nat Jun League	club teams	Match 1 - Herringthorpe
Sat 07 May 11	Northern League Div2EC	club teams	Match1 - Wakefield
Sun 08 May 11	Young Athletes League	club teams	Match 1 - Herringthorpe
Sun 08 May 11	Holymoorside 10k	open	
Wed 11 May 11	SY Road League 4	open	Worsbrough Mill
Sat 14 May 11	Yorks Champs	open	
Sun 15 May 11	Yorks Champs day 2	open	
Sun 15 May 11	offTRAC 10 KMRT 3	open	Scarborough Arms Tickhill NB 10.30am
Sat 21 May 11	British Vets Road Relay Champs	clubs	Sutton Park
Sat 21 May 11	SY T&F	SY clubs	At Doncaster, U15s and younger
Sun 22 May 11	Young Athletes League match 2	club teams	- Quibell Park, Scunthorpe
Thu 26 May 11	SY T&F	SY clubs	At Woodbourn Road, U17s/seniors
Sat 28 May 11	Clifton Park 5k TT	RH,guests	off at 10.30am provisional date
Sat 28 May 11	Housman 100 miles (tfs)	open	100 miles in 48hrs,
Sun 29 May 11	Nat Jun League	club teams	Match 2 - Costello Stadium, Hull tbc
June			
Sat 04 Jun 11	Northern League Div2EC	club teams	Match2 -Hull
Sat 04 Jun 11	Wharfedale 1/2 mara (TFS)	open	Wharfedale Rugby club,
Sat 04 Jun 11	Wharfedale full mara (TFS)	open	Wharfedale Rugby club,
Sun 05 Jun 11	Young Athletes League match 3	club teams	- Keepmoat Stadium, Doncaster
Sat 11 Jun 11	S Yorks Schools Champs	open	
Sun 12 Jun 11	SY T&F	SY clubs	At Doncaster, U15s and younger
Tue 14 Jun 11	SY Relays	SY clubs	Keepmoat Stadium, 7pm start
Sat 18 Jun 11	Schools Intercounties	areas	
Sat 18 Jun 11	Northern Sr & U20 Champs	open	
Sat 18 Jun 11	Silkstone Shuffle 2	open	Silkstone Cricket Groundentry form
Sun 19 Jun 11	Young Athletes League match 4	club teams	Mount Stadium, Spinkhill, Sheffield
Tue 21 Jun 11	SY T&F	SY clubs	At Rotherham, U17s/seniors
Wed 22 Jun 11	Ulley Res 5 (tfs)	open	KMRT Whiston Crick Club E4 7.45pm
Sat 25 Jun 11	Clifton Park 5k TT	RH,guests	off at 10.30am provisional date

Could do better... .. and will do better

Steve Gaines writes "The situation with the women's team was not good. Having only got 2 runners out in the Northern relays a fortnight ago, this time was worse with only Abbie Vernon making the trip to Sutton Park! It is the clubs stated aim to send teams to ALL the country, area and national events, and clearly something needs to happen to address the problems we are experiencing. Nigel Brookes is to take on a new role of women's team manager - to improve communication with and hopefully commitment of the athletes."

Well, you don't need me to tell you that a club which has produced so many fine runners and successful relay teams in recent years should not be in this position. Recrimination is pointless, wherever it would be aimed. Remedy is urgently needed however. Nigel's plan is to keep all obvious and potential runners (and coaches) clearly 'in the loop' and clearly aware of our objectives, including a view of current contenders for places.

Well done the runners who have been there, be assured this situation is not going to continue. Personally, I would not lay too much blame in general on the runners, they have represented RH proudly in many events. Maybe none.

The main need is for a central organising view- which is exactly what Nigel is aiming to provide. I think there are essentially two easily overlooked difficulties which have conspired to bring us here —

Firstly, when you look back, RHAC has no history of carrying successful junior team running through into successful senior team running. So there is no model of 'stepping up' for younger runners to see and emulate.

Second, lack of club facilities means that runners now train in different localities, providing exactly the scenario needed for problems of this sort to grow. It needs attention- coordination for runners. And coaches. And parents.

It will now get some, and clearly not before time. RHAC has lady runners good enough to win the county or even the northern relay titles in the autumn. Certainly they are contenders, and we wait in belief and eager anticipation.

Contact: nigel@nbrookes.wanadoo.co.uk mobile 07742180128
In a day or two, at www.rotherhamharriers.org - Competition- ladies racing
And coming soon on your mobile.
And in your newsletter

Ed: Together with a good number of RHAC members, I can testify to the smartness of Jenny Blizard in diagnosing and fixing broken bits! Even better, why not listen to her advice and avoid the problems to start with? In fact, start

On the Right Foot

The right running trainers will boost your performance and reduce your risk of injury, but you need to ensure that your shoes are fit for purpose. When buying a pair of running shoes ALWAYS have a gait analysis. This is for a number of reasons.

Firstly brands change the models frequently. I test shoes for a well known running brand prior to them being marketed. I have just started running in a 2011 model which is a completely different fit and feel to the 2010 model and the 2012 that I am currently testing is almost unrecognisable as the same 2010 model. Secondly, over a runner's lifetime your feet change. This is partly to do with age related changes and in women, pregnancy both of which make the arch more likely to flatten and increase pronation. Depending on what running you do and where you or at in your history of running i.e., new to running, moved up to marathon, started back after long layoff or injury or pregnancy and what shoes you have previously been running in for instance, will all contribute to changes in your running style and gait. Wearing a shoe that supports your feet just enough will allow your body to adapt and improve your balance, stimulate correct bone growth and muscular adaptations to improve your performance. The next time you need a shoe you should require less support which usually means a lighter version and therefore improved performance. Conversely, wearing a shoe with too little support for your individual requirements will not allow correct adaptations to take place, increasing stress on bones and the muscular systems in the wrong areas causing weakening and injury.

Shopping for shoes can be mind boggling so make sure you get the right advice from a reputable shop. Questions you should be asked: -

1. How long you have been running. If you're new, returning after a lay off, or pregnancy, the shoe you need will differ to someone who has been running for years
2. How many miles per week you run and what type of running you do in a week.
3. What your goals are for the coming year. This is very important, if you are only intending to run 5k you may be offered a different shoe to someone who is attempting there first marathon. You want your shoe to roughly last you 350 to 500 miles or about a year, so think ahead.
4. Any current or past injuries

The gait analysis should also include a static test as well as a treadmill test, you should be encouraged to try on a few different shoes, and always be recommended a shoe that is comfortable at the time. If you don't receive all of this my advice is to run away, quick! Ensure your running shoes are at least 1 full size or 1 cm extra gap at the front from the edge of your toes. Women are worst for this in not allowing enough room in there running shoes, but believe me bigger fitting shoes prevent toe nails falling off, far more unsightly than the size of

Over the coming months I will be contributing to the Rotherham Harriers newsletter utilising my knowledge and experience both as a physiotherapist and runner, to help you to keep running injury free and improve your performances. This first in a series of articles is about running shoes.



your running shoe! Not only does having the correct fit allow your feet to expand and swell through exercise and prevent unsightly toe nails, they also allow for correct propulsion through the big toe joint. Elite athletes are known to have 2 full sizes bigger. Each brand is slightly different so don't be stubborn get the shoe that fits, not the one that's supposed to be your size.

Most elite athletes have different trainers for different training sessions. I often see athletes using one pair of trainers for all of their mileage which is absolutely fine if they are fit for purpose but often they are not. More often the case is I see runners in lightweight tempo running shoes, which leads me on to explaining different shoes for different training. Every athlete should have what's called a bog standard training shoe for most of their base mileage. This shoe should be a good cushioned shoe chosen for base miles and your particular foot type. These trainers help improve recovery after hard training sessions due to the increased bulk and cushioning.

Tempo trainers are lighter weight offering less support but allowing for improved performance over faster paced runs and road intervals. They are designed for just that and for a heavier weight runner who wants a lighter but still cushioned race shoe. Racing shoes are extremely light weight, offering a small amount of cushioning. They can also be used for track sessions to improve training performance times. I would not recommend however that anyone who is very heavy, new to running or does less than 30 miles per week to use this type of performance shoe, you're just asking for trouble. For those doing the marathon, a maximum cushioning shoe should be used to allow your body to adapt to the stresses of your long Sunday road runs, help prevent too much breakdown and speed up recovery.

Extra forefoot cushioning is helpful too. Trail shoes are often a lot heavier than road shoes and have increased traction on the sole to improve grip and prevent sprained ankles. It's a tricky one to get the balance right in these shoes as there are less on the market to provide performance for individual foot types. Finally spikes should be worn for track races and cross country ONLY. It amazes me how many people, youngsters in particular, train each week in spikes, at a crucial time when they are growing and need support to allow adaptations to take place. Wear your spikes in a few sessions prior to your upcoming track season but that's it unless your training for sprints. If you only have the finances or interest in one shoe then do yourself a favour and ensure you're in the bog standard.

One last tip, prone to blisters? Buy bodyglide it's amazing. One full marathon completed in racing flats blister free!

Jenny is a Chartered Physiotherapist and be contacted on physiojenny@tiscali.co.uk or 07931897006 for comments, advice or to book an appointment. Discounted rates apply for Rotherham Harriers. Jenny also works once per month on a Saturday at Metres to Miles running shop www.metrestomiles.co.uk providing free physiotherapy advice and gait analysis. She will next be in the shop on 23rd April and 14th May.

Secretary's Report

Steve Gaines

Sunday 27th Final fixture SY Indoors.

RH Youngsters Prominent in Grand Prix

The club database now contains 390 records (including accredited officials and temporary members). 278 members paid 2010 subs (266 members paid 2009 subs) To date 175 members have paid 2011 subs. Thanks to those who have paid to date. Renewal fees are now increased by £5.

EA Affiliation

We have added 147 members to the EA database in 2011, and those athletes should receive their competitor licences in late April / May. We have 254 competing members shown on the EA database - so there are still a lot of members who need to pay their 2011 subs. England Athletics have written to all clubs, stating that the 2011 athlete affiliation fees (We pay £5 of your subs payment to us to England Athletics for your athlete affiliation) must be paid by the end of June 2011, or they will remove the athlete from the 2011 register. This could mean that your entry application to championship events will be refused

New Members

The following 7 new member applications were approved at the April club committee meeting

Rachael Gillatt	35	Scott Gaynor	24
Elliott Smales	16	Cameron Walker	8
Craig Ryan	32	Jessica Pink	8
Aidan Johnson	27		

Aidan joins the senior mens squad from Bingley, and we have also received an application from former member Richard Harris, who has resigned from Bingley to re join us. A warm welcome to you all.

Results are now on the SYCAA web site.

There were many winners and good performances on the day, but the real news was the fact that RH&AC had 6 of the 12 Grand Prix Award winners! (Hugely disproportionate to our overall athlete percentage - 12%!)

GP summary:

U11 girls
Winner Kayley Britten
U11 Boys
Winner Kaya Walker,
3rd Ashley Pogmore.
U13 Boys
Winner Kane Smith,
3rd Jonathan Bliton
U15 Girls
2nd Beth Taylor.

Plus lots of good RH&AC athlete GP performances as can be seen on the GP scores on the SYCAA web site.

The full group of award winners.



Janet stars as vets bring medals home

South Yorkshire Half Marathon - 20th March 2011

The first running of the new South Yorkshire Half Marathon took place on a cool and breezy morning, starting from Manvers Lake near Wath. The route headed East and did a gently undulating double loop passing close to Barnburgh Village and the country park that now occupies the site of Barnburgh Colliery.

Four Rotherham athletes were among the 250 or so that completed the course, and Matthew Asbridge was first Harrier home, coming a very respectable 29th with an impressive time of 1h 26 58. Congratulations also to Bob Tintinger and Gillian Neal who picked up awards in their respective categories.

1. Ben Johnson, Southport Waterloo: 1h 13 09
2. Ben Beattie, Steel City Striders: 1h 14 31
3. Carl Thackery, Hallamshire Harriers: 1h 17 17 (M45)
26. Elaine Strong, City Hull: 1h 25 27 (1st Fem- F40)
29. Matthew Asbridge, RHAC: 1h 26 58
31. Bob Tintinger, RHAC: 1h 27 12 (1st M60)
142. Nina Hague, RHAC: 1h 48 50
169. Gillian Neal, RHAC: 1h 53 43 (1st F50)

Silkstone Shuffle 4.5, Barnsley - 2nd April 2011

1. Zak Mellard, Kimberworth Striders 26:27
2. Kevin Doyle, Kimberworth Striders 26:45
3. John Broom, Barnsley Harriers 26:49
11. John Comrie, RHAC 28:36
23. Julie Buckley, PFRAC (1st Lady - F50)
35. Kevin Thomas, RHAC 31:26
112. Malcolm Rhodes, RHAC 40:56
- 147 finishers

No Walk in the Park 5k, Chesterfield - 2nd April 2011

Prolific road racer, Terry Eastwood, completed this race as the sole RHAC representative - one of four races in eight days! He finished an impressive 6th in 18-33, narrowly missing out on the M50 prize.

Janet Hindley was clearly the star of the show with a superb run at Fartown which earned her the Yorkshire Vets 45 title on a day when all our representatives put in performances to be proud of.

Janet (pictured centre) won by just 7 seconds from Bingley's Andrea Dennison, posting 5th overall among the 35-year olds. Strong support from Nina Hague and Sharon Burton saw them rewarded with team silver.

And not to be left out, bronze for both 50-59 (Peter.Mirrlees, Peter.Neal, and ever-present Terry Eastwood) and 30-39 men's teams (Gary Claxton with John Comrie and Nigel Brookes stepping down a group or two!)



1 344 Helen Berry	Holmfirth	18:36 F35 1 F35-44
2 322 Nicola Kent	Lofthouse	19:56 F40 1 F35-44
3 328 Tamara Hird	Wharfedale	20:07 F35 2 F35-44
4 345 Jacqui Khoueiry	Holmfirth	20:15 F35 3 F35-44
5 338 Janet Hindley	RHAC	20:38 F45 1 F45-54
21 336 Nina Hague	RHAC	22:36 F45 5 F45-54
22 339 Jayne Allen	RHAC	22:43 F40 6 F35-44
28 335 Sharon Burton	RHAC	23:45 F45 8 F45-54
33 340 Gillian Taylor	RHAC	24:56 F55 2 F45-54

V45 Championship

- 1 5 Janet Hindley RHAC 20:38

F45-54 Team Result (3 To Score)

- 1 Holmfirth Harriers 51 7 J.Johnson, 20 J.Shotter, 24 H.Pettit
- 2 **RHAC** 54 5 J.Hindley, 21 N.Hague, 28 S.Burton

1 12 Jon Holah	Pudsey	32:03 M50 1 M50-59
2 16 Chris Ireland	Sheffield	32:23 M50 2 M50-59
3 164 Andy Normandale	City York	32:53 M50 3 M50-59
10 183 Peter Mirrlees	RHAC	33:42 M50 7 M50-59
11 181 Peter Neal	RHAC	34:00 M50 8 M50-59
23 184 Terry Eastwood	RHAC	36:11 M50 15 M50-59

M50-59 Team Result (3 To Score)

- 1 Wakefield Dist. H. 34 7 P.Hallas, 9 P.Mcnamara, 18 D.Brailsford
- 2 Sheffield Runners 41 2 C.Ireland, 6 S.Cordle, 33 G.Podmore
- 3 **RHAC** 44 10 P.Mirrlees, 11 P.Neal, 23 T.Eastwood

1 58 Steve Bateson	East Hull	30:05 M35 1 M35-39
2 115 Darren Newbould	Hallam	30:33 M40 1 M40-49
3 196 Stewart Mcdonald	Bingley	30:44 M45 1 M40-49
25 180 Gary Claxton	RHAC	32:55 M35 7 M35-39
29 178 John Comrie	RHAC	33:23 M45 9 M35-39
47 177 Nigel Brookes	RHAC	35:02 M45 19 M35-39
67 179 Howard Darwin	RHAC	38:43 M40 23 M35-39

M35-39 Team Result (3 To Score)

- 1 East Hull H 63 1 S.Bateson, 9 M.Hayes, 53 P.Mccoy
- 2 City Of York 75 11 M.Metcalf, 27 C.Judge, 37 C.Alder
- 3 RHAC 101 25 G.Claxton, 29 J.Comrie, 47 N.Brookes
- 4 Keighley & Craven 114 15 S.Brock, 24 L.Helliwell, 75 D.Claxton

Photos: top Janet Hindley on the gold trail

Left: Peter Mirrlees and Terry Eastwood

Below left to right: Sharon Burton, Gill Taylor, Nina Hague, Jayne Allen and team captain Peter Neal.

Chris Ireland, who first-claims for RHAC on track, led his Sheffield RC team to silver O-50 as he took the silver individually.



Short Reports

from Adrienne Bilton
Wakefield Spring Open, Thornes Park Stadium, Wakefield
Jonathan had another successful day at this competition.
He came 2nd in both the 100m (14.04 secs), and the
200m (29.34 secs), and both of these times were P.B.'s.
His team also came 2nd in the 4 x 100m relays, with ath-
letes from Leeds and the City of Sheffield.

It was nice to see that there were other athletes from
Rotherham in attendance at this open.

Results are as follows:-

U15 Girls High Jump Beth Taylor 2nd 1.50m

800m Beth Taylor 6th 2.31.75 secs

Charlotte Dodds 7th 2.31.18

Maisie Elliott 8th 2.32.99

Emily Hutchinson 14th 2.44.06

Long Jump Ellena Freeman 5th 4.18m

Charlotte Dodds 9th 4.02m

75MH Emily Hutchinson 9th 16.31 secs

Shot Emily Hutchinson 11th 5.74m

Charlotte Dodds 15th 4.92m

100m Ellena Freeman 8th 13.65 secs

200m Ellena Freeman 7th 28.56 secs

U17 Women Long Jump Jess Freeman 2nd 4.28m

800m Jess Mangham 6th 2.30.40 secs

Jess Freeman 8th 2.34.70 secs

1500m Jess Mangham 3rd 5.00.90 secs

300m Abbey Stanley 6th 44.42 secs

U20 Women Discus 1st Sarah Wilding 33.86m

Jun/Sen Women 1500m 3rd Steph Burns 4.57.84 secs

U20 Men Discus 2nd Jordan Carter 35.37m

U20 Men Javelin 1st Jordan Carter 63.13m

Jun/Sen Men Hammer Helen White 4th 24.41m

Jun/Sen Men 100m Ben Shields 1st 11.03 secs

200m Ben Shields 4th 23.07 secs

Leeds Speed and Jumps Open. 13th March 2011. John
Charles Centre for Sport, Leeds.

Jonathan Bilton won the U13 boys 60m at this event,
again equalling his personal best time of 8.8 secs. Again,
he was the only representative from the Rotherham Harri-
ers.

Next Trail & Fell Events

**Trunce 18/4 Oxspring
Housman 28/5**

Royal Oak 5 Tickhill 27/3/11

1	27.56	Zak Mellard KS	27
2	28.14	Kevin Doyle KS	37
3	28.56	Andy Lakeland SYPolice	39
4	28.56	Chris Cotton KS	29
5	30.21	Mark Woodhouse KS	41
6	30.40	Terry Eastwood RHAC	53
7	31.07	Luke Cotter RHAC	15
8	31.28	Lindsay Gray KS	32
9	32.37	Claire Spencer KS	28
10	32.48	John McDermott KS	50
11	33.07	Kevin Thomas RHAC	58
12	33.53	John Irwin ua	41
13	33.55	Patrick Rooney KS	55
14	34.06	Lee Archer KS	42
15	34.13	Steve Barber Askern	32
16	34.21	Emma Dutton RHAC	15
17	34.41	Matt Jones ua	25
18	35.01	Tim Noble TRAC	44
19	35.13	Stephen Bagley KS	44
20	35.15	Craige Spencer KS	31
21	36.05	Jim Rust MRC	60
22	36.09	Nina Hague RHAC	45
23	36.11	David Stern KS	38
24	36.11	Stephen Cotter RHAC	52
25	36.21	Adelle Marsden KS	36
26	36.31	Pete Humphries RHAC	66
27	36.33	Claire Chapman KS	36
28	36.42	Ken Chapman KS	68
29	36.48	James Gallacher ua	27
30	37.03	Lee Weatherall KS	42
31	37.09	Matt Gleadall ua	38
32	37.28	Caroline Boyd MRC	58
33	37.43	Barbara Rusling MRC	50
34	37.51	Sharon Burton RHAC	49
35	38.09	John Dutton RHAC	49
36	38.14	Mary Mills Holme P	49
37	38.21	Robert Houghton MRC	59
38	40.06	Warren Scott-Walker KS	28
39	40.35	William Walters MRC	23
40	40.48	Brian Lowndes MRC	62
41	40.49	Steve Lowndes KS	54
42	41.03	Sam Weatherall KS	43
43	41.23	Andy Eshelby Clowne	40
44	41.39	Michael Hill RHAC	60
45	42.11	Richard Buckley ua	33
46	42.11	Walter Riley ua	51
47	42.18	Dennis Reeson Redhill	61
48	45.10	Catherine Jones TRAC	36
49	46.23	Pam McLeod Valley Hill	63
50	47.30	Ken Barber Askern	56
51	49.03	Janet Dutton RHAC	45
52	51.59	Michelle Taylor KS	50
53	51.59	John Cowie TRAC	56
54	54.38	Melanie Bennett ua	45

Bassingthorpe Spring 5 10/4/11

1	41	Zak Mellard	KS	30:12	SM
2	6	Kevin Doyle	KS	30:45	SM
3	17	Chris Cotton	KS	31:38	SM
4	47	John Comrie	RHAC	32:32	VM40
5	19	Mark Woodhouse	KS	33:08	VM40
6	48	Terry Eastwood	RHAC	34:18	VM50
7	20	Phil Martin	KS	34:35	VM50
8	3	Paul Blakeny	Sheffield RC	34:56	VM50
9	14	Steve Marshall	Maltby	35:00	SM
10	28	Ryan Cudowrth	Tickhill	35:23	SM
11	2	Phil Eddison	RHAC	36:18	VM50
12	21	Richard Howcroft	RHAC	36:26	VM40
13	13	Ian Richardson	KS	36:33	SM
14	38	David Booth	RHAC	37:20	SM
15	7	Patrick Rooney	KS	37:25	VM50
16	5	Bev Sutton	Valey Hill	37:26	VL45
17	30	Craige Spencer	KS	37:32	SM
18	35	Lisa Brailsford	RHAC	37:36	SL
19	37	Brian Lowndes	Maltby	37:47	VM60
20	42	Stuart Mellard	KS	38:23	VM50
21	31	Steve Bagley	KS	39:22	VM40
22	32	James Gallacher	RHAC	39:25	SM
23	9	Gary Bridgewater	KS	39:48	VM50
24	18	Adelle Marsden	KS	40:00	VL35
25	1	Caroline Boyd	Maltby	40:22	VL55
26	10	Claire Chapman	KS	40:42	VL35
27	43	Barbara Rusling	Maltby	40:57	VL45
28	12	Sharon Burton	RHAC	41:03	VL45
29	27	Phillip Robertshaw	Tickhill	41:21	VM50
30	23	Neil Shaw	RHAC	42:00	SM
31	15	Nina Hague	RHAC	42:09	VL45
32	39	Kerry Booth	RHAC	42:20	VM40
33	4	Scot Wilson	Wombwell	42:39	SM
34	45	Dave Wright	RHAC	43:11	VM50
35	40	Warren Scott-Walker	KS	43:22	SM
36	36	Robert Houghton	Maltby	43:43	VM50
37	11	Ken Chapman	KS	44:25	VM60
38	22	Adele Morris	RHAC	45:53	VL45
39	25	Paul Staley	RHAC	46:28	VM50
40	44	Henry Marston	RHAC	46:53	VM60
41	33	Malcolm Rhodes	RHAC	47:09	VM60
42	26	Karen Osborne	Maltby	48:12	VM50
43	24	Tony Redfern	Maltby	48:12	VM40
44	34	Pam McLeod	Valey Hill	54:00	VL55
45	29	Janet Dutton	RHAC	55:54	VL45
46	8	Michelle Taylor	KS	58:27	VL45
47	16	Mary Chapman	KS	01:13:37	VL55

KMRT: The Bassingthorpe event took place in scorching tempera-
tures with no issues reported however. There was a good turn-out
given the difficulty of placing it in the calendar, and a number of
London entrants took part (carefully, I hope)

RH successes were John Comrie (O40), Terry Eastwood (V50) and
Lisa Brailsford (2nd lady (by 10 seconds))

Event 1 results are as above left, next event off road 10 miles at
Scarborough Arms, Tickhill 15th May with 10.30 start.

*1st female, Bev Sutton of the Valley Hill club in Sheffield (left) at the
Bassingthorpe Spring 5. Male winner Zak Mellard (KS) is third right with
RH's John Comrie (right) the O40 winner after a strong run. Centre is land-
lady Colleen Austin to whom many thanks for our warm welcome.*



Newsletter Correspondents

Reports are published as received from club or section secretaries or their
nominated agents. Consequently any topical information should go to
them, and they will expand any information requirements you have.

The fixture list and online scroller are updated by section secretaries or
their agents and I use these directly. **There is now an easy-to-use input
screen on the website for YOUR own reports. Don't let us miss your
performance.**

Main correspondents for this issue are:

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