



NYAL N1E Division

# RH on the Up and Up

Match result and detail from Bert Norburn:

Our Youngsters romped home with a big splash at Woodbourn Road Sheffield with a resounding victory in the NYAL N1E Division meeting (23rd July 2006)

- 1 Rotherham 450
- 2 Spenborough 384
- 3 Holmfirth 251
- 4 Tynedale 215

Track & field result pages  
4 and 5

This performance (subject to ratification) places us TOP OF THE LEAGUE with promotion next year to the Northern Premier League. We had one second place with all the others in top spot a tremendous performance. Spenborough were joint leaders prior to this match but we really overpowered them into second place and the Championship place.

A big thanks firstly to ALL THE ATHLETES who took part along the way, to team Managers Alan Coupe and Kevin Thomas and to all the officials who turned out through the season.

It is traditional that team managers taste the waters of the Steeple Chase after final events, Kevin Thomas (picture, right) did so I don't know how Alan Coupe escaped I think he may have taken a flyer being off to New Zealand tomorrow Monday 24th.

To round of the day two of our athletes took AOM awards:-  
Girls Field Theresa Oliver-Smith U17 W Javelin 33.40m Gd 2  
Boys Track Gareth Moreton U15 B 400m 55.1s Gd 2

This is the first team promotion of the season but we do also have the National Junior League and Northern leagues to come.



Andy Aked capped his (latest!) recovery from injury with storming runs at Doncaster 5k and Esholt, where he anchored the resurgent RH Vet 40 relay team to county gold Page 2

## ROAD RELAYS

Unusually, NoEAA had timed the Northern 4/6 event four weeks before the national

Yorkshire 16/9 Don Valley  
Northern 23/9 Hartlepool  
National 21/10 Sutton Pk

Young Athletes 1/10 Man

Fixtures page 7



Back at the Prince

Bob Tintinger takes his award at the Prince in the park page 3

## South Yorkshire CROSS-COUNTRY DATES 2006/07

(Only 1 venue at the moment)

Sunday 15th October 2006  
Sunday 5th November 2006  
Sunday 26th November 2006  
Sunday 14th January 2007 at Rotherham Winterhills incorporating the Championships



A selection of the NYA team at Woodburn Road. Apologies to those who for various reasons had to leave early. Thanks to Alison Fawcett for this and other photos.

**Kneeling left to right** Cameron Rush, Melissa Hellewell, Zac Rush, Sarah Wilding, Georgina Arif, Rebecca Middleton, Cian Scothern, Tom Watson

**Next row standing l to r** Jemma Creaghan, Laura Barnes, Jessica Fawcett, Jade Allen, Laura Spence, Natalie Grant, Abbie Vernon, Amber Merrills, Charlotte Vaughan, Ben Rollinson, Claire Lebond

**Back row l to r** Jared Risle-Jones Heather Dyson, Rebecca White, Nathan Buckingham, Daniel Emson, David Coup, Gareth Moreton, David Booth

Yorkshire Veterans Road Relays-  
RESULTS  
23 Jul 2006 - Esholt

# Normal Service Has Been Resumed

Mens O/35, 4 X 2.5 Miles

1 Keighley & Craven 'A'	53:16
2 Keighley & Craven 'B'	56:33
3 Rotherham Hac 'A'	59:38
T Eastwood	14:33 14:33 4
J Comrie	15:49 30:22 4
P Shaw	14:26 44:48 4
J Atkinson	14:50 59:38 3
4 Holmfirth H'A'	60:18
5 Baildon Runners 'A'	66:51

Mens O/40, 4 X 2.5 Miles

Rotherham Hac 'A'	54:30
P Neal	13:56 13:56 5
D Nuttall	13:54 27:50 2
N Brooks	14:07 41:57 2
A Aked	12:33 54:30 1
2 Holmfirth Hac 'A'	55:05
3 Keighley & Craven 'A'	57:16
4 Horsforth H 'A'	57:26
5 Bingley Harriers 'A'	58:21
6 Wakefield Dist Hac 'A'	58:24
7 City Of Sheffield 'A'	58:36
8 Ilkley Harriers 'A'	59:48
9 Valley Striders 'A'	59:58
10 Spensborough & 'A'	60:38
11 Longwood Hac 'A'	61:12
12 Holmfirth Hac 'B'	62:45
13 Ilkley Harriers 'B'	65:43
14 Baildon Runners 'A'	70:42

Fastest Times Overall

1 A Aked Rotherham H 4	12:33
2 D Hinchcliffe Longwood 'A' 1	13:13
3 M Mavrominales Holmfirth 1	13:20
8 D Nuttall Rotherham H 2	13:54
10 P NeAl Rotherham H 1	13:56
15 N Brooks Rotherham H 3	14:07
56 runners	

Ladies Vet 45 3 X 2.5 Miles

1 Bingley Harriers 'A'	46:58
2 Holmfirth Hac 'A'	50:50
3 Rotherham Hac 'A'	56:17
G Taylor	16:29 16:29 2
P Fisher	18:29 34:58 3
P Wells	21:19 56:17 3
4 Horsforth H 'A'	61:10
5 Baildon Runners 'A'	63:45

Fastest times

1 S Becconsall Bingley 1	14:53
4 G Taylor RHAC 1	16:29
8 P Fisher RHAC 2	18:29
12 P Wells RHAC 3	21:19

Men Vet 50 3 X 2.5 Miles

1 City Of Sheffield 'A'	42:38
2 Holmfirth Hac 'A'	42:53
3 Rotherham Hac 'A'	43:42
S Gaines	14:42 14:42 3
B Tintinger	14:31 29:13 3
K Williams	14:29 43:42 3
4 Barnsley Ac 'A'	43:47
5 Longwood Hac 'A'	45:52
6 Horsforth H 'A'	45:54
7 Holmfirth Hac 'B'	46:23
8 Ilkley Harriers 'A'	46:29
9 Leeds City Ac 'A'	47:07
10 Valley Striders 'A'	47:59
18 teams	

## Vets team back on top

Rotherham Harriers men's over 40 team regained the County road relay championship title in fine style at Esholt near Bradford yesterday (23.7.2006). Having lost out to a fine Holmfirth quartet last year the medals were reversed this year to make it eleven victories out of a possible seventeen in the events history. The squad had been hit by the usual injuries and illnesses but with great strength in depth and massive support the team held together for a deserved victory.

Leg 1	Peter Neal	13:56	5th
Leg 2	Dave Nuttall	13:54	2nd
Leg 3	Nigel Brookes	14:07	2nd
Leg 4	Andy Aked	12:33	1st (yes 12:33)

Andy ran the fastest leg of the day by a huge margin.



### DONCASTER 5k Senior Race (M&F mixed)

Place	Name	Club	Sex	Time
1	Glen Comish	Sale H	Male	14:47
2	Jason Ward	Allrgm	Male	15:02
3	Carl Ryde	DonA.C.	Male	16:01
11	Jenny Blizard	RHAC	Lady	16:48
15	Chris Moran	RHAC	Male	17:19
22	Simon Mounsey	RHAC	Male	18:00
29	Glenn James	RHAC	Male	18:35
30	Joanna Walker	RHAC	Lady	18:44
37	Neil Shaw	RHAC	Male	19:39
53	M Astbridge	RHAC	Male	20:45

### Vets Race

1	Andrew Aked	RHAC	MV40	15:59
2	Greg Hull	Leeds C	MV40	16:28
3	Simon Wright	Don A.C.	MV40	16:52
10	David Nuttall	RHAC	MV45	17:52
15	Terry Eastwood	RHAC	MV45	18:30
16	Alan Gregory	RHAC	MV50	18:37
19	Robert Tintinger	RHAC	MV55	18:45
28	John Spencer	RHAC	MV40	19:19
53	Philippa James	UA	LV40	20:51
65	Simon Pugh	RHAC	MV45	21:19
67	Gillian Taylor	RHAC	LV50	21:30
80	David Wright	RHAC	MV45	21:57
83	Roy Butterworth	RHAC	MV40	22:21

## Men's over 50s also go one better than last year.

The 3 man squad of Steve Gaines, Robert Tintinger and Keith Williams ran tremendously well to come away with bronze medals battling all the way with eventual winners City of Sheffield and silver medallists Holmfirth. Well done all, especially to Keith for running our fastest time even with the pot; on his arm that is, not smoking it! Special thanks must go to Steve Gaines for organising the O/50s team and the post race meal.

Leg 1	Steve Gaines	14:42	3rd
Leg 2	Bob Tintinger	14:31	3rd
Leg 3	Keith Williams	14:29	3rd

## The success continued.

The Ladies O/45s team, again weakened by injuries/holidays/shopping etc. held together tremendously well to win Bronze medals with a fine opening leg by Gill Taylor (16:29) in 2nd place. Paula Fisher (18:29) and Pat Wells (21:19) were more than good enough to hold off all but the challenge of the Holmfirth ladies in surrendering only one place. Well done. Thank you to Gill for organising the squad and well done for her 4th fastest leg of the day.

Much of the fine organisation for this event along with Yorkshire vets athletics in general is administered by members of Holmfirth Harriers. I, along with RHAC, would like to thank them for this and in particular congratulate them on this their Centenary year, best wishes and good luck.

(Editor adds:)Peter has pointed out that although the four teams all placed in "medal" positions, it was the men's O-50 and ladies' O-45 which took bronze medals. And of course, the men's O-40 took the gold award. The men's O-35 team was in fact run as a second O-40 team (that's how it was entered). In fact, all the events are run together in any case. It would have placed well in the O-40 list.

It does seem that the O-35 category is not meeting at present with great enthusiasm.

Andy Aked, pictured left in the Doncaster 5k, had a significant role in the Esholt event. He has recently been on the injured list, as is regretably often the case, but his tenacity and focus are tremendous and the long recovery he has come through ended just in time for the relays. I have talked with Andrew concerning his plans, and he was typically very concerned to stress how significant the role of his coach Peter Shaw has been in maintaining contact, support and encouragement during bad times.

It is also very typical of the man that he should ask that the relay event should be reported as the team effort that it was. He is of course quite right- top marks to all concerned, not least the team manager who navigated through all the problems- and there were plenty.

That said, it was not insignificant that Andy blasted out an incredible anchor stage which led the field by a huge margin and must have devastated the Holmfirth squad who must have thought they were on to a repeat win.

### DONCASTER 5k

A decent RHAC contingent took part in the Doncaster Town Centre event on 19th July, Andy again taking front-runner role in the vets line-up with a time which in fact would have brought bronze in the open event.

Jenny Blizard was first lady (see her comments on page 6) and there was a promising run from Chris Moran with 17.19. Simon Mounsey is getting back to good competition after an injury layoff, and it is good to see Glenn James back in the lists in black.

# Prince in the Park

A very successful event on 12th July was enjoyed by all., though the course was harder than envisaged Attractive course environmentally, especially as on private road but challenging- long uphill to halfway. Also very hot.

This was the first return to Prince of Wales since 1996 I think; landlord Dennis Folkes did us proud with a major contribution to the prizes and food on the night. Dennis and RH president Dave Johnson made the awards.

Organiser Peter Humphries thanked Fitzwilliam Estates (Wentworth) particularly agent Anthony Barber-Lomax who made this event possible and successful by their understanding and support; also landlord Dennis Folkes, President Dave Johnson, and on-the-night officials and marshalls: Bert Norburn, Jim Brogan, David Haywood and Alan Bryden.

59 runners took part, the majority from local clubs, especially RH and Kimberworth, to whom our thanks and respects.

Awards made as follows (Jim Brogan has put the full results on RHAC website, you can catch them there via road section-races or click the link in the left-hand box)

1st	Martin Broadhead HH 17.03
2nd	Andrew White HH 17.06
3rd	Shaun Hogton Kimb 17.52
4th/1st V45	Peter Neal RH 17.58
5th	Dean Winter Askern 18.23
1st V40	Dave Nuttall RH 18.05
1st V50	Rob Tintinger RH 19.02
1st V60	Peter Rowlands Don. 19.28
1st V70	Arthur Jeavons (actually V80) 36.43

## Ladies:

1st	Philippa James (UA) 21.13
2nd	Carla Foster KS 23.47
3rd	Nina Hague KS 23.53
4th	Bev Soakell KS 24.19
1st V35	Vanessa Barrett Tickhill 25.40
6th (V40)	Adele Morris RH 27.17
1st V45	Paula Wright Tickhill 29.06
1st5 V55	Mary Chapman KS 36.45



Left to right: Glenn James, RH President Dave Johnson, Prince of Wales Landlord Dennis Folkes, ladies' winner Philippa James, race organiser Peter Humphries

1	Martyn Broadhead	Hallamshire	SM	17:03
2	Andre White	Hallamshire	SM	17:06
3	Shaun Hogton	Kimberworth	VM40	17:52
4	Peter Neal	RHAC	VM40	17:58
5	Dave Nuttall	RHAC	VM40	18:05
6	Dean Winter	Askern	SM	18:23
7	Rob Tintinger	RHAC	VM50	19:02
8	Mick Marsters	RHAC	VM50	19:04
9	Steve Claye	Buxton	VM50	19:07
10	Alan Gregory	RHAC	VM50	19:10
11	Steve Gaines	RHAC	VM50	19:11
12	Glenn James	RHAC	SM	19:15
13	John Elwidge	RHAC	VM40	19:16
14	Peter Rowland	Doncaster	VM60	19:28
15	Chris Bailey	Hallamshire	SM	19:30
16	John Spencer	RHAC	VM40	19:32
17	Dan Birkinshaw	Kimberworth	SM	19:37
18	Richard Self	Killamarsh	VM40	19:51
19	Phil Eddison	RHAC	VM50	19:53
20	Neil Shaw	RHAC	SM	20:00
21	Brian Harney	RHAC	VM60	20:02
22	John McDermott	RHAC	VM40	20:08
23	Steve Rossall	RHAC	SM	20:12
24	Stuart Lake	RHAC	VM40	20:15
25	Dave Allembly	Wombwell	VM50	20:17
26	Pat Rooney	Kimberworth	VM50	20:21
27	Adam Brailsford	Unattached	SM	20:27
28	Ray Howarth	RHAC	VM50	20:34
29	Ian Hetherington	Kimberworth	SM	20:43
30	Dave Parkin	Unattached	VM40	20:55
31	Mathew Asbridge	RHAC	SM	21:08
32	Phillippa James	RHAC	VL35	21:13
33	Mick Cochran	RHAC	VM50	21:29
34	Brian Lowndes	Maltby	VM50	21:32
35	Michael Nunn	Unattached	VM50	21:46
36	Phil Adderley	Kimberworth	SM	21:56
37	Alan Ellis	Unattached	VM50	22:03
38	Ian Soakell	Kimberworth	VM40	22:05
39	Phil Haigh	RHAC	VM40	22:18
40	Ken Chapman	Kimberworth	VM60	23:01
41	Henry Marston	RHAC	VM50	23:40
42	Carla Foster	Kimberworth	SL	23:46
43	Ian Brookes	Kimberworth	SM	23:47
44	Nina Hague	Kimberworth	VL35	23:53
45	Bev Soakell	Kimberworth	VL45	24:19:00
46	Malcolm Rhodes	RHAC	VM50	25:20:00
47	Roy Varo	RHAC	VM60	25:37:00
48	Vanessa Barrett	Tickhill	VL35	25:40:00
49	Ian Day	Living- Barnsley	VM	25:42:00
50	Adele Morris	RHAC	VL35	27:17:00
51	Graham Benton	Mexborough	VM50	27:45:00
52	Ian Rhodes	Unattached	SM	28:42:00
53	Paula Wright	Tickhill	VL45	29:06:00
54	Dave Weatherburn	RHAC	VM60	29:14:00
55	Chris Daffern	Valley Hill	VM40	29:19:00
56	Arthur Jeavons	RHAC	VM80	36:43:00
57	Mary Chapman	Kimberworth	VL55	36:45:00
58	Sarah Ransford	Kimberworth	SL	37:28:00
59	Christine Law	Kimberworth	VL35	38:07:00

## Club Championships 2006

### Leaders after 15 races

Ladies-		
Name	Points	Races
Taylor G	310	6
Wells P	290	6
Spencer D	253	5
Walker J	249	5
Morris A	238	5
Horan J	189	4
Blizard J	170	3

Men-		
Asbridge M	407	9
Shaw N	354	8
Brookes N	289	6
Tintinger B	278	6
Rhodes M	277	7
Donaldson D	274	6
Harris R	260	5
Harney B	248	6
Storey D	248	5
Neal P	246	5
Gregory A	230	5
Butterworth R	226	6
Gregory S	215	5

Matthew Asbridge's Best 8 total is 372 Positions and points scored in races after 15 can be seen on the website or club notice board

### Remaining Races

Race 17 Askern 10M 13th August  
Race 18 Armthorpe 10K August @11:00  
Race 19 Penistone 10K 9th Sept  
Race 20 Clumber Park 10K  
Race 21 Worksop Trader 1/2M 29th Oct @10:30

### Rotherham Harriers & AC Newsletter

Editor Peter Humphries

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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: various circumstances have resulted in an irregular publication date. I will try to announce on website

### VISIT

www.rotherhamharriers.org  
www.sycaa.co.uk

National Junior League

## Harriers Squad clinch Promotion Play Off Spot in Style.

The NJL squad traveled in the heat to the King George V Stadium in Cleethorpes on Sunday 16th July for the last fixture of the season. They took the play-off spot with wins for both the men's and women's teams making it 4 out of 4 top spots for the season. The final result was

1 Rotherham 492  
2= Hallamshire 371  
2= Scunthorpe 371  
4 Hull 315  
5 Cleethorpes 278  
6 Grimsby 152

### Individual Mens Results

Long Jump A	2 Liam O'Malley 5.56
Long Jump B	1 Ben Rollinson 5.00
Hammer A	3 Julian Cliffe 23.55
Hammer B	2 David Coupe 13.13
High Jump A	2 Scott Harwood 1.65
High Jump B	3 Liam O'Malley 1.55
Triple Jump A	1 Liam O'Mally 12.18
Triple Jump B	1 Ben Rollinson 10.95
Discus A	3 Julian Cliffe 27.92
Discus B	3 David Coupe 17.29
Shot Putt A	3 Julian Cliffe 10.60
Shot Putt B	1 Nathan Buckingham 9.28
Javelin A	5 David Booth 29.75
400m H A	1 Scott Harwood 59.5
400m H B	1 Ben Harvey 68.2
100m A	3 Tom Baulk 11.8
100m B	3 Lee Harwood 12.3
800m A	1 Alex Walker 2 03.5
800m B	2 David Coupe 2 27.1
400m A	1 David Scholey 49.8
400m B	2 Ben Harvey 52.8
3000m A	3 David Smith 10 15.0
3000m B	3 Lee Johnson 11 29.2
110m H A	2 Scott Harwood 16.7
200m A	1 David Scholey 22.8
200m B	1 Tom Baulk 23.4
1500m A	3 Howard Ward 4 39.3
1500m B	2 David Smith 4 51.2
2000m S/Chase A	2 David Booth 7 33.2
2000m S/Chase B	1 David Smith 7 42.3
4 X 100m Relay	1 Rotherham 46.0
4 X 400m Relay	1 Rotherham 3.35.9

### Individual Womens Results

Shot Putt A	1 Kelly Pagdin 9.67
Shot Putt B	1 Stacey Lebond 9.40
Hammer A	1 Stacey Lebond 37.02
Hammer B	3 Kelly Pagdin 4.26
Long Jump A	4 Laura Sanderson 4.21
Long Jump B	3 Lyndsay Clarke 3.57
Javelin A	1 Theresa oliver-Smith 35.00
Javelin B	1 Stacey Lebond 19.96
Discus A	1 Kelly Pagdin 33.14
Discus B	1 Laura Barnes 22.69
100m A	3 Jade Allen 13.7
100m B	2 Rebecca White 14.1
400m A	1 Jade Allen 59.4
400m B	1 Laura Sanderson 64.9
200m A	5 Laura Sanderson 29.7
200m B	2 Rebecca White 28.3
1500m A	1 Jessica Fawcett 4 55.8
1500m B	1 Lyndsay Clarke 5 07.6
3000m A	2 Laura Barnes 12 46.9
4 X 100m Relay	2 Rotherham 55.3
4 X 400m Relay	3 Rotherham 4 28.7

## Seniors Fight the Derby Heat

The Senior Harriers travelled to The Moorways Centre Derby in the Division 2EC Northern League Fixture today Sunday 2nd July.

Everyone struggled with the hot conditions with temperatures in the centre of the arena reported to be in the 90's Fahrenheit.

A depleted ladies team came home in 4th place with 168 points whilst the men came home in 2nd place with 213.

The overall match placing was 3rd.

Match result

1 Derby 447  
2 Boston 437  
3 Rotherham 411  
4 Lincoln Well 400  
5 Chesterfield 345  
6 Barnsley 241  
7 Grantham 180

The overall league standings after three matches subject to ratification are as follows:-

1 Rotherham 19  
2 Boston 16  
3 Lincoln Well 13  
4= Derby 11  
4= Barnsley 11  
6 Chesterfield 9  
7 Grantham 3

With one match to go the teams are looking good for a promotion play off position

### Men's Results

Hammer	A 2 Owen Thomas 40.56
	B 2 Graeme Stark 32.09
400m Hurdles	A 2 Scott Harwood 62.0
	B 4 Ben Harvey 66.6
800m	A 1 Rhian Hastley 1 55.1
	B 2 Martyn Boner 2 00.6
100m	A 4 Tom Baulk 11.8
	B 4 Lee Harwood 12.1
Long Jump	A 2 Liam O'Mally 6.25
	B 3 Scott Harwood 5.96
3000m SC	A 4 David Booth 12 07.0
	B 2 Simon Pugh 12 29.0
Pole Vault	Not contested
100m H	A 3 Chris Wright 17.3
	B Not contested
High Jump	A 6 Chris Wright 1.45
	B Not contested
1500m	A 2 Phil Hoole 4 23.1
	B 3 Peter Shaw 4 47.3
400m	A 1 David Scholey 49.8
	B 2 Scott Harwood 55.1
Discus	A 4 Robert Wilkinson 32.39
	B 2 Graeme Stark 30.20
Shot	A 1 Graeme Stark 12.32
	B 4 Julian Cliffe 9.61
200m	A 5 Tom Baulk 23.7
	B 1 Rhian Hastley 23.1
5000m	A 2 Phil Hoole 16 18.2
	B Joe Gavelle Did not finish
Javelin	A 1 Gregg Markham 54.69
	B 4 Rhian Hastley 32.44
Triple Jump	A 1 Liam O'Mally 12.53( PB)
	B Not contested
4 X 100m Relay	3 Rotherham 46.7
4 X 400m	1 Rotherham 3 29.8

### Women Results

Long Jump	A 5 Helen White 4.50
	B Not contested
Pole Vault	Not contested
400m H	A 3 Charlotte Watt 74.2
	B Not contested
800m	A 2 Lyndsay Clark 2 26.0
	B 1 Laura Spence 2 28.4
100m	A 6 Rebecca White 13.9
	B 6 Kelly O'Reilly 15.3
100m H	A 3 Charlotte Watt 17.7
	B 3 Kelly O'Reilly 20.7
Shot	A 2 Elizabeth Maher 10.24
	B 2 Stacey Lebond 9.69
Hammer	A 1 Stacey Lebond 40.88
	B 3 Helen White 22.92

English Schools Gateshead International Stadium  
Friday 7th, Saturday 8th July 2006

## Young Harriers Do Well Amber Tops

From Sec. Bert Norburn:- Harriers Girls brought back English Schools Medals in the Field Events.

Amber Merrills lead the way in the Junior Girls Shot taking Gold with a putt of 11.15m (Ed: I gather from Sharon Merrills that the southern contingent were already celebrating their win when Amber launched a devastating last putt. Timely, you could say, and unanswerable)

Stacey Lebond followed up with a silver medal in the Senior Girls Hammer with a throw of 44.31m.

To come away with medals in this prestigious event is a terrific performance congrats to you both. We commiserate with David for his unlucky result.

## Stacey Gets Called up for Norwich Union U20 Championships

Bert was further delighted to inform members that following her success at the English Schools Stacey Lebond had been called up for the Norwich Union U20/U23 Championships at Bedford over the weekend of 22nd /23rd July. Our congrats go to her and we wish her well

### Junior Girls

800m  
Heat 2 5th Abbie Vernon 2 21.85 (18th of 37)

Shot Putt  
Final 1st Amber Merrills 11.15

### Inter Girls

800m  
Heat 1 3rd Jade Allen 2 17.33  
Semi Final B 4th Jade Allen 2 11.69  
Final 8th Jade Allen 2 13.35

1500m  
Heat 2 6th Natalie Grant 4 44.71 ( 14th fastest 10 progressed to final)

Javelin  
Final 9th Kelly Pagdin 32.76

### Senior Girls

Hammer Throw  
2nd Stacey Lebond 44.31

### Senior Boys

400m  
Heat 1 David Scholey dgd running out of lane

3000m	A 1 Joanna Walker 10 44.4
	B 2 Laura Barnes 12 47.1
Triple Jump	A 5 Elizabeth Maher 7.86
	B Not contested
400m	A 3 Natalie Grant 61.3
	B 1 Jessica Fawcett 61.7
200m	A 6 Charlotte Watt 29.2
	B Not contested
1500m	A 1 Jenny Blizzard 4 33.4
	B 1 Jade Allen 4 59.5
High Jump	A 6 Elizabeth Maher 1.10
	B 3 Helen White 1.10
Discus	A 3 Elizabeth Maher 33.84
	B 1 Helen White 25.15
Javelin	A 6 Elizabeth Maher 20.75
	B 6 Helen White 13.16
4 X 100m Relay	5 Rotherham 56.5
4 X 400m Relay	Not contested

## National Young Athletes League Individual Results

O = Tynedale N = Spensborough  
J = Holmfirth M = Rotherham

**U 15 B Hammer**

A 1 M Jordan Flude 19.05 2 N 15.59 B 1 NN 4.27

**U17 W Hammer**

A 1 O 25.10, 2 M Theresa Oliver-Smith 21.57, 3 J 7.70, 4 N 7.39

B 1 M Laura Barnes 12.72, 2 J 5.32, 3 N 4.97

**U15 G Long Jump**

A 1 J 3.75, 2 N 3.68, 3 M Heather Dyson 3.67, 4 O 2.57

B 1 J 3.74, 2 N 3.65, 3 M Amber Merrills 2.52

**U17 W Long Jump**

A 1 J 4.42, 2 M Ellie Moseley 4.34, 3 O 3.74, 4 N 2.96

B 1 N 2.86, J 2.24

**U13 B High Jump**

A 1 J 1.40, 2 M Quinn Simms 1.21, 3 N 1.10

B 1 M Scott David 1.18, 2 N 1.05

**U13 G High Jump**

A 1 M Maddy Wragg 1.30, 2 N 1.24, 3 J 1.21, 4 O 1.05

B 1 M Camilla Tomlinson 1.18, 2 J 1.05, 3 N 1.05

**U17M 400m H**

A 1 N 61.7, 2 O 63.8, 3 J 64.2, 4 M Daniel Emson 66.0

B 1 N 61.4, 2 M David Coupe 80.5

**U13 G 150m**

A 1 N 20.1, 2 M Sarah Wilding 21.3, 3 O 22.4, 4 J 22.9

B 1 M Georgina Arif 22.1, 2 N 22.4, 3 J 23.8

**U13 B 200m**

A 1 M Kyle Lacey 28.7, 2 O 29.1, 3N 30.6, 4 J 37.6

B 1 N 32.5, 2 M Cameron Rush 32.6

**U15 G 200m**

A 1 N 27.1, 2 M Poppy Knowles 27.1, 3 O 29.5, 4 J 30.9

B 1 M Jemma Creaghan 29.1, 2 N 29.6, 3 J 30.6, 4 O 33.9

**U15 B 200m**

A 1 O 24.5, 2 M Gareth Moreton 25.3, 3 N 30.2, 4 J 33.7

B 1 M Glyn Walker 25.0, 2 O 26.2, 3 N 28.2

**U17 M 400m**

A 1 N 53.4, 2 J 55.1, 3 O 56.0, 4 M Ben Rollinson 57.5

B 1 O 54.3, 2 N 56.0, 3 M Nathan Buckingham 57.5, 4 J 58.4

**U17 L 300m**

A 1 J 43.5, 2 M Ellie Mosely 45.3, 3 N 48.3

B 1 M Rebecca White 44.7, 2 J 52.3

**U17 Men 200m**

A 1 N 24.6, 2 J 24.8, 3 M Nathan Buckingham 24.8, 4 O 27.0

B 1 N 24.4, 2 O 25.3, 3 M Gared Risley- Jones 25.6

**U13 G 800m**

A 1 N 2 36.2, 2 J 2 41.4, 3 M Melissa Hellewell 2 52.1, 4 O 2 59.8

B 1 N 2 43.5, 2 M Camilla Tomlinson 2 57.7, 3 J 3 .00.1, 4 O 3 44.6

**U15 G 800m**

A 1 M Abbie Vernon 2 20.4, 2 J 2 24.5, 3 N 2 28.6, 4 O 2 41.0

B 1 M Rebecca Middleton 2 44.1, 2 J 2 46.2, 3 N 2 51.0

**U17 L 800m**

A 1 M Jade Allen 2 24.1, 2 N 2 31.5, 3 J 2 47.4

B 1 M Louise Binks 2 28.6, 2 N 2 32.3, 3 J 3 06.3

**U15 B 800m**

A 1 O 2 20.3, 2 J 2 24.3, 3 N 2 40.9, 4 M Zac Rush 3 01.5

B 1 M Tom Watson 2 25.3, 2 N 2 33.2

**U13 B 800m**

A 1 O 2 35.4, 2 M Sam Skelton 2 58.2, 3 N 3 02.3, 4 J 3 09.5

B 1 J 2.42.7, 2 M Curtis Benton 2 50.4, 3 N 3 19.3

**U13 G 70m H**

A 1 N 14.7, 2 O 14.8, 3 J 16.0, 4 M Madeline Wragg 17.2

B 1 J 16.8, 2 N 16.8, 3 O 17.9

**U13 G Shot**

A 1 M Sarah Wilding 6.83, 2 N 6.64, 3 J 5.00

B 1 M Georgina Arif 5.92, 2 N 4.59, 3 J 4.57

**U13 B Shot**

A 1 J 6.48, 2 M Cameron Rush 5.39, 3 N 5.11

B 1 M Luke Brocklesby 4.84, 2 N 4.79

**U15 B Discus**

A 1 N 27.53, 2 O 23.29, 3 M Jordan Flude 16.32

B 1 N 16.94

**U17 M Discus**

A 1 O 29.31, 2 M David Coupe 20.95, 3 N 19.27

B 1 N 15.14, 2 O 14.33

**U15 G 75m H**

A 1 M Amber Merrills 12.4, 2 J 15.0, 3 N 16.5, 4 O 17.4

B 1 O 15.2, 2 J 16.8, 3 M Sophie Brocklesby 16.9, 4 N 19.0

**U17 M Long Jump**

A 1 M Liam O'Malley 6.07, 2 O 5.30, 3 N 4.77, 4 J 4.56

B 1 M Ben Rollinson 5.20, 2 O 4.68, 3 N 4.42

**U15 B Long Jump**

A 1 M Davy Jones 5.19, 2 O 4.78, 3 N 4.70

B 1 M Glyn Walker 4.30, 2 O 3.87, 3 N 1.82

**U15 B 80m H**

A 1 M Liam Thompson 13.4, 2 J 15.9, 3 N 18.1

B 1 J 15.1, 2 M Zac Rush 15.4

**U17 Ladies Discus**

A 1 M Kelly Pagdin 33.77, 2 J 21.56, 3 O 19.38,

B 1 M Laura Barnes 25.00, 2 J 16.09

**U15 G Discus**

A 1 M Claire Lebond 22.95, 2 J 14.63, 3 N 9.60

B 1 M Rebecca Middleton 17.09, 2 J 10.84, 3 N 9.58

**U15 G High Jump**

A 1 M Poppy Knowles 1.35, 2 J 1.30

B 1 M Heather Dyson 1.30

**U13G 1200m**

A 1 N 4 19.4, 2 J 4 20.6, 3 M Sarah Wilding 4 36.0

B 1 M Georgina Arif 4 27.5 2 N 4 36.8, 3 J 5 13.6

**U17 Men Shot**

A 1 M Nathan Buckingham 10.64, 2 N 8.72, 3 O 6.34

B 1 M Daniel Emson 8.41, 2 N 6.69, 3 O 4.70

**U15 B Shot**

A 1 O 8.64, 2 N 8.20, 3 J 6.90, 4 M Tom Watson 6.52

B 1 O 8.30, 2 N 5.77, 3 M Liam Thompson 5.45, 4 J 3.78

**U15 G 100m**

A 1 N 13.3, 2 O 13.7, 3 M Heather Dyson 14.8, 4 J 15.0

B 1 N 14.0, 2 M Rebecca Middleton 14.2, 3 J 15.2, 4 O 15.3

**U15 B 1500**

A 1 O 4 28.9, 2 N 5 20.6, 3 M Liam Thompson 5 32.4

B 1 M Josh Glenn 5 51.7

**U15 G 1500**

A 1 J 4 47.6, 2 M Stephanie Burns 4 48.1, 3 N 5 18.6, 4 O 6 23.0

B 1 N 5 .39.3, 2 M Jemma Creaghan 4 49.4, 3 O 6 21.5

**U17 Men 1500m**

A 1 O 4 .41.4, 2 M David Booth 4 53.4, 3 N 5 08.4

B 1 O 4 28.9, 2 N 6 15.2

**U15 B Javelin**

A 1 N 27.64, 2 M Gareth Moreton 27.63, 3 J 23.31, 4 O 18.55

B 1 N 21.21, 2 J 14.30, 3 M Cian Scothern 12.65

**U17 Men Javelin**

A 1 N 32.88, 2 M David Booth 30.59, 3 O 24.98

B 1 M Jason Caddy 25.54, 2 N 19.90, 3 O 7.82

**U15 G Shot**

A 1 M Amber Merrills 9.87, 2 N 6.75, 3 O 5.65, 4 J 4.86

B 1 M CLaire Lebond 8.88, 2 N 4.83

**U17 Women Shot**

A 1 M Kelly Pagdin 9.09, 2 J 7.07, 3 O 7.02

B 1 M Theresa Oliver- Smith 7.32, 2 J 6.73

**U17 Men High Jump**

A 1 O 1.70, 2 M Daniel Emson 1.65, 3 N 1.55

B 1 M Liam O'Malley 1.35

**U15 B High Jump**

A 1 N 1.55, 2 M Glyn Walker 1.50

B 1 M Josh Glen 1.35, 2 N 1.35

**U17 Men Triple Jump**

A 1 M Liam O'Malley 11.54, 2 O 10.87, 3 N 10.58, 4 J 9.63

B 1 M Ben Rollinson 10.78, 2 N 9.01, 3 O 7.60

**U17 Ladies Triple Jump**

A 1 J 9.15 B 1 J 9.02

**U17 Ladies Javelin**

A 1 M Theresa oliver-Smith 33.40, 2 J 26.64, 3 N 10.31

B 1 M Natalie Grant 14.77, 2 J 14.73, 3 N 9.21

**U15 G Javelin**

A 1 M Claire Lebond 26.86, 2 J 17.23, 3 N 8.78

B 1 M Abbie Vernon 15.88, 2 J 11.09, 3 N 7.90

**U13 B 1500m**

A 1 O 5 08.7, 2 J 5 19.2, 3 N 5 39.0, 4 M Luke Brocklesby 6 25.0

B 1 J 5 37.2, 2 N 6.05.2, 3 M Cameron Rush 6 48.8

**U15 M 100m**

A 1 O 12.0, 2 M Davy Jones 12.2, 3 N 13.7, 4 J 15.6

B 1 O 12.7, 2 M Jordan Flude 13.3, 3 N 14.6

**U17 M 100m**

A 1 N 12.1, 2 O 12.2, 3 M Jason Caddy 12.7, 4 J 13.7

B 1 N 12.1, 2 O 12.5, 3 M Gerard Risely-Jones 12.7

**U17M 800m**

A 1 J 2 05.0, 2 O 2 06.0, 3 M David Booth 2 13.5, N 2 30.4

B 1 M Jason Caddt 2 16.5, 2 O 2 17.6, 3 N 2 37.2

**U15 M 400m**

A 1 M Gareth Morton 55.1, 2 O 60.1, 3 J 66.8, 4 N 72.1

B 1 M Sam Wilkinson 60.8, 2 N 64.3, 3 J 82.7

**U13 B Long Jump**

A 1 M Quinn Simms 3.96, 2 O 3.87, 3 J 3.44, 4 N 3.38

B 1 M Kyle Lacey 3.77, 2 O 3.52, 3 N 3.20, 4 J 3.20

**U13 G Long Jump**

A 1 M Nicole Blank 4.16, 2 N 3.88, 3 J 3.71, 4 O 3.20

B 1 N 3.72, 2 M Camilla Tomlinson 3.39, 3 O 3.03, 4 J 2.87

**U13 G 75m**

A 1 N 10.4, 2 M Nicole Blank 10.9, 3 O 11.6, 4 J 11.9

B 1 M Melissa Hellewell 11.2, 2 N 11.6, 3 J 13.0

**U13 B 100m**

A 1 M Quinn Simms 13.9, 2 O 13.9, 3 N 14.6, 4 J 16.7

B 1 M Scott Davis 15.0, 2 N 15.5

**U17 Women 100m**

A 1 N 13.2, 2 M Jade Allen 13.3, 3 J 13.5, 4 O 14.4

B 1 M Rebecca White 13.6, 2 N 13.9

**U17 M 3000m**

A 1 O 10 54.5, 2 N 11 27.4

B 1 O 11 09.6, 2 N 12 07.8

**U13 B 75m H**

A 1 O 14.7, 2 M Curtis Benton 15.9, 3 N 16.8

B 1 O 14.9, 2 M Luke Brocklesby 15.6, 3 N 16.2

**17 Women 3000m**

A 1 M Jessica Fawcett 10 46.0, 2 O 14 15.2

B 1 M Laura Spence 11 41.2

**U17 Women 80m H**

A 1 J 14.3

**U17 Women High Jump**

A 1 M Ellie Mosely 1.50

B 1 M Jade Allen 1.30

**U17 Men 100m H**

A 1 N 15.4, 2 O 19.3,

B 1 N 16.7

**U17 Women 1500**

A 1 M Natalie Grant 4 45.8, 2 N 5 05.5, 3 J 5 30.5, 4 O 6 32.4

B 1 N 5 11.8, 2 M Laura Barnes 5 37.9, 3 J 5 38.4

**U17 Women 300m H**

A 1 J 50.6, 2 N 57.1

**U17 Men Hammer**

A 1 M David Coupe 14.08, 2 N 10.00 B 1 N 6.84

**U17 Men Pole Vault**

A 1 N 2.60

**U17 Women 200m**

A 1 J 26.7, 2 N 27.6, 3 M Natalie GRant 28.0, 4 O 31.3

B 1 M Rebecca White 28.2, 2 N 28.9

**U13 G 4 X 100m Relay**

1 M Rotherham 56.8, 2 N 58.8, 3 J 60.4, 4 O 64.7

**U15 G 4 X 100m Relay**

1 M Rotherham 54.4, 2 N 56.3, 3 J 58.7, 4 O 60.8

**U17 Women 4 X 100m Relay**

1 M Rotherham 53.5

**U13 B 4 X 100m Relay**

**Secretary's Notes**

**Welcome.** Willkommen, Bienvenuti, Bienvenida, Bienven, Failt, Croeswaid, Welcum etc  
The Executive Committee on the 6th July accepted the following membership applications en bloc:-  
Nathan Buckingham 16 T&F, Charlotte Emily Collie 11 RR XC Gen T&F, Howard Darwin 40 RR XC fell, Sarah Hall 11 T&F XC, Daniel Jones 30 RR XC Fell, Dorian Mars 10 T&F XC, Hannah Frances Percy 11 T&F XC, Glyn Walker 14 T&F XC.

**Track Repair / Pavillion Update**

Latest info from Peter Atkinson HLC Management. Polytan have confirmed receipt of the order to re spray the back straight. They have given a commitment to complete spraying the new surface mid to late August 2006, subject to favourable weather conditions ie 4 days without rain. The lines may not be completed until spring 2007 BUT if spraying has been completed the track will be available for the whole 400m with all 8 lanes ( If spraying has not been concluded by August 2006 the Lord only knows what will be available through the winter)  
Pavillion upgrade make good and paint inside and out. This work will commence on Monday 14th August and will take approx 2 weeks

**Have you entered yet?**

RH&AC are promoting the Yorkshire Combined events Championships on 12th/13th August incorporating a multi event challenge for U13 and U11 athletes ( 1 run, 1 jump, 1 throw ) at Cudworth. (Entry forms in the kiosk). This event now also incorporates the North Eastern Combined event Championships.

**Cross-country**

We now have dates for 2006/07 South Yorkshire XC (Only 1 venue at the moment)  
Sunday 15th October 2006  
Sunday 5th November 2006  
Sunday 26th November 2006  
Sunday 14th January 2007 Rotherham Winterhills incorporating the Championships

**Runners-**

I asked Andy Aked about his plans: "...If all goes well I'm planning to do the Thorney 5 on August 20th, hopefully another 5 miler or 10km on 3rd or 10th Sept ( not sure where yet though). These are part of my build up for the Swansea Bay 10km on Sept 24th which incorporates the British vets championships where hopefully i can post a fast time. (Ed: success there could lead to international selection).....If possible & you can squeeze it into the newsletter may i take this opportunity to thank a certain Pete Shaw for all his help/support & advice over the winter months whilst i was injured. Without fail he contacted me 2/3 times every week when it would have been far for him easier to concentrate on the athletes he coaches who were injury free. Most people forget you whilst your injured ( out of sight out of mind as they say).....  
Happy to oblige.

Likewise, I asked Jenny Blizard for comments after her televised 5k track trial at Manchester last month: "..... Thanks for the interest. It was hot on Sunday but I was that excited and pleased that I didn't really notice it, although my time was slow. The first three set off really fast and Dave [Tune] told me to sit in with people that I knew, which I did. I went through the first 1k in 3:10, then 3:14, then 3:22 which is when I decided to pick the pace up, I then did 3:14 and 3:15. I was on my own the remaining laps but just got pipped at the line into 5th. It was one of the easiest races I have done although I was knackered by the end having gone with 5 laps to go. We have set a target this year of sub 16 mins so I want to do some BMC events now to get my time down. I know I can do it  
I just need pulling along as yesterday was more just about being comfortable in a big event.

**AUGUST**

Wed	02	Devil Takes the Hindmost Herringthorpe Track 7pm	£2.50 (+£2 UA)
Wed	2	Spencers Arms Dash	Barnsley
Sat	5	AAA U17 & U15 Championships 1	Birmingham
Sun	6	AAA U17 & U15 Championships 2	Birmingham
Sun	6	Northern Men/Women Div 2 EC Boston 4 of 4	
Sat	12	AAA Combined Events Championships 1	Birmingham
Sun	13	AAA Combined Events Championships 2	Birmingham
Sun	13	Askern 10 Miles Road Race	inc. SOUTH YORKSHIRE CHAMPS.
Sun	13	Cudworth 10Kms	
Sun	13	Under 23 Inter Area match	Derby
Mon	14	Trunce 8 (FRA Event)	Oxspring
Wed	16	Northern Vets T & F League	Ashton
Sat	19	NoE Inter County	Gateshead
Sun	20	T.A. Challenge 10Kms Race	Cudworth
Sun	27	NoE Inter Club Knock out Cup & Plate Final	Cudworth
Mon	28	Armthorpe 10 Kms Road Race	Doncaster A.C.

**SEPTEMBER**

Sat	2	Young Athletes League Auxiliary Final	Birmingham
Sun	3	Young Athletes League Final	Birmingham
Mon	4	Trunce 9 (FRA Event)	Oxspring
Wed	6	Spencers Arms Dash	Barnsley
Sat	9	Under 15 Inter Counties Match (S.YORKSHIRE TEAM)	Derby
Sat	9	Penistone 10 Kms Road Race (inc. SOUTH YORKS CHAMPS.)	
Sun	10	SOUTH YORKSHIRE T & F CHAMPIONSHIPS	Barnsley
Sun	10	Mablethorpe Marathon & Half, & 10k 10am etc same day	0845 226 8297 email 14/8
Sun	10	Totley Tormentor Fell Race (Totley A.C.)	FRA Event (corrected date)
Sat	16	Yorkshire Road Relays Championships	Don Valley
Sun	17	Bawley Forest Trail Run (Mallby R.C.)	
Sat	23	Northern 4 & 6 stage Road Relay Championship	Hartlepool
Sun	24	Yorks Vets T&F	Yorks Vets Champs Spenborough

**OCTOBER**

Sun	1	Young Athletes Road Relays	Manchester Sport City
Sat	14	Rother Valley 10 Kms Multi Terrain Race (City of Sheffield A.C.)	
Sun	15	SOUTH YORKSHIRE CROSS COUNTRY LEAGUE	tba
Sat	21	AAA Road Relays (Men 6 stage, Women 4 stage)	Sutton Park
Oct	29	Holmfirth 15 Mile Road Race inc. Yorkshire Championships	

(Ed: It would have been nice to see more of Jenny in the televised trials, but the TV approach is just the same as in the London Marathon ie first runner and fancy dress.  
It's incredible that in around 15 minutes of TV time only three runners took up the camera shot. And outrageously disrespectful to the other athletes.)

Friday 28th July Jenny smashed into the record books with a stunning 26.45 at the Notts 5 miler, right among the leading men and first lady by a big margin.  
1st man Richard Kay Notts AC 24:29  
12th 1st Lady Jenny Blizard Rotherham 26:45  
26th 2nd Lady Tara Krzywicki Charnwood 28:29

**Maurice Cook:** from Ralph Rowbotham  
I was speaking to a relative of Maurice Cook, in the HOMESTEAD. He said that Margaret Cook was looking for information about Maurice on the website, possibly results or pictures for old times sake. It occurred to me that an E MAIL address for old timers to swap anecdotes would be useful. I know for security you cannot e mail the website, but what about you or Jim or Alan to act as a filter and then publish as received. Keep up the good work.....  
(Working on it....Ed)

**Pilsley 6**

Harrier Alan Simpson accompanied by Denise Edward the property Manager of the Historic Harwdick Hall lit a torch in the entrance of the Hall which was the preamble to the start of the race. Alan then carried the torch lighting beacons along the route at the Hardwick Inn, Hardstoft Green and outside Pilsley School ( Start and finish). The temperature in Cyril Leason's (organiser) garden at Pilsley registered 83 Fahrenheit one hour before the race. Fortunately a slight breeze helped the runners in the race (when it was behind them). Nearly 90 athletes took part with Club members, Ralph Rowbotham, David Haywood, Jim Brogan and Bert Norburn travelling down to assist in the event.

**FIXTURES**

Winner was Nick Luke (Sutton 36.48) with RHAC participants David Wright (47.44) and Malc Rhodes (53.03)

**TICKHIL GALA CHASE**

1	Gilliand, Matthew	20:58	Doncaster AC
2	Mounsey, Simon	21:22	Rotherham Harriers
3	Jenkins, Archie	21:57	Morpeth Harriers
4	Brennan, Kevin	23:19	Doncaster AC

**Running away for the weekend?**

The following comes via a club colleague:  
High on the side of a Derbyshire hill, surrounded by picturesque countryside, sits Catered Cottage. This beautiful stone cottage with magical views, situated between Crich and Wessington, offers groups of 6 people a unique weekend experience.

This is the perfect solution for people who want to escape for a weekend to walk, run, mountain bike or horse ride and don't want the formality of hotels and shared guesthouses - home without hassle - a place they can make their own and just chill for the weekend.

Breakfast, afternoon tea and a 3-course evening meal is cooked for you - bring your own wine. Call 01629 534727 or see website for further details [www.cateredcottage.com](http://www.cateredcottage.com).





Top club supporters who have represented us in a wide variety of events during recent months.

Left to right:  
Jenny Blizard 1st lady;  
Chris Moran;  
John Spencer;  
Terry Eastwood on the trail of Alan Gregory

Picture Quiz



Last month's pictures, courtesy of Ken and Mary Chapman, showed the damp preview and start of the New Year's Day 6 at Rawmarsh, held for many years at the Titanic Club on Willowgarth. Recently closed, the club which properly I think was called the 'Progressive' was opened on the day the Titanic sank, hence its popular name. I would have guessed this is in the eighties, though Ken has confirmed it as 1991. Phil Smales is prominent top left, and not very big! Ken himself is back to us dead centre (in blue) and the whole batch around him are in RH colours, though tantalisingly, I cannot quite make out who they are. Extreme right (305) is Ken Dauris, now we think at Barnsley H. The start in the other picture prominently features Alan Gregory (central) in black but still with the Hallamshire red shorts from former days. A little behind (2 to the right of him as we look) Steve Gaines in blue shorts of Bingley; away to the left-hand side Chas Cope (SAC)



Ken also offers us this month's- 1991 also, I can tell you from his email. But where and what? Don't forget you can see this in full colour on the website if really keen. However, I can confirm there are no RHAC colours on the front row, though I am sure there

are several peeping through from row 2. Notably behind front-row sixth from left, under the triangular traffic sign?? Extreme left are African runners- where could you have seen that in 1991?

**Mexborough Town Centre  
Pulse 5k 16/7/06**

On a boiling hot day there was a close race near the front in this event, again sadly sparsely attended. Close, that is, if you omit the fact that Rob Watkinson, fresh from the international trial, repeated his feat of 2005 by blasting off from go to again shatter the course record, taking some 9 seconds off it.

Philippa James continued her re-acclimatisation to road racing as first lady.

1	Rob Watkinson 1st male	14.46
2	Gary Dean 2nd male	17.10
3	John Guveya	17.11
4	Kevin Newman	17.15
5	Chris Moran	17.19
6	Gary Shaw 1st male vet	17.40
7	Steven Roebuck	18.00
8	Dave Allenby	18.55
9	John Wroe	19.20
10	Phillipa James 1st female	19.22
11	Mark Hurrel	20.07
12	Keith Binney	20.38
13	John Thomas 1st local runner	20.48
14	Peter Humphries	20.50
15	Steve Nixon	21.17
16	Rose Grimley 2nd Female	23.30
17	Martin Clohessy	25.32
18	Daniel Hunt	29.55
19	Ryan Dobson	30.00
20	John Lynch	30.11
21	Lynn Mathers 1st female Vet	33.30
22	Dave Holdsworth	40.02
23	Joe Ramsden	40.06
24	Latasha Booker	40.50

**Roche Abbey Dash 5-7-06**

1	Ryde	Carl	Donc AC	27:25
2	Banton	Lewis	Clowne RR	28:16
3	Jones	Daniel	Roth HAC	31:15
4	Blakeney	paul	Sheffield C	31:23
5	Self	Richard	Kimb SRC	32:10
6	Spencer	John	Roth HAC	32:15
7	Gaines	Steve	Roth HAC	32:25
8	Rowland	Peter	Donc AC	32:45
9	Tait	Dave	Dark Pk FR	32:57
10	McDermott	John	Roth HAC	33:24
11	Birkenshaw	Dan	Kimb SRC	33:26
12	Rooney	Pat	Kimb SRC	33:46
13	Barber	Mick	Maltby RC	33:53
14	Smith	Geoff	Maltby RC	34:04
15	Wass	Pete	Tickhill RC	34:16
16	Cochrane	Mick	Roth HAC	34:32
17	Sadler	Paul	Clowne RR	34:47
18	Howarth	Ray	Roth HAC	35:05
19	Horsfall	Chris	Hands RH	35:50
20	Soakell	Ian	Kimb SRC	36:02
21	Cudworth	Ryan	Tickhill RC	36:16
22	Harney	Brian	Roth HAC	36:33
23	Smiles	Carl	Kimb SRC	36:45
24	Adderley	Philip	Kimb SRC	36:58
25	Humphries	Pete	Roth HAC	37:37
26	Wright	David	Roth HAC	38:22
27	Barber	Greg	Maltby RC	38:40
28	Chapman	Ken	Kimb SRC	38:46
29	Boyd	Caroline	Maltby RC	39:05
30	Fokinther	Roger	Clowne RR	39:09
31	Foster	Carla	Kimb SRC	39:47
32	Robertshaw	Philip	Tickhill RC	39:59
33	Redfern	Tony	Clowne RR	40:09
34	Soakell	Bev	Kimb SRC	40:34
35	Langley	Bob	Maltby RC	41:35
36	Skalycz	Christine	Roth HAC	41:35
37	Proffitt	John	Clowne RR	41:58
38	Platts	Trevor	Clowne RR	42:47
39	Sheen	Graham	Clowne RR	43:05
40	Deakin	Nigel	Maltby RC	43:28
41	Varo	Roy	Roth HAC	43:30
42	Barrett6	Vanessa	Tickhill RC	43:53
43	Rhodes	Malcolm	Roth HAC	46:03
44	Cudworth	Tracey	Tickhill RC	46:36
45	Stimpson	Christine	Worksop H	47:36
46	Wright	Paula	Tickhill RC	48:52
47	Richardson	George	Clowne RR	53:46
48	Higham	Sarah	Maltby RC	53:54
49	Bellamay	James	UA	54:25
50	Birkinshaw	Nickey	Tickhill RC	55:20
51	Langbant	Sue	Tickhill RC	55:24
52	Lowndes	Brian	Maltby RC	55:24

**DAMFLASK: Men's Relay**

1.	Non Scorers	74:09
2.	Hallamshire Harriers	75:03
3.	<b>Rotherham Harriers</b>	<b>78:10</b>
	Darren Cooney (1)	18:32
	Nigel Brookes (4)	20:04
	Pete Mirrlees (3)	19:09
	Peter Neal (3)	20:25
4.	Barnsley AC	80:24
5.	City of Sheffield AC	81:21
6.	Doncaster & Stainforth AC (Vet)	81:57
7.	Askerne & District AC	82:49
8.	Barnsley AC (Vet)	84:13
9.	Barnsley AC (V50)	86:34
10.	Totley AC (Vet)	88:04
11.	Totley AC	88:28
12.	Hallamshire Harriers	88:54
13.	Handsworth Road Hogs (Vet)	94:11
14.	West P.D.O.	95:00
15.	Askern & District AC	95:13
16.	Barnsley AC	96:17
17.	Askern & District AC (V50)	101:49
18.	Barnsley Mixed Team	106:13
19.	Handsworth Mixed	108:25
	inc City of Sheffield Mixed	
	inc O.A.S. (c/o Rotherham)	
	David Booth (13)	22:56
	Pete Pleasants (12)	22:59
	Martin Whyatt (18)	30:57

**Fastest times**

1.	Jason Ward	McGraths Boys NS	17.04	4
2.	Andy Thake	Hallamshire	17.56	4
3.	Darren Cooney	Rotherham H	18.32	1
11.	Pete Mirrlees	Rotherham H	19.09	+ 1 3

**Women's Relay**

1.	Hallamshire Harriers	64:24
2.	Barnsley AC (Vet)	71:47
3.	Totley AC	73:45
4.	City of Sheffield AC	74:11
5.	Totley AC	77:37
6.	Totley AC	80:21
7.	Barnsley AC (Vet)	80:59
8.	Totley AC (Vet)	81:11
9.	Totley AC	81:51
10.	Handsworth Road Hogs (Vet)	82:28
11.	City of Sheffield AC	85:15
12.	Totley AC	87:35
13.	<b>Rotherham Harriers (Vet)</b>	<b>87:58</b>
	Paula Fisher (7)	26:43
	Pat Wells (12)	30:52
	Jenny Horan (13)	30:23
14.	City of Sheffield AC	91:15



**Mixed Colours of RH**

Just two of the athletes who continue to have a good season, and so deliver a good season for our club. In this ace young athletes, but as reported elsewhere the pattern is true at all levels.

Pictured in action at the NYA match, Woodburn Road are Amber Merrills in the shot-put circle (left) and Jade Allen on the final leg of the 3 x 400 relay. Both were in action at the English Schools.

Of course the good results, and the hard work which makes them possible, go back a good deal further than this season, and all the athletes, coaches, parents, enabling officials and supporters are to be congratulated on what they have done. And continue to do.