



IN THIS ISSUE



Liam O'Malley
NJL Top Scorer

Liam headed the awards for most points scored. Results are: Men, 1st Liam O'Malley 93, 2nd Nathan Buckingham 89, 3rd David Coupe. Women, 1st Stacey Lebond 126, 2nd Claire Lebond 72, 3rd Kim Bateman 67.5. The winners awards will be presented at the December awards evening



Rosie Edwards

Friday 3rd August Rosie was invited to run at the Norwich Union London Grand Prix and duly did RHAC proud. She finished a creditable 7th out of 16 in a new pb by 0.21 secs in 9.51.12.



Phil Hoole and Andy Aked



Top RH performers both: Phil is putting in storming times (eg Doncaster, Stretford) and Andy, having again put injury aside is in a class of his own in the vet's 5k

Ladies Squad Flying High

Taking a mid season break from the track, the ladies distance squad showed the impressive club strength in relay running. The race was for teams of 3 x 2 mile legs. The RH ladies teams were 1st 2nd and 5th. Rosie Edwards ran the fastest time with 10:33. RH ladies had the 4 fastest times, with Klachen Cheshire, Stef Burns and Jenny Blizard following Rosie. RH had 7 of the 9 fastest times.

Dennis Russell's comments included "... Yes a good all round performance from the squad, also impressed with Jenny as she was not well and should not have run, but she said she didn't want to let rest of the girls down, what team spirit. To get the 'B' team in 2nd place was also outstanding especially that they are all 1st year under 17s and the 'C' team to come 5th out of 15 teams was again unbelievable.

Rosie on the 1st leg was actually 5th finisher as they ran with the men, yes incredible only 4 men beat her, the 'A' team beat all bar 4 of the men's teams and Rosie was just outside the top ten times for the men. It just shows that they will be a force in the next road relay season, here's hoping no one gets ill or injured." He went on to mention some plans for squad extension!! Then "...Hopefully if we can keep them all interested and injury free we should win medals at u17w and above over the next few years"

It might be timely to remind ourselves that in addition to these we might look for the involvement of a number of other athletes, notably two of national standard.

As far as Senior Ladies are concerned, the competition this autumn will be county and national, as breach of rules last year has resulted in exclusion from the northern 4-stage. Appeals at a number of levels have fallen on stony ground. It isn't a qualifying event for the national (as the men's is) however so I reckon the best response would be to sort out the county then the national at Sutton Park!

Race times are on page 3; there are numerous photos here and there and more to come in future editions.

On Tuesday at Stretford four RHAC athletes contested the NoE T&F Championships and they showed that RHAC has endurance athletes' strength in depth. Klachen Cheshire won the silver medal in 9.39.20, a pb by some 30 secs, Rosie Edwards won the Bronze in another pb by 0.90 secs (two pbs in 4 days in two tough races), Stephanie Burns was 5th in 10.42.16, her first run out for two weeks as she has been poorly and missed the National Swimming Championships remembering that Steph was only 15 last week, and Jessica Fawcett who finished 6th in a new pb of 10.42.16 which was a good achievement due to being plagued with illness all through the summer.

Darren Back On Line

Darren Cooney ran 34.31 for 1st vet 40 at the Harrogate Town Centre 10k on 28/7. Keith Williams (1st O55) 37.24 and John Elvidge 38.49 were our other representatives



Relay Squad at Derby: back: Rosie Edwards, Klachen Cheshire, Steph Burns, Helen Wakker, Jenny Blizard; front: Laura Spence, Abbie Vernon, Robyn Lanceley, Jessica Fawcett

Top Selection for Jon

Jon Thewlis was selected to run for the GB & NI U23 team at the European Championships held in Debrecen, Hungary on the 12th & 13th July. The race was won by Nouredine Smail of France in a time of 13:53.15. Jon finished 20th in 14:47.27. His team mate, Andy Vernon finished 9th in 13:59.14.

Jon is pictured heading a Rotherham A/B 1-1 in the 1500m at Doncaster, with Ulley 5 winner Richard Harris closely on the case.



Secretary's Update

Steve Gaines

Subs and affiliation.

Thanks to all those members who have now paid their subs and affiliation fees. 276 members have now paid subs. The list for submission to England Athletics has been finalised and sent, so if you haven't paid your EA affiliation fee by now you won't be receiving your EA membership card for competitions. The submitted list contains 195 competitors.

New members

The Executive Committee accepted the following membership applications from 14 new members, as follows: Olivia Parker, (11) general, proposed by Dave Johnson. Joshua Clay, (14), Track & Field, proposed by Greg Markham. Asim Munir (12) general, proposed by Dave Johnson. Christopher Page (12) Cross Country, proposed by Dave Johnson. George O'Brien (10) general, proposed by Gayle Lebond. Jessica Harris (10) Track & Field, no proposer, recommended by Ray Arif. Billie Jo Harris (7) Track & Field, no proposer, recommended by Ray Arif. Lauren Brookes, (9) Track & Field & Cross Country, no proposer. Nigel Cook (44) Road & Cross Country, proposed by Jim Brogan. Bradley Harrison, (10) general, proposed by Gayle Lebond. Emily Darwin (11) Track & Field & Cross Country, proposed by Howard Darwin. Rebecca Brown (14) Track & Field, Joel Wood (12) Track & Field, proposed by Dave Johnson, Emma Simpson (14).

Road Running

We have received some proposed changes to the way that road race licences and athletes entry fees are structured. Currently race permits are free, club members who are affiliated to the permitting body get entry fees at a lower rate than unattached/unaffiliated members, who generally pay £2 or more to enter. That £2 is forwarded to the regional body ie South Yorkshire AA. The proposal - which is out for consultation with clubs currently - is that all races will pay a licence fee, based on the number of competitors. The organising club will then keep any increased entry fees

from unattached or unaffiliated athletes. The proposal also includes an "Online Running Group" This will allow many runners who do not have a local club to join, or are not members to join the "Online Running Group". They will then qualify for reduced entry fees.

We are concerned about the impact these proposal will have on local races promoted by us or other local clubs, and we are formulating a response to outline our concerns.

Access Sport

I am delighted to inform members that we have been accepted for partnership funding by Access Sport. They are a registered charity, whose aim is to increase the participation of young people in sport They are funded by donations from businesses. The funding will be £2000 in the first year, with up to a similar amount in year 2. The funds will be used to overhaul and improve our coaching structure and coverage, to buy equipment, and to increase the number of, and competition for, young athletes.

You will see the Access Sport logo on our website soon, and it will appear on equipment purchased from the fund. Our thanks and appreciation go to Matt Young our contact and all at Access Sport.

Coach training & qualification

We need more coaches if we are to continue to grow and be successful. In order to encourage applicants the exec committee recently agreed a policy for coaching costs. The club will reimburse coach training and education costs provided the coach produces evidence of hours of coaching for the club. The coach will initially pay the costs themselves. The agreed hours of coach time were 20 hours for level 1 and 40 hours for level 2. Levels 3 and 4 would be based upon individual cases ie if an individual had already committed the 60 hours at levels 1 & 2, or a number of years coaching for the club, consideration would be given to funding costs upfront. The costs currently are level 1 £60, level 2 £170. If you are interested in coaching, please contact Jim Brogan, Club Chairman and coaching coordinator.

Get well soon.

Ben Rollinson, who has had knee injury problems which kept him out of action during the winter and early part of the season, is again out of action. Ben was assaulted whilst walking around Lakeside - near his home in Doncaster. The attacker was arrested and has been charged. Ben has suffered concussion and cuts to his face needing stitches. Ben hopes to back competing soon. We wish him a full and speedy recovery.

I have just realised that I have missed an item of member news. We wish to congratulate Richard and Natalie Harris on the birth of their second daughter, Lillia - a sister for Grace. Hers is the picture attached below - taken at the T&F league match at Scunthorpe, aged 4 weeks.



Young Athletes Indoor Winter meetings /league

We have been advised that there is a proposal to establish an indoor winter league / inter club competition for young athletes under 15 years of age. The meetings will take place at EIS and involve local clubs.

We support the proposal, and are waiting for more details. Once we know the affiliation costs - the hire of EIS is expensive, we will let all coaches and athletes know. If you have any views on what form the competitions should take ie what events would you like to see, and when would you prefer the comps to take place, let Jim Brogan know them.

A letter from Keith (Williams)

Although Keith's letters to me are private, I think his news and views are well worth sharing with you and he will not mind if I print them verbatim:

Hi Peter

Hope you are in good health. Not much happening from Rotherham Road runners, it seems we only race in relays. Not good enough, I'm think you would agree.

Harrogate Town Centre 10k 29th July:
Darren Cooney 34.31 1st O40 position 11th
Myself 37.24 1st O55 (beat all 50's positions)
John Elvidge 38.49 Position 45th

April 29th Yorkshire Vets Championship
Myself 35.52 1st O55 Position 56th out of 750
My time was 3rd fastest in the country, I believe I am now 8th. The best time for a 55-year old is 35.14 Between you and me, I would like to beat it.

Thanks for newsletters Peter, and remind Road Runners there are team prizes to win out there
Kind Regards
Keith

Apart from the fact he is a top runner, I cannot but admire such a fierce competitiveness. And his views as usual are to the point.

Website Update

There will be an update to www.rotherhamharriers.org all being well this autumn. Hits now stand at over 41,000 (The South Yorkshire site has nearly 18,000 in quite a short time incidentally).

Question: What aspects of it could do with improvement? If you let us know, we could do something about it. I have spent considerable effort ensuring other people can update key parts of the site without too much trouble- the scroller and bulletin boards, and fixture list for example. I can arrange for ANY responsible club member to easily update stuff. You could have a bulletin board in every club section if you wanted!

Which is why our site is lively and pretty well up to date whilst many other local athletics sites die the death.

Speak up.

Fixtures: August, September, October

August			
Sat 11 Aug 07	U17 & U15 EA champs	open	Don Valley Sheffield. c/d 16th July
Sun 12 Aug 07	NoEAA Inter Club Cup	clubs	Round 1 Various Venues, TBA
Sun 12 Aug 07	Askern 10 mile	open	
Sun 12 Aug 07	U17 & U15 EA champs	open	Don Valley Sheffield. c/d 16th July
Sat 18 Aug 07	BAL Cup Final	clubs	Bedford
Sat 18 Aug 07	U17 & U15 Cd evts EA	champs	Northwood Stadium, Stoke on Trent. c/d 20th July
Sun 19 Aug 07	NoE U23 Home Internatl	areas	Moorways Stadium, Derby
Sun 19 Aug 07	U17 & U15 Cd evts EA	champs	Northwood Stadium, Stoke on Trent. c/d 20th July
Sat 25 Aug 07	Open T & F meeting	open	Herringthorpe
Sun 26 Aug 07	NoE Inter Counties	areas	Costello Stadium, Hull
Mon 27 Aug 07	Armthorpe 10k CANCELLED		
Mon 27 Aug 07	Scunthorpe Open meeting	open	U11 to Vets, 10:30 start C/D 15th Aug
September			
Sat 01 Sep 07	UKA NYAL Aux Final	clubs	Alexander Stadium. Birmingham by inv. only
Sun 02 Sep 07	UKA NYAL MainFinal	clubs	Alexander Stadium. Birmingham by inv. only
Sat 08 Sep 07	NoEAA Inter Club Cup	clubs	Final @ Blackpool
Sat 08 Sep 07	Under 15 Inter Counties	areas	10.00am Cudworth
Sat 08 Sep 07	Penistone 10K	open	11.30am
Sun 09 Sep 07	SY T&F Championship	SY clubs	10.00am Cudworth U15, U17, Jnr, Sen
Sun 09 Sep 07	Yorks Vets Relays	club teams	Esholt
Sat 15 Sep 07	BAL Cup Qualifier	clubs	Abingdon
Sat 15 Sep 07	Don Valley Relays (Yorks)	club teams	Yorks U13,15,17,seniors
Sun 16 Sep 07	Bawtry Forest 7 mile	open	Maltby Harriers
Sun 16 Sep 07	Ryedale 10m Run	open	Old Malton (Nr Malton) 10:30am
Sun 16 Sep 07	Mablethorpe Marathon	open	also half, 10k
Sat 22 Sep 07	Combined events Yorks champs	open	Sat 22nd and Sunday 23rd, 10:00 Cudworth
Sat 22 Sep 07	Silkstone Shuffle 3	open	10.3
Sat 29 Sep 07	Northern Relays	club teams	seniors Warrington
Sat 29 Sep 07	Transpennine Trail Race	open	Oxspring
October			
Sun 7 Oct 07	Northern Relays	club teams	U13, 15, 17 Croxteth, Liverpool
Sat 13 Oct 07	Rother Valley Trail Run	open	6 miles, entry £7, c/d 6th Oct. via CoS website
Sat 20 Oct 07	National Relays	club teams	seniors Sutton Park
Sun 21 Oct 07	National Relays	club teams	U13,15,17 Sutton Park t b confd.
Sun 21 Oct 07	SY XC League 1	open	Sheffield venue tba

RH Strong at Doncaster

DONCASTER 5K

Phil Hoole scorched home third at the sharp end of the 5k to maintain the progress he has shown together with coach Pete Shaw. Jenny Blizard was comfortably first lady and Kelly Dempsey (ex Thomasen) 9th. With Charlotte Elliss (11th) and Emma Johnson (13th) they would also have won the team prize but the latter two were at that time unattached. Good to see Glenn James back racing; I thought 18.14 a decent time but Glenn doesn't like it much, but it's going in the right direction.

Steve Gaines reports:

There were some excellent individual performances in the senior and vets events. Although we didn't win any team prizes, the club tally was extensive:-

Andy Aked 15:52 1st MV40 and vets race winner, Drew Donaldson 17:41 2nd MV45, Bob Tinting 18:45 2nd MV55, Malc Palfreyman 18:56 1st MV60, Terry Hawley 19:13 2nd MV60, Gill Taylor 21:24 2nd LV50, Paula Fisher 21:37 1st LV45.

2nd claim members Chris Ireland 1st MV45 and Jane Clarke 3rd LV35 also ran for their first claim club, as well as new members Charlotte Elliss, Emma Johnson & temp member Nigel Cook.

Photos from Nigel Brookes and Steve Gaines are displayed here and elsewhere in this issue, as are some from Alison Fawcett. This is a suitable point perhaps at which to express thanks for all the photos which these three have provided over many issues.

1	Pumlani Bangani	Male	Salford	15:28
2	Alex Smith	Male	Hallam	15:36
3	Philip Andrew Hoole	Male	RH	15:48
21	Jenny Blizard	Lady	RH	17:59
25	Glenn James	Male	RH	18:14
47	Neil Shaw	Male	RH	19:55
52	Matthew Asbridge	Male	RH	20:06
67	Kellie Dempsey	Lady	RH	21:30

1	Andrew Aked	MV40	RH	15:52
2	Simon Wright	MV40	DonA.C.	16:20
3	Martin Broadhead	MV40	Hallam	16:28
11	Drew Donaldson	MV45	RH	17:41
17	David Nuttall	MV45	RH	18:22
21	John Elvidge	MV40	RH	18:42
23	Robert Tinting	MV55	RH	18:45
25	Terry Eastwood	MV45	RH	18:46
28	Malcolm Palfreyman	MV60	RH	18:56
34	Terry Hawley	MV60	RH	19:13
81	Gill Taylor	LV50	RH	21:24
84	David Wright	MV45	RH	21:32
85	Paula Fisher	LV45	RH	21:37
92	Simon Pugh	MV45	RH	21:55
93	Roy Butterworth	MV40	RH	21:57
160	David Weatherburn	MV65	RH	29:07

British Vets Medals for RH Ladies

The Sid Scoop Report 11 July 2007 22:22

British Veterans & Northern 5k Champs Horwich 24 June



On the start line there was one question to be answered, on a cool & damp Sunday, where was the team tent? In the Vets Championship there was a noticeable absence of male representation, but fortunately the girls had got it together with a team of 3 ready to rumble.

Janet Hindley led the team home with a much improved 20m 02s closely followed by Gill Taylor's magnificent 21m 01s & Paula Fisher's splendid 21m 21s for the undulating 2 lap course. The girls can be very proud of their 2nd place which unfortunately was not rewarded with medals. At the prize presentation Gill was announced as the Bronze Medal Winner for the 050 Category which fortunately was rewarded with a medal. Janet & Paula both finished 7th in their respective age categories.

In the Northern Championships, again it was quality rather than quantity as Jenny Blizard & Phil Hoole were the only participants. Jenny took another step towards top form with an encouraging 17m 08s which was good enough to win the 2nd Bronze Medal of the day while Phil recorded an impressive 15m 21s which gave him an excellent 9th place.

And finally, who is that not so undercover reporter on the shoulder of the winner of the Vets Championship on page 50 of Athletics Weekly June 28?

Sid Scoop

Derbyshire County A.A Pride Park Relays 2007

Partial positions and fastest legs from the relays. A stunning exhibition from Dennis' squad and we hope as he says a sign of things to come.

Brilliant all round but I found particularly worthy of mention firstly that Jenny ran despite illness to support her team. Second, a stunning time from Steph Burns after herself being ill, and she is barely 15 at that. Then that Jess is back after a long struggle with illness. But most of all that a blend of experienced runners (even at their young age) and relative newcomers has done so well for us.

1	Rotherham H 'A'			32:25
	Rosie Edwards	Jenny Blizard	Klachen Cheshire	
	10:33	11:03	10:49	(1)(1)(1)
2	Rotherham H 'B'			34:05
	Stephanie Burns	Abbie Vernon	Robyn Lanceley	
	10:59	11:29	11:37	(2)(2)(2)
3	(1)Amber Valley AC 'A'			35:53
				(3)(3)(3)
4	(2)Heanor RC 'A'			36:18
				(6)(4)(4)
5	Rotherham H 'C'			36:43
	Laura Spence	Jessica Fawcett	Helen Walker	
	12:02	12:04	12:37	(4)(5)(5)
6	Belper Harriers 'A'			37:17
				(5)(6)(6)
7	(3)Amber Valley AC 'B'			38:16
				(8)(7)(7)

Fastest Times

Rank	athlete	club	time	place+-
1	Rosie Edwards	Rotherham H 'A'	10:33	-1
2	Klachen Cheshire	Rotherham H 'A'	10:49	-3
3	Stephanie Burns	Rotherham H 'B'	10:59	-1
4	Jenny Blizard	Rotherham H 'A'	11:03	-2
5	Liz Radbourne	Heanor RC 'A'	11:12	-2
6	Abbie Vernon	Rotherham H 'B'	11:29	-2
7	Jessica Marriott	Amber Val AC 'A'	11:33	-2
8=	Tamara Armoush	Amber Val AC 'A'	11:37	-1
8=	Robyn Lanceley	Rotherham H 'B'	11:37	-3
10	S Mellors	Belper Harriers 'A'	12:01	-3

National Junior League

(Full results are available on the NJL website)

Match 3 15th July Hull.

This match had to be rescheduled, due to flooding on the original date 1st July. The overall result was 1st Kingston upon Hull, 2nd Wakefield, 3rd RH&AC. In the athletics match we actually finished second, in front of Wakefield, but Wakefield were given the maximum officials points (35) whereas we were given 25 due to not having a track official. This has been questioned, since Wakefield did not have a track official either! We await a response. RHAC finished 4th in the men's match and 2nd in the women's match.

Congratulations to the event winners:- Nathan Buckingham, discus B, Ben Rollinson Long Jump B & triple jump B, Kane Humphrey Shot B, Katie Clarke 400m B & 800m B, Jess Fawcett 800m A, Kelly Pagdin Discus A, Javelin A, Shot A, Stacey Lebond Discus B, Hammer A - a new PB of 45.46m - Javelin B, Shot B, the men's 4 x 400m relay team of Gareth Moreton, Sam Thorpe, Nathan Buckingham & Alex Walker.

Match 4 29th July Grimsby

Last match in league.

Originally scheduled for Scunthorpe, this match had to be moved just days before due to a fire at the Quibell Park stadium. In the match we (again) finished 3rd behind Kingston upon Hull & Wakefield. The men's team finished 3rd, and the ladies 2nd, The ladies match was a very close affair, with just 3 points separating the 1st 3 clubs.

Congratulations to the event winners:- Gareth Moreton 400m A, Luke Stafford 3000m A, Nasir Hussain 3000m B, David Smith 2000m S/C A, Liam O'Malley Long Jump A, Charlotte Vaughan 400m B, Klachen Cheshire 800m A, Rosie Edwards 800m B, Katie Clark 1500m A, Stacey Lebond Discus A, Hammer A, Shot A, Claire Lebond discus B, Hammer B, Javelin B, Womens 4 x 400m team Klachen, Rosie, Abbie, & Robyn.

Congratulations to Sam Thorpe for setting a new PB in the 200m 22.9s, and to Klachen for winning the female athlete of the match award for her 800m time.

As this was the last league match we have finished 3rd overall. Thanks to all athletes and officials or their help & support and to the team managers David Scholey and Kevin Thomas.

The award for most points scored results are: Men, 1st Liam O'Malley 93, 2nd Nathan Buckingham 89, 3rd David Coupe. Women, 1st Stacey Lebond 126, 2nd Claire Lebond 72, 3rd Kim Bateman 67.5. The winners awards will be presented at the December awards evening.

Men Event

- 1 Kingston Upon Hull AC 258
- 2 Wakefield D. H. & AC 256
- 3 Rotherham H. & AC 203
- 4 Cleethorpes & District AC 171
- 5 Scunthorpe & D.AC 170
- 6 Grimsby Harriers AC 50

Women Event

- 1 Kingston Upon Hull AC 202
- 2 Rotherham H. & AC 201
- 3 Wakefield D. H. & AC 199
- 4 Scunthorpe & D.AC 139
- 5 Cleethorpes & District AC 102
- 6 Grimsby Harriers AC 47

NoE Div 2 EC

Match 4 Doncaster 5th August.

We needed to beat Boston to make the play off match for promotion, and thanks to some excellent performances, did so. We finished 1st with 441 points, our highest points total of the season, to their 429, with Lincoln 3rd. The weather was very warm (the hottest day of the year so far) and very windy. Not ideal conditions!

The win means that we travel to Liverpool for the play off match on the 1st September. Well done to all our athletes, and congratulations to our event winners as follows:- Iain Whitaker 800m A, Rhian Hastey 800m B, Jon Thewlis 1500m A, Richard Harris 1500m B, Phil Hoole 5000m A, Jon Thewlis 5000m B, Chris Wright 110m H, Mens 4 x 400 relay team; Sam Thorpe, Iain Whitaker, David Scholey & Rhian Hastey. Helen Walker, 800m A, Jess Fawcett 800m B, Robyn Lanceley 1500m A, Laura Spence 1500m B, Stacey Lebond Hammer A & Shot B, Claire Lebond Hammer B, Discus B & Javelin B, Lizzie Maher Discus A, and Triple Jump B.

Congratulations to Owen Thomas and Ian Cooley both setting new PBs in the Hammer.

Thanks to the officials who have helped through the season, and a big thank you to the team managers, Ian, David & Mavis for ensuring that we had the best possible team out in every match. Thanks to all athletes who have helped secure this league win.

Now we need you to pull out all the stops at the play off match!

English Schools

English Schools Athletic Association championships: Alexander Stadium, Birmingham July 13th & 14th

9 of the Rotherham Harriers club athletes were selected to represent their county. This is a high number from one club, and reflects the strength of the young female section at the club.

Of the 9, 6 made the finals, as follows:-

Stef Burns (Inter girls 3000) 7th 10:10.19

Claire Lebond (Inter girls hammer) 9th 33.84

Klachen Cheshire (Humberside) (Senior girls 1500m) 4th 4:28.66

The other 3 athletes were:-

Natalie Grant (Senior girls 1500m 4:38.16 round 1 heats).

Abbie Vernon (Derbyshire) (Inter girls 800m 2:17.28, round 1 heats)

Kelly Pagdin (Inter girls discus) 3rd 35.41.

Amber Merrills (Inter girls shot) 10th 9.54

Stacey Lebond (Senior girls hammer) 12th 36.83

Robyn Lancelley (Inter girls 1500m 4:48.45 round 1 heats)

All these 3 are in their first year at this competition, and hope to be back next year. Kelly has been selected for the UK schools international team. Robyn and Claire have both been selected for the England team for the UK schools championships. Excellent performances, congratulations to you all.

SY Track & Field League
RHAC Results

Rob Wilkinson was our top scorer in individual terms as he won the Vet Men GP throws event with 197. Our other winners in category were Taz Oliver Smith and Gareth Moreton.

Claire Lebond heads the RH roll of honour in the South Yorkshire league with a winning Grand Prix performance and also in the high team scores. However, Quinn Simms is the star in representative terms, having amassed 99 team points in his possible 12 events over four meetings.

As a reminder, athletes score individual points against a performance table: team points as 12 for the winner down to 1. Any number from any club can compete in an event. It is, incidentally, not valid to try to compare performance points between categories. As it stands at the moment, they are more difficult to attain in some age groups than in others.

The league has been very successful this year overall, but the bad weather disrupted proceedings and probably lowered subsequent turn-out.

Category winners in Grand Prix

Sprints		<u>ind pts</u>
U17 Men	Gareth Moreton	132

Throws

U17 women	Claire Lebond	183
J&S Women	Taz Oliver-Smith	153
Vet Men	Rob Wilkinson	197

Rotherham Team Performance

Placed in these categories as number of events allowed at each of 4 meetings is as follows:

U11, U13: THREE

U15: FOUR

ALL O-15: NO LIMIT

most team points scored

8--13	Quinn Simms	99
14--15	Sarah Wilding	83.5
15++	Claire Lebond	72

most events competed

8--13	Jordan Small & Bradley Nelson	=12
14--15	Sarah Wilding	10
15++	Kevin Thomas	7

Club Awards, Track & Field

The T & F section have agreed to introduce awards to mark athlete contribution to club results in each of the leagues. There will be one male and one female award for each of the leagues, for the athlete who scores the most points in that league.

The leagues are Northern men's and women's league, National Junior league, South Yorkshire league, and National Young Athletes league. Subject to committee confirmation:-

The winners for the NJL are **Liam O'Malley** and **Stacey Lebond**.

The award winners from the Northern league cannot be confirmed until after the play off match.

The winners from the NATYAL league are **Quinn Simms** and **Claire Lebond**.

The winners for the SY league have not yet been confirmed by T&F Committee

The awards will be presented at the December awards evening.

Steve Gaines

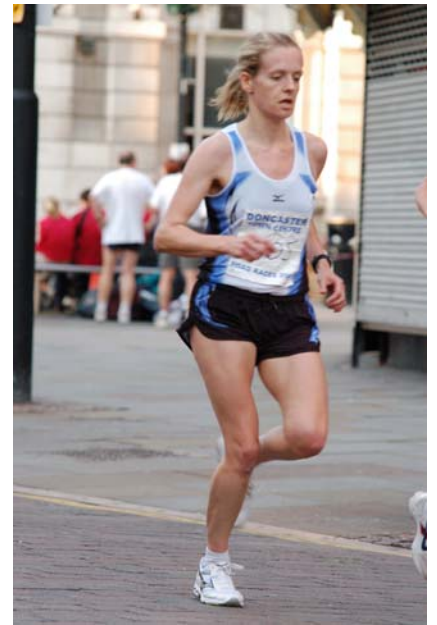


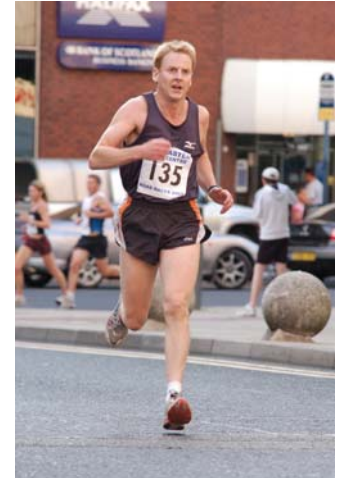
Top row: Chris Ireland, Helen Walker, Iain Whitaker Middle: Liam O'Malley, Liz Maher, Laura Spence & Robyn Lanceley Bottom row: Rhian Hastey, Stacey Lebond, Taz Oliver Smith. Sorry about the safety net Stacey. Mostly at Doncaster



Road pictures: All at Doncaster 5k: right Malc Palfreyman, Terry Hawley, Terry Eastwood and Bob Tinting confer; second row: medallists Phil Hoole and Jenny Blizard; bottom row: Neil Shaw, Andy Aked leading Martin Broadhead, Drew Donaldson

Track & Field left: Sam Thrope and below Owen Thomas suffering photogenically from the safety net also.





Top left: Klachen Cheshire and Rosie Edwards receive their awards at Stretford
 Second row left: Abbie Vernon and Stephanie Burns at Pride Park
 Others are shots from the Doncaster 5k: top row Dave Nuttall and John Elvidge (who forgot his club vest); second row: Kellie Dempsey, and the battle of the Terrys as Terry Hawley fights it out with Terry Eastwood; bottom row: Matthew Asbridge, Simon Pugh, Dave Weatherburn and Roy Butterworth

Young Athletes

Northern Premier Macclesfield Thursday, July 22 2027

[Ed: apologies that there are not more results from NJL etc; none of the various leagues produce results in an accessible form. They are pdf files (attractive on internet as anyone can read them, but especially perhaps as they are hard to modify). The table below took approximately four hours to extract from the presented results. There is no real reason why they cannot be presented as Excel files, which your Explorer program can read. This is what we now do with SY results. Converting those would take about 5 minutes. In addition, there are many, many errors needing correction in the presented pdf results.]

U17M 1m 'A'	
3 Liam O'Malley	12.1
U17M 1m 'B'	
2 Jordan Flude	12.2
U17M 2m 'A'	
3 Gareth Moreton	23.9
U17M 2m 'B'	
1 Jordan Flude	24.5
U17M 4m 'A'	
2 Gareth Moreton	53.2
U17M 15m 'A'	
3 Liam Thompson	:4:45
U17M 15m 'B'	
2 David Booth	:5:37
U17M 4m Hurdles 'A'	
4 Liam Thompson	70.7
U17M 1m Hurdles 'A'	
4 David Coupe	19.9
U17M 1m Hurdles 'B'	
3 Liam Thompson	21.3
U17M Hammer (5k) 'A'	
4 David Coupe	19.5
U17M Hammer (5k) 'B'	
3 Jordan Flude	16.2
U17M Discus (1.5k) 'A'	
3 Kane Humphrey	26.26
U17M Discus (1.5k) 'B'	
3 David Coupe	25.5
U17M Shot Putt (5k) 'A'	
2 Kane Humphrey	14.1
U17M Shot Putt (5k) 'B'	
3 David Booth	9.43
U17M Javelin (7g) 'A'	
3 Kane Humphrey	27.28
U17M Javelin (7g) 'B'	
3 David Booth	22.6
U17M Long Jump 'A'	
1 Liam O'Malley	6.5
U17M Triple Jump 'A'	
2 Liam O'Malley	11.5
U15B 1m 'A'	
3 Josh WhysalWood	12.8
U15B 2m 'A'	
3 Josh WhysalWood	25.8
U15B 4m 'A'	
4 Sam Howis	65.4
U15B 8m 'A'	
3 Sam Howis	:2:23
U15B 8m 'B'	
4 Curtis Benton	:2:51
U15B 15m 'A'	
3 Cian Scothern	:5:03
U15B 15m 'B'	
4 Josh Glenn	:5:52
U15B 8m Hurdles 'A'	
4 Curtis Benton	17.1
U15B 8m Hurdles 'B'	
4 Sam Howis	17.7
U15B Shot Putt (4k) 'A'	
4 Josh Glenn	8.1
U15B Long Jump 'A'	
4 Cian Scothern	3.58
U15B High Jump 'A'	
4 Josh Glenn	1.3
U13B 1m 'A'	
2 Quinn Simms	13.7
U13B 1m 'B'	
4 Ricky Benton	15.2
U13B 2m 'A'	
1 Quinn Simms	27.3
U13B 2m 'B'	
2 Will Johnson	305
U13B 8m 'A'	
2 Ryan Sutherland	2:48
U13B 8m 'B'	
2 Michael Tomlinson	2:54
U13B 15m 'A'	
4 RHAC not stated	6:28
U13B 75m Hurdles 'A'	
3 Will Johnson	15.4
U13B 75m Hurdles 'B'	
G4 Ricky Benton	17.3
U13B Shot Putt (3.25k) 'A'	
4 Andrew Lidster	4.63
U13B Long Jump 'A'	
4 Ricky Benton	3.35
U13B Long Jump 'B'	
4 Michael Tomlinson	3.20
U13B High Jump 'A'	
4 Andrew Lidster	1.10
U13B High Jump 'B'	
4 Michael Tomlinson	1.05
Ladies	
U17W 3m 'A'	
2 Ellie Mosley	45.1
U17W 8m 'A'	
1 Robyn Lanceley	2:18
U17W 8m 'B'	
1 Stephanie Burns	:2:22
U17W Hammer (4k) 'A'	
2 Claire Lebond	35.9
U17W Discus (1.k) 'A'	
2 Claire Lebond	25.31
U17W Javelin (6g) 'A'	
1 Claire Lebond	27.80
U17W Javelin (6g) 'B' G3	
2 Robyn Lanceley	11.3
U17W Long Jump 'A'	
3 Ellie Mosley	4.17
U17W Long Jump 'B'	
3 Stephanie Burns	3.63
U17W High Jump 'A'	
1 Ellie Mosley	1.40
U17W High Jump 'B'	
1 Robyn Lanceley	1.25
U15G 1m 'A'	
3 Sarah Wilding	14.0
U15G 1m 'B'	
3 Melissa Hellewell	14.8
U15G 2m 'A'	
3 Sarah Wilding	27.8
U15G 2m 'B'	
3 Melissa Hellewell	29.8
U15G 8m 'A'	
3 Madeleine Wragg	:2:48
U15G 8m 'B'	
3 Melissa Hellewell	:2:56
U15G 15m 'A'	
3 Natasha Hatswell	:5:12
U15G 15m 'B'	
3 Rachel Haigh	:5:48
U15G 75m Hurdles 'A'	
4 Poppy Knowles	14.0
U15G Long Jump 'A'	
3 Poppy Knowles	4.66
U15G Long Jump 'B'	
4 Natasha Hatswell	3.36

U15G High Jump 'A'				
4 Madeleine Wragg	1.30			
U15G Discus (1.k) 'A'				
3 Georgina Arif	15.68			
U15G Discus (1.k) 'B'				
3 Natasha Hatswell	12.11			
U15G Javelin (6g) 'A'				
3 Georgina Arif	16.60			
U15G Javelin (6g) 'B'				
3 Poppy Knowles	13.43			
U15G Shot Putt (3.25k) 'A'				
2 Sarah Wilding	8.60			
U15G Shot Putt (3.25k) 'B'				
2 Georgina Arif	7.27			
U13G 75m 'A'				
4 Nicky Emson	11.3			
U13G 75m 'B'				
3 Isabella Knowles	11.4			
U13G 15m 'A'				
4 Nicky Emson	22.8			
U13G 15m 'B'				
4 Jessica Manghan	24.5			
U13G 8m 'A'				
3 Jessica Manghan	:3:04			
U13G 7m Hurdles 'A'				
4 Jessica Manghan	17.5			
U13G High Jump 'A'				
4 Isabella Knowles	1.15			
U13G Long Jump 'A'				
4 Isabella Knowles	3.70			
U13G Long Jump 'B'				
4 Nicky Emson	3.48			
U17M 4 x 1m Relay				
2 RHAC	49.1			
team not stated				
U17M 4 x 4m Relay				
2 RHAC	:3:51			
team not stated				
U15B 4 x 1m Relay				
4 RHAC	55.9			
team not stated				
U13B 4 x 1m Relay				
2 RHAC	63.0			
team not stated				
U15G 4 x 1m Relay				
2 RHAC	56.5			
Sarah Wilding Melissa Hellewell				
Madeleine Wragg Poppy Knowles				

Phil Fast at Stretford

Results from the 5km track race at Stretford on Saturday evening 28th July .

Dave Norman reports 27 PBs from 36 runners (plus another 6 SBs) "Personal best times tumbled as athletes took advantage of ideal racing conditions and first class pacemaking, ..." Phil Hoole was among the pbs.

A race				
1	Tom Russell	U23	Stroud & District	14:05.7
4	Carl Hardman	SM	Salford H 14:18.2	
16	Alexander Smith	U23	Hallamshire H	15:11.6
B race results				
1	Alec Duffield	U20	Loftus & Whitby	14:49.8
2	Matt Bond	SM	Sale Harriers	14:54.8
3	Matt Blunden	SM	Notts AC 14:57.9	
4	Kevin Robertson	SM	Shaftesbury	14:58.2
5	Darren Talbot	SM	Trafford AC	15:06.7
6	Mark Keeley	SM	Liverpool H	15:07.1
7	Andy Parker	SM	Salford 15:10.1	
8	Pete Willis	SM	Belgrave H	15:11.9
9	Philip Hoole	SM	Rotheram	15:13.5
10	Ben Hope	SM	Woodford Green	15:15.3
11	James McMullan	SM	Thames HH	15:16.0
12	Lee Siemaszko	SM	Liverpool H	15:16.5
13	Alisdair Russell	U23	Kendal 15:29.0	
14	Richard Harper	U23	Leamington	15:30.4
15	David Alcock	SM	Victoria Park	15:34.2
16	Hayley Yelling	SW	Windsor Slough Et	15:37.6



Phil Hoole shot here at Horwich. Thanks to Ian Hindley for his continued support for RR with photos and the Sid Scoop report (p3)

RH South Yorks League Performances

U11 Boys										Emily Kay					Georgina Arif				
Jordan Small										12.4 53 9.5 Cudw 17/6 80m					16.80 56 8 Donc 21/7 javelin				
12.7 50 8.5 Donc 21/7 80m										2.12 17 Cudw 17/6 long jump					7.10 61 8 Donc 21/7 shot				
28.50 45 4 Donc 21/7 cricket ball										4.81 8 Cudw 17/6 turbo javelin					18.89 61 10 Roth 19/5 discus				
3.67 35 11 Cudw 17/6 long jump										15.0 31 1 Woodb 4/8 80m					17.14 57 9 Roth 19/5 javelin				
3.53 32 8 Donc 21/7 long jump										2.43 23 Woodb 4/8 long jump					1.42 75 11 Donc 21/7 high jump				
9.80 24 Cudw 17/6 turbo javelin										11.13 19 Woodb 4/8 cricket ball					15.3 53 11 Donc 21/7 75H				
12.8 49 7 Roth 19/5 80m										Jessica Harris					U17 Men				
31.71 55 5 Roth 19/5 cricket ball										15.2 27 Donc 21/7 80m					David Coupe				
3.82 40 12 Roth 19/5 long jump										10.52 17 Donc 21/7 cricket ball					1.25 19 11 Woodb 10/7 high jump				
12.4 53 7 Woodb 4/8 80m										2.00 15 Donc 21/7 long jump					5.00 53 11 Woodb 10/7 long jump				
3.47 30 7 Woodb 4/8 long jump										Billi-Jo Harris					9.61 39 11 Donc 5/6 triple jump				
29.63 49 5 Woodb 4/8 cricket ball										8.62 11 Donc 21/7 cricket ball					9.50 38 11 Woodb 10/7 triple jump				
Richard Fells										1.72 9 Donc 21/7 long jump					05:43.0 8 11 Cudw 9/8 1500m				
02:07.6 58 8 Roth 19/5 600m										15.3 25 Donc 21/7 80m					Gareth Moreton				
2.58 12 0 Roth 19/5 long jump										2.37 22 Donc 21/7 long jump					24.6 63 12 Woodb 10/7 200m				
Ben Twibel										Domenica Mars					53.8 69 12 Woodb 10/7 400m				
01:57.1 63 11 Cudw 17/6 600m										02:19.3 62 1.5 Donc 21/7 600m					U17 Women				
01:59.1 63 10 Donc 21/7 600m										13.39 23 Donc 21/7 cricket ball					45.3 79 12 Donc 5/6 300m				
23.75 34 Donc 21/7 cricket ball										2.42 23 Donc 21/7 long jump					29.5 71 11 Donc 5/6 200m				
3.21 25 Cudw 17/6 long jump										13.4 49 3.5 Woodb 4/8 80m					47.8 69 10 Donc 5/6 300m				
3.09 22 Donc 21/7 long jump										2.50 25 Woodb 4/8 long jump					Becky White				
12.33 32 7 Cudw 17/6 turbo javelin										11.40 19 Woodb 4/8 cricket ball					27.7 82 12 Woodb 10/7 200m				
02:12.2 54 4 Roth 19/5 600m										Kristie Edwards					Claire Lebond				
21.41 29 0 Roth 19/5 cricket ball										12.3 62 9.5 Woodb 4/8 80m					27.47 44 12 Roth 26/7 discus				
3.17 24 3 Roth 19/5 long jump										2.84 32 Woodb 4/8 long jump					26.02 42 12 Roth 26/7 javelin				
Bradley Nelson										15.03 27 Woodb 4/8 cricket ball					8.59 46 12 Roth 26/7 shot				
12.5 52 8 Cudw 17/6 80m										U13 Boys					25.36 40 12 Cudw 9/8 discus				
12.9 48 7 Donc 21/7 80m										David Fells					28.78 47 12 Cudw 9/8 javelin				
33.22 60 7 Donc 21/7 cricket ball										02:52.4 51 8 Roth 19/5 800m					8.54 46 12 Cudw 9/8 shot				
3.01 21 Cudw 17/6 long jump										3.49 30 5 Roth 19/5 long jump					Senior Men				
3.17 24 Donc 21/7 long jump										13.9 54 11 Donc 21/7 100m					Sam Thorpe				
10.54 26 3 Cudw 17/6 turbo javelin										02:26.7 63 12 Cudw 17/6 800m					12.2 55 9 Woodb 10/7 100m HCP				
12.6 51 10 Roth 19/5 80m										1.30 42 11 Cudw 17/6 high jump					23.0 82 11 Woodb 10/7 200m				
34.56 64 9 Roth 19/5 cricket ball										1.31 44 11 Donc 21/7 high jump					Ben Rollinson				
2.90 19 0 Roth 19/5 long jump										23.38 48 10 Donc 21/7 javelin					2.40 2 5 Woodb 10/7 long jump				
12.0 59 9.5 Woodb 4/8 80m										6.29 32 11 Cudw 17/6 shot					10.88 52 11 Woodb 10/7 triple jump				
3.01 21 Woodb 4/8 long jump										13.8 56 11 Roth 19/5 100m					Senior Women				
28.09 43 4 Woodb 4/8 cricket ball										15.75 34 12 Roth 19/5 discus					Charlotte Vaughan				
Dominic Bird										1.20 29 10 Roth 19/5 high jump					27.9 81 11 Woodb 10/7 200m				
13.8 35 1.5 Roth 19/5 80m										02:53.6 50 7 Roth 19/5 800m					62.4 82 12 Donc 5/6 400m				
18.67 24 0 Roth 19/5 cricket ball										23.26 48 11 Roth 19/5 javelin					Charlotte Watt				
2.79 16 0 Roth 19/5 long jump										3.13 23 0 Roth 19/5 long jump					13.4 81 9 Donc 5/6 100m HCP				
George O'Brien										Michael Tomlinson					30.5 65 10 Donc 5/6 200m				
13.5 39 0.5 Donc 21/7 80m										02:47.2 53 7 Cudw 17/6 800m					Taz Oliver-Smith				
3.08 22 Donc 21/7 long jump										02:56.6 49 11 Woodb 4/8 800m					35.44 59 12 Roth 26/7 javelin				
13.45 34 11 Donc 21/7 turbo javelin										3.12 23 5 Woodb 4/8 long jump					33.14 55 12 Cudw 9/8 javelin				
Bradley Harrison										1.05 19 12 Woodb 4/8 high jump					7.41 39 11 Cudw 9/8 shot				
14.0 31 Donc 21/7 80m										U13 Girls					Vet Women				
35.10 66 11 Donc 21/7 cricket ball										Megan Bailey					Vet Men				
3.21 25 Donc 21/7 long jump										02:46.7 65 7 Cudw 17/6 800m					13.3 31 5 Donc 5/6 100m HCP				
Thomas Evans										Jessica Mangham					30.7 14 8 Donc 5/6 200m				
13.0 47 6 Donc 21/7 80m										02:52.5 63 2 Cudw 17/6 800m					64.5 27 8 Donc 5/6 400m				
3.61 34 10 Donc 21/7 long jump										3.11 42 Cudw 17/6 long jump					02:33.0 19 11 Roth 26/7 800m				
11.87 30 10 Donc 21/7 turbo javelin										3.15 11 Cudw 17/6 shot					05:33.6 11 8 Roth 26/7 1500m				
Garred Beedale										U15 Boys					12.35 18 3 Roth 26/7 discus				
11.8 61 12 Woodb 4/8 80m										Josh Whysell-Woods					6.88 35 6 Roth 26/7 shot				
3.59 33 10 Woodb 4/8 long jump										12.8 66 Donc 21/7 100m hts					12:48.3 28 12 Cudw 9/8 3000SC				
30.17 51 6 Woodb 4/8 cricket ball										12.7 67 10 Donc 21/7 100m final					12.5 47 8 Woodb 10/7 100m HCP				
U11 Girls										U15 Girls					Ian Cooley				
Elizabeth Coupe										Sarah Wilding					Rob Wilkinson				
14.8 35 1 Cudw 17/6 80m										13.7 69 11.5 Donc 21/7 100m final					31.44 53 12 Roth 26/7 discus				
14.7 37 0.33 Donc 21/7 80m										27.4 92 11 Cudw 17/6 200m final					9.39 50 11 Roth 26/7 shot				
15.92 28 Donc 21/7 cricket ball										28.1 85 Cudw 17/6 200m hts					26.59 44 12 Cudw 9/8 discus				
2.11 17 Cudw 17/6 long jump										3.74 55 Cudw 17/6 long jump					28.86 36 10 Cudw 9/8 javelin				
2.28 20 Donc 21/7 long jump										3.99 60 9 Donc 21/7 long jump					9.42 50 12 Cudw 9/8 shot				
5.32 12 Cudw 17/6 turbo javelin										7.74 68 10 Cudw 17/6 shot					Steve Gorrill				
Molly Arif										8.05 75 9 Donc 21/7 shot					02:20.6 36 12 Cudw 9/8 800m				
21.87 40 9 Donc 21/7 cricket ball										13.6 70 12 Woodb 4/8 100m final					These performance results are set out for general interest				
2.71 29 2 Donc 21/7 long jump										21.64 87 11 Woodb 4/8 discus					and as a tribute to the group of athletes who represented				
10.77 30 12 Cudw 17/6 turbo javelin										7.31 63 10 Woodb 4/8 shot					us over the difficult weeks of the South Yorks series. Diffi-				
13.3 50 8.5 Roth 19/5 80m										14.4 64 9 Donc 21/7 100m final					cult particularly this year owing to the dreadful weather				
13.47 23 0 Roth 19/5 cricket ball										30.3 63 3 Cudw 17/6 200m hts					which interrupted proceedings.				
2.98 37 4 Roth 19/5 long jump										02:55.8 62 6 Donc 21/7 800m					I have very much enjoyed making and running the comput-				
Emily Hutchinson										3.36 46 Cudw 17/6 long jump					erised system which handles the league, and it makes				
02:15.7 64 4 Cudw 17/6 600m										3.28 44 5 Donc 21/7 long jump					production of results lists and analysis lists like this very				
18.27 33 3 Donc 21/7 cricket ball										14.2 65 0 Roth 19/5 100m hts					simple compared to old-fashioned typing it up the day (!)				
2.83 32 Cudw 17/6 long jump										14.4 64 9 Roth 19/5 100m final					after.				
2.77 30 4 Donc 21/7 long jump										9.12 17 5 Roth 19/5 discus					You can get a full list of whatever you like from the South				
7.30 20 Cudw 17/6 turbo javelin										3.04 39 0 Roth 19/5 long jump					Yorks web site; www.sycas.co.uk and select T&F League,				
02:11.2 65 7 Woodb 4/8 600m										Natasha Hatswell					Analysis				
3.19 42 7 Woodb 4/8 long jump										15.1 60 7 Donc 21/7 100m final					For example, it's very easy to get a list of all javelin per-				
16.71 30 1 Woodb 4/8 cricket ball										02:32.2 78 11 Donc 21/7 800m					formances U15 girls or whatever. They are all sent to				
Grace Tomlinson										3.42 48 6 Donc 21/7 long jump					Power of 10 by the way.				
02:16.0 64 3 Cudw 17/6 600m										14.9 61 3 Roth 19/5 100m hts					I know there are more than enough competitive opportuni-				
02:14.3 64 7 Donc 21/7 600m										11.83 26 6 Roth 19/5 discus					ties for our athletes in the many leagues we enter, but I				
10.60 17 Donc 21/7 cricket ball										3.29 44 2 Roth 19/5 long jump					don't quite understand why RH has such a low turn-out in				
2.17 18 Cudw 17/6 long jump										02:31.1 79 11 Woodb 4/8 800m					age groups which don't get competition, or not much, such				
2.22 19 Donc 21/7 long jump										14.5 63 7 Woodb 4/8 100m final					as U11 and perhaps vet.				
5.81 12 Cudw 17/6 turbo javelin										12.06 27 6 Woodb 4/8 discus					But there we are, well done to those that performed. The				
02:12.0 65 6 Woodb 4/8 600m										34.2 42 Cudw 17/6 200m hts					stats show, in order, performance, individual points, teams				
2.47 24 Woodb 4/8 long jump										4.43 69 11 Cudw 17/6 long jump					points if scored (max 12) venue and event.				
12.18 21 Woodb 4/8 cricket ball										6.05 48 5 Cudw 17/6 shot					RH group winners are listed on page 4.				
Holly Fenwick										14.7 62 5 Roth 19/5 100m hts									
02:38.5 40 Cudw 17/6 600m										15.92 54 8 Roth 19/5 javelin									
02:41.0 38 Donc 21/7 600m										4.39 68 12 Roth 19/5 long jump									
1.69 9 Cudw 17/6 long jump										14.1 65 9 Woodb 4/8 100m final									
1.68 9 Donc 21/7 long jump										4.90 79 12 Woodb 4/8 long jump									
4.25 8 Cudw 17/6 turbo javelin										13.99 36 7 Woodb 4/8 discus									
02:38.5 40 Woodb 4/8 600m																			
2.11 17 Woodb 4/8 long jump																			
8.34 10 Woodb 4/8 cricket ball																			

Fine Response from RH and KRC at Famous Ulley

Famous these days, that is, for the wrong reasons after the aerial shots as a nation held its breath for the dam to burst! But back in June it was only the incessant bad weather to worry about. But it relented at just the right time to allow our event to go forward. Which it did to good effect with fine enough support from RH either because this event has caught the imagination, or perhaps because of constant badgering that they should turn out more. Fine support too from Kimberworth. Thanks to Pat Rooney and colleagues. Once again the race was helped by Peter's family and it was a delight to welcome Paul Ruddleston to Whiston, having travelled specially for the occasion. Many other of Peter's family and friends were present. Some minor organisational hiccups on the night were unnoticed by the racers. Many thanks to officials and marshals. The event is to be held 2008

It looked like an agreeable stroll for the brothers but it didn't look that way on the course, and their times were just inside Mark's 2006 winning time.. They were well adrift of Richard Harris however, who seemed motivated to keep ahead of workmate Aidan Johnson. In the ladies race, KRC were rewarded with a 1-2-3.

AWARDS: MEN 1st Richard Harris, RHAC, 28:27; 2nd i Aidan Johnson, Bingley, 28:58; 3rd Paul Ruddleston, RHAC, 30:24 1st under 40 Stephen Greaves, Kimberworth, 31:25; 1st vet 40 if Mark Ruddleston, RHAC, 30:24 ; 1st vet 50 Terry Hawley, RHAC, 34:05; 1st vet 60 Mick Cochrane, RHAC, 35:10 LADIES: 1st Claire Stephenson, Kimberworth, 36:36; 2nd Carla Foster, Kimberworth, 39:43; 3rd Nina Hague, Kimberworth, 40:13; 1st under 35 Lynsey Carver, Unattached, 57:38; 1st vet 35 Alanna Rowbotham, Unattached, 43:50; 1st vet 45 Sharon Merrills, RHAC, 47:06; 1st vet 55 Wendy Fuller, RHAC, 58:00

ULLEY RES 20/6/07 RESULTS

Posn	Name	Club	Time	Category
1	Richard Harris	RHAC	28:27	SM
2	Aidan Johnson	Bingley	28:58	SM
3	Paul Ruddleston	RHAC	30:24	VM40
4	Mark Ruddleston	RHAC	30:24	VM40
5	Stephen Greaves	Kimberworth	31:25	SM
6	Colin Lynch	Totley	32:22	SM
7	David Booth	RHAC	32:44	SM
8	Dan Birkinshaw	Kimberworth	32:49	SM
9	Mark Smith	Kimberworth	33:26	SM
10	Howard Darwin	RHAC	33:48	VM40
11	Terry Eastwood	RHAC	33:50	VM40
12	Terry Hawley	RHAC	34:05	VM50
13	Pat Rooney	Kimberworth	34:39	VM50
14	Will Bridgemann	Handsworth	34:57	SM
15	James Belk	Handsworth	34:58	SM
16	John Spencer	RHAC	35:09	VM40
17	Mick Cochrane	RHAC	35:10	VM60
18	Kevin McGrath	Hallamshire	35:26	VM50
19	Neil Shaw	RHAC	36:03	SM
20	Chris Horsfall	Handsworth	36:19	VM50
21	Claire Stephenson	Kimberworth	36:36	SL
22	Ian Hetherington	Kimberworth	36:37	SM
23	Mark Gomersall	Kimberworth	36:48	VM40
24	Mark Elliott	Kimberworth	36:53	SM
25	Brian Harney	RHAC	37:05	VM60
26	Ray Howarth	RHAC	37:30	VM50
27	Phil Hague	RHAC	38:06	VM50
28	Ian Wade	Handsworth	38:37	SM
29	Keith Binney	Barnsley A.C.	38:50	VM60
30	Phil Adderley	Kimberworth	39:06	SM
31	Mark Spencer	Unattached	39:10	SM
32	Malc Proctor	Kimberworth	39:23	VM50
33	Carla Foster	Kimberworth	39:43	SL
34	Liam Sykes	Bannatynes	39:43	SM
35	Phil Widdowson	RHAC	40:01	VM40
36	Michael Petre	Kimberworth	40:05	SM
37	Nina Hague	Kimberworth	40:13	VL35
38	Lee Carratt	RHAC	40:26	SM
39	Chris Green	Unattached	40:51	VM40
40	Graham Makepeace	Unattached	41:28	VM40
41	Henry Marston	RHAC	41:43	VM60
42	Elliott Swift	Unattached	41:58	SM
43	Luke Brady	RHAC	42:15	VM60
44	Cain Green	Kimberworth	43:07	SM
45	Roger Cook	Kimberworth	43:37	VM50
46	Alanna Rowbotham	Unattached	43:50	VL35
47	David Burke	RHAC	45:10	VM40
48	Malcolm Rhodes	RHAC	45:18	VM50
49	Alan Mirfin	RHAC	45:49	VM60
50	Sharon Merrills	RHAC	47:06	VL45
51	Alan Peters	Unattached	48:03	VM60
52	Martin Simpson	Kimberworth	48:10	VM50
53	Graham Gough	Handsworth	48:16	VM60
54	Dave Carratt	Unattached	49:16	VM60
55	Gary Coughlan	Unattached	50:06	SM
56	Bob Langley	Bannatynes	51:09	VM50
57	Andy Gray	Unattached	51:09	VM40
58	John Clarke	RHAC	51:11	VM60
59	David Weatherburn	RHAC	54:13	VM60
60	Tony Sarjeant	RHAC	54:28	VM50
61	Derek Shaw	RHAC	56:57	VM60
62	Paul Stephenson	RHAC	57:13	VM60
63	Lynsey Carver	Unattached	57:38	SL
64	Wendy Fuller	RHAC	58:00	VL55

Georgina on the Up and Up in National

Photographed right (courtesy I think of Ilkley Harriers) is Georgina Spencer clearly doing the hard work as she took a bronze medal in the U12 English Junior Uphill Championships on Sunday 1st July 2007 held on Ilkley Moor.

John Spencer sent me the snap: John and Diane must also be well-pleased with this outstanding performance, which is incidentally Georgina's first medal placing. It is impressive to start off with a national!

In the fell heartland too. No doubt good practice for the Yorks XC with a threatening Holmfirth venue! (though I'm not sure if Georgina makes the age group). There again though, Rotherham's contribution to area XC courses in recent years have not exactly been a stroll in the fen country.



Nice One Boys



Sharon Burton has sent us this report:

Les hommes sont arrivés a Nice plage

Brian Harney and Mick Marsters have just recently completed the GR5 which is a long distance walk of 400 miles starting in Geneva and finishing on the beach at Nice (where I met them last week). Now, this would take 'normal' people who are walking it, approximately 4 weeks to do (Ted Parkinson did this in 3 stages) but Brian and Mick chose to run/walk with a very small rucksack containing a few spare clothes and completed the trail in 19 days which included 2 rest days because Mick caught a cold and Brian wasn't feeling good on another day! This is a marvellous achievement by any standards but by two 60 ish year olds this is remarkable so congratulations to them both. Full report to follow by Brian.

Rotherham Harriers & AC

Annual General Meeting

Thursday 18th October 2007
Herringthorpe Leisure Centre

Considerable effort has been made to reduce formality such as reading out of section reports, which many find tedious. This is the standard opportunity for members to hear, discuss, or propose business concerning the running of the club. Many issues (such as rules, fees etc) can only be settled by majority vote of members at this meeting.

Election of officials (and other posts). Proposals or other business should be notified at least 2 weeks before the meeting (ie 4/10). More detail in the September newsletter.

CROSS COUNTRY DATES

Local league and area/national senior events: look in Fixtures on page 2 for other competition and ages

SY League

Sunday 21 October Sheffield (venue tbc)
Sunday 4 November Penistone Showground
Sunday 25 November Winterhills, Rotherham
Sunday 9 December Doncaster (venue tbc)

Yorkshire Championship

January 5th 2008 Storthes Hall, Holmfirth

Northern

26th January 2008 Roundhay Park Leeds

National

February 23rd Alton Towers

South Yorkshire Track and Field Championships

ENTER NOW

The championships will take place on Sunday, 9th September 2007 at Cudworth.

Event details and entry forms have been distributed to clubs and are available at www.sycaa.co.uk. The closing date for entries is 26th August and early entries would be much appreciated. On the day entries are available at £5 per event but must be at least 15 minutes before the start of each competition session. Details of any events which are cancelled because of insufficient entries will be advertised in advance.

Autumn Road Relay Season – Young Athletes, Juniors, Seniors & Veterans

The autumn road relay season will soon be upon us. All these events take place during the months of September and October. The events are at various venues and are for teams from all the age groups from young athletes through to veterans. Team selection and entry procedures vary slightly from event to event and will be handled by the age group coaches and team managers. The main thing that each of the athletes can do to aid with team selection is to be in a position to show their current fitness, preferably by means of recent race results, and to let their coach/team manager know in advance that they are fit and available to compete.

Yorkshire Championships. U/13, U/15, U/17 and Seniors.
Don Valley Stadium, Sheffield. 15th Sept 2007

Yorkshire Championships. Veterans
Esholt Village, Leeds/Bradford. 9th Sept 2007

North of England Championships. U/13, U/15, U/17.
Croxteth, Liverpool. 7th October 2007

North of England Championships. Seniors.
Birchwood, Warrington. 29th Sept 2007

National Championships. Seniors
Sutton Park, Sutton Coalfield. 20th October 2007

National Championships. U/13, U/15, U/17
Sutton Park, Sutton Coalfield. 21st October 2007
(THIS DATE AND VENUE TO BE CHECKED)

Quiz and Caption Competition

For last month's competition, we had (right) a shot from the Round Rotherham featuring old friends Pete Harper and Ken Ridgeway. "Well, what can we say?" was the question. Not much, seems to be the answer. The picture was taken at the Round Rotherham. There has been no response really to the caption competition idea, and no photos supplied. Nor have any new sources of general photos arisen, so I am using the space for other items now. If photos are supplied, I will continue to use them. There is however one quiz picture from IH which I will use next month.

Below, in keeping with our memorial race for Peter Ruddlestone which took place on 20th June, a shot in which he is posed together with various colleagues. I think it's the Glasgow Marathon or half, and obviously the people shown are well aware but they are keeping stumm.

Back row shows Peter Ruddlestone on the left with John Clarke on the right. Front row: I to r Ken Horan, Peter Purdy, Pat Wells, Anne Langley, Jenny Horan, Richard Burton; centre line I to r Bob Langley, Dave Burke, Terry Rooke, Dave Draycott, Alan Charnock.



Rotherham Harriers & AC Newsletter

Editor Peter Humphries
Ser 4 No 36 Pubn. Date 9/8/07
News/comment: 01709 549125
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

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