



Fixtures: August 2010—

August			
Sun 08 Aug 10	Long Tour Of Bradwell	open	Hope Valley
Sun 08 Aug 10	Askern 10	open	E7 SY champs pre-enter. Fun Run E2
Mon 16 Aug 10	Trunce 8	open	Playing Field Oxspring
Sun 22 Aug 10	RHAC Open Meeting	open	Herringthorpe
Sun 22 Aug 10	Slough Half	open	Burnham Beeches, BMAF Champ
Sun 29 Aug 10	NJAL Play off match	clubs	Location Robin Park, Wigan
Mon 30 Aug 10	Doncaster Open Meeting	open	Keepmoat Stadium, Doncaster
Mon 30 Aug 10	Mansfield Open Track Meeting	open	Berry Hill Park, Mansfield NG18 4RP
Tue 31 Aug 10	Barrell Inn	open	Eyam Sports Pavilion
September			
Fri 03 Sep 10	Mansfield 5K Classic	open	Berry Hill Park, Mansfield
Sun 05 Sep 10	Shelf Moor	open	Scout Hut, Old Glossop
Mon 06 Sep 10	Trunce 9	open	Playing Field Oxspring
Sat 11 Sep 10	Yorkshire Road Relay Champs	clubs	Leeds Met Uni, Carnegie Campus
Sun 12 Sep 10	Douglas Bedford Meeting	open	Thornes Park, Wakefield
Sun 12 Sep 10	Nottingham Marathon	open	
Sun 12 Sep 10	Goodrich 10k	open	Wolverhpton, BMAF Champ
Sat 18 Sep 10	Silkstone Shuffle 3	open	From Silkstone Cricket Ground
Sat 18 Sep 10	Silkstone Shuffle Junior race 3	open	From Silkstone Cricket Ground
Sun 19 Sep 10	Great North Run	open	
Sat 25 Sep 10	Grimsby Harriers Open Meeting	open	Denis Lombard Trophy, King George V Stadium
Sat 25 Sep 10	Yorks and Humberside Combined Events	open	Keepmoat Stad Doncaster - U15B Pentathlon
Sat 25 Sep 10	Yorks and Humberside Combined Events	open	Keepmoat Stad Doncaster - U17 and above age groups 25/26
Sat 25 Sep 10	Nine Edges Endurance	open	Fairholmes Car Park Ladybower
Sat 25 Sep 10	Great Yorkshire Run	open	10k E26 Sheffield
Sun 26 Sep 10	2nd Annual Cusworth 10k inc Fun Run	open	www.doncasterathletics.com
Sun 26 Sep 10	Yorks and Humberside Combined Events	open	Keepmoat Stad Doncaster - U15G Pentathlon
October			
Sat 02 Oct 10	Northern 6 & 4 stage & YA road relays	clubs	Wythenshawe Park Manchester (Original date was 25th & 26th Sep)
Sun 03 Oct 10	Mablethorpe Marathon & Half	open	Full start 09:30, half start 10:00
Sun 03 Oct 10	Oldbury 10	open	BMAF Champ
Sat 09 Oct 10	Cutlers relays (Inc Northern, YVAA and S)	clubs	Graves Park Sheffield. All ages, 1st event 11:00
Sat 16 Oct 10	ERRA 6 & 4 stage relays	clubs	Sutton Park, Sutton Coldfield
Sat 16 Oct 10	Round Rotherham Run	open	50 miles start 6 (walk) 7 (run) 18+yrs £12 +
Sat 16 Oct 10	Round Rotherham Relay	open	50 miles 8 stages start 8am Dearne V Coll
Sun 17 Oct 10	National Young Athletes Road Relays	clubs	Location Sutton Park
Sun 17 Oct 10	Bridlington Half	open	Y vets Champ
Sun 24 Oct 10	South Yorks League 1	SY clubs	tbc
Sun 31 Oct 10	Canal Run	open	Westgate R'ham (Kimb. Str) KMRT
Sun 31 Oct 10	Workshop Half	open	
Sun 31 Oct 10	Holmfirth 15	open	Y vets Champ

Round Rotherham Race and Relay Saturday 16 October

These are again on the same day as the National 6 & 4-stage road relays (and the Young Athletes relays are the following day) Entries for the race are building nicely. The **Round-Rotherham relay** is a particular challenge since we normally are depleted by the National Road relays.

The relay stages are from 11 miles down to about 4. Eight runners required (you can run twice but not on consecutive stages. There is sure to be strong team competition both in main event and relays.

ALL CLUB MEMBERS ARE INVITED TO JOIN US IRRESPECTIVE OF STANDARD.

NAMES TO ANY OF

Peter Neal (Men's teams)
Sharon Burton (Women's teams)
Pete Humphries (Mixed teams)

Route finding and familiarisation: by arrangement or on Thursday evening runs between now and end September. Also Sundays.

**Don't forget the full race has a team prize also.
A CHANCE FOR ALL MEMBERS TO REPRESENT THEIR CLUB: ROAD RELAYS, ROUND ROTHERHAM RACE/ RELAY OR SUPPORT**

KMRT 2010

Next race (9th)

Carpenters 5 (TRAC)

Sun 26/9/10

Carpenters Arms, on main road. Tickhill

Cross-country Dates

Cutlers Relays Sat 9th October

South Yorkshire League:

Sun 24 October Sun 7 November
Sun 28 November Sun 12 December

ROAD FIXTURES

Road Relay Championships

• Yorkshire Vets Road relays	Date TBA	Ilkley
• Yorkshire Seniors	Sat Sept 11 th	Carnegie, Leeds
• Yorkshire Young Athletes Relays	Sat Sept 11 th	Carnegie, Leeds
• Northern Athletics 6 stage – men	Sat Oct 2 nd	Wythenshawe Park, Manchester
• Northern Athletics 4 stage – women	Sat Oct 2 nd	Wythenshawe Park, Manchester
• Northern Young Athletes Relays	Sat Oct 2 nd	Wythenshawe Park, Manchester
• National Road Relays – 6 and 4 stage	Sat Oct 16 th	Sutton Park
• National Young Athletes Road Relays	Sun Oct 17 th	Sutton Park

Vets Races

Yorkshire Championships

• Yorkshire Vets Road relays	Date TBA	Ilkley
• Half Marathon	Sun Oct 17	Bridlington
• 15 miles	Sun Oct 31	Holmfirth
• 10 miles	Sun Nov 28	Thirsk

National Championships (BMAF)

• Half Marathon	Aug 22 nd	Burnham Beeches, Slough
• 10 K (Goodrich 10K)	Sept 12 th	Wolverhampton
• 10 miles	Oct 3 rd	Oldbury, Gloucestershire

All seniors and vets who are interested in running in any of the above road relays should inform either Peter Neal or Pete Shaw asap.

Trail & Fell

9 Edges 21 miles

Sat 25 Sept

Fairholmes Car Park Ladybower

Newsletter Correspondents

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

The fixture list is copied directly from the online general fixture list. The fixture list and online scroller are updated by section secretaries or their agents.

Correspondents for this and next issue are:

Club matters	Steve Gaines
Road	Peter Neal
Cross-country	Steve Gaines
Track and Field	Kevin Thomas
Trail and Fell	Peter Humphries
Local Events	Peter Humphries

Copy by 10/9. Direct contributions to the editor are welcome.

Track and Field Review– August

All the league matches are now completed so here is how it turned out.

In the South Yorkshire T&F League, after the final match we ended third behind Doncaster and Sheffield. In the multi event league, Elena Freeman won gold in the U13G and Jonathan Bilton took bronze in the U13B. During the series we have taken a number of medals in the Championship events and the final match was no different. In the U15G 800m we had a fantastic turn-out with 8 of the 11 runners from Rotherham and a clean sweep of the medals with Jess Freeman, Jess Mangham and Emma Dutton taking gold, silver and bronze respectively. The U15G Javelin result was nearly as good with silver for Amber O'Malley and bronze for Jess Freeman. For the boys, Connor Ryan took silver in the U15 800m and Thomas Evans also got silver in the U15 Javelin. Finally, just to show it was not just the juniors out there, Bill Renshaw and Andrew Nagy did the double taking gold and silver respectively in both the shot and discus. In the non-championship events there were many good performances, too many to list in full but congratulations to everyone there on that day and throughout the season. There are still a number of medals to finalise for the best performances across the season in the event groups and the multi event championships so I will cover these next time.

In the Young Athletes competition, as I said last time, the teams have tried hard but our lack of specialists to fill key technical events (hurdles, pole vault, high jump, hammer, triple jump) has

made it a very difficult task to match the other clubs we have been up against. Despite the best points score of the season we still finished last in the final match so will be back in Div 1 next season.

In the Junior League, with only 3 male and 6 female athletes available for the last match we still managed to come 5 of 7 teams. This left us third overall in the division.

In the Northern League, during the final match, Jenny Cuthbertson landed badly in the Pole Vault and sustained a broken leg. Can we all wish her a speedy recovery. The match result was that we were just pipped for the league title by Lincoln but we have qualified for the playoffs. The playoff match will be at **Cudworth on August 15th**.

Still with the seniors, there will not be an Inter Club Knockout match in September as the match has been cancelled due to insufficient entries.

A reminder that the Rotherham Open is on the 22nd August and we have been notified of a number of other open meetings at the end of August/September, see the website events list for details.

Kevin Thomas

PRINCE IN THE PARK 5Km, 22/07/2010

Pos	Name	Club	Time	Cat
1	David Smith	RHAC	17:01	SM
2	Dean Furniss	Hallamshire	17:22	VM40
3	Kevin Doyle	Kimberworth	17:50	SM
4	Nicholas Myers	RHAC	17:51	JM
5	John Comrie	RHAC	18:02	VM45
6	Terry Eastwood	RHAC	18:07	VM50
7	Colin Lynch	Totley	18:19	VM40
8	Natalie Grant	RHAC	18:25	SL
9	Peter Neal	RHAC	18:30	VM50
10	Mark Evitts	RHAC	18:45	SM
11	Simon Hopkins	RHAC	18:49	SM
12	Howard Darwin	RHAC	19:00	VM40
13	Nigel Brookes	RHAC	19:03	VM45
14	Claire Spencer	Kimberworth	19:11	SL
15	Jess Mangham	RHAC	19:46	JL
16	Mathew Asbridge	RHAC	19:58	VM40
17	Andrew Preston	RHAC	20:03	JM
18	Patrick Rooney	Kimberworth	20:04	VM50
19	Neil Shaw	RHAC	20:07	SM
20	Colin Earl	Bannatynes	20:09	VM45
21	Jade Allen	RHAC	20:11	SL
22	Steve Lowndes	Kimberworth	20:16	V50
23	Paul Greenwood	Kimberworth	20:49	VM40
24	Emma Dutton	RHAC	20:57	JL
25	Ray Howarth	RHAC	21:31	VM55
26	Jerry Spencer	RHAC	21:36	VM60
27	David Stern	Kimberworth	21:39	SM
28	Trevor Bailey	Barnsley	21:41	VM55
29	Nina Hague	RHAC	21:44	VL40
30	Roy Butterworth	RHAC	21:55	VM40
31	P Robertshaw	Tickhill	21:58	VM50
32	Craige Spencer	Kimberworth	22:02	SM
33	Keith Binney	Barnsley	22:24	VM60
34	Stephen Cotter	RHAC	22:25	VM50
35	Carla Wragg	Kimberworth	22:43	SL
36	Brian Lowndes	Maltby	22:51	VM60
37	Ken Chapman	Kimberworth	22:52	VM65
38	Pam Bird	Kimberworth	22:58	VL35
39	Dave Wright	RHAC	23:08	VM50
40	Tony Redfern	Maltby	23:17	VM45
41	Claire Chapman	Kimberworth	23:41	VL35
42	Graham Walton	Tickhill	23:48	VM55
43	Caroline Boyd	Maltby	24:13	VL55
44	Adele Marsden	Kimberworth	24:44	VL35
45	Lukasz Patik	RHAC	25:05	SM
46	Malcolm Rhodes	RHAC	25:16	VM60
47	Dennis Beaver	Kimberworth	26:51	VM60
48	Jenny Horan	RHAC	26:57	VL60
49	Martin Simpson	RHAC	27:07	VM55
50	Jayne Sanderson	Kimberworth	27:41	VL50
51	Roderick Rivers	Kimberworth	27:57	VM60
52	Valerie Rivers	Kimberworth	28:29	VL55
53	Alan Bryden	RHAC	31:03	VM70
54	Derek Shaw	RHAC	35:05	VM80
55	Mary Chapman	Kimberworth	36:46	VL65

Local Races 2010

Prince in the Park 5k (21/7/2010) saw the last of RHAC's three races contributed to the KMRT series. That makes an appropriate place for me to thank the officials and other helpers (marshals in particular) who gave their time and effort to make Bassingthorpe, Ulley Res and the Prince quality events.

The text of my report to the Advertiser (which they slightly amended) is as follows:

Wednesday evening saw the fifth running of the Prince in the Park 5k race at Greasbrough, with the organisers thankful for a fine break in the poor July weather. This race being the eighth in the annual KMRT series of 12 organised by Kimberworth, Maltby, Rotherham and Tickhill running clubs saw a continuation of the healthy sporting rivalry between numerous members of Kimberworth and Rotherham clubs, who made up the bulk of the entry.

What especially pleased the organisers, this being a traffic-free course in Wentworth park, was that a good number of runners who are more often focussed on more high-profile competition also turned out. Natalie Grant, being scheduled to train 5k, did the race instead and was first lady in a time of 18.25 whilst up-and coming 20-year old David Smith, also of the host club RHAC found the hilly course to his liking with a fine 17.01 to distance himself from Dean Furniss (Hallamshire H) 17.22 and Kevin Doyle (Kimberworth) 17.50.

Fine performances from Nicholas Myers (4th, 1st junior) Jess Mangham and Emma Dutton (1st and 2nd junior ladies) brought the average age down sharply. Other prize winners were ladies: Claire Spencer, Pam Bird and Mary Chapman (KS), Jade Allen and Nina Hague (RH) and Caroline Boyd (Maltby) and men: John Comrie, Terry Eastwood, Howard Darwin, Jerry Spencer (all RH) and Ken Chapman (KS).

Next race in the series is the Carpenters 5 at Tickhill on September 26th.

Unfortunately, the headline RA added, and editing, made it look like a RH-KS confrontation. I suppose in one way these races are, but my intention was to highlight the great support that each of the clubs exhibits for the other's efforts. And in referring to



Race sponsor Dennis Folks of Prince of Wales Greasbrough on the right together with prize winners: Front: Natalie Grant, Jess Mangham and Emma Dutton, left to right: Nina Hague, Caroline Boyd, Jerry Spencer, race winner David Smith, Howard Darwin, Terry Eastwood, Nicholas Myers, Dean Furniss, Mary Chapman, Kevin Doyle, Claire Spencer and Ken Chapman.

KMRT 2010

A series of 12 local races organised for your enjoyment by **Kimberworth Striders, Maltby Running Club, Rotherham HAC, Tickhill RAC**

Remaining in 2010

9	Carpenters 5	(TRAC)	Sun 26/9/10
10	Canal Run	(KS)	Sun 31/10/10
11	Santa's Special	(KS)	Sun 19/12/10
12	TurkeyTrot	(MRC)	Sun 26/12/10

rivalries, you have to note that many of them are between members of the same club! The RA report left off all words after 'sporting rivalry'!

That said, I was certainly happy with a more representative RH turn-out. A good cross-section ran, thanks to all. You might be surprised how many runners commented what a pleasure it was to run with performers of the class of Natalie for example; how impressed they were with David's ability; and above all 'great to see all these youngsters' or 'all these black vests'.

Well, I know it can't happen all the time, but on those occasions like this when it does, thanks for a fine day.

Peter Humphries

Round Rotherham Roundup

90 runners so far have entered in the event as at 30/7/2010

Aaron Cranmer	unattached
Alan Bolton	Rotherham Harriers & AC
Alan Lucker	Bowland Fell Runners
Alison Brind	stone masler marathoners
Andrew Bradley	unattached
Andrew Dobson	North Yorks Moors AC
Andrew Gilbertson	unattached
Andrew Hindson	Cirencester Athletics Club
Andrew John Woodcock	Handsworth Road Hogs
Andrew Pearson	unattached
Andrew Tile	unattached
Ann Lonie	Swindon Striders
Anne Green	unattached
Anthony Hammond	Peel Road Runners
Barry Miller	Burghfield Trotters
Ben Reah	unattached
Bob Holt	unattached
Calpreta Parkinson	Mammoth Lifestyle
Chris Cotton	Kimberworth Striders
Christopher Paul Swift	unattached

Colin Duffield	unattached
Colm Mccoy	unattached
Dave Ambler	unattached
Dave Ambler	unattached
Dave Drayton-Green	Mammoth Lifestyle
Dave Nichols	Mercia FellRunners
David Anthony Ralphs	newburgh nomads
David Francis Oxley	unattached
David Hetherington	unattached
David Hetherington	unattached
David Rose	Newport & District
Dawn Westrum	unattached
Deb Garfield	Border Harriers
Elaine Dee	LDWA - East Yorkshire
Elizabeth Tunna	unattached
Gary Benson	Rotherham Harriers & AC
Gary Chamberlain	unattached
Garry Scott	unattached
Gillian Howe	unattached
Hannah Moore-Barton	FRA
Hilary Farren	Rossendale harriers
Hilary Farren	Rossendale Harriers
Ian Bishop	highlanders
Ian Harryman	Avon Valley Runners
Ian Hodge	Vegan Runners
Ian Hodge	unattached

Jackson Griffith	unattached
Jason Flecher	unattached
Jerym Brunton	unattached
John Cunname	unattached
John Maclean	unattached
Jon Fielden	unattached
Jon Hawker	unattached
Julie Gardner	unattached
Karen Nash	unattached
Kate Farrell	unattached
Keri James	unattached
Keri James	unattached
Kieran Walshe	unattached
Kim Grosvenor	unattached
Louis Coles	unattached
Mark Bishop	unattached
Mark Dalton	unattached
Mark Fidler	unattached
Mark Newey	unattached
Mark Rawlinson	unattached
Martin Beale	unattached
Martin Indge	unattached
Martin Payne	unattached
Matthew Zawadzki	unattached
Michael Ball	unattached
Mike Jones	unattached

Road Runners Club	unattached
TNT	unattached
Ranelagh Harriers	unattached
Islwyn Running Club	unattached
Hastings Runners	unattached
Ellesmere Port R.C.	unattached
Dark Peak Fell Runners	unattached
Preston Harriers	unattached
unattached	unattached
unattached	unattached
Mammoth Lifestyle	unattached
Claremont Road Runners	unattached
Penistone Footpath Runners	unattached
unattached	unattached
Ellesmere Port R.C.	unattached
unattached	unattached
West End Runners	unattached
unattached	unattached
SMARIT (Team Runfurther)	unattached
Dark Peak Fell Runners	unattached
Steel City Striders	unattached
unattached	unattached
unattached	unattached

Richard Scroop currently leads the Vasque series of 12, RR is the last one.

Trail & Fell Reports

1	Karl Gray	Calder Valley	2.24.18	MV40
2	Darren Kay	Pudsey & Bramley	2.25.01	M
3	Rob Hope	Pudsey & Bramley	2.25.29	M
287	Henry Marston	RHAC	4.41.56	MV60

Most recent report has Adele Morris & Richard Howcroft supporting Henry and John at the Holme Moss race. Henry finished, John had an uncharacteristic dnf this time.

Arguably road I suppose but interested runners upfront seemed to include a lot of T&F: the 3 Lakes Classic on 20/06/2010 saw the following RH results

1	87	DARREN KING	01:29:55	MV	41	KILLAMARSH KESTRELS
2	7	MATTHEW PARKER	01:30:56	M	32	N/A
3	45	MICHAEL SPROT	01:31:12	M	30	HALLAMSHIRE HARRIERS
22	20	MATTHEW ASBRIDGE	01:50:08	MV	41	ROTHERHAM HARRIERS
32	103	LINDSY GRAY	01:53:44	F	32	ROTHERHAM HARRIERS
115	33	ALAN BOLTON	02:40:28	MV	41	ROTHERHAM HARRIERS

Back in March but not covered by newsletter at the time, an excellent turnout in the Grindleford Gallop 21

1	478	Andy Pead	Goyl Valley Striders	M40	02:24:32
2	215	Lewis Banton	Clowne Road Runners	M	02:31:29
3	266	Daniel Chan	Helsby	M	02:32:22
54	264	Lee Carratt	Rotherham Harriers	M40	03:14:59
*		Ian Brookes	RH qualifying		03:20
95	357	Philip Haigh	Rotherham Harriers	M50	03:25:43
*		Nina Hague	RH qualifying		03:30
*		Ian Hetherington	RH qualifying		03:30
*		Lorraine Craib	RH 2nd claim		03:33
139	405	John Kirk	Rotherham Harriers	M50	03:34:38
144	393	Richard Howcroft	Rotherham Harriers	M	03:35:59
152	255	Sharon Burton	Rotherham Harriers	F40	03:38:14
167	460	Adele Morris	Rotherham Harriers	F40	03:41:48
260	517	Neil Shaw	Rotherham Harriers	M	04:03:23
306	231	Alan Bolton	Rotherham Harriers	M40	04:48:38
dnf	271	John Clarke	Rotherham Harriers	M60	



*Ian Brookes, Ian Hetherington and Nina Hague were qualifying fro RH at the time, having moved from Kimberworth. Since we have not had a publication during the period, this seems a suitable place to welcome them to the club. Lorraine is first claim at Clowne, but runs with us club nights when accompanying Kyle to training, and is RH second claim.

Walkers at Grindleford were Diane Spencer, John Clark, David Carratt & Roy Varo but I have no times for them. It was a good day out & everyone got PB's. Weather was perfect too. Photo above.

Thanks to Adele for those reports.

From Kerry Booth primarily I have:

Heart of Scotland 100 Mile event

Kerry & Lee Carratt did the 100 mile event, Lee was especially successful but has unfortunately been Injured since. This was a 3 day event, held at spring bank holiday. Brian Harney also took part (walking) as did Roy Varo. Roy has determinedly stuck to the distance events despite being forced out of running by injury.

1	16	Gary Attewell	M 1 24:37
2	301	Mark Leggett	M 1 24:51
2=	386	Chris Pritchett	M 2 24:51
11	75	Lee Carratt	M 1 27:01

Brian appears, reluctantly I have no doubt, to have accepted the medical view that extreme wear and tear (most damagingly on the foot) indicates the end of the running. However, I did hear a rumour from a

normally reliable source that he may be seeking a second opinion. If true, we certainly wish him success, and we are not surprised.

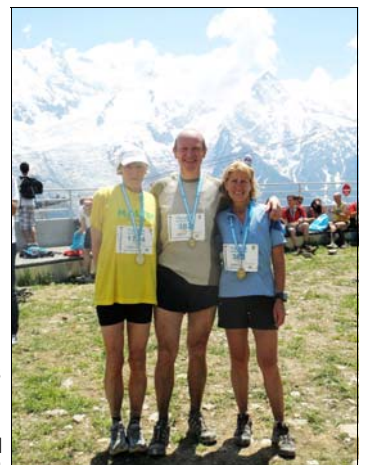
OSMOTHERLEY PHOENIX 5TH JULY 2008 (33 MILE)

1=	ANDREW RANKIN	04:31	Part of the Vasque series of 12 (RR
1=	PAUL WARD	04:31	included as race 12) Mick Cochrane
3	PAUL HART	04:36	(Henry in the results) also did Calderdale.
30	HENRY COCHRANE	06:03	
31	KERRY BOOTH	06:03	

From Sharon Burton:

Adele Morris and Richard Howcroft took part in the Swaledale marathon in June for the first time, it's a popular event and entries close almost immediately they are open. Richard finished in 4 hours 11 mins and Adele Morris in 4 hours 57 mins. Lorraine Craib also took part but we don't have her time to hand.

Mont Blanc marathon which took place also in June. Sharon and Peter Townson took part accompanied by Caroline Boyd of Maltby. Starting from Chamonix at 1000m it's a very tough off road full distance marathon climbing to a point of 2500m before descending back to 1400m but then there's a cruel 6 mile climb to finish at 2200 metres. With beautiful views and Mont Blanc always in the background we all finished together in 7 hours 7 minutes. We could have dipped under 7 hours but unfortunately, Caroline got cramp just 3 miles from the finish and had to be attended to by the First Aid team!! All in all, an enjoyable weekend and a race I would definitely like to do again, if not to beat my time!!! Photo enclosed if you have room to put it in?



Trail & Fell Series

Jan	Tiger Tor 9.5 miles	June	Swaledale 25 miles
March	Grindleford Gallop 21 miles	June	Ulley 5 miles
April	Truncheon 4.25 mile (9 in series)	Sept	9 Edges 21 miles
May	100 mile race	Oct	RRR 50 or relay
May	Tigers Todger 6 miles	Nov	Leg it round Lathkill

This is the proposed initial series. We have to decide whether it is (1) retrospective for 2010 or (2) start now, run to next July or (3) start Jan 2011, also how to score it (assuming it is a 'scoring' series). To be reviewed annually.

Road Relays

The club aims to send teams of all age groups to the relay events in the autumn. The first event is the Yorkshire Championships, held at Leeds met Uni on the 11th September.

There are events for all ages from U13 upwards. We are hopeful of medal winning teams in many categories.

That is followed by the Northern Road relays, at Manchester on the 2nd October (Note the date change from September) and the national relays on either the 16th October (seniors) or the 17th (young athletes)

So let your coach know that you are interested & get the dates in your diaries now!

ALL ROAD RELAY AND CHAMPIONSHIP DATES ARE ON PAGE 1

ROAD RESULTS

Doncaster Town centre 5K (Wednesday 14th July)

Seniors

1	509	Philip	Hoole	Rotherham Harriers	M	15:11
5	504	Kyle	Craib	Rotherham Harriers	M	15:56
13	538	Chris	Adams	Rotherham Harriers	M	16:28
21	381	Simon	Mounsey	Rotherham Harriers	L	17:07
22	637	David	Smith	Rotherham Harriers	L	17:11
27	621	Jenny	Blizzard	Rotherham A.C	F	17:36
33	609	Natalie	Grant	Rotherham Harriers	F	17:55
54	610	Lindsay	Gray	Rotherham Harriers	F	19:42
58	765	Jade	Allen	Rotherham Harriers	L	19:51
61	373	Neil	Shaw	Rotherham A.C	L	19:56

Rotherham Harriers won both men's and women's senior team races. Well done.

Vets

15	211	Tom	Waldron Lynch	Rotherham Harriers	MV40	17:57
16	250	John	Comrie	Rotherham Harriers	MV45	17:59
18	253	Terry	Eastwood	Rotherham Harriers	MV50	18:07
20	324	Robert	Tinting	Rotherham Harriers	MV60	18:19
25	217	Ian	Heatheringington	Rotherham Harriers	MV40	18:35
45	200	Matthew	Asbridge	Rotherham Harriers	MV40	19:42
57	272	Stephen	Grant	Rotherham Harriers	MV50	20:55
66	249	Geoff	Sanderson	Rotherham Harriers	MV45	21:27
67	215	Roy	Butterworth	Rotherham Harriers	MV40	21:28
68	396	Nina	Hague	Rotherham Harriers	FV40	21:29
86	366	Jane	Allen	Rotherham Harriers	L	22:40
96	322	Malcolm	Rhodes	Rotherham Harriers	MV60	23:27

Well done to Bob Tinting who was first Vet 60.

Club Issues

We are currently working towards renewing the clubs Clubmark Accreditation. Clubmark tests that athletics clubs have all the correct processes and people in place to ensure that the club is meeting all the standards to ensure athlete safety and development.

We need to get some volunteer roles that are currently vacant if we are to get the accreditation.

If you are a parent of an athlete, and would like to find out more about how you could help, please speak to your athletes coach or to me - Steve Gaines.

The two roles that need filling first are **Club Welfare officer** and club **Volunteer coordinator**. Training and support will be provided for these and any other roles.

The club can only continue if we get parents or others to take on and spread some of the workload.

We have had good success with volunteer team managers this season, and I'm sure they were somewhat worried about taking on the role and responsibility, but I think (hope!) they have actually enjoyed making a difference to the club service provided to athletes.

Follow their example!

As a part of club mark, we also have to **produce a 3 year plan**.

We will soon be putting a feedback form on our club web site, and would welcome feedback from athletes and parents that will enable us to take input and include some actions requested by the club membership in that plan

Cross Country

With only a few weeks left of the Track & Field season, and the road relay season about to start in September, it will soon be back to the country!

For those new members who have not yet competed for the club at cross country, there are many opportunities to take part.

The four South Yorkshire League meetings offer events for all ages including under 11s, and we have won the SY challenge shield for the last 2 years. So we look forward again to getting lots of runners out in these events.

See your coach about details, and about your preparation for the cross country season.

The 4 dates for the SY series are:-24th Oct, 7th November, 28th Nov and 12th Dec.

Before that the first event of the season is the SY relays, held in Graves Park, Sheffield on the 9th October. Again we are looking for as many teams in all age groups to take part as possible.

This event is also the first running of a Northern Cross country relay event, and will be used to help select the teams for the national Cross country relays on the 6th November.

Indoor Athletics

If cross country running isn't really your thing, then remember that the SY Indoor athletics series gives young athletes (U11, U13 & U15) the opportunity to do sprints, endurance running, jumping and throwing at the EIS at Sheffield.

The dates of the first two fixtures are 13th November & 18th December, with the further two fixtures in March 2011.

Again talk to your coach for details and getting prepared for these.

Below: U11 boys relay team from last years Cutlers relays



Cross-country Dates

South Yorkshire League:

Sun October 24 Sun 7 November
Sun 28 November Sun 12 December

Note that Northern and Yorks Vets relays are at the Cutler's Relays on October 9th.

Please get these dates in your diary

Venues are not certain but Northern Racing (horse-) College, between Doncaster and Bawtry, is intended for Nov 7th. Campsall, Winterhill and a Sheffield venue are on the cards.

Yorkshire, Northern and National events are after the end of 2010 and will be notified later.

Further info: Steve Gaines

A note from the Editor

With the potential clash of fixtures on October 16th- Round Rotherham and National 6/4 stage Road Relays- we have what we tongue-in-cheek refer to as the 'opportunity to show strength in depth'. The ladies can go to the National willy-nilly whilst the men still have to qualify at the Northern event on October 2nd.

Which brings me to reflect on the earlier 12/6-stage events this year after which a commissioned article from roving reporter Sid Scoop went unprinted due to the editor's extended spring break in the South Yorkshire Rest Home for Depressed Editors .

So to correct this omission, and to sharpen enthusiasm for the relays shortly to come, here it is....

OMG it's The Sid Scoop Report

**Northern 12 & 6 Stage Road Relay Championships Sunday 21 March 2010
Wythenshawe Park Manchester**

Leading academics & the sharpest wits can tell you what it isn't, but today I can reveal the wonder, the mystery & the centuries old secret that is, what we scientists call, Rocket Science.

The Ladies team was a classic combination of youth & experience. The frightening statistic here was that the combined ages of our "experienced" first & last leg runners, significantly exceeded the combined ages of the 4 other team members. Newly inducted Veteran Jenny Blizard clearly had issues about her advancing years as she asked me "how do you know when you are getting old?" "Well Jenny" I said "I have it on good authority that there are 3 obvious signs. The first one I am told is forgetfulness, the second iserm" Such forgetful fantasies were soon forgotten as she romped round the opening leg in an incredible 16m 53s which placed us nicely at the head of affairs in 3rd position.

The Kids Are Alright

Making her debut in this event, Abbie Vernon took over on leg 2 & produced a stunning 18m 06s to move us even higher on the podium. She then revealed she might have gone faster but for a recent problem with her ear. "I went for a test recently, but have heard nothing since" she said. Making her 3rd appearance in this event, Jess Fawcett continues to make excellent progress & this time she managed a magnificent 18m 29s. However, she was overtaken in the process by Hallamshire's Hatti Dean who clocked the fastest leg of the day with 16m 07s. "She made me feel as if I was six minute miling" said Jess. At the halfway stage we were still in 3rd place with a 52secs advantage over the next placed team. The experienced Janet Hindley though was already sensing at this stage that running the pressure free last leg might not be as pressure free as one would have hoped!

Into the 2nd half, our next 2 legs were also making their debuts in this event & both had competed the previous day in the English Schools Cross Country Championships which were also held in Manchester. Steph Burns recorded a fabulous 19m 48s to maintain 3rd place but the chasers had closed the gap to 19secs. On the penultimate leg, Robyn Lanceley managed a marvellous 19m 04s to stretch the advantage to 32secs but our podium place was looking pretty precarious.

Won't Get Fooled Again

Whilst it might be my idea of heaven getting chased down by 2 lycra clad lovelies through the woods, for Janet such an idea was not so thrilling. In a long running career, the word tense has never featured in her psyche, until today. Mid-way round the final leg & the podium dream finally evaporated & Janet came home gallantly in 19m 55s to claim a legendary 5th place. It could quite easily have ended in tears, but her husband has confirmed she is coping well after 20 counselling sessions with a trauma specialist.

This was the type of team performance that has been bubbling under the surface for too long. It didn't quite match our 4th place of 2008, but it is the closest we have ever been to a bronze medal. On this occasion we were 43secs short whereas in 2008 we were 56secs in arrears. In terms of sheer adrenaline pumping excitement though, it ranks up there with the best. The winning Chester-le-Street team were way out of reach, but the silver medal was surely there for the taking if

Honourable mentions also for the Ladies B team where Jane Allen clocked an impressive 22m 22s while Gill Taylor recorded a brilliant 23m 25s despite a recent knee injury. Top marks to Gill for using all her experience in finding the only shop in the park & she was reportedly heard muttering something about "Imelda Marcos & sell by dates."

My Generation

The men's team in contrast to the ladies, was a mixture of experience & youth. Only the top 25 teams would qualify for the National Final but unfortunately Steve Gaines wasn't there to reassure the team that it was in 2002 when we last failed to

achieve this target. In his pre-race team meeting, Team Manager Pete Neal was having difficulty in getting his message across. "Ok boys" he said "rearrange the following sentence, fail & you will be shot."

Mr 100% Nigel Brookes was entrusted with the responsibility of getting the show underway & the quality of the opening long leg was soon apparent. With another breathtaking effort, Nigel clocked 27m 58s leaving us in 42nd place. Coach Shaw got the momentum moving in the right direction on the opening short leg with an outstanding 18m 18s to set a fine captain's example by improving 1 place. Making a welcome return from injury, Paul Humphries produced another determined effort finishing in a tremendous 25m 29s to elevate us into 37th place. Pete Neal continued the charge clocking a fantastic 17m 33s wiping out a further 3 places in the process. Also returning from injury, Jonny Maxfield has been plagued by an achilles problem recently, but he pulled out all the stops with an amazing 25m 35s to advance us into 33rd place. The responsibility of closing the first half fell to the experienced Terry Eastwood who produced an awesome 18m 05s to maintain 33rd place.

Substitute

Into the 2nd half & it was time for the Manager to play his ace card. Phil Hoole proved his London preparations were hotting up as he scorched round in a phenomenal 22m 44s improving our position 7 places just 1 position away from the magic qualifying mark. It was left to the youngest member of the team, the incomparable David Smith, who reminds me of a young Mark Ruddleston, to finally make the long awaited breakthrough. His immense 16m 40s brought us comfortably into 24th spot. Mr Consistency Simon Mounsey thought 24th was a bit too close for comfort & his splendid 26m 24s effort improved our position by a further place. With the tension visibly disappearing, a relaxed Kyle Craib blasted out a spectacular 16m 04s to record our teams fastest short leg of the day. Meanwhile, Team Manager Pete Neal chilled out to the sound of his favourite Frankie Goes To Hollywood song on his ipod, but were things were getting too relaxed?

I Can See For Miles

At the team picnic, whilst nibbling on a Gregg's sausage roll & a battenburg cake, Jane Allen glanced over to the track & casually remarked "oh there's Kyle coming in." Equally casually, Pete Neal enquired "who's on next leg?" Worryingly casually, in a partial state of undress, Gary Claxton calmly acknowledged that he needed to be somewhere else. After jettisoning his wellies & paying a quick visit to the nearest phone box he presented himself on the changeover with the minimum of fuss. As he charged down the track, Pete Neal leaned over the barriers & shouted "is it too late to ask if you can do a long leg?" Our superhero then completed his leg in a sensational 25m 29s despite running with his red underpants outside his blue tights & his cape flapping in the wind. And for good measure we were now 20th.

On to the 12th & final leg, Dave Nuttall's biggest problem was trying to find out whether his start time might be brought forward. However, the reliable anchorman safely brought home the invisible baton with a superb 18m 14s effort to maintain a satisfying 20th place by a slender 4secs. Remarkably, no team member conceded a position & 10 out of 12 managed to improve the team position by the end of their leg.

Magic Bus

All aboard, destination Sutton Park, Birmingham Saturday 17 April.

I Can't Explain

At the end of the day, there was one question to be answered, is there a correct tactic in road relay running? In our ladies team the fastest 2 legs ran first but in our men's team the slowest 2 legs ran first. Despite finishing 5th, the ladies were deflated at the end because we finished in our lowest position of the day yet the men were satisfied with finishing 20th because it was our highest position of the day. Is it better to finish a disappointing 5th or a happy 20th?

It has been proven scientifically beyond all reasonable doubt that the pre-requisite to success is Rocket Science. In an athletic application, it is the science of developing ambition, developing the motivation to train, developing the preparation phases, developing the motivation to race, developing the event focus & delivering the execution. If the reason why club's fail to win team races isn't Rocket Science, then surely the key to team success is Rocket Science.

Sid Scoop