



RHAC NJAL team at Scunthorpe

Round Rotherham Relay

Please confirm your interest in taking a relay stage.

Men's relay_ Peter Neal **Ladies relay–** Sharon Burton

There may also be a **mixed relay** depending on interest (Pete Humphries)

The organisers may approach you but get your name in their list without waiting.
Fast, modest or slow– make up an 8-stage team (or get PH to assist)

This is (as usual) a big challenge, with the relays on the same day: your support is vital

Autumn Road Relays

SUPER RESPONSE: any more ladies wishing to be considered contact Nigel Brookes nigel@nbrookes.wanadoo.co.uk mobile 07742180128

Gentlemen contact Peter Neal /Pete Shaw

**Yorkshires at Leeds Sept 10th,
Northerns at Warrington Sept 24th
National at Birmingham on Oct 15th**

Fixtures: Summer /Autumn 2011

August

Sat 13 Aug 11	Elsecar Skelter 27/20/15 miles (TFS)	Elsecar , Barnsley
Sun 14 Aug 11	Northern League Div2EC	Match 4 - Derby
Sun 14 Aug 11	Northern Vets 10k Road Champs	Blackpool starts 11.00am
Sun 21 Aug 11	Rotherham Open Meeting	Herringthorpe, 10.30 start,
Sun 28 Aug 11	NJAL Promotion Match	
Mon 29 Aug 11	Keepmoat Open	Doncaster

September

Fri 02 Sep 11	UK Schools Games	Sheffield
Sat 03 Sep 11	UK Schools Games	Sheffield
Sat 10 Sep 11	Yorkshire Road relays	To enter, see Steve Gaines/Pete Neal
Sun 11 Sep 11	Sandal Castle 10K & 2.5K fun run	
Sun 11 Sep 11	Bawtry Forest Trail Race and Family Run	10.30 start
Sun 11 Sep 11	Blackpool Open Medal Meeting 1	
Sat 17 Sep 11	Silkstone Shuffle 3	Silkstone Cricket Ground
Sat 24 Sep 11	Nine Edges 21.4 miles (TFS)	Fairholmes, Ladybower to Baslow,
Sat 24 Sep 11	Northern 6/4 Relay Chaps	Warrington
Sun 25 Sep 11	Blackpool Open Medal Meeting 2	
Sun 25 Sep 11	Carps 5	openKMRT Carpenters Arms Tickhill 11am tbc

October

Sat 01 Oct 11	Cutlers Relays ,Graves Park	clubs All ages, inc Northern, SY and YVAA champs.
Sun 02 Oct 11	Mablethorpe Marathon & half marathon	
Sat 08 Oct 11	Yorkshire Vets Road Relays	clubs Bowling Park
Sat 15 Oct 11	Round Rotherham 50 miles and 8 leg relay	Dearne Valley Sports Centre, Wath (TFS)
Sat 15 Oct 11	National 6/4 Relay Chaps	club teams Sutton Coldfield
Sun 16 Oct 11	Northern Vets 10k Track Champs	openLeigh Sports Village starts 11.00am
Sun 23 Oct 11	SY Cross Country 1	
Sun 30 Oct 11	Canal Run	KMRT Cutler Westgate11am

November

Sun 13 Nov 11	SY Cross Country 2	
Sat 26 Nov 11	Silkstone Shuffle 4 (Tfs)	openSilkstone Cricket Ground
Sun 27 Nov 11	SY Cross Country 3	

December

Sun 11 Dec 11	SY Cross Country 4	SY Cross Country Champs
Sun 18 Dec 11	Santa Special	KMRT Droppingwell 11am
Mon 26 Dec 11	Boxing Day	KMRT Butchers Arms Braithwell 11am

Below: Ben Shields brings the NJAL 4 x 100m relay team home to win. Ben was voted Male athlete of the match for his individual 100m time.



POTENTIAL CATEGORY 'QUALIFIERS'

KMRT series

Kimberworth lead the support as usual, but RH not bad

LADIES

JL	Dutton Emma	5	JL	Rotherham HAC
SL	Spencer Claire	6	SL	Kimberworth S
	James Samantha	5	SL	Kimberworth S
	Gray Lindsay	4	SL	Kimberworth S
	Wragg Carla	4	SL	Kimberworth S
VL35	Chapman Claire	7	VL35	Kimberworth S
	Marsden Adelle	4	VL35	Kimberworth S
VL40	Weatherall Samantha	4	VL40	Kimberworth S
VL45	Hague Nina	7	VL45	Rotherham HAC
	Dutton Janet	6	VL45	Rotherham HAC
	Sutton Bev	6	VL45	Valey Hill
	Burton Sharon	5	VL45	Rotherham HAC
VL50	none			
VL55	Boyd Caroline	6	VL55	Maltby RC
VL60	none			
VL65	Chapman Mary	4	VL65	Kimberworth S

MEN

JM	none			
SM	Doyle Kevin	8	SM	Kimberworth S
	Cotton Chris	7	SM	Kimberworth S
	Shaw Neil	7	SM	Rotherham HAC
	Mellard Zak	6	SM	Kimberworth S
	Marshall Steve	5	SM	Maltby RC
	Richardson Ian	5	SM	Kimberworth S
	Spencer Craig	5	SM	Kimberworth S
	Jackson Michael	4	SM	Kimberworth S
	Smith James	4	SM	Kimberworth S
	Utley Mark	4	SM	Kimberworth S
VM40	Felton Gavin	6	VM40	Barnsley AC
	Weatherall Lee	6	VM40	Kimberworth S
	Archer Lee	5	VM40	Kimberworth S
	Bagley Steve	5	VM40	Kimberworth S
	Greenwood Paul	4	VM40	Kimberworth S
	Howcroft Richard	4	VM40	Rotherham HAC
	Wallace Melvin	4	VM40	Barnsley
VM45	Comrie John	4	VM45	Rotherham HAC
VM50	Eastwood Terry	7	VM50	Rotherham HAC
	Cotter Stephen	5	VM50	Rotherham HAC
	Lowndes Steve	5	VM50	Kimberworth S
	McDermott John	5	VM50	Kimberworth S
	Wright David	5	VM50	Rotherham HAC
	Haigh Philip	4	VM50	Maltby RC
VM55	Rooney Pat	8	VM55	Kimberworth S
	Houghton Bob	4	VM55	Maltby RC
	Thomas Kevin	4	VM55	Rotherham HAC
VM60	Lowndes Brian	6	VM60	Maltby RC
	Rhodes Malcolm	6	VM60	Rotherham HAC
	Binney Keith	4	VM60	Barnsley AC
	Hill Michael	4	VM60	Rotherham HAC
	Marston Henry	4	VM60	Rotherham HAC
	Rust Jim	4	VM60	Maltby RC
VM65	Chapman Ken	8	VM65	Kimberworth S
	Humphries Peter	5	VM65	Rotherham HAC

Comments on the 'qualifiers' list:

The first list is all runners who have done four or more races so far (7/8/2011). Please note first of all that this is the list as currently understood but is quite likely to have errors. Particular errors to watch out for are:
 * race result missed (eg different name used, mis-spelling, my error etc)
 * age group incorrect for some or all races
 I have tried to check carefully but race entries and results are sometimes cryptic to say the least. Let your club rep or me know if you detect or suspect errors.
 That is, they will 'qualify' with 8 or more if they continue to do available races. Congratulations to the KS trio of Kevin Doyle, Pat Rooney and Ken Chapman, who have qualified already.
 The list is in order of age groups, then within age groups, of number of races completed, then within number of races, alphabetical.
 ie within age groups, this is not an indication of who is leading and so on.
 It is not worthwhile for me to try to rank runners at this time, as there are too many possible outcomes in many sections.

REMINDEERS:

- * series awards are made in age categories
- * eight is the magic number- anyone doing 8 or more cannot be beaten by anyone doing fewer than 8 at the end of the series,
- * if only one runner does 8, that is the winner
- * if more than one runner does 8 or more, we compare performance in races done (in their "best 8")
- * if no runner has done 8, we consider going to 7 or even fewer, but are not obliged to do so
- * if we have to compare runners who have done fewer than 8, the same principles will apply
- * each of K,M,R and T has one award to make additional to the above- eg for a consistently supportive runner.

CLARIFICATION OF AGE GROUPS

After junior (U19) and senior (L19-35, M19-39) age groups are in 5-year spans. Change of age group during season- a senior or veteran runner may either:
 * score throughout the year in the age group he/she has left or
 * may qualify or be considered for the age group he/she has joined but only for those races done when of the age on the day.

OBSERVATIONS ON THE LIST

The following cannot be beaten if they do the number of additional races stated:
 JL Emma Dutton, VL40 Samantha Weatherall, VL55 Caroline Boyd, VL65 Mary Chapman
 VM45 John Comrie

Please remember that the winner of the section does not have to come from this list, except that SM, VM55 and VM65 does since someone has already qualified there (though who the winners will be is not yet known). Some of the groups show 'none' meaning that no-one can qualify with 8, though there might be someone who can get the award by doing fewer. The only age issue I am aware of is that Sharon Burton has three races at VL50 (and a total of 5) and there is no possible VL50 qualifier-- so whilst she may win at V45, she may be considered for V50 with less than 8..

It looks quite possible that for the first time we could have winners from outside KMR and T, with Gavin Felton and Keith Binney (Barnsley AC) and Bev Sutton (Valley Hill) in strong contention.

UPDATES AND AWARDS

There will be updates after each remaining race
 The awards will be made at the Boxing Day event at Brathwell (Maltby RC)

REMAINING SERIES

Sun 25 Sept 11	TRAC Carpenters Arms
Sun 30 Oct 11	Canal Run
Sun 18 Dec 11	Santa Special
Mon 26 Dec 11	Braithwell Boxing Day Race

SERIES AWARDS

Awards: in 5-year age groups for:
 Up to 8 races- most races done
 8 or more: head to head results in your best 8
 (no points system, KMRT organisers adjudicate)
Special awards for each KMRT club: most creditable performer not otherwise awarded
 (The above awards are within the series)

RH awards evening- all RH qualifiers (8 or more races) (This is special within RH club)

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. This includes results lists which must therefore be in publishable format.

The newsletter is especially keen to have contributed articles or reports from members (ask if in doubt about suitability)

The fixture list and online scroller are updated by section secretaries or their agents and I use these directly. There is now an easy-to-use input screen on the website for YOUR own reports. Don't let us miss your performance. This input goes to newsletter editor and to Alan Coupe for Rotherham Advertiser. NB this must be a report (may be brief) not just a reference

Editor: Pete Humphries peter.humphries627@o2.co.uk
 Next edition: September 2011

SHORT CONTRIBUTED REPORTS

from John Small

Northern athletics u17 & u15 champs cudworth 06/08/2011

just a quick update , i was disappointed with the number of black and white vests at the champs i was there saturday and did not see many faces from rotherham . but i would like to say well done to Jordan coming third with a throw of 41.54in the u15 boys hammer, this coming after he broke his toe 3 days after competing in the English schools, and has only been back training for a week .and also to Joss Rowley for coming second in the u15 boys shot with a throw of 13.62 .

From Nigel Brookes

about the Women's road relay team:

Ive had a good response and got a squad of 15 runners competing for places
 The autumn relays were listed on first page of the last newsletter- Jenny Blizard has made herself available for the Yorkshires which has given the team a great boost. Several others have been putting in some superb performances including Laura Spence who recently clocked 10:08 for 3k. Competition for places is hotting up and should anyone else wish to compete please get in touch asap. We do hope to have a 2nd team as well which gives you the chance to prove we got it wrong and should have selected you for the 1st team. These are the event you need to take part in if you are serious about competing and testing yourself against the best. Nigel Brookes 07742180128

Congratulations to Abbey Stanley for her 6th August Northern Championships u17 performance.



Jenny Blizard continues her series on improving your running:

How's your breathing?

Breathing plays a major role in running but ever wondered how you breathe, how efficient this is and whether it can be improved?

Would it be great to: -

- Reduce your heart rate at the same time as increasing your pace
- Be able to feel the ground being pushed away from you rather than the effort of lifting your legs each time to propel you forward.
- Allow your arms to connect with your lower limbs to help forward momentum
- Be less prone to injury through a more efficient and stable running style.
- Find ways of getting back on pace and focus in hard races
- Turbo charge your sprinting ability for that final finish line burst

Well all this can be achieved with a good breathing pattern, the bad news is it takes daily practice, but the results are almost instant.

A normal breath cycle takes the form of a breath in and out performed subconsciously, at rest. On the breath in the lower rib cage should expand and the abdomen protrudes, as the diaphragm gets stretched downwards to allow air entry. During a deeper breath the upper chest wall will rise. During the breath out the rib cage and the abdomen slowly shrink. With exertion accessory muscles of breathing come into action to allow the upper chest to expand further at the end of the in breath. This is where runners come unstuck. Through lack of practice, conscious thought or awareness, runners soon perform the opposite pattern and during a breath in the chest wall quickly rises and the abdomen is sucked in, in an attempt to gasp further air in.

Over time left uncorrected this can have profound changes to your style and efficiency because the arms are no longer able to swing relaxed by the side for counter rotation and forward momentum. Lung volumes are reduced therefore less oxygen in one breath, which means increased heart rate and breathing rate to compensate. The running style becomes upright preventing the ground being pushed away and the quads have to work harder to drive forward, and certain muscles of the abdominal wall are less able to protect the spine from stresses. It all boils down to inefficient running action, which reduces pace, increases effort and exposure to injury. All this from your breathing!

First action is to become aware of your normal deep breathing pattern.

More on this next time, however if you can't wait then come and see me for breathe control practice and PB's!

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Top Supporters Recognised

RHAC Top Supporters Dennis and Christine Folks of the Prince of Wales, Greasbrough, were thanked by the club for their many years of help to RHAC and to local athletics at the awards presentation of the Prince in the Park race on July 20th. President Peter Neal is pictured with them having presented Dennis with a pair of inscribed cut-glass tumblers.

Their backing for the club goes back to the early nineties. Fair to say the award was much welcomed and appreciated by all of the packed house.

Top RH supporters pictured below are, left to right, Terry Eastwood, Nigel Brookes, Phil Hoole and Jenny Blizard.

Terry has been visible more or less everywhere this year—relays, road, trail, you name it. And running well. Here at Doncaster 5k he finishes 16th (and 6th vet O/50) the first club runner to finish in the vets race.

Nigel is working hard in the windy conditions in the SY 5000m championships, on his way to a bronze medal winning performance.

Also at Doncaster, Phil finished 5th and headed a strong Rotherham team, with Richard Harris 9th and Chris Adams 11th. They took 2nd team place.

Jenny showed that her preparation for her International marathon, in Holland in September is going well, by winning the women's race by 7 seconds from Nicola Curtis of Scunthorpe AC. She is just about to drop off some huge distance training weeks, and has found time to continue her series for us (see above).



Prince In The Park 5Km
20th July 2007

Report from Pete Humphries

Stroll in the Park for RK Youngsters

Results

1	Shaun Dimelow	Barns H	16:22	VM40
2	Gavin Felton	Barns AC	16:43	VM40
3	David Smith	RHAC	17:06	SM
4	Ian Cain	Killsh	17:07	VM40
5	Nicholas Myers	RHAC	17:07	JM
6	Dan Birkinshaw	KS	17:18	SM
7	Zak Mellard	KS	17:21	SM
8	Chris Cotton	KS	17:26	SM
9	Terry Eastwood	RHAC	18:00	VM50
10	Nigel Brookes	RHAC	18:09	VM45
11	William Johnson	RHAC	18:15	JM
12	Chris Maris	RHAC	18:16	JM
13	John Comrie	RHAC	18:21	VM45
14	George Johnson	RHAC	18:22	JM
15	Kevin Doyle	KS	18:25	SM
16	Samantha Johnson	RHAC	18:42	SL
17	Jade Allen	RHAC	18:51	SL
18	Connor Ryan	RHAC	19:03	JM
19	Richard Howcroft	RHAC	19:12	VM40
20	Simon Gregory	Killsh	19:13	SM
21	Kane Smith	RHAC	19:22	JM
22	Jess Mangham	RHAC	19:29	JL
23	Lee Archer	KS	19:31	VM40
24	Ian Richardson	KS	19:33	SM
25	Dave Nuttall	RHAC	19:37	VM50
26	Colin Earl	KS	19:38	VM45
27	Steve Marshall	Maltby	19:42	SM
28	Neil Shaw	RHAC	19:47	SM
29	Mathew Asbridge	RHAC	19:57	VM40
30	Paul Greenwood	KS	20:00	VM40
31	Charlotte Dodds	RHAC	20:06	JL
32	Steve Lowndes	KS	20:19	VM50
33	Jessica Freeman	RHAC	20:25	JL
34	Emma Dutton	RHAC	20:28	JL
35	Sam James	KS	20:45	SL
36	Claire Spencer	KS	20:45	SL
37	Mark Bulloch	KS	20:50	VM40
38	Jerry Spencer	RHAC	20:53	VM60
39	Patrick Rooney	KS	20:59	M55
40	Bev Sutton	Valley H	21:10	VL45
41	Craig Spencer	KS	21:23	SM
42	Phillip Haigh	Maltby	21:30	VM50
43	Dale Majer	KS	21:31	SM
44	Michael Jackson	KS	21:32	SM
45	Neil Mason	RHAC	21:33	VM40
46	Brian Lowndes	Maltby	21:34	VM60
47	Maisie Elliott	RHAC	21:35	JL
48	Lee Weatherall	KS	21:41	VM40
49	Carla Wragg	KS	21:50	SL
50	Roy Butterworth	RHAC	22:09	VM45
51	Stephen Cotter	RHAC	22:20	VM50
52	Cain Green	RHAC	22:28	SM
53	Ray Howarth	RHAC	22:28	VM55
54	Ken Chapman	KS	22:28	VM65
55	Jayne Allen	RHAC	22:35	VL40

A record field, and a highly successful run in warm condition and only a light shower, despite the prophecies of doom from the met office, did a lot to cheer me up at Greasbrough last month. Though when I reflect on it, so did a number of other things. The readiness of a good many of my colleagues to turn out and assist first and foremost, as they did also at Ulley and Bassingthorpe earlier this year.

There was the usual big turnout from Kimberworth— how well they support this series and of course their own and their club's performance. This race is perhaps the one where RH regularly put the biggest numbers in the field— due of course considerably to the distance, which now permits any runner over 11 to turn out, but also to the timing, with the track and field season well advanced. So thanks to Nichola Myers and colleagues for guiding their U15 athletes to Coach Road. And how well they did! David Smith upset the Striders dominance by winning last year, but was given a sharp reminder by Nicholas Myers' brilliant run only a second behind. And there was a whole raft of good performances.

That apart, we had the by now regular appearance of RH and Maltby runners, and a very welcome presence from perhaps a growing number of participants from outside the organising clubs. From the Rotherham perspective it was also very encouraging (as in previous races also) to find a good number of newer runners turning out— runners who have not long been into the sport and come perhaps via the beginners running group.

56	Nina Hague	RHAC	22:44	VL45
57	Mary Jenkinson	RHAC	22:49	JL
58	Adelle Booth	KS	22:53	VL35
59	Kerry Archer	Sheffield	23:00	SL
60	Caroline Boyd	Maltby	23:02	VL55
61	Jim Rust	Maltby	23:18	VM60
62	Brian Harney	RHAC	23:30	VM65
63	Samantha Weatherall	KS	23:32	VL40
64	Tony Redfern	Maltby	23:34	VM45
65	Emily Hutchinson	RHAC	23:36	JL
66	Sharon Burton	RHAC	23:40	VL50
67	Peter Humphries	RHAC	23:43	VM65
68	Ian Johnson	RHAC	23:49	VM45
69	Bob Houghton	Maltby	23:54	VM55
70	Steve Bagley	KS	24:15	VM40
71	Katherine Arnold	KS	24:27	SL
72	Heidi Smith	RHAC	24:29	JL
73	Amelia W-Simmonds	RHAC	24:32	JL
74	Adele Morris	RHAC	24:34	VL45
75	Phil Harris	Valley H	25:10	VM45
76	Malcom Rhodes	RHAC	25:15	VM60
77	Henry Marston	RHAC	25:45	VM60
78	Helen W-Moran	100k Ass	25:47	SL
79	Judith Hygate	Wombl	26:04	VL45
80	Michael Hill	RHAC	26:11	VM60
81	Janet Clark	KS	26:33	VL45
82	Lousie Siddall	KS	26:43	VL40
83	Helen Kettleborough	KS	26:48	VL50
84	Tony Sarjeant	RHAC	26:50	VM55
85	Emma Freestone	RHAC	27:24	SL
86	Nick Scarr	KS	27:40	SM
87	Martin Simpson	KS	27:44	VM55
88	Janet Dutton	RHAC	28:19	VL45
89	Paul Moran	KS	30:01	VM45
90	Ray Mathews	Maltby	30:18	VM65
91	Joane Downing	KS	30:18	VL40
92	Mary Chapman	KS	37:03	VL65

The Barnsley duo (though not team-mates) Shaun Dimelow and Gavin Felton were well ahead however, as in many of the series races. It is pleasing and healthy to have strong outside presence like this— in this case I think encouraged by the interest of SY man Keith Binney. First lady Samantha Johnson ran as RHAC having just completed a transfer request from Wombwell.

In a desperate attempt to ensure eight races this year, I managed a late entry to the race after concluding pre-race organisation. Whilst the race itself was a disaster, at least it counts. But I was surprised just how hard a 5k course this is (I shouldn't have been, having designed it). I reckon it to be worth at least a minute on other 5k courses.

So now the series moves on to the Carpenters Arms at Tickhill in September, a nice pub and a nice flat event over the golf course and through Harworth then a bite to eat. Then the Canal Run, a canal side dash out and back from the central Police Station, more or less, taking in the new stadium preparation in Rotherham, with a little tour of the flood plain of the Don, hosted by Kimberworth at the Cutler on Westgate— a national Heritage pub! These are both Sunday events., and are eminently suited to both serious racers andwell, we're all serious racers really aren't we?

Then the Kimberworth Christmas Races. Where does a year go? Before that however, we have the small task of putting out national standard relay teams on the same day as local challenges in the Round Rotherham, as well as organising it!

As we print, entries for the RRR incidentally are at 123 with more coming now each day.



Many thanks to Caroline Boyd, now of Maltby RC, for contributing these pictures ofwell- of whom exactly, and what and where ? (pictures are clearer on the website)

