

**CROSS-COUNTRY DATES
2006/07 AND VENUES**

Sunday 14th January 2007

Rotherham Winterhills incorporating the Championships
NB last of 4 for series, doubles as one-off championship
full details www.sycac.co.uk

See order of events page 5

Men first 11am

Yorkshire Vets at

1.15 ladies and all vet men over 50

2.00pm vet men V35, V40



By way of relaxation, Natalie Grant lead the RH contingent at the Kimmy Kanter Sunday, lowering the ladies' course record in the process



**Herringthorpe Stadium
will be open on Saturday
23rd December until
3.00pm.**

**The facility will not re
open until Tuesday 2nd
January 2007**

**Christmas Walk (about) 10 miles.
Meet 10.a.m. Thursday 28th Dec-
ember 2007.**

Travel via M1 or via Wentworth to
Junction 36 on the M1.

Leave M1 and take the Barnsley
signs A61.

You almost immediately enter Bird-
well. Look for the left turn by the
obelisk(stone column)! Turn left
here and after 400 metres or so,
turn left again, and cross the M1
bridge. for Pilley and park in the
main st. or preferably at the village
hall car park, if not occupied. Wear
Warm clothing, good footwear and
bring a packed lunch.

Rotherham Runner



Rotherham Harriers & AC December 2006 Ser 4 No 29



Rosie Edwards, Laura Spence and Jess Fawcett leading the Longley Park Cross-country.

Jenny in Brussels

Brussels 10.5k International Cross-country
Jenny Blizard was in international competition again last
weekend. **From UKA website:**

Hayley Yelling (Windsor, Slough, Eton and Hounslow AC),
the diminutive battler who led Norwich Union GB to the Euro-
pean Team Silver medals again last weekend and usually
relishes tough conditions, became so bogged down in the
women's 6km race that she slipped from third to seventh in
the last 20 metres.

The diminutive Buckinghamshire maths teacher said: "I was
running well but the home straight was so muddy I was a bit
of a girl." The race was won in 21:27 by the favourite, Teyiba
Erkesso (Ethiopia), Bronze medallist in the Senior Women's
short course race at the 2003 World Cross Country Champi-
onships.

Then came something of a pile-up:

2 Aniko Kalovics (Hungary)	21:35
3 Analia Rosa (Portugal)	21:38
4 Dejaeghere Veerle (Belgium)	21:39
5 Fionnuala Britton (Ireland)	21:39
6 Getaneh Genet (Ethiopia)	21:41
7 Hayley Yelling	21:41.

Other UK finishers: 14 Gemma Phillips (England / Kendal
AC) 22:26; 15 Eleanor Baker (England / South London Harri-
ers) 22:46; ... 20 Claire Martin (England / Telford AC) 23:17;
... 22 Susie Bush (South of England / Aldershot, Farnham
and District) 23:25; ... 25 Victoria Webster (South of Eng-
land / Shaftesbury Barnet Harriers) 23:49; ... **28 Jenny Bliz-
ard (England / Rotherham Harriers) 24:03;** 29 Frances
Briscoe (South of England / White Horse Harriers) 24:06; ...
35 Alexa Joel (South of England / Basildon AC) 24:39; ... 37
Nicola Bamford (Midland Counties / Notts AC) 24:51; ... 39
Shavaun Henry (Blackheath and Bromley) 25:38.

**Rotherham Harriers & AC
Christmas Celebration and Awards Evening
Rotherham Trades Club
Greasbrough Road, Rotherham.
7.30pm Friday 22nd December 2006**

Proposed Order of events
Disco entertainment throughout by Courtesy of
Ian Hewitt assisted by David Scholey

Chairman's welcome introduces Guest of Honour, Alan Simpson
Brief overview of the year
Jim Brogan

Santa arrives and presents gifts to the children

Buffet

Presentation of Awards

Maurice Jackson Awards
Announced by Kevin Thomas
Presented by Cross Country Secretary Stephen Gaines

AB Awards
Announced by Bert Norburn
Presented by Guest of Honour Alan Simpson

Most Improved Athlete Award
Peter Elliott Best Middle Distance Award
Jack Phipps Memorial Award
Patricia Muller Memorial Award
*Announced by Bert Norburn presented by President
Dave Johnson*

Road Awards
Announced by Stephen Gaines
Presented by Guest of Honour Alan Simpson

Special presentation to Jenny Blizard
*Announced and Presented by Club President
Dave Johnson*

Raffle Draw



Round Rotherham

Secretary's Notes

Bert Norburn

Male Leaders

Pos'n.	Name	Club	Time	Rate	Fin
1	Jeز Bragg	Raidlight	06:27:07	04:46	2
2	Ian Hill	Bingley Harriers	07:09:01	05:17	1
3	Paul Hart	Dumfries RC	07:14:02	05:21	2
4	Les Hill	Dumfries RC	07:28:42	05:32	5
5	Andrew Rankin	Muddy Mucky M	07:31:11	05:34	1
6	Sean Ketteridge	Access Warriors	07:35:09	05:37	1
=	Allen Smalls	Access Warriors	07:35:09	05:37	1

Female Leaders

1	Jenn Dick	Uni Sheffield	08:38:15	06:23	1
2=	Cath Worth N.	York Moors AC F	09:02:10	06:41	3
2=	Anne Wade	Trail Runners	09:02:10	06:41	3
4	Emma Hargrave	Hunters Bog T	09:33:34	07:04	2
5	Margaret Ehrenberg	Sparkhill H	09:55:40	07:21	1

Teams

1	23h 14min	Macclesfield Harriers Julian Brown, Mark Hartell and Stephen Watts
2	23h 45min	Rotherham H & AC William Watson, Mick Marsters and Kerry Booth
3	23h 48min	Access Warriors Sean Ketteridge, Allen Smalls and Martin Longhurst
4	27h 38min	Macclesfield Harriers Neil King, Ross Litherland and Joanna Miles
5	27h 6min	Trail Runners Assoc. Ken Fancett, Anne Wade and Colin Travis
6	32h 57min	Totley David Egan, Don Longley and David Shepherd
7	34h 4min	Trail Runners Assoc. Barry Harrison, Karl Williams and Fiona Cameron
8	35h 57min	Rotherham H & AC Janice Streets, Henry Marston and John Clarke (Rothm)
9	36h 15min	Ilford AC Kevin Marshall, Michael Sutton and Steve Allen
10	38h 1min	Trail Runners Assoc. Mandy Vine, Jane Matthews and Marla Howard-Cutts
11	41h 57min	LDWA - Irregulars Michael Terry Griffiths, Mick Clayton and David Roberts
12	43h 3min	LDWA - Essex & Herts Caroline Wood, Mick Dodge and Brian Barker
13	45h 16min	Vernon's Stupid Heroes Tony Moore, Elaine Statham and Mick Statham
14	45h 52min	Kimberworth Striders Theresa Elliott, Jayne Sanderson and Sue Andrews

Welcome, Willkommen, Bienvenuti, Bienvenida, Bienvien, Failt, Croeswaid, Welcum etc
In December the Executive Committee accepted the following membership applications en bloc:-
Luke Samuel Gelder 11 T&F XC, Andrew Dale Lister 11 T&F XC, Della-Joe Neal 11 T&XC Gen, William Michael Johnson 10 T&F XC.

Resignation

I am sorry to report to members that owing to work commitments with little or no time to facilitate training, Steve Phillips has resigned from the Club after completing almost 10 years of unbroken membership. We are sorry to see him go and will miss his support both on the road and over the jumps on the track. We wish Steve well and hope to see him back if his lifestyle permits.....

Just another reminder Subs for the new season can now be paid.

At the recent AGM the new rates were set as follows:- Juniors (U 18) and Concessions (full time students) £10
Seniors (Over 18) £20 Family £30

These payments DO NOT INCLUDE MEMBERSHIP PAYMENTS DUE TO ENGLAND ATHLETICS IN APRIL 2007 which have been set at £3 per athlete (Applies to ALL competitive athletes aged 11 years and over as at 31/8/07). If you wish to include this payment with your subscriptions simply add the amount required.

How to pay

By cash or cheque to Secretary Bert Norburn (cheques should be made payable to Rotherham Harriers & AC)

By Standing Order

The Alliance and Leicester Account is no longer valid this having been closed, please contact Hon Treasurer Gillian Taylor on 01709 376314 or e mail Gillian.t@tiscali.co.uk for details of which account you should direct your payment to. Please include a reference with your SO instruction either NoEAA membership number or your date of birth to ensure that your payment can be correctly recorded in Club records.

By Internet banking

Similarly contact Hon Treasurer Gillian Taylor for account details.

www.dreamsproject.co.uk

Have a look on this website it is a glossary of young sportsmen and women who have Olympic dreams. Many sports are covered including athletics with Dennis Russell's group featuring during training etc etc. This is a tremendous advertisement for Rotherham Harriers keep up the good work.

Long distance member/runner

Secretary Bert Norburn was pleased to hear from Victor Hutchins one of our long distance members, he lives in north London. In 2006 in spite of a 3 month break because of injury early season he still managed an impressive diary:-

- 1 Taunton Marathon 4hrs 5mins, 2 Sheffield half 1hr 33m, 3 Sudbury Court 10K 44m
- 4 Blackpool Marathon 3hr 37m, 5 St Albans half 1hr 47m, 6 Brentwood 10K 45m
- 7 Great Yarmouth half 1hr 36m, 8 Helsinki Marathon 3hr 54m, 9 Blackpool Beach 10K
- 10 Henly-On-Thames half 1hr 42m, 11 Swindon half 1hr 41m, 12 Stevenage half 1hr 40m

Victor recommends the following events to all Harriers Great Yarmouth Half, Henley-On-Thames half and Stevenage half.

He intends being busy in 2007 and has the following in his sights
Dover half, Sleaford half, Edinburgh half, Carlos Lopes Marathon (Lisbon), Leeds half, Edinburgh Marathon, Southend half, Great Yarmouth half, Brussels Marathon, Henly-On-Thames half, Loch Ness marathon, Porto Marathon, Stevenage half and last but not least the Lisbon Marathon. If all goes well this will be his 45th Marathon a very impressive record for someone who has just turned 50 years of age.

Victor always wears the black Harriers vest when he runs if you see an unfamiliar face at any of these fixtures have a quick word it could well be him. **Can any of our members match Victor's effort?**

Chelsea meets the Mayor.

I am delighted to inform members that one of our young athletes Chelsea Johnson attended at the Courtyard by Marriott Hotel on 22nd November where she was acknowledged by the worshipful Mayor of Rotherham, Peter Wooton as an excellence champion. Chelsea received the honour for her hard work and commitment in her school. We would like to congratulate Chelsea on her achievement.

Kimmy By Default

Not having a runner on the last stage of a relay is not that uncommon; not having one on stage two is a bit more unusual. Such was the fate of the RHAC Men in Black team at the relay, defending champions of course. We will skip over the

Round/Rotherham Relay Result

Name (Club)	class	Time	min/km
1 Kimmy Kamikazi Kimberworth	Open	05:50:32	04:19
2 Swallows and Amazons	Mixed	06:07:32	04:32
3 Smurf Maltby	Open	06:24:03	04:44
4 Sheffield Running Club	Open	06:26:31	04:46
5 RHAC Supersnails RHAC	Mixed	06:40:03	04:56
6 Squirrel Squad Maltby	Mixed	07:04:34	05:14
7 Women in Black RHAC	Female	07:06:10	05:15
8 Kimmy Kittens Kimberworth	Female	07:12:07	05:20
9 Rother Valley Swallows	Mixed	07:29:28	05:32
10 Kimmy Krapers Kimberworth	Open	07:36:13	05:37
11 Team QH 2012	Open	07:38:11	05:39
12 Access Warriors	Mixed	07:39:09	05:40
13 DVC Sports	Open	07:40:00	05:40
14 Physiofit Rotherham	Mixed	07:46:10	05:45
15 Killamarsh A Killamarsh	Open	08:06:10	06:00
= Killamarsh Kestrels	Open	08:06:10	06:00
17 Maltby B Maltby	Open	08:08:27	06:01
18 Doonhamers Dumfries RC	Mixed	09:34:28	07:05
= Queen of the South Dumfries	Open	09:34:28	07:05
18 Maltby B Maltby	Open	10:08:27	07:30
Men in Black RHAC	Open	dnf	

detail of who and why to avoid embarrassment, save to say it was a date misunderstanding. KRC walked it in the circumstances. This left Supersnails (Mixed) as RH's first team and they ran well with some seriously fast ladies, but although they headed five other mixed teams they were unable to touch Rother Valley's Swallows and Amazons, inspired no doubt by a savage opening stage from Richard Harris, running with his RVS hat on.

Rotherham ladies won their section as usual but not by much from KRC.

I will have to leave individual times to January; also detailed comment on the 'real event' 50 miler which no doubt will attract a report from Henry or Sharon. Except to say congratulations to all organisers and to the silver placed team of William Watson, Mick Marsters and Kerry Booth.

Editorial

It is not usual policy to criticise colleagues, granted how hard they work etc, and after all, opinion is cheap.

However as regards the forthcoming cross-country at Winterhills I cannot help but feel they have got it wrong.

The arrangement by which the South Yorkshire Championships and Yorkshire Veterans Championships are held on the same day cannot be right.

There was a belated attempt to at least get the races into one race so that the many South Yorks runners involved could in fact do both, but at that late a stage it was no dice.

Other areas do not have a clash as I understand, but as it is Rotherham's (and Doncasters etc etc) teams are weakened considerably in the one match or the other.

RH Getting Noticed at Power of Ten

Blizard breakthrough boosts Rotherham 20 November 2006

From the UKA website: Power of 10

Jenny Blizard and a vivacious bunch of teenagers are putting Rotherham Harriers on the endurance running map as never before. Read on – and be inspired by their victories for comradeship.

When Jenny Blizard steps onto the Chiba course in Japan on Thursday 23 November to make her international debut for the Norwich Union Great Britain and Northern Ireland team in the world-renowned Ekiden International Road Relay, it will amount to yet another inspirational leap forward for the ever-improving endurance runners at Rotherham Harriers.

Jenny is 31 years old and was thinking of packing racing in before she got talking earlier this year with Dave Tune, a former international athlete who still pops down to Rotherham when he is not working in finance in Belgium.

"She was 4th as a Junior at the World Triathlon Championships and she has been running for Rotherham for years and years but never really progressed," says Tune to help set the scene. "It's been a meteorological rise for the last 6 months since we started working together.

"It began when I went out for a run with the lads and got chatting with her. I could see she had class. This year was the first time she had ever raced on the track."

Power of 10 stats show that she won three 1500s in the Northern League [in 4:33.8, 4:33.4 and 4:29.3] and ran two 5000s, finishing 5th in 16:15.68 at the Norwich Union European Trials and AAA Championships and 1st in 16:09.61 at the BMC Nike Grand Prix Final.

It ranked her 13th in the Power of 10 women's 5000m list for the year – and gave her the springboard for the road relay campaign that earned her a place in the Norwich Union GB Team for the highest-class road relay in the world in Chiba. She was the fastest by 28 seconds in the North of England Four Stage at Hartlepool and second-fastest in the English Road Running Association National Four Stage at Sutton Park, only 1 second slower than Helen Clitheroe, the most experienced of her team mates in Chiba.

What's made the difference? "I just showed her how to train properly," explains Tune, whose own international career included a run in the rarefied atmosphere of Chiba in 2000. "She doesn't do anything much different from when I trained with Dave Cannon – one hard session a week and plenty of easy running.

"This year's been the 20th anniversary of Dave coaching me to the AAAs Under 17 steeplechase title in Birmingham – and Jenny's made it a particularly memorable anniversary!"

And it looks as if there will be more happy days at Rotherham, judging by the efforts of the squad currently being coached by Dennis Russell. He currently has 20 athletes, ranging from Under 13s to Under 20s. And surprisingly for a coach who numbers Sam Ellis and Jonathan Thewlis as his past GB Junior internationals, all his current squad are females!

"All the boys were disappearing," says Russell. "I was asked if I would take on a couple of girls and it's gone on from there. They do track on Mondays, hills on Tuesdays, circuits on Thursdays – and that's it. I can't see the point of them doing 6 or 7 sessions at Under 15. Quality not quantity!"

Three of his Under 17s – Laura Spence, Jade Allen and Natalie Grant – won silver medals at this winter's Northern Young Athletes Road Relays at Sport City, Manchester, on Sunday 1 October.

Three weeks later, they won silver medals again at the English Road Running Association Young Athletes' Road Relays at Sutton Park, beaten only by Aldershot, Farnham and District AC and the exceptional Charlie Purdue.

Not that medal-winning performances are new experiences this autumn. In January 2006, Grant won the Yorkshire Under 17 cross country title and led Rotherham to the team gold medals. Three weeks later, Grant finished 4th in the individual race at the North of England Cross Country Championships but again led Rotherham to the team gold medals.

And then came their greatest triumph of all – team victory in the Under 17 Women's race

at the Saucony English National Cross Country Championships at Parliament Hill, London, on 25 February: Grant was 5th, Allen 32nd, Jessica Fawcett 34th and Lyndsay Clarke 50th.

How do they manage to rise to the occasions like that?

After all, Power of 10 statistics for the summer state that Grant is ranked 7th at Under 17 Women's 1500m with a best of 4:34.19; Allen is 23rd at 1500m (4:37.23) and 14th at 800m (2:11.69); and Spence 139th at 1500m (4:52.98) while Fawcett is 63rd Under 17 at 3000m (10:46.0).

One of their greatest supporters, Alison Fawcett, offers an explanation: "They are a group of highly motivated, ordinary girls who have a wonderful camaraderie, enjoyment of sport and team spirit. They really do epitomise what sport is about."

Success breeds success - the more of it we have the more raw vibrant young talent we'll produce.



NATIONAL XC AT HERRINGTON COUNTRY PARK SUNDERLAND 9TH/10TH MARCH

With the success of last year's trip we are organizing another trip for the above, details as follows:

Approximately £20pp to depart on Friday afternoon, time to be confirmed.

44 Places are available due to the hotels size and us booking it out. Please contact:

Janice Barnes 01709 531072
07903 157342

4 singles 8 twins
9 doubles 2 triples

We will confirm a date for deposits, when all numbers are known.

Hallgarth Manor ***

Bed and full English breakfast £30pp
3 course Evening meal £14.50pp menu attached (choices to be pre-booked)

The Hallgarth Manor is a traditional English country house hotel situated in 4 acres of pleasant gardens. Hallgarth Manor is a real favourite for customers looking for leisure breaks, conferences and business meetings.

Hallgarth Manor is a traditional English country house hotel, situated just 3 miles from the historic city of Durham in the north east of England. This former 16th Century residential estate, set in spectacular grounds and gardens, has been discreetly modernised to retain many of its original features.

Starter

Soup of the day
A fan of sweet honeydew melon
Prawn cocktail with brandied mayonnaise and exotic salad leaves

Main Course

Herb scented chicken supreme with smoked bacon leek and wild mushroom sauce
Traditional roast beef with shallot tarragon and mushroom sauce
Grilled darme of Salmon with saffron and shellfish stew.

Dessert

Warm apple pie with fresh cream
Selection of ice cream
Crisp meringue with Malibu cream and tropical fruit garnishes

Young Ladies Maintain Cross Challenge

UK Cross Challenge; Senneleys Park Birmingham, Oct 28 2006.

Congratulations to the athletes in both the U17 and U15 age groups for their 2nd team places in this first UK Cross Challenge meeting. This bodes well for the coming season and championships. Remember these are races of the highest quality with top international athletes taking part! Dennis Russell reports some satisfaction with the good solid team performances, saying all athletes ran well in the heavy – but not too muddy – conditions.

Results

U17 Women (70 finishers)

1	Charlotte Purdue (A.F.&D)	13:01
9	Natalie Grant	13:52
15	Jade Allen	14:30
27	Laura Spence	14:49
28	Jessica Fawcett	14:53

U15 Girls (64 finishers)

1	Sarah Barker (Sale H)	11:05
15	Stephanie Burns	11:30
32	Robyn Lancelley	12:34
39	Abbie Vernon	12:44

UK Cross Challenge 2, Sefton Park Liverpool.25th Nov 2006.

As this event was the selection race for the Euro cross championships, the standard was extremely high. On a very muddy course all RH athletes ran well, Natalie Grant finishing well up – and there were particularly good runs from Jess Fawcett & Stef. Burns. There are no team awards at this event (these are only awarded at the Birmingham event) so there is no official team result. R. H. would have been well placed again if team awards had been made

U 15 Girls

1	Sarah Barker	Sale H	10:07
14	Stephanie Burns	Rotherhm	10:53
34	Robyn Lancelley	Rotherhm	11:27
38	Abbie Vernon	Rotherhm	11:32

U17 Ladies

1	Charlotte Purdue	Aldersht	18:23
8	Natalie Grant	Rotherhm	19:16
17	Jessica Fawcett	Rotherhm	20:11
24	Laura Spence	Rotherhm	20:37

U20 Ladies

1	Stephanie Twell	Aldersht	17:48
21	Rosie Edwards	Rotherhm	19:41
37	Klachen Cheshire	Rotherhm	20:23



Rachel Hall, Poppy Knowles, Robyn Lancelley & Stef Burns

Pictures by Steve Gaines at the SYXC, Longley Park:

Rachel Hall, Poppy Knowles, Robyn Lancelley, Stef Burns.

Glad I am not alone in losing my SY number!

We owe this month's photos to Steve and to Alison Fawcett, as has been so often the case. Many thanks indeed.

Natalie, Jessica and Laura had a run out at Kimberworth on Sunday where a reasonable RH contingent contributed to a good field. Next local event is Braithwell 5 at the Butchers Arms, 26th December 11am off.

Cross Country - A look forward to events in the new Year...

Yorkshire Champs 6th January, Aireville Park Skipton. Entries have now closed, the list of entered athletes is available on the website and on the noticeboard in the kiosk.

We have teams in all events except Junior Men. First event is at 11:10 - the U13 girls. Dave Johnson is organising a minibus to travel to the venue on the day. We will have a base in our new Club Shelter - a large white tent, so look out for that.

We are hoping for good support on the day, so if your race is later please come early to cheer the other runners on. If your race is early please stay later to cheer on the seniors! Directions for the venue are on the website. Anyone with any travel difficulties or questions please contact Steve Gaines!

Yorkshire Vets Championships 14th January, Winter Hills Rotherham. 1st race 13:15 - ladies Men O/50, 60 and 70 (5k except M50 which is 10k). 2nd race Men O35 and O40 10k

These races take place after the SY races. The provisional entry list is as follows:-

O35 Men (3 to score) Darren Cooney, Richard Harris, Joe Gavelle

O40 Men (4 to score) Peter Mirrlees, Dave Nuttall, Pete Shaw, John Comrie, Tony Carroll, Mark Ruddleston, Nigel Brookes, Andy Aked

O50 Men (3 to score) Peter Neal, John Atkinson, Mick Marsters, Steve Gaines

O60 Men (3 to score) Malc Palfreyman, Brian Harney, Peter Humphries.

Ladies (3 to score) Philippa James, Janet Hindley, Sharon Burton, Gill Taylor.

Entries close on the 2nd January. Let me know if you are not named above and want to run.

NoEAA XC championships 27th January, Heaton Park Manchester. Again the entries have closed with the entered athletes listed on the website and in the kiosk.

We have teams entered in all events except junior men. First race is at 11:30 - U17 Men. Again Dave Johnson will be organising a minibus and we will have the shelter. Again please support the event and other members in their races.

National XC, 10th March, Herrington Country Park, Sunderland.

Entries close on the 15th January. It is expected that runners who are entered in the Northern champs will plan to run in the Nationals. Let me know if you want to run.

Janice Barnes is organising a coach trip to travel on Friday and stay overnight at a hotel near the course.

The first race is at 11:05 - U15 Boys. You are advised to stay overnight if you can, but if not we will be taking a minibus on Saturday morning.



Stef Burns had a good run in the U15 race at Sefton Park

Fixtures

- Mon 25 Dec 06 Christmas Day Handicap RH NEW Park Hotel Middle Lane
- Tue 26 Dec 06 Ward Green 6 open Ward Green Barnsley
- Tue 26 Dec 06 Braithwell 5 (Maltby RC) open 10.30 for 11 start Butchers Arms Braithwell
- January**
- Mon 01 Jan 07 Cleethorpes 10K open 11.15 Cleethorpes Cricket Club £6 no E/D
- Sat 06 Jan 07 Yorkshire Cross-country Championships clubs Skipton team/individual entry see Steve
- Sun 07 Jan 07 Penine 10K open 9.30 £7 www.halifaxharriers.co.uk
- Sat 13 Jan 07 NoEAA/AAA Multi-events open EIS Sheffield
- Sat 20 Jan 07 NoEAA U20/17/15 Indoor T&F Champs open EIS Sheffield
- Sun 21 Jan 07 York Half FULL open Knavesmire
- Sat 27 Jan 07 North England Cross Country Champs clubs Heaton Park Manchester team/individual entries closed
- Sun 28 Jan 07 NoEAA Senior Indoor Track & Field open EIS Sheffield
- Sun 28 Jan 07 Meltham 10k open
- February**
- Sat 03 Feb 07 Schools XC areas various venues
- Sat 03 Feb 07 SY Schools AA areas Championships Penistone Grammar School 10.00am
- Sun 04 Feb 07 Dewsbury 10K open 9.30 Fee £12. B Diskern 01924 529981. 955 runners 06
- Sun 18 Feb 07 Wombwell 5 open 10.30, £6 allemby@blueyonder.co.uk
- Sun 25 Feb 07 Snake Lane 10 open Pocklington. Fee £6. No E/D. Limit 850. 8 Wheatlands Close,
- March**
- Sun 04 Mar 07 Norton 9 open 11.00. £5. cd 25 Feb. Norton 9, "Colby" West End Road Norton
- Sat 10 Mar 07 ECCA CC Champs club teams Herrington Country Pk, Sunderland
- Sun 11 Mar 07 Treeton Torture 5k open Start 11:00 am. 1 mile fun run @ 10:30 am
- Sun 11 Mar 07 Dronfield 10K open 11.00, Scout Hut Pentland Road Dronfield. Last year 622 runn
- Sat 24 Mar 07 English Schls CC Champs areas Leeds
- Sun 25 Mar 07 Ackworth Half open
- Sun 25 Mar 07 Easter Chuckie open 11.15 Wath Rugby Club off-road Club Champ race.
- Sat 31 Mar 07 Northern 6 & 12-Stage Road Relays club teams tba

South Yorkshire Cross-Country League

Report & Results for the 3rd SY XC at Longley Park 26th Nov 2006 Steve Gaines reports:

- Arriving at the venue, I was impressed by 3 factors: i The amount of rain that had fallen over the last few days had created pond sized puddles on the paths & parkland.
- ii The glorious sunshine meant that weather conditions were great for both running & photography, I suspect we had more photographers than some teams had runners.
- iii The height difference between the lowest & highest points of the course - this was the hilliest SY course for some years!

Race reports

U11 Girls

Georgina Spencer completed her third SY series race with a good run finishing 6th.

U11 Boys

We finished 3 scorers - for the first time this season. Jordan Small being the only one of the 3 to have completed all races so far.

U13 Girls

Natasha Hatswell continued her good form this season, finishing 3rd to stake a claim for a medal in the series. Sarah Wilding & Samantha Rollinson both finished their 3rd event in the series also.

U13 Boys

Curtis Benton ran well to finish 5th, both Curtis & Nicholas Myers improved their finishing positions in the 2nd event. New member completed the trio of finishers.

U15 Girls

Robyn Lancelly and Abbie Vernon ran strongly to finish 2nd & 3rd respectively, but neither of them could live with the pace set by Stef Burns. All 3 of these runners having run the day before in the UK Cross Challenge.

Robyn and Abbie are lying 1st & 2nd overall after 3 races. Poppy Knowles ran well to finish 8th, and Rachel Hall made it 5 in 10 with her 10th place. Rachel & Georgina Palmer have also run all 3 races to date. Chelsea Johnson completed the RH squad.

U15 Boys

We had 3 finishers, the first being Sam Howis in 7th. Cian Scothern finished next, the only RH runner to have done all 3 races. Liam Thompson made up the finishing trio.

U17, U20 and Ladies race.

The club strength in this race has to be seen to be believed!

There were so many black vests towards the front end on the first lap, the light level dropped.

It was great to see Laura Spence, Rosie Edwards & Jess Fawcett leading the race - despite them all having run the day before.

Laura continued her winning ways - with her 3rd victory in the U17 category. Jess finished second - for the 3rd time. This duo were well supported by Charlotte Vaughan 4th, Laura Barnes 5th, Alex Palmer 6th Kim Bateman 8th, and Rebecca White 9th.

The first 5 U17 overall places are now held by RH runners. Tremendous!

In the U20 race, Rosie continued her battle with Nicola Squires (HH) for overall victory right up to the last half mile, just losing out at the end. Rosie is overall leader in her category.

In the senior ladies race, Philippa James is starting to show a return to form, improving to 11th place this time. Gill Taylor & Pat Wells were the other scorers.

U17, U20 & Men's race.

David Smith was the only U17 club runner, and ran well to finish 5th.

David Scholey - our only U20 runner this year - started strongly, but as would be expected for a 400m track runner, found the hills rather too tiring. For the first time this season failing to finish.

In the mens race, we had 10 finishers. Simon Mounsey the first scorer in 18th place. Rick Sharp, Howard Darwin, John Spencer and Mike Cochrane all achieved much higher finishing positions than in their first two series races.

Mike, obviously relishing a course that was more like that of a category B fell race, moved into overall 1st O60 position after this race. This is fully deserved, but unfortunately will mean that Mike will not be available for the Yorks Vets race, since he will understandably want to run the last SY race.

Chris Moran finished lower down than he would have expected, but did win the prize for passing the most runners - since he missed the race start.

Longley Park

Men, Vet Men and U 20 Men

1	00:30:09	John Heneghan	Man	Sheff U
18	00:34:13	Simon Mounsey	Man	RHAC
28	00:35:31	Ricky Sharp	V 40	RHAC
29	00:36:00	Howard Darwin	V 40	RHAC
35	00:36:27	Dan Jones	Man	RHAC
43	00:37:14	Chris Moran	Man	RHAC
44	00:37:20	John Spencer	V 40	RHAC
55	00:38:55	Mick Cochrane	V 60	RHAC
63	00:39:35	Stephen Rossall	Man	RHAC
70	00:40:21	Kerry Booth	V 40	RHAC
77	00:41:34	Brian Harney	V 60	RHAC
107		Finishers		

U 11 Girls

1	00:07:21	Claire Wilsher	U11	Hallam
6	00:08:18	Georgina Spencer	U11	RHAC
30	00:12:02	Leah Tierney	U11	RHAC
32		finishers		

U11 Boys

1	00:07:19	Aiden Davies	U11	Donc
5	00:08:32	Joe Hobson	U11	RHAC
6	00:08:35	Ricky Benton	U11	RHAC
8	00:09:01	Jordan Small	U11	RHAC
17		finishers		

U 13 Girls

1	00:15:42	Remie Cockrell	U13	Hallam
3	00:16:13	Natasha Hatswell	U13	RHAC
10	00:17:49	Megan Bailey	U13	RHAC
12	00:18:08	Sarah Wilding	U13	RHAC
18	00:18:53	Melissa Hellewell	U13	RHAC
20	00:19:13	Samantha Rollinson	U13	RHAC
30		Finishers		

U 13 Boys

1	00:13:59	Chris Grayson	U13	Sheff
5	00:15:53	Curtis Benton	U13	RHAC
9	00:17:00	Nicholas Myers	U13	RHAC
13	00:27:12	Andrew Lidster	U13	RHAC
13		finishers		

U 15 Girls

1	00:13:53	Steph Burns	U15	RHAC
2	00:14:45	Robyn Lancelley	U15	RHAC
3	00:15:14	Abbie Vernon	U15	RHAC
8	00:16:16	Poppy Knowles	U15	RHAC
10	00:16:53	Rachel Hall	U15	RHAC
14	00:18:29	Georgina Palmer	U15	RHAC
17	00:19:50	Chelsea Johnson	U15	RHAC
20		finishers		

Order and timing of Events for Fixture 4
SYCDAA League 2006 - 2007 Championships:

Please note that for the final meeting and championships, the order of events will be different to the other league fixtures, so that results and presentations can be made as soon as possible after the completion of races.

The order will be:

U17 / Snr / Jnr / Vet Men	11.00 start
U17 / Jnr / Snr / Vet Ladies	11.45 approx
U11 Girls	12.15 approx
U11 Boys	12.20 approx
U13 Girls	12.25 approx
U15 Girls	12.35 approx
U13 Boys	12.50 approx
U15 Boys	1.05 approx

U 15 Boys

1	00:15:13	Tom Butler	U15	Hallam
7	00:17:15	Sam Howis	U15	RHAC
8	00:17:34	Cian Scothern	U15	RHAC
13	00:23:04	Liam Thompson	U15	RHAC
13		finishers		

U 17 Ladies

1	00:15:36	Laura Spence	U17	RHAC
2	00:16:44	Jessica Fawcett	U17	RHAC
4	00:18:27	Charlotte Vaughan	U17	RHAC
5	00:18:44	Laura Barnes	U17	RHAC
6	00:20:02	Alexandra Palmer	U17	RHAC
8	00:20:41	Kim Bateman	U17	RHAC
9	00:20:55	Rebecca White	U17	RHAC
10		finishers		

U 17 Men

1	00:20:02	Abdirisak Ahmed	U17 Mn	Sheff
5	00:23:05	Dave Smith	U17 Man	RHAC
12		finishers		

Ladies, Vet Ladies and U 20 Ladies

1	00:23:31	Nicola Squires	Lady	Hallam
2	00:23:39	Rosie Edwards	U20	RHAC
11	00:28:25	Philippa James	LV 35	RHAC
13	00:28:37	Gillian Taylor	LV 45	RHAC
37	00:35:32	Pat Wells	LV 55	
43		finishers		



Howard Darwin enjoying the hills



Mick Cochrane, who now is the O/60 overall.

Howard Darwin (above) and Mick Cochrane (right) enjoying the hills. Mick leads the O60 series.



Picture Quiz

An intriguing shot from Arthur Jeavons, who I ran into at the Kimmy Kanter this month. It's a competition (or exhibition) entry, captioned "Photo by Peter Brook ARPS Rotherham Photographic Society 'Poems and Pictures' 2004" and was sent to Arthur by Dave Hibberd of Loxley. I should mention that Arthur, apart from running (and formerly cycling) has am keen interest in photography and art, being well-known in local art circles.

Arthur's interest in this picture is simple: what is it? The donor can't tell him as he is now medically infirm. The picture isn't too clear (as it an art exhibit!) and magnification for the number credits didn't help me. Some colleagues thought they could see the route as Brampton straight mile but I disagree. None of the vests look familiar, and the numbers don't look like typical RH numbers so I doubt personally whether it's our area at all.

Last Month

One of last month's pictures remains a mystery as I have not managed to meet Hugh O'Mara for detail. The cross-country fixture caused some head scratching, not least to Steve Gaines (left of shot) who can't remember where it was! Hugh himself is prominent in centre show. My best guess was that as this is a park, with the runners using grass rather than a path, up a serious hill with trees that look like beech at the bottom in some sort of ditch, and with houses showing through from outside the park, it might be Herringthorpe Valley Park. It's not recent (Doncaster old vest amongst other local vests, it's clearly SY league). Did we have any such event in those days?? I suspect not. (You know my methods Watson). You will have to wait until January for the answer.



In fact we only assume it's a marathon because accompanied by a poem (below), which is only flimsy evidence in fact. The poem is by Michael Schofield 2004.

Crouch at the start line, wait for the "Go",
Check the runners around me, are there any I know?
Numbers One thirty seven. Fifty one and Sixteen,
They're the ones to look out for, the one's who look keen.

The crack of the pistol. Shouts from the crowd.
We runners surge forward, a quick sprint with head bowed.
Now I'm up with the leaders, keep a nice steady pace.
Twenty six miles to go in this Marathon race.

Legs striding and reaching, arms going like pistons.
Lungs sucking in air, brain timing the distance.
Feet pounding the tarmac, my heels blistered and bleeding.
I'll keep on through the pain though for now I am leading.

I glance over my shoulder, 51's close behind.
Time to speed up the pace, let my power unwind.
The finish is in sight, don't lose the race now.
Keep going, keep going, I must do it somehow.

51 is gaining; he thinks I can be caught.
I try hard to respond but my muscles are so taut.
I hear his feet pounding, his lungs wheezing and rasping
He's quite near to me now, he must know I'm gasping.

He's right on my shoulder. I must sprint. It will hurt.
To be first on the line I'll need one final spurt.
I collapse through the tape. Twenty six miles I've run.
Won't someone please tell me, "Have I won? Have I won?"

The second picture however I can place; it's one of mine. Taken on the occasion of a rainy, dark evening race in May 1995 I think, the finish of the Prince of Wales 10k in Greasbrough and featuring amongst others John Beckett, Brian Harney, Phil Smales, John Atkinson, Phil Eddison, Gary Durham. I think the ladies are handing out Kimberworth race leaflets



Treeton Partnership : Working to improve the quality of life for the residents of Treeton. www.treetonpartnership.org.uk In Association with

ROTHERHAM HARRIERS & ATHLETIC CLUB
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Present

The 2nd Treeton "TORTURE"
 Under U.K.A. Rules South Yorkshire Permit Applied for
 An open multi terrain (totally off road) challenge of 5K*
 (With almost 50 m climb through 80 m mid course on each of 3 laps.)
11.30AM Sunday March 11th 2007
 On the old colliery tip, off Pit Lane Treeton
 Open to athletes aged 15yrs + On Race Day
 Entry £5 (£7 Unattached Athletes) Entries on the day + £2
Free Fun Run 11.00am FOR ALL approx 1 Mile undulating course.
 Commemorative Medal to ALL FUN RUN FINISHERS
 Medals to 1,2,3 Senior Men and Women, 1,2,3 1st Men 40 and 1,2,3 1st Women 40-55
 Postal Entries Close 4th March 2007. On the day entries close 11.00am
 Please see us in the 1st Treeton Centre (Circle that which applies) Fun Run

Name: _____ Date of Birth: _____ Age on Race Day: _____
 Club: _____ Sex: M / F (Circle that which applies)
 Address and telephone number: _____
 N/A/A Membership Number: _____
 I declare that I am eligible to compete under U.K.A. Rules, I agree that the organisers/promoters shall not be liable for any loss, damage or injury incurred while participating in this event.
 Signature: _____ Date: _____
 Entries plus s.a.e for race information/number (Cheques payable to R/H/AC) _____
 Bert Norburn, 14 Chalfers Rise, Broomwith, Rotherham S60 5FE. T:0114 799 367552
 SPECIAL DISCOUNT ALL ENTRANTS DEDUCT £2 FROM TOTAL IF YOU ENTER BOTH TREETON TORTURE 5K AND EASTER CHUCKY 10K EVENTS

THE EASTER CHUCKY
 Sunday 25th March 2007
COMMENCING 11.15AM (10k)**
3k Fun Run (ALL AGES) 10.45AM
 Changing & Parking Wath Cricket Club

Under UKA Rules **OPEN EVENT** S.Yorks Permit Applied for
 A gentle undulating Multi Terrain mainly on gravel pathways totally off road
 AROUND THE SCENIC DEARNE VALLEY PARK

EASTER EGG TO ALL FINISHERS
 (Approx ** 1 AWARDS Banquet Easter Egg to 1st 3 males & Female 1st 3 Over 40 Male and 0-25 Female Vets
 ALL 10K ENTRANTS MUST BE AT LEAST 17 YEARS ON RACE DAY
 ENTRY FEES Over 17 and Under 20 £5. 20 and over £6 (unattached athletes add £2)
 Entries ON THE DAY + £1
 FUN RUN ENTRIES £3 at any time (cheques payable to RH & AC)
 Postal entries close 1st March 2007. Entries on the day close 10.30am prompt
 Entries + s.a.e for race number & information to
 Dave Johnson, 44 Claremont Street, Rotherham T/N 01709562516
 Please enter me in the Easter Chucky 10K / Chucky Fun Run
 Name: _____ Date of Birth: _____ Age on Race Day: _____
 Club: _____ Sex: M / F (Circle that which applies)
 Address and telephone number: _____
 N/A/A Membership Number: _____
 I declare that I am eligible to compete under U.K.A. Rules, I agree that the organisers/promoters shall not be liable for any loss, damage or injury incurred while participating in this event.
 Signature: _____
 SPECIAL DISCOUNT ALL 10K & 5K ENTRANTS DEDUCT £2 FROM TOTAL IF YOU ENTER BOTH TREETON TORTURE AND EASTER CHUCKY EVENTS

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We are always interested in the views and news of runners, especially members (old, new, ex- or prospective).

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