



SY Cross-country

Next and last: Norfolk Park – this Sunday

Location Norfolk Park is less than 1km from the Sheffield station, just off City Road. (A6135) **FIND-IT MAP INSIDE**

How to get there From Sheffield: Park Square roundabout (Pond's Forge) where Sheffield Parkway ends, take the A6135 leading up towards Manor Top. This starts as Duke Street, then becomes City Road. After 1km look for traffic lights and St Aidan's church, on the left. Take the first Right beyond these lights and you are on St Aidan's Road. Turn 5th Right on to Guildford Road and this leads to the top of the park.

Parking There is NO parking within the limits of the park itself. Roadside parking on Guildford Avenue, St Aidan's Avenue and streets around.

Toilets The park has an excellent café and toilets, close to the course. However, please remove spikes and very dirty shoes before using the facilities. We want to be welcome there again.

Courses Mostly open parkland, but some rough grassland and some short woodland stretches. The terrain is not flat and there are some significant ups and downs on all courses.

Special notes Note the event order on the timings sheet on the website: Senior/Vet/U20/U17 Men run first at 11am, followed by Senior/Vet/U20/U17 Women. The other events follow, in the same order as usual. The reason for this is that we need time to process the results, so presentations can follow soon after the final race

Finally It could hardly be much tighter at the top– see table far right. In short, winnable. Or loseable.



A whole range of difficulties could derail us, but the performance of our supporters in the series has been outstanding. A fine case study in team support in fact.

Pictured above: RH strength at the front of the ladies/vet65 start at Campsall. RH 59 [Ed] is (temporarily) hiding Phillipa James, then 41 is Steph Burns with Rachel Hall behind Jess Fawcett and Emily Fisher (60) then Rosie Edwards, Laura Spence and Jenny Blizard (82)

Teams After 3 Events

207	Rotherham Harriers	61	Sheffield Running Club
203	Doncaster AC	56	Penistone FPR
194	Hallamshire Harriers	49	Rother Valley Swallows
110	Barnsley AC	27	Steel City Striders
88	City of Sheffield AC	25	Askern RC
83	Kimberworth Striders	25	Sheffield Tri Club
62	Sheffield University AC	20	Barnsley Harriers
		15	Wombwell Sporting AC
		12	Handsworth Road Hogs
		7	Totley AC
		5	Maltby RC
		4	Sheffield Hallam Uni
		2	Kingstone Runners

Teamwork: RH still lead.....

OPEN FORUM - 1
Wednesday 17th December
At Rotherham Hospice
(top of the training hill)

RHAC values the views of its members and parents of members

As decided at the AGM, this is the first of a number of opportunities to raise ANY ISSUE with club organisers in open forum.
NO AGENDA

Start 6.30, others will join in after training/running up to 8.30pm
Light refreshment

Christmas Day Race

Handicap race first off at 11am
Start/finish on Boswell Street
Event centre after is Park Hotel

Entry forms at club. Hand to Jim Brogan on or before Weds 17th Dec

More accurate handicap if you can indicate recent race times.

London Marathon

The club has 4 club entries as usual. As there are no rejection slips this year, we have decided that.

Entries may go to any valid club member (ie financially paid up at the time of applying)

There will be a simple entry form at the club (or use or copy the one on page 3)

Entries should be given to Peter Neal or Jim Brogan at the club

To be drawn from the hat at Xmas Day Race.

Time Trial / Clifton Park Second Run

Saturday December 20th
start at rear of museum, off at 10.30 or after,
in ones or groups
course 1 mile or 5k slightly long

cost £1 (voluntary)
assistance welcome

Santa Special

Sunday 21/12/08 at
Training Ground, Droppingwell Lane
Kimberworth KRC race

Braithwell 5 (MRC)
Boxing Day Butchers Arms 11am
RHAC presence desirable

Secretary's Update

Steve Gaines

New members

The following new member applications were approved at the committee meeting, held on the 4th December:

- Jobe Mason (10) Jonathan Maxfield (23)
- Alex Newbold (14) Emma Dutton (12)
- Charlie Markham (8) Jessica Freeman (12)
- Martin Orr (13) Aidan Hall (12)
- Eleanor Dovey (11) Emma Ellis (12)
- Paris Shackleton (9) Stephen Cotter (50)

A warm welcome to you all.

2009 Membership Subs.

As Agreed at the 2007 AGM, subs will be:- Senior

£35 (£30 if paid by 1st March 2009) or for those who have helped at 6 events /competed at 6 events £25 (£20 if paid by 1st March 2009).

U18 (or those in Full time education,) £30 (£25 if paid by 1st March 2009) or for those who have helped at 6 events /competed at 6 events £20 (£15 if paid by 1st March 2009).

A list will be published showing our records of events completed by members. NB This may not include all events done. Please advise of events done when renewing.

Social membership £5 (Non voting)

Cross Country Reminder

The Championship season starts on the 13th Dec with the **South Yorks Championships**. (You will see other newsletter items on this) This is followed by the **Yorkshire County** event on the 10th of January (at Kimberworth), the **Northern** event on the 24th January (At St Helens) and the **National** event on the 21st February (At London).

All the club entries have to be declared in the next month - starting with the Northern entries which close on the 15th Dec.

The list of those who have confirmed they are interested and available to run, will be displayed in the club room and on the website.

If you want to run, and your name is not on the list yet, Contact Steve Gaines or your coach before the 13th December.

We need a good turn out in all age categories!!

Kelly Pagdin

The club have been advised that Kelly wishes to resign, to join Sale Manchester (a National League track & field club).

We are sad that athletes of Kelly's ability choose to leave, but we have to accept their decision. The club committee has expressed their thanks for Kelly's support and competitive appearances, and congratulations on her top level performance achievements during that time.

Kelly's resignation letter said:

" I would first of all like to thank yourself and everybody of Rotherham Harriers & AC for supporting me throughout my athletics career so far. I would not have got as far as I have without the input and support of so many people. Rotherham Harriers is a fantastic club, the relationships between all who are linked with it be it coaches or athletes is brilliant and provides a great atmosphere that really helps an athlete appreciate their sport.

I thoroughly appreciate all the things the club has provided for me over the past 4-5years. When I just started- the encouragement and enthusiasm fed through to me (and all the athletes) by all the people in the club that fueled me to want to represent the best I could; the time and effort donated of countless people (additional to that given by my main coach- brian parkes) helping me to improve my training and techniques for my events to help me progress further; and probably the most valuable of all- advice and support through times when I had injuries preventing me from competing or plain enough just a bad competition that had set me back mentally.

It is sad to leave the club after so long, and I will miss the familiar faces at league meetings and supporting my local town but I would like to think of it like this, over the years the harriers have pushed me to achieve to best I can achieve and have helped me develop into the athlete I am. And by competing (as a former member of the harriers) for a team in the BAL will just push me harder and further into a more successful career, so I have a better chance of reaching an ultimate goal such as London 2012- and if I achieve that goal I can look back proudly say that my life at Rotherham Harriers played a huge part in helping me on my way.

So I would just like to say a huge thank you to the club and everybody concerned with it! I will always remember what they have done for me, and I am upset to have to go but hopefully the club will understand the reasoning behind my decision."

Yours Sincerely

Kelly Pagdin

[Ed: it is not our practice to publicise resignations or publish such letters— but in this case the positive aspects are worth sharing.

Also worth mention is the success that we are having in attracting new members via schools initiatives- many are signing up as a result of offers following schools cross-country for example. In the current batch, Stephen Cotter is the athletically active parent of member Luke Cotter who came that way, whilst Jonathan Maxfield joins us from Scunthorpe AC as a member of Dave Tune's growing squad]

Fixtures: Winter 2008-09
nb South Yorks Fixture List awaited

December

- Sun 07 Dec 08 Percy Pud open
- Sat 13 Dec 08 Round Rotherham open trailrace & relay
- Sun 14 Dec 08 South Yorks XC Series 4 & Championship Sheffield Venue tbc
- Sun 14 Dec 08 Bolsover-Mizuno 10k
- Sun 14 Dec 08 Turkey Trot Half Marathon, Keyworth RACE FULL
- Sat 20 Dec 08 Clifton Park Run time trial 2 open (may be on 27th)
- Sun 21 Dec 08 Santa's Special open Kimberworth
- Sun 21 Dec 08 Travellers 6, Denby Dale
- Thu 25 Dec 08 Xmas Day Handicap RHRH members Oldest yearly race in Britain

January

- Sun 04 Jan 09 Pennine 10k, nr. Brighouse
- Sat 10 Jan 09 Yorkshire Championships club teams Rotherham
- Sat 17 Jan 09 Clifton Park Run open time trial provisional
- Sun 18 Jan 09 Brass Monkey Run Half Marathon, York RACE FULL
- Sat 24 Jan 09 Northern Championships club teams St Helens
- Sun 25 Jan 09 Meltham 10k, nr. Huddersfield

February

- Sun 01 Feb 09 Dewsbury 10k
- Sat 07 Feb 09 BUSA Championships areas via college/uni
- Sat 14 Feb 09 Clifton Park Run open time trial provisional
- Sun 15 Feb 09 Liversedge Half Marathon, Roberttown
- Sat 21 Feb 09 English Championships areas London (Par. Hill)
- Sun 22 Feb 09 Snake Lane 10, Pocklington RACE FULL

March

- Sun 01 Mar 09 SY Indoor TF open 3 EIS
- Sun 01 Mar 09 Regional Spts Hall areas Finals U13, U15, Halifax
- Sat 07 Mar 09 UK Inter Counties areas Nottingham
- Sat 14 Mar 09 Clifton Park Run open time trial provisional
- Sun 15 Mar 09 Spen 20, Cleckheaton
- Thu 19 Mar 09 S Yorks Spts Hall areas Finals U11 EIS
- Sat 21 Mar 09 SY Indoor TF open 4 EIS
- Sat 21 Mar 09 English Schools areas to be conf
- Sun 22 Mar 09 South Leeds 5 Mile & Fun Run, Leeds
- Sun 29 Mar 09 Asics Wilmslow Half Marathon

April

- Sun 05 Apr 09 Northern Athletics 12 Stage Road Relays
- Sun 05 Apr 09 Northern Athletics Women's 6 Stage Road Relays
- Sun 05 Apr 09 Hornsea 1/3 Marathon
- Wed 08 Apr 09 SY Road League SY clubs 1 Penistone
- Wed 15 Apr 09 SY Road League SY clubs 2 Doncaster
- Sat 18 Apr 09 ERRA National 12 Stage Road Relays
- Sat 18 Apr 09 ERRA National Women's 6 Stage Road Relays
- Wed 22 Apr 09 SY Road League SY clubs 3 Barnsley
- Sun 26 Apr 09 London Marathon
- May
- Wed 13 May 09 SY Road League SY clubs 4 Rotherham

Congratulations to Rob & Amanda



Received the following email:

.....Just to let members and friends of the harriers know of our new arrival, Ruby Eve Watkinson. Born Saturday 6th December weighing 5Lb 9oz. Mother (Amanda) and daughter doing fine. Dad very proud and chuffed to bits. Rob Watkinson

Round Rotherham Update... from Sharon Burton

.....entries this year very good again. It look like another record breaking entry. As at Tuesday, 9th December a total of 287 walkers and runners have entered together with 20 relay teams. With an anticipated 15 entries on the day, we will break the 300 figure. Once again, RHAC have fielded a women's, men's and mixed team so we wish everyone the best of luck on their relay leg and hope we have good weather. We also have entries in the main event from Kerry Booth, David Burke and John Clarke, good luck to them also. If anyone in the club at this late stage can spare a few hours to help on Saturday, it would be appreciated' Just let me know and I will point you in the right direction.

XMAS Walk

Monday 29th December

Meet for a 9.30 start at the Saxon, Kiveton Park. (Crossroads from Todwick/Harthill) Around 9 miles Varied terrain. For further detail: see Booth family

Help Needed!!

In January the club is hosting two major events:-

The Yorkshire Cross Country Championships, at Winterhills on the 10th January. We need helpers for course and car parking stewards, and refreshments (in the Sports Hall)

The Club Awards Evening. 16th January. We need helpers with food preparation.

Please contact Steve Gaines if you can help.

SY Indoor Series Meeting 2

30/11/2008

please note: pts score will be reviewed before meeting 3 (see notes)

G8-11 600m

1	29	Caitlin Herbert	DonAC	02:12.3	65
3	148	Megan Nagy	RHAC	02:15.9	64
5	160	Emily Kay	RHAC	02:21.2	60
6	152	Katie Hancock	RHAC	02:22.2	59
9	147	Chloe Stone	RHAC	02:24.6	57
11	153	Morgan Anglesea	RHAC	02:33.7	45

G8-11 150m

1	148	Megan Nagy	RHAC	23.5	54
7	152	Katie Hancock	RHAC	26.1	33
10	147	Chloe Stone	RHAC	27.1	29
11	160	Emily Kay	RHAC	27.1	29

G8-11 high jump

1	214	Georgia Oldfield	SheffAC	1.00	22
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G8-11 foam javelin

1	405	Samantha Morris	Penistone DFR	11.00	33
6	160	Emily Kay	RHAC	8.25	24
8	152	Katie Hancock	RHAC	7.50	21
15	147	Chloe Stone	RHAC	6.00	16
16	153	Morgan Anglesea	RHAC	5.75	14

B8-11 600m

1	266	Keelan Wilson	Wath	02:05.8	59
2	142	Declan Walker-Smith	RH	02:09.5	56
3	146	Jonathan Bilton	RHAC	02:10.8	55
4	150	Joseph Morton	RHAC	02:11.6	55
7	162	Jordan Dixon	RHAC	02:16.6	50

B8-11 150m

1	200	William Stasi	SheffAC	23.5	33
2	146	Jonathan Bilton	RHAC	24.0	30
7	142	Declan Walker-Smith	RHAC	26.2	16
8	150	Joseph Morton	RHAC	26.3	15
9	162	Jordan Dixon	RHAC	26.6	13

B8-11 high jump

1	200	William Stasi	SheffAC	1.09	21
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B8-11 foam javelin

1	266	Keelan Wilson	Wath	20.00	48
2	162	Jordan Dixon	RHAC	16.25	41
13	142	Declan Walker-Smith	RHAC	9.50	23
14	146	Jonathan Bilton	RHAC	9.00	22

G11-13 600m

1	209	Sophie Taylor	SheffAC	01:56.1	73
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G11-13 150m

1	32	Sophie Parker	DonAC	21.6	65
2	145	Emily Miles	RHAC	22.7	60
12	157	Amber O'Malley	RHAC	25.3	39

G11-13 high jump

1	14	Lucy Chappell	DonAC	1.35	68
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G11-13 200m

1	32	Sophie Parker	DonAC	30.1	65
6	145	Emily Miles	RHAC	32.8	48
17	157	Amber O'Malley	RHAC	36.2	37

B11-13 600m

1	7	Kye Stothard	DonAC	01:46.9	82
4	140	Joel Kirk	RHAC	02:01.1	62

B11-13 150m

1	224	Josiah Filleul	SheffAC	21.1	56
4	156	Jordan Small	RHAC	22.0	47
7	159	Thomas Evans	RHAC	22.3	44
9	155	Bradley Nelson	RHAC	22.6	41
14	164	Oliver Court	RHAC	25.9	19

B11-13 high jump

1	224	Josiah Filleul	SheffAC	1.30	42
7	156	Jordan Small	RHAC	1.15	25
9	140	Joel Kirk	RHAC	1.05	19
9	155	Bradley Nelson	RHAC	1.05	19

B11-13 200m

1	7	Kye Stothard	DonAC	29.4	51
7	156	Jordan Small	RHAC	30.8	44
9	159	Thomas Evans	RHAC	31.2	42
11	155	Bradley Nelson	RHAC	31.8	40

G13-15 600m

1	158	Abbey Stanley	RHAC	01:50.5	75
8	144	Mary Jenkinson	RHAC	02:07.4	67

G13-15 high jump

1	11	Nicole Bewley	DonAC	1.45	78
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G13-15 400m

1	158	Abbey Stanley	RHAC	65.7	52
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9	143	Elsbeth Bovan	RHAC	75.6	35
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G13-15 200m

1	202	Paige Massey	SheffAC	27.8	88
2	158	Abbey Stanley	RHAC	28.4	82
6	149	Nikki Emson	RHAC	29.8	68
7	143	Elsbeth Bovan	RHAC	30.0	66

B13-15 600m

1	231	Matthew Bulloch	SheffAC	01:34.4	107
7	163	Scott Smith	RHAC	01:47.7	80

B13-15 high jump

1	314	Raphael Sebastiao unatt		1.48	66
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B13-15 400m

1	2	Ashley Langton	DonAC	59.6	78
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B13-15 200m

1	2	Ashley Langton	DonAC	26.0	69
5	163	Scott Smith	RHAC	30.2	47

The second fixture took place on the 30th November, and again proved popular. Over 160 athletes have now entered.

Medal winners from RH&AC included:-

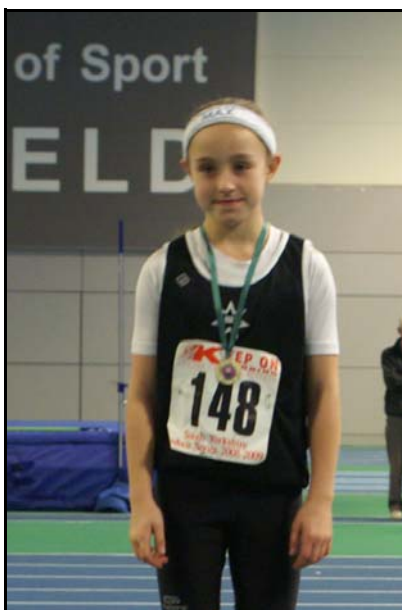
Megan Nagy,	1st U11 girls 150m & 3rd U11 girls 600m.
Jonathan Bilton	2nd u11 boys 150m & 3rd U11 boys 600m
Declan Walker-Smith	2nd U11 boys 600m
Jordan Dixon	2nd U11 boys Foam Javelin
Emily Miles	2nd U13 girls 150m
Abbey Stanley	1st U15 girls 600m, 1st U15 girls 400m & 2nd U15 girls 200m

Series resumes on 1st March 2009.

[Ed: The end column in the results is the individual points score, which will be used to work out the series awards. However, please note that these are the Track & Field League outdoor performance tables which I prepared and computerised 2007 and 2008. They apply to a different way of combining events and Indoor Series organiser Steve Gaines and I will be revising the scoring ranges to ensure fairness for this particular competition. That may mean revision of scores already printed.

When done to the satisfaction of organisers Steve Gaines and Terry Bailey (DAC) they will be posted on the SY website at www.sycaa.co.uk]

Below on the podium, and left: U11 girl winner Megan Nagy



Megan Nagy, pictured above at EIS shortly after her debut in RH colours, is the daughter of former RH discus thrower Andy Nagy who I recall was a member when I joined back in the '70s.

Another Megan who is doing well is Megan Bailey, pictured below storming home in the South Yorks Cross-country at Campsall. She has showed improving and impressive form in Rotherham Schools and SY events- and is of course also daughter of a former RH member, Roy Bailey who now is a member at Bingley.



LONDON MARATHON DRAW

Reminder: any valid club full member (paid up) can enter. **You do not have to have been rejected.**

Please confirm your contact details: **important** as there will only be a few days to get your entry sent in if you are successful

Cut & use form or copy

RHAC	
Please enter my name in the Christmas Day Draw for London Marathon entries.	
I am a fully paid up member of Rotherham Harriers & AC	
NAME_(print)	_____
SIGNED	_____
CONTACT: phone	_____
ADDRESS	_____

Campsall 23/11/08

Icy cold and muddy.

Cross-country Impressive

Men, Vet Men and U20 Men

1	Dave Archer	00:33:09	Hall
2	Steve Evison	00:33:27	SheffAC
3	Scott Bennett	00:33:33	BarnAC
15	Mark Ruddleston V40	00:35:46	RH
16	Paul Humphries	00:36:02	RH
19	David Smith U20	00:36:15	RH
22	Jonathan Maxfield	00:36:43	RH
25	Mark Ward V 40	00:36:57	RH
38	Bob Tintinger V 60	00:38:30	RH
43	Howard Darwin V 40	00:38:50	RH
52	Glenn James	00:40:00	RH
63	David Scholey	00:41:20	RH
74	John Spencer V 40	00:42:37	RH
88	Kevin Thomas V 50	00:45:23	RH
90	Brian Harney V 60	00:45:45	RH
106	Malcolm Rhodes V 60	00:53:47	RH

Under 11 Girls

1	Chloe Bewley	00:06:34	DonAC
2	Eleanor Goodwin	00:06:46	Hall
3	Abigail Haley	00:06:58	DonAC
11	Emily Kay	00:07:25	RH
16	Emily Miles	00:07:51	RH
17	Katie Hancock	00:08:11	RH
20	Chloe Stone	00:08:21	RH
21	Sharni Howis	00:08:22	RH
22	Molly Wood	00:08:26	RH

Men Vet 65

1	Peter Humphries	00:33:53	RH
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Ladies, Vet Ladies and U20 Ladies

1	Jenny Blizard	00:26:01	RH
2	Rosie Edwards	00:27:46	RH
4	Jessica Fawcett U20	00:27:57	RH
8	Laura Spence U20	00:29:26	RH
13	Philippa James LV 35	00:32:10	RH
21	Eleanor Thomas	00:33:50	RH
23	Sharon Burton LV 45	00:34:00	RH

U17 Men

1	Yassin Mohamed	00:23:51	SheffRC
7	Sam Howis	00:28:32	RH

U17 Ladies

1	Steph Burns	00:16:17	RH
2	Emily Fisher	00:17:22	RH
4	Rachel Hall	00:20:21	RH

U 15 Boys

1	Tom Bains	00:16:00	Hall
2	Kyle Bruce	00:16:03	BarAC
3	Nick Beastall	00:16:07	DonAC
6	Paul Ward	00:17:04	RH
7	Nicholas Myers	00:17:06	RH
8	Devon Wood	00:17:45	RH
9	Luke Hammill	00:18:15	RH
12	Scott Smith	00:18:57	RH

U15 Girls

1	Fiona Bell	00:12:37	Hall
2	Megan Bailey	00:12:49	RH
3	Kirsten Frost	00:13:53	DonAC
9	Zoe Brain	00:14:29	RH
13	Gemma Williamson	00:15:35	RH
14	Olivia Neal	00:15:47	RH
15	Melissa Hellewell	00:16:21	RH

U13 Boys

1	Kye Stolthard	00:12:05	DonAC
2	Aiden Davies	00:12:25	DonAC
3	Ben Trueman	00:12:33	RH
6	Robert Bentham	00:13:36	RH
8	Caine Frost	00:14:28	RH
9	Jordan Small	00:14:47	RH

U13 Girls

1	Claire Wilsher	00:12:52	Hall
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2	Natalia Hackett	00:12:53	Hall
3	Charlotte Slack	00:13:12	Hall
11	Georgina Spencer	00:14:27	RH
14	Jessica Mangham	00:14:36	RH
18	Emily Hutchinson	00:14:59	RH
19	Bonnie Smith	00:15:26	RH
23	Emma Dutton	00:15:44	RH
31	Amber O'Malley	00:20:05	RH

U11 Boys

1	Adam Clayton	00:06:00	DonAC
2	Kane Smith	00:06:03	RH
3	Sam Bissett	00:06:06	DonAC
5	Joel Kirk	00:06:16	RH

RH runners with a realistic chance of winning the series are Kane Smith, second in U11 boys, Codie Marsh 1st U15 girl, (Megan Bailey 3rd), Steph Burns 1st U17 lady (Emily Fisher 2nd), Charlotte Vaughan 2nd U20 lady, Jenny Blizard 1st lady, Mark Ruddleston 2nd vet 40, Bob Tintinger 1st vet 60, Pete Humphries 2nd vet 65. Which is not to say others couldn't, but it's less likely. Don't forget that although winning gold would be good, there are silver and bronze awards in all categories also. One overall team result but I don't know if there is an award as such.

Don't forget that as well as being the final (and compulsory) event of the four in the series, of which you count your best three, this is also the Championship. Which is a one-off race. Which anyone could win. And there are trophies for second and third. Team award in each category (just for this one race), also runner-up in women and second/third men. (Teams for men and for women are combined-see SYCAA.CO.UK for more detail)

Rotherham Harriers & A.C.

Awards Presentation Evening

**Friday 16th January, Trades Club,
Greasborough Rd.**

Buffet & Licensed Bar (7:00pm – 11:00pm)

Members and guests all welcome

The full list of award winners can be viewed on the club website

Adult Ticket £5 Junior Ticket £3

The Peter Elliott Award
This award is for the best middle distance performance by any member of the Club
The recipient in 2007 was Klachen Cheshire

Most Improved Athlete
Awarded to the athlete who has shown most improvement in any area of club activity
The recipient in 2007 was Rosie Edwards

The Patricia Muller Memorial Award
This is presented to a female person for services to the Club
The recipient in 2007 was Peter Moore

All are welcome. Tickets will be on sale at the club .
There are a large amount of awards to be presented, Track & Field, Road, Cross Country and Special awards, including
The Jack Phipps Memorial Award
This is presented to a male person for services to the Club.
The recipient in 2007 was Peter Moore

Clifton Park: Small Acorn ! Large Oak ?

Twenty four runners doesn't sound a lot but as organiser of the newly-launched time trial series I was delighted with the response on what was without question the worst day of the year. If not organising, I am sure I would not have been running. Apart from the runners, there was a decent group observing and official-wise the event was well staffed. Thanks particularly to Jim Brogan, Alan Gregory and Arthur Jeavons for their services.

Clifton Park Run 29/11/08

conditions freezing fog
temp -2C
wind none
underfoot OK

By run time 5k

no.	runner	start min	run time
1	2 S.Mounsey	10	19:07
2	14 T.Hawley	0	21:14
3	13 J.Comrie	0	21:51
4	18 P.Neal	8	22:07
5	9 M.Asbridge	5	22:08
6	11 P.Campbell	5	22:22
7	5 S.Gaines	8	22:30
8	8 I.Hindley	3	25:23
9	10 J.Hindley	1	25:32
10	6 N.Shaw	4	25:48
11	25 H.Marston	7	26:15
12	22 M.Hill	7	26:19
13	7 P.Haigh	4	26:32
14	1 M.Rhodes	0	27:24
15	4 G.Taylor	1	27:47
16	23 J.Horan	6	28:00
17	17 T.Allen	5	30:28
18	21 W.Whitaker	0	32:51
19	19 E.Smart	0	32:52
20	15 M.Metcalf	1	33:27
21	12 D.Shaw	1	35:49
22	16 R.Wildman	0	37:03
23	20 S.Troop	0	37:04
2 miles			
1	3 D.Smith	5	13:51

The participants were complimentary to the extent that they thought it a good course; traffic-free of course and a hard enough challenge. It measures slightly long on gps at 3.22 miles (GT) or 5.22k (HM). As gps varies for a number of reasons, I will take an average value in time and work out regular "exact 5k" times for the trials. But even when scaled to 5k, the times are hardly likely to be regularly as fast as at Ulley which was relatively flat.

For example Terry Hawley's 21.14 scales to a time of 20.20 if we take HM's estimate. Of course Terry was running shorter times than that at Ulley. But the observation that your comparative times are what matters is valid.

Our current course record holder is therefore Simon Mounsey with 19.07

Future development of the runs might involve any of the following: continuing into the summer months, using light evenings in mid-week, going fortnightly etc etc. It all depends on response and support. Plenty of information on the website. An ongoing statistical section will be built up. For legal reasons and general safety we have made it a rule that all taking part are RH members and that this is a normal RHAC club activity. Runners seemed happy with that. Newcomers can join as temporary members (as they can on ordinary club nights) for free and for a period of 4 weeks or 6 sessions. This can be second claim membership. They are then covered by our participation in UK Athletics insurance. And into the bargain, temporary membership can become permanent.

Before long, entry online will be possible, also membership application online (including temporary). Once you run, you keep the number for ever (or at least for a long time). Visit the website section as it builds up.

Rotherham Harriers & AC Newsletter

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Ser 5 No 3 Pubn. Date 10/12/08
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We are always interested in the views and news of athletes, especially members (old, new, ex- or prospective).

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