



Back to Tradition at Longley



South Yorkshire Cross Country 1, Winterhill

Thu 29 Oct 09

The weather was sunny and warm, as now seems the norm for these league fixtures. We had a total of 61 finishers - 5 more than the first fixture last year.

Thanks to all athletes and supporters for turning out for the club.

There were some good individual club performances:

Robyn Lanceley 3rd in the Jun/Sen womens race (1st junior), Chris Maris 3rd U17 men, Natasha Hatswell 1st U17 women, Nicholas Myers 3rd U15 boys, Maisie Elliott 3rd U13 girls, Robert Bentham 2nd and Caine Frost 3rd U13 boys, Kane Smith 2nd and Declan Walker - Smith 3rd U11 boys.

But the most impressive aspect was the way that all our athletes battled to get the best placing they could. Well done to all.

When Steve Gaines writes "The weather was sunny and warm, as now seems the norm for these league fixtures" we ought to guess that someone somewhere is watching, and sure as night follows day the second fixture at Longley Park turned into a nightmare as freezing downpours brought the risk of hypothermia. Well done indeed to athletes young and old who survived the conditions, and brought RHAC a good performance into the bargain. The photo above gives some measure of the climate on the day.

The progress goes on however, Steve's statistics show that we have so far improved on even last year's fine turnout, in South Yorks and also in the recent relays. As far as SY standing is concerned, regrettably I do not have the third set of results in time to analyse and present the club's position, but hopefully it is good.

Apart from the good depth, on-the-spot reports highlighted a fine win at U13 by Robert Bentham and on her return from injury by Natalie Grant in the ladies event. On her personal page, Natalie says she enjoyed the race, which well she might, having beaten the field by a minute and a half. But it is almost unfair to single anyone out too starkly, looking at the good series performances. For example, consistency at the front of the open ladies field from U20 Robyn Lanceley. And what a great pleasure to see Rotherham U17 men doing well through Paul Ward and Chris Maris.

♦ *We have tried to include all information and reports received from officials, coaches, parents and athletes themselves in this edition. It is our intention to recognise and feature the efforts and achievements of all club members. We rely on you to inform us.*

Paul Humphries defies the weather at Longley Park with Simon Mounsey on his trail. Below, Codie Marsh pictured at the ECCA Relays in Mansfield



Round Rotherham Run

Ladies winners (left) Claire Spencer (2nd), Angie Sadler (1st), Anne Wade (3rd) and (right) men winners Jack Brown (2nd), Marcus Scotney (1st), Julian Brown (3rd=) with organiser Sharon Burton. Report page 6



LONDON MARATHON 2010

Rejection notifications have now been sent out. Anyone wishing to be included in the draw for a club guaranteed entry needs to hand their rejection slip to Jim Brogan or Peter Neal asap.

The plan is to make the draw early in December.

NOTE:- first claim, paid up, genuine entries only

Notices & Fixtures

Secretary's Update

New Members

The following new member applications were approved by the club committee at the October meeting:

Janice McWilliam 48 (A welcome return following some years absence due to injuries) Nicole Scarfe 10
Connor Ryan 13 Jessica Vaughan 8
Maisy Swift 8 Nicole Lawrance 11
Matthew Hill 11 Danielle Lawrance 11
Karl Stenton 17 Ashley Pogmore 8
Terry Bailey 45 Carole Bailey 43
Aidan Kidder 13 Laurence Herniman 42

A warm welcome to you all!

Subs

245 members have now paid 2009 subs, but there are still some active members who need to pay!
2010 cards have now been ordered from the printers, and should be available for issue from Weds 25th Nov.

Track & field Organisation

Thanks to those members who attended the meeting held on the 19th November. The meeting agreed that the club would appoint managers for each of the leagues that we compete in.

These league managers would be the nominated club contact for all the league information etc, and would issue the numbers, fixture dates etc to the team managers and coaches.

The following roles were confirmed:-
Kevin Thomas Track & Field Secretary. Kevin will co-ordinate the Track & Field activities and will join the club committee to represent Track & Field.

League managers:-

South Yorkshire Track & Field League: Jeanise Small.
UK Young Athletes League: Matthew Wood
National Junior League: Ian Cooley
Northern League: Ian Cooley.
Officials Co-ordinator: John Small.

Thanks to the above for volunteering. The new roles and structure will mean a much more effective organisation of activities this summer.

The meeting agreed that any decision as to whether/ what open meeting we host, will be made by the Track & Field Forum.

Thanks to those parents of athletes who also offered to help, (but couldn't attend the meeting on the 19th). Kevin or the league managers will be contacting you in due course!

A reminder that the SY and UKYAL leagues will also have age group team managers as follows:-

U13 boys Adrienne & Conrad Bilton
U13 girls Vacant (Any interested volunteers please contact Kevin Thomas)
U15 boys Jeanise Small
U15 girls Jackie Hutchinson
U17 men Matthew Wood
U17 women Denise Marsh / Peter Neal

Short reports

Well done to Sarah Wilding and Kane Humphry who competed at the Northern Open Meeting EIS on Saturday 21st Nov where both had personal best performances. Sarah heaved the shot 10.34m and Kane 11.98m [Brian Parkes]

Thanks for drawing my notice to the fact that Jonathan Bilton has achieved excellent rankings in the Power of Ten for his sprints this summer.

He is ranked No.2 in the UK for the 80m (with a time of 11.4 secs), and No. 6 in the UK for the 150m (with a time of 22.0 secs).

As all the other athletes above him do not come from Yorkshire, he is also No. 1 in Yorkshire for both events. These facts can be verified by going onto the Power of Ten site and typing Jonathan's name into the "athlete search" heading.

It can only be accessed this way because of the fact that rankings for events for the U11's do not show automatically from the main page.

Jonathan has had a very successful season at various opens and league events throughout the summer, and has been looking forward to the challenge of competing as an U13 in the indoor events which are coming up this winter.

A good all-round family performance in fact, as you can see in Steve's report that Adrienne Bilton & her husband Conrad (Who has just completed his level 1 coaching qualification, and helps with U11 coaching) have volunteered to be the U13 team managers for the YAL track league team in 2010

From SY T&F secretary Janette Tomlins by email:Could you email a complete copy of the scoring tables from the track and field league 2009 - M Fletcher and I are going to amend these.....
Duly sent, not an easy job but overdue

UK cross results from Gateshead U15 Women 4K

Pos Perf UKC Name AG Age DOB Club
1 15:48 28 Katy Wood U15 W 13 21.12.95 City of York
3 16:02 26 Fiona Bell U15 W 14 29.03.95 Hallamshire
9 16:31 20 Codie Marsh U15 W 14 29.11.94 Rotherham
10 16:33 19 Chloe Loreda U15 W 14 13.09.95 Shildon

Well done to Codie, who has had a fine supportive and successful run of races including the road relays and now cross-country.

Coach Dennis Russell will provide a report on progress for a future edition.

Fixtures: Autumn 2009—

November

Sat 28 Nov 09	SY Indoor Series f	ixture 2 open	EIS Sheffield
Sun 29 Nov 09	Clowne Half	open	
Sun 29 Nov 09	Thirsk 10	open	northern champs

December

Sun 06 Dec 09	Percy Pud 10k	open	Loxley
Sat 12 Dec 09	NA Indoor Open	open	EIS Sheffield
Sun 13 Dec 09	SY cross-ctry 4 & champs		SY clubs Penistone Showground

Sun 13 Dec 09	Ferry 5	open	Owston Ferry 10:45 £10 club members C 11/12
Sun 20 Dec 09	Santa Special	open	Droppingwell KMRT series
Fri 25 Dec 09	Xmas Day Race		(full mem only) RH watch for close date app. 15th
Sat 26 Dec 09	Turkey Trot (MRC)		open Braithwell KMRT series last & awards
Sun 27 Dec 09	Clifton Park Runs		(date change) open staged starts first at 10.30

January

Fri 01 Jan 10	Cleethorpes10k	open	
Sat 02 Jan 10	Sheffield Open XC	open	
Sat 09 Jan 10	Yorks CC Champs	clubs	Thornes Park, Wakefield
Sat 23 Jan 10	NA CC Champs	clubs	Witton Park Blackburn
Sun 24 Jan 10	'Brass Monkey' Half	open	York Knavesmire York EF £16 prob closed
Sat 30 Jan 10	Clifton Park Runs	open	staged starts first at 10.30

February

Sat 06 Feb 10	YVAA CC Champs	clubs	Graves Park Sheffield
Sat 20 Feb 10	Clifton Park Runs	open	staged starts first at 10.30
Sat 27 Feb 10	National CC Champs	clubs	Roundhay Park Leeds
Sun 28 Feb 10	SY Indoor Series 3	open	EIS Sheffield (Provisional date)
Sun 28 Feb 10	Snake Lane 10	open	Pocklington prob closed

Good Season but Tough at the Top

Northern Athletics Div 1 promotion match Cleckheaton Aug 16th

Tue 18 Aug 09 163

Northern Athletics Div 1 Qualifying match

We always knew that winning promotion would be difficult, however I don't think that anyone believed that the standard of competition would be this high.

Our team managers had done a good job covering events, and for the first half of the match it was a close affair, with only 10 points separating the first 5 clubs. however from then on Wakefield's class showed through, and Blackpool deservedly won the other promotion place after a keenly fought battle with Bolton.

There were some plus points, we had both the A & B winners in the mens 800m and womens 3000m events, but the overall standard was so high that events where we have been posting winning performances in Div 2EC were resulting in 2nd, 3rd and 4th places. The absence of women high hurdlers and male pole vaulters does not help, and we need to plug those gaps before we can seriously challenge for promotion.

The final match scores were;

Points

1 Wakefield D. H. & AC	471.29	5 Middlesboro (Mandale)	404.29
2 Blackpool & Fylde AC	443.79	6 Rotherham H. & AC	399
3 Bolton United Harriers	436.29	7 Holmfirth Harriers AC	383.29
4 West Cheshire AC	412.79	8 City of Sheffield AC	292.29

[Steve Gaines]

Awards Evening 2009

The awards evening, to recognise performance over the last 12 months will be held on

Fri 15th January, at 7:30 pm
at the

Trades Club, Greasbrough Rd., Rotherham.

Tickets on sale soon

£5 adults £3 under 18's (full time education).

Full list of award winners will be available soon.

Buffet, awards presentation & music.

Guest of Honour; tbc

We hope to see you all there!

World Masters Games Sydney 2009

Motto: Fit, fun and forever young

The World Masters Games have been held every four years since they began in Toronto, Canada in 1985. These games are the world's largest multi-sport event, attracting up to three times more competitors than the Olympic Games. To compete at the games people need only satisfy their sport's minimum age criterion, which is as low as 25 for diving and swimming, 30 for athletics and is not above 35 for any of the featured sports. The Sydney 2009 World Masters Games attracted 28292 people from 95 countries to compete across 28 sports, namely Archery, Athletics (including 10k road race, cross country, 10 km and 20 km walks, and half marathon), Badminton, Baseball, Canoe/Kayak, Cycling, Diving, Football, Golf, Hockey, Lawn Bowls, Netball, Orienteering, Rowing, Rugby Union, Sailing, Shooting, Softball, Surf Lifesaving, Squash, Swimming, Table Tennis, Tennis, Touch Football, Volleyball, Water Polo and Weightlifting.

With a son living in Melbourne and a series of warm-up events arranged on the Melbourne-Sydney corridor, attending the games was irresistible, as we could have 3 weeks of competition, comprising 13 orienteering events, and 3 weeks touring. The first weekend was in gold-fields country for the Australian Middle Distance and Victorian Long Distance Championships. The quarrying, digging and similar activities produced complex terrain, and testing navigation. By the next weekend, we had picked up a camper van and set off for Sydney. First stop was still in Victoria for the Australian Sprint and Long Distance Championships. The sprint was in a park with a series of islands linked by bridges – the test being to find the optimum crossing point even if it meant going back the way you had come. The rain that we brought from Britain meant that short-cutting across the water was not an option!



Henry at full speed to the finish – goldfields day 1, right son Robin likewise on day 2, and below the finish area in Sydney – formerly a beach volleyball stadium

Next stop was Canberra, passing close to Mount Kosciuszko. Unfortunately, we didn't have the winter gear to climb the highest peak in Australasia. We also had to get to Honey-suckle Creek, made famous as the groundstation for the Apollo moon missions. The residual groundstation was an oasis in an area of



tough forest. Run along the marsh (with sump-holes) or contour round the rocky hillside – neither easy options! It was easier the next day in a city forest – rough but open.

And so to Sydney. First task was to register. We turned up at the Dome, walked round to see a queue 200 m long outside the Dome, at mid-morning. Every few minutes we would move forward a few metres, and another 20 or 30 people would join the queue. A couple of hours later, we reached the entrance door. Some time later we got to the registration room, with 40 registration desks. Because we'd sent our photos by email in advance we were fast tracked through the next stage, or there would have been another hour to wait, for photos to be taken and identity cards to be made. Apparently, this was organised by the government – a total shambles. They eventually gave up putting photos on identity cards! We got away from registration in time to get round to a 'model' sprint event at a disused hospital in Sydney Harbour.



Next day we were off to MacQuarie University for the Sprint Qualifier. For my age group, there was a 2 km race, arranged in two heats, round the campus, dodging between students whilst trying to find the best route between and round buildings. There were some subtleties – like being led into a courtyard and having to retreat as we had to go round and not through the buildings. I managed to get in the top half of my heat, so that I went through to the 'A' final held in Sydney Olympic Park. Starts were in reverse order, i.e. fastest off last, but otherwise no carry over of time from the qualifier to the final. There were 3-dimensional problems, as the control was not necessarily at ground level, but could be at a higher level in the stadium. A water feature was deemed to be uncrossable, so had to decide (quickly) whether to go left or right to the control that was in sight. No chance of going direct, as there were observers positioned to look for transgressions. The quoted

2 km was never possible! I got to the final control before the penultimate control, corrected but was still pleased to get 24th position out of 90 in the age group, 3 minutes behind the leader, a Finn who took 14:21.

Orienteering had to clear the area at lunchtime to prepare for the Opening Ceremony, in which we were entitled to march. However, opted out and joined up with our youngster to use our city transport pass to go on a Sydney Harbour ferry to Watson's Bay.

Next day we were off to Lithgow in the Blue Mountains for the Classic event, comprising a model event, two qualifiers and, after a rest day, a final. The model event in the aptly-named Gardens of Stone National Park was daunting, with massive pagoda rocks on a steep hillside. The pagoda rocks are sandstone towers, with obvious strata, eroded by wind to give the characteristic appearance. For the first qualifier in the adjacent area (called Long Swamp), the organised flow of competitors helped as generally people were going the same direction, either up or down, the steep gullies. My Day 1 position of 24th looked comfortable for getting into the 'A' final.

The second qualifier at Prosser's Reef was in a quite different area, a plateau with steep intruding valleys. I ran past an early control, which was a bit lower on a steep slope than I expected, a small but not critical error. There was then a leg right across the map, 1.9 km of the 4.8 km course. I went direct, and dropped straight onto the control, but would probably have been quicker running round the paths – longer but faster and requiring less concentration. It looked doubtful that I would be in the 'A' final, being 37th on the day.

The shake-up got me in position 30 in my qualifying group, first off in the 'A' final, at Carwell's Labyrinth. Although adjacent to Prosser's Reef, it was more intricate, with areas of clusters of pagoda rocks, smaller but more numerous than at Long Swamp. This time I managed to work through the rocks correctly, finishing in 65 minutes, 37th out of 60 in the 'A' final and 110 in the age class. The winner, a Brit, took 40 minutes for the 5.1 km course.

As I finished I calculated that there were still a few hours before the Round Rotherham would set off. An unfortunate clash, but we still had the tour from Sydney to Melbourne to undertake, following the coast, observing wildlife and walking through gum-tree forest, looking for koalas. Too much for the 8 days we had allowed! One thing we did learn is that Australia is BIG – and a short distance off the road to a point of interest is likely to be 10 or 20 km. How about Turin in 2013?

Previous and Future World Masters Games

2013 Turin, Italy
(2011 European Masters: Lignano, Italy)
2009 Sydney, Australia.
2005 Edmonton, Canada
2002 Melbourne, Australia
1998 Portland, United States of America
1994 Brisbane, Australia
1989 Aalborg, Aarhus and Herning, Denmark
1985 Toronto, Canada

Cutlers Relays

11th Oct 2009

In the first event of the 2009/10 season, we had a fantastic turn out - 25 teams entered with ages from 8 to over 60.

These Open relays were also the SY and YVAA championships.

We didn't manage to finish 25 complete teams, due to illness etc etc.

Of the 16 young athlete teams entered we had 12 complete teams, and of the 9 junior/senior/veteran teams entered we had 6 complete teams.

We had medal winning teams in every category entered, except for U11 girls (who finished a creditable 6th).

The winning teams were:-

Under 15 boys (Nick Myers, Rafael Sebastiao & Nico Bird)

Under 17 women (Gemma Williamson, Olivia Neal & Natasha Hatswell)

Sen/Jun women (Abbie Vernon, Robyn Lanceley & Jess Fawcett)

Women vets O35 (Sue Bellamy, Joanne Ridgeway & Sharon Burton)

Women vets O55 (Gill Taylor, Jenny Horan & Wendy Whitaker)

Men vets O60 (Mick Marsters, Bob Tintinger & Terry Hawley)

2nd placed teams were:-

Under 11 boys A team (Kane Smith, Joseph Morton & Jonathan Bilton)

Under 13 girls A team (Maisie Elliott, Emily Hutchinson & Ellena Freeman)

Under 15 girls A team (Codie Marsh, Jess Mangham & Emma Dutton)

Men vets O50 (Terry Eastwood, Peter Neal & Keith Williams)

3rd placed teams were:-

Under 11 boys B team (Declan Walker, Joe Davies & Jordan Dixon)

Under 13 boys A team (Robert Bentham, Cameron Widdison & Caine Frost)

Under 17 mens team (Paul Ward, Chris Maris & John Rwothomach)

Jun/ Sen Men (Kyle Craib, Paul Humphries, David Smith & Simon Mounsey)

Other team results were:-

U11 boys C team 4th (Ashley Pogmore, James Mangham & Jack Ward)

U11 girls A team 6th (Megan Nagy, Emily Kay & Olivia Boulton)

U13 girls B team 7th (Beth Taylor, Grace Tomlinson & Eleanor Dovey)

U15 girls B team 4th (Zoe Brain, Mary Jenkinson & Jess Freeman)

There were many other athletes who were in incomplete teams.

Thanks to you all for running!

Thanks to all the team managers for arranging such a good start to the season.



All Cutlers' Relay South Yorkshire Championships Photographs:

Above: U17 women Natasha Hatswell, Gemma Williamson and Olivia Neal

Middle left: U13 boys bronze medal winning team (from L Caine Frost, Robert Bentham, Cameron Widdison).

Middle right: U15 girls squad Bonnie Smith, Jess Freeman, Emma Dutton, Mary Jenkinson, Abbey Stanley, Codie Marsh, Zoe Brain, Jess Mangham

Bottom left: four of the U13 girls athletes (from L Grace Tomlinson, Emily Hutchinson, Maisie Elliott, Ellena Freeman)

Bottom right: women vet 55 team Jenny Horan, Wendy Whitaker, Gill Taylor





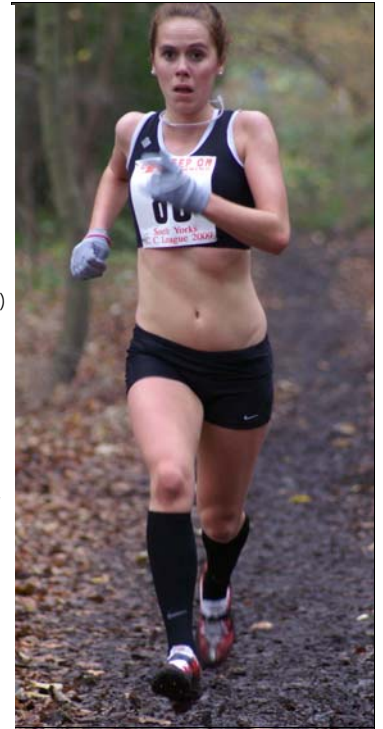
Total determination on the face of Natalie Grant (right) as she convincingly wins the third South Yorkshire event at Canley Park.

The lower individual shot is of Robert Bentham taking the U13 boys race by the scruff at the same venue.

Group shots on this page:
Left: U11 boys athletes (James Mangham & Jack Ward missing) Joseph Morton, Ashley Pogmore, Joe Davies, Declan Walker, Jordan Dixon, Kane Smith, Jonathan Bilton at the Cutlers' Relays

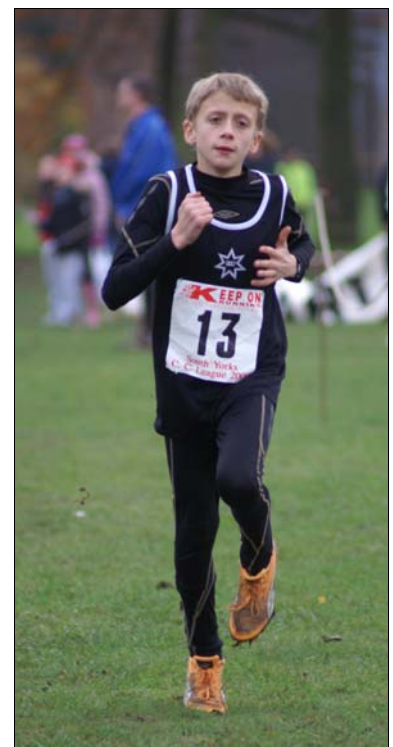
Below left : U13 girls Eleanor Freeman, Grace Tomlinson, Maisie Elliott, Emily Hutchinson, Mollie Arif at the ECCA Relays

Below right : U13 boys Rob Bentham, Kane Smith, Ryan Beale, Devon Stead, Caine Frost, James Warnock



Bottom of page picture: a junior and U17 Ladies arrangement. From left: Jess Fawcett, Steph Burns, Natasha Hatswell (U17), Emily Fisher (U17), Robyn Lanceley, and Natalie Grant. Not in shot from the two squads are Abbie Vernon and Gemma Williamson.

Thanks to Steve Gaines for all these shots and for his boundless enthusiasm. A reminder to coaches, parents and supporters that their own photographs are welcome in the newsletter. For best results they need to be untreated.



The 27th staging of the Rowbotham's Round Rotherham 50-mile Trail Race

was won on 17th October by Marcus Scotney (Dumfries RC) in 6:42:12, with first lady Angie Sadler (Tewksbury AC) coming home in 8:23:55 on a day which was suited to running both from the weather and the going underfoot. Marcus' winning time was almost 30 minutes ahead of Jack Brown (Ron Hill Cambuslang H, 07:10:50) with Ian Bishop (East Cheshire H, 07:38:35) third, whilst in the ladies race Angie led Claire Spencer (Kimberworth Striders, 08:43:26) by around 20 minutes with Anne Wade (TRA, 09:24:07) third. Kimberworth took the team prize through Ian Brookes, Martin Gaynor and Spencer as well as bringing home the next two teams.

What makes Scotney's performance more remarkable is that, apparently, he did not reconnoitre the route, relying on the event map to find his way. This is testimony both to his map-reading skills (Wainwright-style strip map) and to the skill and dedication which Henry Marston has shown creating such a guide and keeping it up to date (as well as keeping event statistics). It is not an approach to recommend however - one of the relay teams got lost in their own parish! Fitting too in a way, in that the winner is one of the Dumfries contingent, a club which has supported this race impressively over the years, not least considering the distance they travel.

The event has been based at Dearne Valley College for a few years now and got underway with a start for walkers in the dark at 6am, followed by runners at 7am. The race has incorporated an 8-stage relay (using the feeding stations) since 2001, and this started at 8am, all of this ensuring some continuity in the presence of competitors along the route with late-start runners overtaking walkers and slow runners round about first (Grange) and second station (Treeton) and relay teams catching the leading runners by around station six (Maltby). Whilst the 'real' competitors' must disdain the relay as too easy a challenge, it generates a lot of interest and sometimes does aid individuals with route-finding. And it's very competitive. This time Rotherham won all three categories (men, women, and mixed).

Two hundred and twenty-six starters (15 on the day) saw only a small drop-out rate as the last competitor home was 208th in a shade under sixteen and a half hours. With the sun setting around 6.15 this meant that the last 65 or so participants, all of them 6am starters, finished in the dark. With diligent back-up work led by Pete Adams, all the dropped-out com-



Winning relay team representatives L to R: Eleanor Thomas, Gill Taylor, Janice McWilliam, Olivia Neal (Women in Black =RHAC ladies), Peter Humphries, Luke Brady, Adele Morris, Gillian Neal (Technosnails =RHAC mixed) with Peter Neal at the back (Men in Black =RHAC men)

petitors were safely reunited with their belongings at Dearne Valley (some of them using their own back-up however). Only one left the course without informing a check-point or phoning the emergency number, causing considerable problems for organisers Sharon Burton and Brian Harney who, in such circumstances are unsure whether the competitor is unconscious in a ditch or speeding home on the motorway. The latter, in this case, but we all make mistakes.

A high proportion of the competitors have come back year on year, and not a few this time were somewhat dismayed that the traditional December date has been abandoned. From their point of view, it is the last event of their event calendar and a bracing challenge, which sometimes has made completion a notable (even more notable!) achievement. The trouble is, sometimes it has been too bracing, and after two years of brilliant 'shirts-off' weather we have endured two poor ones, last year in particular being horrendous with a virtually continu-

ous biblical downpour, which made the going underfoot boggy, gluey and very slow, leading to a lot of drop-outs. The terrain for this 50-mile event seems to me to be equal part countryside (fields, paths, often remote and quite beautiful in the right weather) and urban (streets, urban footpaths) so that finding competitors (possibly in distress) in such conditions, and in the dark became a major safety problem. Plus of course, the checkpoint marshals and assistants were out in it for many hours. No such problems this year, and whilst better conditions in October than December cannot be guaranteed, more daylight can. Competitors have understood this necessary change, and we thank them for their understanding.

Speaking of coming back, twenty people have completed the RRR more than ten times, led with an incredible 23 occasions by Roy Varo (Rotherham HAC). Incredible in that, having completed 20 times he missed 2006 after a running incident left him with a broken hip, but he has since completed three times as a walker (13:15:18 this time). Many who come back, and beginners at the distance, have again been very complimentary about the support and encouragement of the army of helpers who run the checkpoint feed stations and at the event centre where Elaine Laurie, June Harney, Jenny Gent and Pat Rowbotham have been the main caterers for as long as I can remember. When they comment what a friendly race it is and how welcoming the checkpoints are, their comments in turn are very encouraging for us.

When I say "twenty-seventh staging", it's only partially true as Ralph Rowbotham, originator of the RRR set it up during his long tenure as the club's secretary (a euphemism for general factotum) in 1982 when a strike in the steel industry left him with time on his hands. The county boundary had been reorganised to be bigger, and at the time also events like the Lyke Wake Walk (40 miles plus) were popular, partly as fund-

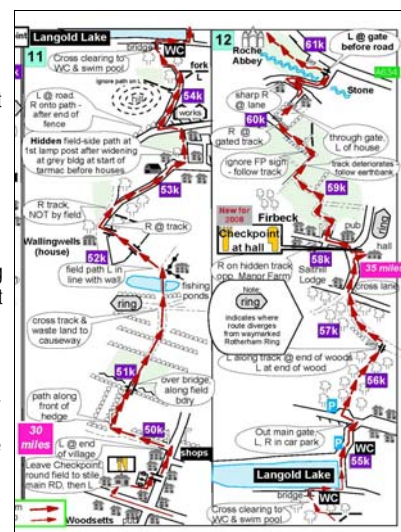
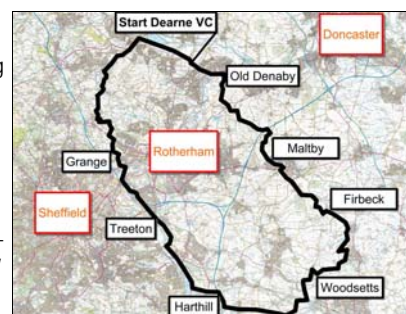
raising ventures. He saw a round-Rotherham event as being more accessible and less expensive. After laying out a route, a small contingent took it on in midsummer starting at 10am at Maltby Crag, with only Ralph and Roy Tinker finishing at around 8pm. But of course 2009 has been the 27th open competitive event.

It's competitive life began with Tinsley School as headquarters, walkers starting at midnight and runners 6am. Subsequent moves were to Brampton Ellis School and then the present venue. The walking involvement came about because runners in those days entered distance events which were to a large degree LDWA events, and not necessarily competitive. As this was condoned by LDWA organisers, RRR welcomed walkers reciprocally. Route marking has been a difficult area; at one time there was over-enthusiastic use of emulsion paint; for a number of years Brian Harney laid a huge trail of sawdust supplied by a local company. On one occasion Terry Girdlestone, a supportive local publican, supplied 1000 brightly-coloured Stones Beer mats which were laid in the ploughed fields so that they could only be seen in one direction! (I hope they were biodegradable). In recent times, plastic tape has been used at tricky points such as King's Wood Elsecar.

Review of the 2009 event has led to the decision that the course will not in future be marked. This because, firstly following tape for a while makes competitors forget to use the map so they lose place, and secondly there have been instances of deliberate realigning of tape, thirdly there is a bit more morning daylight in October. The organisers will be pressing for permanent markers to be installed round the route similar to those for the "Rotherham Roundwalk" which was based on this event. They will be opting for the same start arrangements in 2010 and the event date chosen is Saturday 16th October.

Peter Humphries

This report is to appear in 'Trailrunner' Magazine



Otherham 2009 Page 3 of 4 18/09/09 Round Rotherham 2009 (v2.0) - Henry Marston

Extract of Henry Marston's excellent strip map

KMRT Series: Canal Race
 November 1st Rotherham

1	22.16	Dan Birkinshaw	KS	1st Man
2	22.51	Howard Darwin	RH	2nd Man
3	23.02	Ian Hetherington	U/A	3rd Man
4	23.2	Mark Smith	KS	
5	23.5	Dave Nuttall	RH	1st MV50
6	24.16	Kevin Doyle	KS	
7	24.18	John Spencer	RH	1st MV40
8	24.21	John Comrie	RH	
9	24.23	Phil Martin	KS	
10	24.46	David Booth Jnr	RH	1st Junior
11	25.21	Scott Mapplebeck	U/A	
12	25.36	James Smith	KS	
13	26.02	Ian Brookes	KS	
14	26.26	Paul Campbell	RH	
15	26.42	Cain Green	KS	
16	26.43	Helen Wade	KS	1st Woman
17	26.5	Antony Angel	U/A	
18	27.01	Paul Greenwood	KS	
19	27.05	Jim Rust	MRC	
20	27.06	Craig Spencer	KS	
21	27.08	Alvin Hickling	KS	
22	27.12	Carla Foster	KS	2nd Woman
23	27.15	Malcolm Procter	KS	
24	27.19	David Booth	KS	
25	27.42	John Kirk	RH	
26	27.43	Kerry Booth	RH	
27	27.45	Nina Hague	U/A	3rd Woman
28	27.52	Phil Stokes	KS	
29	28.16	Mick Barber	MRC	
30	28.56	Tony Redfern	MRC	
31	29	Claire Chapman	KS	
32	29.05	Neil Shaw	RH	
33	29.14	Bob Houghton	MRC	
34	29.25	Ken Chapman	KS	1st MV60
35	29.35	Jayne Allen	RH	1st FV40
36	29.52	Keith Binney	BAC	
37	29.55	Gary Needham	MRC	
38	30.07	Peter Humphries	RH	
39	30.08	Tim Wootton	VHR	
40	30.13	Paul Staley	RH	
41	30.14	Caroline Boyd	MRC	1st FV50
42	30.17	George Thompson	KS	
43	30.19	Lee Barracough	KS	
44	30.27	Ruth Carnall	KS	
45	30.28	Dave Thorpe	MRC	
46	30.35	Michael Hill	RH	
47	30.36	Chris Flintham	MRC	
48	30.45	Jim Gallacher	RH	
49	30.46	Russ Bramhall	KS	
50	31.18	Brian Lowndes	MRC	
51	31.33	Claire Turner	KS	
52	32.59	Christine Stimpson	TRC	
53	33.05	Mathew Asbridge	RH	
54	33.06	Phil Hague	RH	
55	33.56	Roger Cook	KS	
56	34.07	Judith Webb	VHR	
57	37.45	Ray Mathews	MRC	
58	38.24	Clare Edwards	KS	
59	38.42	Diane Langley	KS	
60	38.43	Nick Scarr	KS	
61	49.17	Mary Chapman	KS	1st FV60

A decent Rotherham turn-out in Kimberworth's race, for which many thanks—also the social afterwards. The sun shone brightly on the awards and social but stormy conditions made the race itself a trial—especially the treacherous boardwalk stretch of canal bank. Same for all!

Howard Darwin ran fiercely to 2nd after a trip to the cross-country relays the day before. Jayne Allen, our only lady, showed increasing speed and determination. Numerous RH personnel kept their series hopes on target.

Next event in this series is Santa Special at Droppingwell, off at 11am on 20th December, then Boxing Day last event at Braithwell. 11 start at the Butchers.

Northern Young Athletes road relays.

Leeds Met Uni 27th Sep
Despite entering a total of 12 teams, we only managed to get 4 complete teams to finish. There were some good runs and results though

The U13 girls finished 30th, with Maisie Elliott recording a fast time (the fastest Yorkshire club time).

The U15 girls A team finished a creditable 7th, with Codie Marsh finishing 3rd on the 1st leg, and recording the 3rd fastest time. The B team finished 32nd (5th B team).

The U17 womens team finished 8th. Natasha Hatswell coming in 3rd after the 1st leg (with the 9th fastest time) and Emily Fisher, on leg 2 recording the 7th fastest time.

Despite not having a complete U13 boys team, Robert Bentham had a very good run on leg 1, recording the 11th fastest time.

Northern men's 6 stage and womens 4 stage relays.

Leeds Met Uni 26th Sep

Team strength was reduced in both teams, and to such an extent in the women's team that we only had one runner, due to illness and unavailability. Natalie Grant had a fine run, finishing 5th on leg 1, and recording the 7th fastest time, in the women's event.

The men's team finished 31st, and ordinarily would not have qualified for the national champs on the 17th Sep. However we were 25th club to finish, (There 6 club B or C teams in front of our team) and we received confirmation of our qualification on Monday the 28th Sep.

So it was both men's and women's teams at Sutton Park on the 17th Oct.

YVAA road relays, Sun 27th Sep Ilkley

We had two teams in the event.

The M50 team finishing 4th, with Keith Williams running the 7th fastest time, Peter Neal the 10th fastest, and Terry Eastwood the 15th fastest.

The W45 team also finished 4th, with Janet Hindley running the 7th fastest time, Paula Fisher the 9th fastest, and Gill Taylor the 12th fastest.

National relay results
Mens 6 stage

1	Newham & Essex Bgles	1:43:14
5	Leeds City AC	1:45:43 (1st Northern)
55	Rotherham H & AC	1:58:12

Luke Field	(78) 19:52
Kyle Craib	(74) 19:59
Philip Hoole	(54) 17:34
Dave Tune	(63) 21:08
Jonathan Maxfield	(58) 19:49
Paul Humphries	(55) 19:50



Pictured at Leeds Met University, Philip Hoole has consistently been RH's fastest runner in the relays. Autumn results include 68.44 at the Great North Run and 31.23 at the Great Yorkshire 10k, Sheffield

Womens 4 stage

1	Aldershot Farnham & D	57:09
2	Chester-Le-Street & D	58:17
23	Rotherham Harriers&AC	1:03:54
	Natalie Grant	(12) 14:56
	Jenny Blizzard	(15) 15:29
	Robyn Lanceley	(18) 16:51
	Abbie Vernon	(23) 16:38

Young Athletes
U15 girls

1	Aldershot Farnham & D	42:06
7	Hallamshire Harriers	44:14 (1st Northern)
22	Rotherham Harriers&AC	46:17
	Codie Marsh	(19) 14:39
	J Mangham	(19) 15:34
	Emma Dutton	(22) 16:04

U17 women

1	Aldershot Farnham & D	39:48
8	Vale Royal AC	44:47 (1st Northern)
24	Rotherham Harriers&AC	47:59
	N Hatswell	(26) 15:15
	Emily Fisher	(17) 15:00
	G Williamson	(24) 17:44

Road Relay Analysis 2002-9

Year	Men's 12 stage		Women's 6 stage		Men's 6 stage		Women's 4 stage	
	Northern	National	Northern	National	Northern	National	Northern	National
2002	26		14		No team			
2003	14	No team	13	No team	No team			
2004	16	No team	18	No team	Incomplete (3)			
2005	16	Incomplete (8)	Incomplete (1)	35 2:03.03	24	65	Incomplete (1)	Incomplete (1)
2006	9	55 4:57:07	Incomplete (1)	Incomplete (3)	Incomplete (1)	dnq	Incomplete	21
2007	23	52 4:55:19	9	19 1:53.55	15	41	No team	11
2008	15	36 4:47.48	4	18 1:53.07	37	dnq	11	29
2009	16	38 4:42.10	13	38 2:06.05	31	55	Incomplete (1)	23

South Yorkshire Young Athletes' Indoor Winter Series

SY Indoor Athletics Mon 16 Nov 09

The first fixture in the 2009/2010 series took place at the English Institute of Sport, Sheffield on the 14th November.

In it's second year, the first of four fixtures in this event proved as popular as ever, with 189 athletes taking part - a 30% increase over the opening fixture last year.

Rotherham Harriers had 22 club athletes taking part, and up against some stiff competition from other South Yorkshire and Yorkshire athletes.

However the talented group of Harriers young athletes performed well, with 7 club athletes winning medals. *See photo below.*

They were:-

Maisie Elliott winning gold in the under 13 girls 800m, after a thrilling race against Doncaster's Elli Stotthard. Both athletes being given the same time (2:41.5) but victory went to Maisie after a great final sprint to just pass Elli before the finish line.

Kane Smith, gold in the under 13 boys shot with 6.04m, and silver in the 800m (2:45.8)

Nikki Emson won silver in the under 15 girls 200m with a time of 27.9secs.

Samuel Stevens won silver in the under 15 boys 800m (2:59.2)

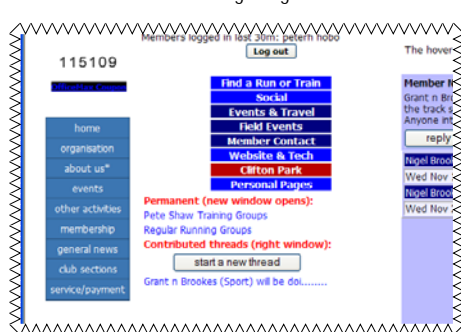
Olivia Boulton won bronze in the under 11 girls 600m (2:26.1)

Beth Taylor won bronze in the under 15 girls 800m with 2:43.00.



Website Development—Exchange Pages

Just short of fifty members have already found or been attracted to the new website facility which we have called 'Exchange Pages'



This is a members-only area which consists of 8 areas (at the moment— can be varied) where you can read permanent pages (with changing information) such as training group arrangements, or start your own line of discussion, or reply to one already started. More or less similar to a classic forum in other words.

More important to some, you can maintain your own permanent pages if you wish— a number of

people have promised them and Natalie has already launched one.

For access to the pages, click on 'Click here to join' in the bottom right-hand corner of the homepage and fill in the very simple form which opens up. That emails your application to me and other club organisers. You get your password back by email. The reason for this method is so as to keep out anyone who is not a club member.

The exchange pages have been built mainly in response to athletes who have asked for information about finding running companions or about other training groups. But they have a far wider potential use.

You can see our hit counter in the above screenshot— it stands at 115,109 and statistics show we are getting around 500 unique visits to the site daily. Nonetheless, some parts of the site are out of date and will be attended to before long.

www.rotherhamharriers.org

RH Club of the Year— Again!

This is the second time we have won this in 3 years (You are not eligible to be nominated in the subsequent year).

The photo shows Suzanne (Bentham) & I collecting the award. We had to dash off to the ceremony immediately after the AGM. David & Barbara Allen were runners up in the Services to Sport section, and Mark Ward was runner up in the senior performer award section (Mark kindly loaned me the bow tie for the photo). Nomination submissions attached for information.

I got definite feedback at the awards evening that the club is very well regarded for it's work with schools and the community - as well as the sporting achievements with local athletes [Steve Gaines]



Clifton Park Runs

Clifton Park Run 21 November 2009

cloudy, drizzle, 9C

arrive start time

1	22	Phillip Hoole	26.29	10.00	16.29
2	23	Kyle Craib	27.11	10.00	17.11
3	6	Nigel Brookes	22.44	5.00	17.44
4	18	David Booth	26.18	7.00	19.18
5	4	Terry Hawley	19.29	0.00	19.29
6	8	Dave Nuttall	26.33	7.00	19.33
7	2	Peter Neal	22.44	3.00	19.44
8	11	John Spencer	25.53	6.00	19.53
9	10	Paul Campbell	24.32	4.00	20.32
10	1	Matthew Asbridge	26.42	6.00	20.42
11	20	John Kirk	22.21	1.00	21.21
12	3	Janice McWilliam	24.23	3.00	21.23
13	9	Paula Fisher	22.24	1.00	21.24
14	19	Kerry Booth	24.52	3.00	21.52
15	15	Philippa James	26.57	4.00	22.57
16	7	Janet Hindley	23.08	0.00	23.08
17	14	Phil Roberts	23.09	0.00	23.09
18	13	Georgina Spencer	23.39	0.00	23.39
19	21	Henry Marston	25.34	1.00	24.34
20	16	Gill Taylor	28.42	4.00	24.42
21	12	Diane Spencer	28.36	1.00	27.36
22	17	Malcolm Metcalfe	37.08	4.00	33.08

Too soon after the issue of leaflets by RMBC for any public interest to surface. Conditions were good for running if not for officiating, so thanks to those who did.

Next event is SUNDAY 27th December. The park is open, but facilities such as the café will not be. Our exact arrangements will depend on likely weather prognosis.

Readers will probably be aware by now that the building work is suspended— seemingly sine die but you never know. Anyway, we are making arrangements at present week by week

Public involvement is quite possible in the December run.

Watch out for run entry and start-time booking on line via the www.rotherhamharriers.org site (if you are a computer junky, that is)

RHAC full members only

Xmas Day Race

25 December (!) 2009

Handicap 5 mile race first off at 11 am from Boswell St (based at Park Hotel)

For handicap to be sound report any recent race times in range 5k to 10m to Jim Brogan or Pete Shaw by Mon 21st Dec

SANTA SPECIAL

5m approx off road (trail wood & field)

Droppingwell Lane, Kimberworth

Penultimate race of KMRT series 2009

RH runners usually show festive cheer here

£3 11am start

Rotherham Harriers & AC Newsletter

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

VISIT www.rotherhamharriers.org
www.sycra.co.uk