

Rotherham Runner



Rotherham Harriers & AC February 2007 Ser 4 No 31

NoEAA Cross Country Championships
Heaton Park Manchester, 27th Jan 2007

Great support and performances!

We had entered 61 runners for the event, but due to illness and injury only 32 runners started. Whilst it is disappointing to not have all entered runners there (accepting that you can do little about illness and injury), we have to see the attendance as a big improvement over last year. In 2006 we had 21 runners and finished 2 teams. this year we had 32 runners and finished 4 teams.

RH athletes were very close to individual medals in 3 events, and the senior men's turnout was the best for several years. The highlight of the day was the U20 women's team performance - winning bronze medals, they are pictured right. Congratulations!!

The support from club members, coaches, friends and families was tremendous! The club tent was out for the second time, and despite the size struggled to accommodate our athletes and supporters.

Special thanks are due to Dave Johnson for driving the minibus and not getting lost. The help from Peter Neal, Pete Shaw and Nigel Brookes meant that we had the tent up and numbers organised by 10:30, thanks to you all.

Nigel then spent the whole day braving the cold winds to take over 200 photos, I managed to snap another 100 or so, and you can view over 190 of these on the website.

The team & individual performances are covered on page 4 in race programme order.

Steve further asked to make several key points:
1) We hope that the hamstring injury which forced Jess Fawcett to drop out is not serious.
2) We hope that Curtis Benton recovers from his knee injury & can join the other 3 U13 boys for the national team.
3) We need more athletes at U13,15 & 17 boys to ensure we field complete teams!

Steve reports on pages 3 and 4



FREELANCING

Jenny Blizzard in UK kit
Physio services discounted for RH members see page 2



David Smith at the northern-page 4



Welcome back to Philippa James
Pictured at Heaton Park



Above U13 boys Alex Carroll, Nicholas Myers and William Johnson at the Northern Cross Country Championships, Manchester. Below U20 medallists Sarah Barnes, Klachen Cheshire, Anabelle Grady and Rosie Edwards



Changes at the Helm

It is with some shock and sadness that the exec. committee have to advise you of Bert Norburn's resignation from Rotherham Harriers. Bert's contribution to the club in his 9 years as club secretary has been immense. He has been both a popular and effective organiser. Bert's reasons for resigning are personal, as such we respect and reluctantly accept his decision. Our thanks and gratitude also go to Marilyn for her valued help over the years.

Steve Gaines will act as club secretary until the AGM. Contact details are: Telephone 01302 538408, Address 92 Bawtry Road, Bessacarr, Doncaster, DN4 7BQ.



The exec. met on the 12th to review the capability to deliver the events & activities following the loss of Bert and Marilyn. It is our aim to continue to deliver all that is currently scheduled and taking place, but to do so we will need some volunteer assistance.

We require help with 2 key areas: running the club shop in the stadium kiosk, and help with Track and Field. Further details of exactly what help is needed with Track & Field will be placed on the website and noticeboard shortly.

We hope to run all events and member facilities, but will need help to do so. If we do not get that help, it is unlikely they can continue. Please help if you can.



**YOUR OWN EVENTS
COMING SOON**

First:

**Bassingthorpe
Spring**

Feb 25th off at 11am
Entries 10.30 at The Plough
Roughwood Road
Greasbrough

Treeton Torture 11/3
Easter Chuckie 25/3

Support your own club!!!
Support your own events!

RHAC South Yorkshire Team Fixtures 2007

Northern Men/Women Div 2EC	Sat 5th May Chesterfield at Mansfield	Sat 2nd June Boston	Sun 8th July Lincoln	Sun 5th August Doncaster	
Nat Jun Lge Humber Div	Sun 29th April Rotherham	Sun 27th May Rotherham	Sunday 1st July Hull	Sun 29th July Scunthorpe	
Nat UKA YA Northern Premier League	Sun 6th May Rotherham	Sun 20th May Rotherham	Sun 3rd June Cleethorpes	Sun 24th June Sports City Manchester	Sun 22nd July Macclesfield
South Yorks Fix	Sat 19th May Rotherham 1 pm Ages 8 - 11	Tues 5th June Doncaster Sen + U17	Wed 13th June Cudworth Track Relays	Sun 17th June Cudworth 1 pm Ages 8 - 11	Tue 26th June Cudworth Sen + U17
South Yorks Fix. continued	Sat 30th June Woobourn Road Ages 8 - 11	Tues 10th July Woodbourn Road Ages 15+	Sat 21st July Doncaster	Thur 26th July Rotherham	Sun 9th Sep Cudworth Sen Champs 15+
South Yorks Road League	Wed 11th April Hayfield, Doncaster	Wed 9th May Penistone	Wed 23 May Worsbro	Wed 30 May Dinnington	

Club Championship races for 2007

No further races will be added to this list
Further details of races will be added when known.

19th Nov Barnsley 10K, 17th Dec Bolsover 10K, 17th Dec Kimberworth Santa Special, 25th Dec Christmas Day H'cap, 26th Dec Braithwell 5, 4th Feb Dewsbury 10K ALREADY GONE. TO COME—

18th February **Wombwell 5** contact is Janette Tomlins Tel:01226 754865 144, Aldham House Lane, Wombwell, Barnsley S73 8RZ e-mail: janette.tomlins1@virgin.net
25 Feb The **Snake Lane 10** at Pocklington Entry Fee £6. Entries to Race Secretary, 8 Wheatlands Close, Pocklington, York, YO42 2UT. Entry limit 850. No late or entry on day.

4th March **Norton 9M** 11.00am Entry fee £5 payable to "ASKERN DISTRICT RUNNING CLUB". Entries to The Norton 9, "Colby", West End Road, Norton, Doncaster, DN6 9EF. CD 25/2/07. Last year 340 runners.
11th March **Dronfield 10K** 11.00. Scout Hut, Pentland Road, Dronfield. Last year 622 runners.

? March **Doncaster ½ M**
24th March **Ulley T/T** at 11.30.
25th March **Easter Chuckie** at 11.15. Wath Rugby Club (off road)
25th March **Wakefield Hospice City 10k**, Thornes Park Athletics Stadium, Horbury Road, Wakefield, W. Yorks. 2006 entry fees were: £6/£8 + £1 on day ("Wakefield Hospice") c/d 4/4. Contact: 10k Organiser, Wakefield Hospice Fundraising, Wakefield Hospice, Aberford Road, Wakefield WF1 4TS - tel: (01924) 213900

11th April **S. Y. Road League 1** Hayfield Lakes
22nd April **Sheffield 10K**
28th April **Rother Valley 10K**
29th April **Rothwell 10K**, 10.00 from the Rothwell Sports Centre (A642, Oulton, nr. Rothwell, Leeds). 2006 entry fees were: £7/£9 (pay "Rothwell Harriers"). Race info queries to Paul Beresford (before 9pm only) on 0113 282 4724.

9th May **S Y Road League 2** Oxspring
16th May **Askern 10K**
20th May **Sheffield ½ Marathon**
23rd May **S Y Road League 3** Worsboro
30th May **S Y Road League 4** Dinnington
18 July **Doncaster Town Centre 5K**. Vets & Ladies @ 7.30 Open @8.00
12th August **Askern 10M**
27th August **Armthorpe 10K** @11.00
8 Sept **Penistone 10K** @ 11.30
? Oct **Clumber Park 10K**
? Oct **Workshop Trader 1/2M** @ 10.30

Alan Bryden



DISCOUNTED PHYSIOTHERAPY

Following her recent success in elevating herself into International standard distance running, Rotherham's own long serving harrier Jenny Blizard aims to further her running career by moving more toward a freelance position in her physiotherapy profession. This will enable her to continue to progress towards European and Commonwealth representation by allowing her more flexibility to concentrate on athletics. Rotherham Harriers can HELP her towards these goals by supporting Jenny where possible in her new venture.

Jenny has several years experience in physiotherapy and sports massage including work with high performance athletes in a variety of sports. She is fully qualified to deal with all types of injuries sustained both in and out of the sporting field.

"To allow me more flexibility in preparing for major championships I have decided to work part time in my field. This will enable me to concentrate on my continual progression"

Jenny NEEDS OUR HELP by recommending her services to work colleagues, family, friends or yourself with all your running ailments and injuries.

A special discount will be offered to harriers to take advantage of Jenny's services, which include injury diagnosis, treatment, rehabilitation and prevention.

Please help Jenny realise her goals and potential in supporting her in this venture and at the same time help to raise the Rotherham Harriers profile.

Contact Jenny on 07931897006 for initial enquiries. Jenny will be based at the WELSH CHIROPRACTIC CLINIC, BRECKS CRESCENT, BRECKS, ROTHERHAM, S65 3HZ. TEL: 01709 702230

Fixtures

February

- Sun 18 Wombwell 5 open 10.30, £6 janette.tomlins@blueyonder.co.uk
- Sun 18 Cleethorpes XC Meeting open 11.00am Grassland & Dune ALL ages
- Sat 24 **Ulley Time Trial 5k** RH, guests 11am first off, Royal Oak Ulley
- Sat 24 U20, U17, U15 Indoor open Eng. Ath. Indoor, NIA Birmingham
- Sun 25 **Bassingthorpe Spring** open 6 mile trail Plough Roughwood Rd Greasbrough 11am
- Sun 25 Snake Lane 10 open Pocklington. Fee £6. No E/D. Limit 850. 8 Wheatlands Close,
- Sun 25 Huddersfield 10K open 11.00am start Entries close 19th February
- Sun 25 Reebok Indoor, Sports City open Sale Harriers, Manchester 11.00am start
- Sun 25 U20, U17, U15 Indoor open Eng. Ath. Indoor, NIA Birmingham

March

- Sun 04 Norton 9 open 11.00. £5. cd 25 Feb. Norton 9, "Colby" West End Road Norton
- Sun 04 Barton & Dis Open XC open Baysgarth Park, Humberside Start 11.30am
- Sat 10 ECCA CC Champs club teams Herrington Country Pk, Sunderland
- Sun 11 **Treeton Torture 5k** open Start 11:00 am. 1 mile fun run @ 10:30 am
- Sun 11 Dronfield 10K open 11.00, Scout Hut Pentland Road Dronfield. Last year 622 runners
- Sat 17 U17, U15 Indoor open Eng. Ath. Comb. Eve. Sports City Manchester
- Sun 18 East Hull 20 (20 miles) open Entries close 7th March, inc Humberside Champs
- Sun 18 Louth 10 Mile open 11.30am start 3 mile Fun Run 11.40am Entries Close 11/3
- Sun 18 Winter Warm Up open Blackpool 1st event 12 noon
- Sat 24 English Schls CC Champs areas Leeds
- Sat 24 **Ulley Time Trial 5k** RH, guests 11am first off, Royal Oak Ulley
- Sun 25 Ackworth Half open
- Sun 25 **Easter Chuckie** open 11.15 Wath Rugby Club off-road Club Champ race.
- Sun 25 Wakefield 10K open Thornes Park Wakefield
- Sun 25 Reebok Indoor, Sports City open Sale Harriers, Manchester 11.00am start
- Sun 25 City of Lincoln 10K open £12, Postal only close 12 March 11.00am start
- Sat 31 Northern 6 & 12-Stage Road Relays club teams tba

April

- Sun 01 Open T&F Competition open Rotherham in Celebration of 75th Anniversary of Ladies Secti
- Wed 11 SYRL1 open Hayfield Lakes Doncaster 7.00pm
- Sat 21 Sheffield Festival of Athletics open Don Valley Sheffield Graded Open 12.00 start
- Sun 22 London Marathon open entries closed
- Sun 22 Sheffield 10K open
- Sat 28 Rother Valley 10K open
- Sun 29 NJL Humber Div clubs Match 1 Rotherham
- Sun 29 Rothwell 10K open 10.00am Info on 0113 282 4724

BASSINGTHORPE SPRING

6 miles app. £3
11am 25th Feb

Course: 2 laps

Runners welcome to run 1 lap of three miles (timed)

Yorkshire Vets Championships

14th January 2007, Winterhills Rotherham

As the event was held immediately after the SY championships, the course had become well trodden and somewhat muddy. The weather continued to remain sunny - an excellent day for cross country. The first of two races was scheduled to start at 13:15, but was delayed by some 15 minutes due to the late start and finish of the last SY event race.

In the first race for Men O/50 and women, we had entered teams in the W45+, M50+ and M60+ categories. The fact that the meeting was taking place on the same date as the SY championships meant that we were unable to include Mike Cochrane in our M60 team, since he was the overall leader in the series and wanted to concentrate on that event.

Thanks to all runners for supporting the club.
Steve Gaines 18th Jan 2007

Ladies race

1 Julie Wilson Hallamshire	(F35)	20:59
3 Andrea Dennison Bing	1st F40	21:16
4 Treena Johnson Dewsb.	1st F45	21:18
12 Lesley Hewitt Holm.	1st F50	22:53
20 Janet Hindley	7th F40	23:35
25 Gill Taylor	2nd F50	24:01
29 Sharon Burton	8th F45	24:43
32 Paula Fisher	9th F45	25:28
55 Pat Wells	3rd F60	30:20

Team Results F45+

1st Dewsbury RR	50 points
2nd Holmfirth HAC	64 points
3rd RHAC	86 points

Philippa James had entered the W35 race ,but was unable to run due to a cold. Janet Hindley - sporting a very fast looking pair of sunglasses - made a welcome return to competition after some months of absence from racing, and had a good run. Janet, living in Doncaster and hating muddy conditions, was obviously at home on this hilly course, and has now ruined her excuse for non competition on the grounds of not liking cross country. (a big thank-you from the CC secretary)

The ladies 45+ team all ran well, their tight packing in the finish order gaining them the bronze team medal over Hallamshire (Whose last counter was 40th). Well done to Gill for her second place in the F50 category, and to Pat for her 3rd place in her age category

M50 race

We had entered 4 runners for the event, and needed 3 to score.

Your humble correspondent was unable to run, and had spent an enjoyable day (!!) marking out and marshalling the course . Of the 4 entered, Paul Venables had still not managed to train and reach a suitable level of fitness, so declined to run. That left Peter Neal, Mick Marsters and John Atkinson to make up the team. It has taken some 3 years to persuade John to repeat his appearance in the YVAA XC race, and he only agreed to appear here after I caught him in a moment of weakness at the awards evening and bribed him with the offer of a pair of spikes. To Johns credit, he was there on the start line. Which was more than could be said for Mick! It is not unusual for Mick to still be parking his car when the starter raises his gun, so I was fairly relaxed when the race start was delayed. Unfortunately, when the runners passed me on the first lap, there was still no sign of Mick. Whilst he is usually late , he is also very reliable and had promised to be there. People who know him can no doubt guess the nature of the comments John made as he passed me each lap....

I later found out that Mick had been involved in a road accident on his way to the venue, hence his non appearance. As team manager, I feel I can say " If only Mick had run we would have got 3rd team, if he had finished in the top 20" - something he is easily capable of doing.

1 Andy Normandale Rowntrees	39:19
10 Pete Neal 8th M50	41:27
24 John Atkinson 17th M50	43:38

Pete started well and passed my marshalling point close to

the lead runners on his first lap. He struggled - understandably with the hills on the middle 2 laps but recovered well on the final lap.

John produced a good solid performance, considering that he has been full of cold earlier this month.

M60 race

As far as I am aware, this was the first time we had fielded a M60 team in this event. The team of 3 were well capable of getting into the medals, but their fitness had been affected prior to the event. Malc had been quite ill just before Christmas, and was a long way from full fitness. Peter's preparation was affected by his mother's illness, and sad death earlier in the week. Our thoughts and condolences go to Peter.

Brian had been on a Caribbean cruise , only returning the day before. If I was to pick an activity that was furthest removed from muddy cross country running, I guess it would be a cruise. Enquiring as to his pre-race preparation, Brian admitted he had run for a total of 2 minutes, in the fortnight, on a treadmill.

In the race all ran well, given the pre race circumstances, to take silver team medals. Especially Brian who clearly thrives on eating, drinking and a distinct lack of training before a race. Peter ran for the first lap of the race with Gill, with both of them claiming to be the spur for the other's finishing position. Peter just holding out - despite the vocal distractions employed by Gill on the hills.

Results

18 William Allan Tadcaster	1st M60	43:04
34 Malc. Palfreyman	5th M60	45:32
46 Brian Harney	7th M60	47:35
54 Peter Humphries	10th M60	49:13

Team result

1 Bingley Harriers	85 points
2 RHAC	134 points

M35-39 & M40-49 race

Our entered teams in both races were very strong. They were less strong on the day due to the usual cocktail of illness, injury etc. The M35-39 team had looked particularly good - with Darren Cooney, Joe Gavelle and Richard Harris all entered. As the race day approached the team became weakened, Joe has a badly injured hip, and was unable to run. I , exercising what Mark & I thought to be a cunning plan, had entered Paul Ruddleston for the M35+ team, to make up the team of 3. Unfortunately, Darren is spending most of his waking hours stood in iced water to try and ease his leg injuries and could not run. This left Richard & Paul as the team.

The M40-49 team entered was clearly capable of winning the team award. Again though Andy Aked, Pete Mirrlees and Tony Carroll were unavailable. That still left a strong team - showing just how strong we are in this category - of Mark Ruddleston Dave Nuttall, Pete Shaw, John Comrie and John Thomson.

John had already run the SY race over the same 10k course in the morning (One of only 2 runners to do so, the other being Simon Wright of Doncaster) and both deserve a medal for valour.

As the race passed me on the first lap, I was surprised at the impressive lead established by Richard. I also got a sense of deja-vu as another of our athletes was nowhere to be seen, Dave, having injured an already troublesome calf on the steep downhill, had dropped out. At the end of the first lap, Richard's lead was being reduced. Mark was running well, so were Paul and Pete. John Comrie was not in the same shape as last year when he finished well up the field, but as usual was doing his best for the team. John S had a wry smile on his face as he entered his 7th lap of the course....

In the last lap, Richard had lost his lead to V40 Stewart McDonald. As Stewart was an U15 boy athlete when I ran with Bingley, you can imagine how young this made me feel!

Richard hung on and finished a well deserved 2nd in his category.

Results

1 Stewart McDonald Bingley	M40	36:30
2 Stuart Carmichael C o Hull	M35	36:48
3 Simon Wright DoncasterAC	M40	37:06
4 Richard Harris	2nd M 35	37:12
11 Mark Ruddleston	6th M40	38:05
14 Andy Shaw Holm.	1st M45	39:15
21 Paul Ruddleston	3rd M45	39:59
25 Pete Shaw	7th M45	40:27
63 John Comrie	26th M40	44:01
78 John Spencer	33rd M40	48:00

Paul had a very good run and fully deserved his 3rd place medal, and but for our cunning plan would have lowered our team score by 52 points. That would have moved the team up to 3rd - behind Holmfirth and Bingley. Oh well.....

Team result M40

1 Holmfirth	79 points
2 Bingley	96
3 Knavesmire	135
6 RHAC	177



At the northern: left to right, Jon Thewlis, James Moore and Sam Howis

Northern Cross-country

NoEAA Cross Country Championships
From page 1

U17 Men

With David Booth injured, and out for a few months due to his stress fracture, Nathan not travelling (because yours truly had missed Charlotte off the entry form... Sorry again) and Daniel not running it was left to Dave Smith to represent the club.

Jim Brogan had given Dave a race plan, and Dave started sensibly, which paid dividends on the hilly long lap and resulted in a finishing position that Dave should be well pleased with - the standard in all the area races is extremely high.

1 D Forrester St Helens	17:47
100 Dave Smith	20:51

There were 170 finishers

U13 Girls

With Olivia and Sarah not running because of injuries, and Maddie Wragg not starting we were down to the 4 runners needed for a team. Georgina who had not finished her two previous races (due to a foot injury and a lost shoe) was told she had to crawl in if needed. In the event she did much better, finishing our second scorer. Natasha again had a good run, she is having a really good solid season, and the ever dependable Megan and Mellissa brought the team home. Only 4 seconds separated our 2nd, 3rd and 4th scorers.

1 K McAslan East Cheshire	10:48
44 Natasha Hatswell	12:07
139 Georgina Arif	13:16
141 Megan Bailey	13:18
144 Mellissa Hellewell	13:20

There were 189 finishers
Teams (23 teams)

1 East Cheshire	15 pts
19 RHAC	468

U15 Boys

With Liam Thompson still injured and Tom Watson unavailable, we did not have the 4 runners needed for the team. When the race started, Cian set off like a rocket. Unfortunately he set off so fast he left one of his shoes in the mud at the end of the start straight, and had no option but to pull out. James and Sam had started much more steadily and both continued to work their way through the field as the race progressed.

1 D Forrester Liv Pembroke	11:41
144 James Moore	14:05
168 Sam Howis	14:40

There were 196 finishers

Senior Women

With Jenny having decided not to do any more cross country events this season, and Gill still away skiing, our only runner was Philippa. Having taken some time out of athletics to have two children, Philippa is returning to race fitness, but - understandably - finds it hard to get time to train and compete. I hope we can count on her continued support at future events.

1 H Dean Hallamshire	24:44
156 Philippa James	33:29

There were 274 finishers.

U15 Girls

When talking to the runners just prior to the start, it was obvious that Stef was very nervous. I'm not sure quite what was causing the nerves, maybe the fact that following her win in the Yorkshire champs she was obviously a potential individual medal winner here. Stef started sensibly and was always in the right place during the first lap of the race staying just off the leaders pace, but staying pretty much in contact with them. She was running in 4th place with some 600 metres to go and on the slight downhill to the finish straight she was closing on the 3rd runner. The RH supporters were nearly going hoarse shouting encouragement, and

she got within 3 seconds of 3rd place after a really brave run.

Abbie also had a great run finishing in 13th place. Robyn, who has still not recovered from the illness she had a week or so ago, and would doubtless have been finishing somewhere close to Abbie, is to be commended for her team support. Georgina made up the 4 runners needed for a team, with Poppy Knowles (the 3rd scorer in the county team) & Rebecca Middleton absent.

1 S Barker Sale	12:48
4 Stef Burns	13:17
73 Robyn Lanceley	15:35
151 Georgina Palmer	18:30

There were 158 finishers
Team (18 teams)

1 Vale Royal	95 pts
10 RHAC	241

U13 Boys

It looked likely that we could turn out a team of 4 in the week leading up to the event, unfortunately Curtis Benton, who has been a good supporter up to the last SY race where he sustained a knee injury, was unable to run since his leg had not recovered following a rest. Andrew Lidster was unable to run due to 'flu. The three new members who did all had good runs. Alex, who had placed 4th in the last SY event ran strongly. William - who is only just eligible for the age group and has two further years in this category showed real commitment. Nicholas who ran despite not having fully recovered from his cold/flu, showed great determination. All 3 have only joined in the last 3 months and should improve markedly once they have more training behind them.

The winner of the race must be the biggest U13 ever - he stands taller than me!

1 M Kaye Holmfirth	9:56
81 Alex Carroll	11:38
133 William Johnson	12:39
139 Nicholas Myers	12:51

There were 164 finishers

U17 Women

Following the excellent individual & team performances last year, this race was awaited with some anticipation. Unfortunately this age group suffered more than others with absences due to illness. Laura Spence and Jade Allen were both unable to run. As mentioned above yours truly had messed up the entry and missed Charlotte off the entry list, and so the number of runners was much reduced. Just when we thought it couldn't get any worse, Jess started well but never appeared after the long lap, having suffered a hamstring injury. This is a great shame as she had just got back to full race fitness after her earlier hip injury, and we hope this injury isn't too serious. Natalie started purposefully and was always close to a medal position. She started a long drive for home about 500 m out, and actually moved into 3rd with about 50 or 60 m to go. She couldn't sustain the burst, and lost out by 3 secs. Laura was the next counter, with Alex and Kim both having good runs in this high standard field.

1 H Timmins Warrington	15:58
4 Natalie Grant	16:23
76 Laura Barnes	19:40
85 Alex Palmer	20:20
93 Kim Bateman	20:57

There were 111 finishers

Teams (9 teams)

1 Leigh H & C	94 pts
8 RHAC	258

Senior Men

For the first time for many years we had enough runners for a team! Last year only Phil ran the race, but this year he was supported by 6 others. As usual we had strong support from the Harlington runners, Dan Jones not able to make it due to cold/flu, but Howard and John as keen & reliable as ever. Richard Harris was unavailable due to an injury prob-

lem. Chris Moran - a good supporter this year, had got the date wrong and was unavailable. Jon had what was probably his best run for 2 years, with a great run to finish 12th. He said afterwards, that had he not gone out so hard - finding himself in a lonely windswept 3rd place after the first lap, he believed he could have finished even higher. Phil had a much better run than in the Yorks champs, and Simon showed a return to form with a good run. Rick Sharpe will have been very impressed with his run. Steve finished despite a problematic foot injury that saw him limping back to the club tent. Hope it's recovered for the national!

1 Andy Jones Salford	33:35
12 Jon Thewlis	34:40
73 Phil Hoole	38:04
154 Simon Mounsey	40:27
281 Rick Sharp	43:30
290 Howard Darwin	43:46
395 John Spencer	46:07
462 Steve Rossall	48:31

Teams (53 teams)

1 Leeds	80 pts
18 RHAC	1205

Under 20 Women

As we had no U20 men, this was the last race for us, and what a race! When the minibus arrived without Annabelle, we had resigned ourselves to not fielding a team - since both Vicki and Lindsay had both declined to run on the grounds that they were not yet fit enough. Annabelle duly arrived courtesy of Mum's taxi (Thanks very much!!) and we had a medal winning team at U20! As always Rosie ran with drive and commitment - she is a great example to all - just missing out on an individual medal by 12 secs. Klachen started well but found the hills tiring, Sarah continues to have a good season, and Annabelle made the journey all worthwhile by completing the team.

1 S Stockton Vale Royal	20:45
4 Rosie Edwards	21:37
23 Klachen Cheshire	24:17
32 Sarah Barnes	25:18
46 Annabelle Grady	27:47

There were 51 finishers

Teams

1 Vale Royal	59 pts
2 Trafford	61
3 RHAC	105



At the northern: Howard Darwin

Secretary's Notes Bert Norburn

Welcome, Willkommen, Bienvenuti, Bienvenida, Bienven, Failt, Croeswaid, Welcum etc
 In January and February the Executive Committee accepted the following membership applications were accepted :- Liam Benton 10 T&F XC, Alice Louise Campbell 10 yrs T&FXC, Joe Paul Gelder 10 yrs T&F XC, Luke Brian Gelder 11 yrs,T&F XC, Jordan Hutchinson 8 yrs T&F XC, Cheryl Lyndsay Seed 13 yrs T&F, Helen Walker 26 T&F XC

Just another reminder Subs for the new season can now be paid.
 At the 2006 AGM the rates for 2007 were set. 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.
 We have approx 400 subscription paying members, to date just over 100 of them have paid this years subs. This is very important revenue without it your club will cease to function please pay your subs NOW!!!!!!!!!!!!

Membership registration fees 2007

In April 2007 Athletics Services (an admin arm of England Athletics) will commence registering athletes on their National data base. The membership registration fee for 2007 will be £3. It will rise to £5 in April 2008 and possibly even more thereafter. (currently £15 in Scotland)
 Members of Clubs (aged 11 years and over on 31/8/07) are required to register for competition. If you do not register YOU WILL BE CONSIDERED AS UNATTACHED and will have to pay the appropriate levy.
 Officials of clubs are asked to register but will not be charged the fee.
 (If you are an athlete AND an official I'm afraid you have to pay the fee)
 I have been collecting the registration fees together with subs. Next month I will publish a list of all our members WHO HAVE PAID THE FEE.
 A very important aspect of the registration process is that Athletics Services are asking for your address, telephone numbers and email addresses, ethnicity. Under the previous North of England Membership scheme (which this has replaced) I have not supplied this information simply full names, dates of birth, date joined the club and what your interest is in the sport (Track, Road, Cross Country etc...)

The February meeting of the executive agreed that we would only release the additional information if our members expressly agreed to its release.
 You should contact the secretary IF YOU AGREE TO ITS RELEASE other wise you need do nothing (except pay the fee of course).

A Shortened South Yorkshire XC League: a suggestion for discussion
 We have received this from Peter McLeod SYCAA XC Secretary. Members views would be welcome could you forward any points of view to XC Secretary Stephen Gaines please.

'I have received two requests recently for SYCAA to consider a shortened XC League, with all 4 fixtures taking place before Christmas. There may be a particular problem next year because Easter is so early, and this might cause some fixture congestion post Christmas 2008 anyway.'

On the basis that we do not have a fixture nearer Christmas than we already have it (i.e. end of November, start of December), this is how the fixtures could fit in for 2007/8:

First event: Sun 30 September
 3 week gap then: Sun 21 October
 2 week gap then: Sun 4 November
 3 week gap then: Sun 25 November

Race for Life I have copied an email concerning the race for life at our Stadium. The event actually falls on a date where our seniors are at an away league fixture. If you feel you can help get in touch with the author of the email Stuart Lesley

"I am writing to ask if Rotherham Harriers could possibly provide some volunteers for the Cancer Research UK Race for Life Rotherham on the 8th July. The event is being held at Herringthorpe Stadium and we are looking for course marshals to direct 2500 women around our 5km circuit. It is with the help of groups such as yourself that we are able to carry out vital work to find ways to prevent, treat and help more people survive cancer.

There are going to be two races held on the same day - one at 10:30am and one at 2:30pm, both with 2500 women taking part, and we are ideally looking for up to 14 course marshals to be placed on the route. I appreciate that for some volunteers this makes the whole day a very long one however it would be great if you would be able to provide people to be in attendance and let me know in advance which race(s) they were planning to help out at that would be absolutely fantastic. Under 18s are also welcome to come along and help out

distributing goody bags at the finish line.

If you think you would be able to support this event in 2007 please get in contact with me either by phone (01904 659815: Mob: 07918 673500) or by replying to this email, I look forward to hearing from you soon.

Many thanks again,
 Stuart Lesley, National Event Executive
 Cancer Research UK Race For Life
 Tel/Fax: 01904 659815
 Mobile: 07918 673500

Register your interest for Cancer Research UK's Race for Life 2007, supported by Tesco at: www.raceforlife.org
 Together we will beat cancer"

London Marathon Weekend 21st/ 22nd April
 Matt Graham Travel of Edwinstowe have sent details of weekend packages for the London Marathon. If you require further information please contact Club Chairman Jim Brogan.

Warren Vayro has ASICS Nimbus for sale- UK size 8- worn a few times only. Offers invited.
 (Ed: apologies- Warren's attached picture wasn't included in his forwarded email)

Sports Legacy-

If you are 16+ you could qualify whilst helping with Activity Sessions- and that could lead to paid work!

Are you interested in helping young people get introduced to Athletics in your community? Sports Legacy are looking for Volunteers aged 16+ to help run activity sessions for young people, the first sessions will target those aged 11-12 years.
 As a volunteer, you will attend a one day training session to gain the "Children into Athletics award". That qualification & training will also help with any future coaching training or career.
 Once qualified you will be involved in delivering activity sessions in your community. Each session will involve activities from the "Shine Awards" scheme. The sessions will run for 6 - 12 weeks, with one session each week and will start in April. At the end of the sessions there will be a regional competition for the participants.
 Sports Legacy, (funded by the Coalfield Regeneration Trust) will provide facilities, equipment, posters and publicity & transport if needed. They will be employing a volunteer mentor, who will offer guidance and support to volunteers on session planning and delivery. On site support from a Level 2 qualified coach will also be available whilst volunteers are skilling up and gaining experience.
 The areas that are involved are Wath, Swinton, Maltby, Thrybergh & Dinnington.
 If you have any further questions or want to help young people in your community, whilst gaining experience and a qualification, Please contact Steve Gaines, the Cross Country secretary.



At the northern: left to right, Georgina Palmer, Alex Palmer and Simon Mounsey



Picture Quiz: Last Month

Janet Hindley's pictures provoked some interested discussion, especially the left hand one. On publication day I was visiting Rotherham Hospital, where I came across Keith Rollinson. Keith was therefore first to get a newsletter and he spotted straight away the identities of the five: probably the best cross-country line-up to turn out for RH. Chris Fleming-Smith, Peter Wood, Maurice Jackson and Eddie Kirkup, with Ron Cotton in front. Keith was unsure but thought it might be the Sheffield and District cup. Brian Mullarkey, confirming some names, thought we have the trophy right.. But we're not sure!

As to the identity (or location) of the ladies with Arthur Oxley in the other shot however, a deafening silence.



So to this month's; the remaining two that Janet and Ian sent me. I can confirm these as I think I was present on both occasions. As, of course, were some well-known members of the teams shown! What do you make of them?



The photo from December, shown reduced left as a reminder, seems generally to be accepted as straight mile Brampton, Olympic Trial marathon in 1976.

Below: Phil Hoole and John Spencer at the northern



Alsager 5

Sunday 4 February

1	J Mays	Kent AC	23:39
2	J Nydisenga	Birchfield	23:41
3	G Comish	Sale Harriers	23:42
30	T Warsender	Wolverhampton	25:11
31	A Aked 1st V40	Rotherham Harriers	25:19
32	S Sterling	Newham & Essex B	25:25
33	S Hazell	Coventry Godiva AC	25:28
34	S Platts 2nd V40	Owls	25:31
35	R Lee	Charnwood AC	25:33
36	T Cunningham	Blackpool Wyre & Fylde	25:34
37	S Smith	Swansea Harriers	25:36
38	P Hoole	Rotherham Harriers	25:52
39	P Bradshaw	Newcastle (staffs)	25:55

Sun 04 Feb 07

Dewsbury 10K

Pos	Surname	Forename	Club	Min	Sec	Points
1	Farquharson	Billy	M Notts AC	30	11	NA
2	Hepples	Stephen	M Newham & E	30	23	NA
3	Scaife	Martin	M Morpeth H	30	35	NA
35	Moran	Chris	M RHAC	34	37	50
43	Mounsey	Simon	M RHAC	34	57	49
47	Donaldson	Drew	M45 RHAC	35	17	48
51	Gostling	Alex	F Leeds	35	20	NA
72	Williams	Keith	M55 RHAC	36	07	47
100	Walker	Jo	F RHAC	37	16	50
172	Asbridge	Matthew	M RHAC	39	27	46
199	Campbell	Paul	M40 RHAC	40	10	45
444	Haigh	Philip	M50 RHAC	45	19	44
572	Burke	David	M45 RHAC	48	13	43
677	Rhodes	Malcolm	M55 RHAC	50	29	42

Keith Williams 1st M55 Jo Walker 7th F
Drew Donaldson 4th M45

Ulley Time Trial

20th January 2007

1.	Andy Aked	15:55
2.	Philip Hoole	16:12
3.	Mark Ruddleston	17:17
4.	Simon Mounsey	18:30
5=	Mark Ward	18:37
5=	David Storey	18:37
5=	Pete Shaw	18:37
8.	John Spencer	19:22
9.	Paul Campbell	20:27
10=	Mathew Asbridge	21:02
10=	Sarah Barnes	21:02
12.	Kevin Thomas	21:51
13.	Laura Barnes	22:12
14.	Simon Pugh	22:27
15.	Diane Spencer	26:45

Next event Sat 24 Feb

Rotherham Harriers & AC Newsletter

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

Deadline for next copy: Monday prior to publication date (Wed 14 Mar)

VISIT
www.rotherhamharriers.org
www.sycaa.co.uk