



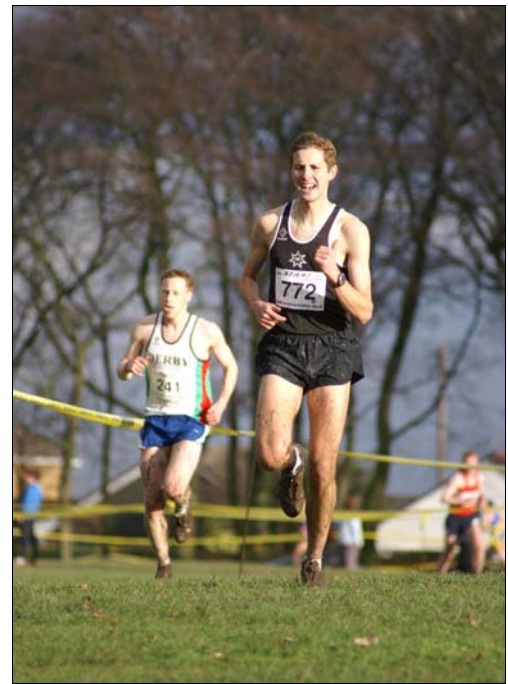
### Just Rewards

What a great privilege and pleasure it was to have Peter Elliott back at our awards night– not only an outstanding athlete but also a towering example of amicability, courtesy generosity, and loyalty.

A brilliant example in fact to the very large number of promising and achieving athletes at RHAC, many of whom took awards on the night. The list of their achievements seems endless, and I regret that I have to hold over a full report to next month (along with other things see p6)

Peter is pictured presenting his own award to Abbie Vernon, who has a long list of success including Derbyshire county cross-country medals, county 800/1500 titles, and capped these recently by the Northern Indoor U20 1500m title (and senior silver). A very worthy winner, as is Phil Hoole (pictured below) who was crowned Most Improved Athlete. Recognised for their organisational work were Steve Gaines, Gayle Lebond and Ian Mitchell and in the national rankings Kane Humphrey, Amber Merrills, Abbie Vernon, Robyn Lanceley, Steff Burns, Stacey Lebond, Taz Oliver-Smith, Laura Booth, Natasha Hatswell, Phil Hoole, Natalie Grant, Jess Fawcett, Georgina Arif, Rosie Edwards, Jenny Blizard, Olivia Neal, Sam Thorpe, Gareth Moreton, Ben Shields, Jade Allen, Sarah Wilding and Dominic Marshall. More detail, and awards, next month.

And how just it is that with Laura Spence just back from injury, and Jess Fawcett, Natalie Grant and Klachen Cheshire not long since rehabilitated they look so happy after landing the North of England team title at St. Helens. As we go to press, Natalie has continued her outstanding series with a stunning performance in the Milan international (see below)



**SY TEAMS:** Hallamshire Harriers have won the League trophy every year for the past 10 years .....but this year we have new winners. Congratulations to **Rotherham Harriers & AC**, clear winners of the title, who were top scorers or joint top scorers at every fixture. In the end, Hallamshire just couldn't catch Doncaster AC, who finished runners-up. Pete McLeod's words sum up a lot of hard work by all who turned out in the SY series. There was no shortage of good support from runners sometimes well down the field, but, crucially, scoring or preventing opponents. And they (we!) always make the front runners go better. Crucial! Brilliant! [trophy bottom right]

Order		Cannon Hall	Winter Hill	Campsall	Norfolk Park	Total
1	Rotherham Harriers	65	77	65	69.5	<b>276.5</b>
2	Doncaster AC	65	76	62	56	<b>259</b>
3	Hallamshire Harriers	64	65	65	59	<b>253</b>

### Bassingthorpe Spring Third running KMRT Series first race

5 miles trail (2 mile fun run)

Plough Inn, Roughwood Rd, Wingfield.  
11 am start opposite Ring o' Bells,  
Fenton Road, Wingfield

**Sunday 8th March 2009**

### Time Trial / Clifton Park Third Run

Saturday February 14th  
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



**STOP PRESS from Nigel Brookes**  
Natalie Grant phoned me from Milan yesterday where she had finished 13th (21:17) in the Milan international xc race representing England. A top quality race with Steph Twell 2nd (19:38) and Nat claiming the 2nd junior women's prize. Nat turned the tables on Blue Haywood who beat her at the Northern's, this time crossing the line 1min 28 in front of Blue. Nat very pleased with this performance, Buzzing with confidence and looking forward to meeting up with the team at the Nationals.....due to the weather her flight has been cancelled and they have got to try again Tuesday

Secretary's Update

Steve Gaines

Fixtures: Winter-Spring 2009

Upcoming fixtures:

**SY Schools Championships** 7th Feb , Winter-hills 1st race 10:15

**National Cross country 21st Feb**, Parliament Hill London.

We are not organising a club coach for this event. Athletes and parents are making their own arrangements. Many have already booked hotel accommodation. If you require help with travel on the day, please see your coach, or Steve Gaines (Cross Country Sec) and we will try and help with car sharing.

**Inter Counties Champs** 7th March, Wollaton Park Nottingham.

We look like having the following 10 club athletes competing at the event

**Yorkshire**  
U13 Boys Luke Cotter  
U15 girls Natasha Hatswell  
U17 Women Stef Burns, Robyn Lanceley.  
U20 Women Natalie Grant, Jade Allen (selected since she was unable to run on the 10th Jan due to illness)

Senior Women Jenny Blizard  
**Nottinghamshire**

U15 girls Codie Marsh  
**Derbyshire**

U17 Women Emily Fisher, Abbie Vernon (selected since she was unable to run on the 10th Jan due to illness)

**Congratulations to you all.**

**New Members**

The following new membership applications were accepted by the Club Committee at their January meeting:-  
Sadie May Agana, Alexander Kiwomya, Gillian Neal  
A warm welcome to you all.

**Two transferred new members** have been cleared for eligibility, they are Sarah Simmons (cleared from 1st Jan) and Jonathan Maxfield (cleared from 1st Feb)

**Subs.** At the end of January, 90 members had paid their 2009 subs (about one third of the 2008 number).

Members are reminded that the subs motion - passed by the 2007 AGM - means that subs

payments not made by the 1st March will increase by £5.

Please try and pay before the 1st March

**England Athletics (EA) Competition Licences.**

All the members who have paid subs and are eligible for an EA licence, have now been added to the EA member database (Although the 14 most recently added were only added in Dec and January so it will be some time before their cards are delivered.

The 2009/2010 cards will be issued some time after the 31st March. The cards run from 1st April to 31st March.

**Track & Field Fixtures**

The only date that is in question is the NJAL promotion play off date- since the date clashes with the Northern league play off date. We are seeking clarification on this.

**The Track & Field Forum** agreed that we would use the same planning and organisation approaches for the senior and NJAL teams. Ian Cooley will be sending out an email matrix, (or handing them out at the club) to all coaches and athletes.

Please return these to show what dates you are available and what events you are willing to be considered for. The aim will then be to select the strongest available team.

Team managers were agreed as follows  
Senior Northern League team , Ian Cooley will deal with early planning and member availability. Final selection and on the day team management will be:-

**Men**, Ian Cooley & David Scholey,  
**Women**, Mavis White.

**NJAL Male** Ian Cooley and David Scholey,  
**Female** Kevin Thomas.

For the **National Young Athletes league**, we are hoping to get team managers for each age category team.

Jackie Hutchinson and Jeanice Small will manage the **U13 girls and boys** teams.

Kevin Thomas U17 Womens team,  
Alan Coupe U17 mens team

**February**

Sat 07 Feb 09 BUSA Championships areas via college/uni  
Sun 08 Feb 09 Leeds Young Ath Indoor Open open South Leeds Stadium. £3.50 per event. C/D 2nd Feb open time trial provisional open York, c/d 7/2/9, names to Peter Neal a.s.a.p  
open 10:00am start, plus 1 mile fun run for U15s. wombwellsac.co. areas London (Par. Hill) open Start 11:00 600 entry limit C/D 17th Feb. £7.50 club athlete

**March**

Sun 01 Mar 09 SY Indoor TF open 3 EIS  
Sun 01 Mar 09 Regional Spts Hall areas Finals U13, U15, Halifax  
Sun 01 Mar 09 Barton upon Humber Open XC open All ages from U11 up. first event 11:30am  
open north of Doncaster areas Nottingham  
Sun 01 Mar 09 Norton 9 open 5 m trail 11am start £3 Plough Wingfield  
Sat 07 Mar 09 UK Inter Counties open time trial provisional areas Finals U11 EIS  
Sun 08 Mar 09 Bassingthorpe Spring open 4 EIS  
areas to be conf  
open Ruthin, North Wales. c/d 7/3/9.  
Form on BMAF site  
open All ages field 10:00, track10:45  
open (Handsworth RH) Sheffield

**April**

Sun 05 Apr 09 Rotherham Spring Open open Herringthorpe Stadium  
Sun 05 Apr 09 Northern 12 & 6 stage road rel club teams Stockport  
Sun 05 Apr 09 Mansfield Open Graded Track open www.mansfield-harriers.org  
Sun 05 Apr 09 Rother Valley 10k open  
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 National 12 & 6 stage road rel club teams , Sutton Coldfield.  
Wed 22 Apr 09 SY Road League SY clubs 3 Barnsley  
Fri 24 Apr 09 Mansfield Spring 5k road race www.mansfield-harriers.org  
Sat 25 Apr 09 SY T&F League 1 SY clubs Herringthorpe: All Ages  
Sun 26 Apr 09 NJAL Match 1 clubs Venue TBC  
Sun 26 Apr 09 London Marathon open  
Sun 26 Apr 09 Sheffield Half Marathon open

**We require willing volunteers - hopefully from the parents of the U15 team athletes - to help with team management for the U15s section. See Steve Gaines if interested.**

We need all officials to confirm their availability, and commit to help.

This includes those who completed the officials training last year, and need to get their logbooks completed and signed off to fully qualify.

**Officials**

Would all the club Officials please note the dates of all the Track & Field league fixtures

**Vets & Road Championships**

**Yorkshire Vets Cross Country Championships**  
Date 14/2/2009  
Venue Knavesmire, York  
Entries close 7/2/2009  
Entries to Peter Neal a.s.a.p

**British Masters Cross Country Championships**  
Date 21/3/2009  
Venue Ruthin School, Denbighshire, North Wales  
Entries close 7/3/2009  
**Individual entry is necessary**, see BMAF web site for entry form and information.

**North of England 12 & 6 stage Road Relays**  
Stockport, Sunday 5/4/2009  
**National 12 & 6 stage Road Relays**  
Sutton Park, Saturday 18/4/2009

**British Masters Road Relay Championships**  
Sutton Park, 16/5/2009

**Track & Field: 2009 Fixtures (Dates & venues as at 22nd Jan 2009)**

Northern Athletics League	Sat 2nd May, Derby	Sat 6th June, TBC	Sun 5th July, Boston	Sunday 3rd Aug, Sheffield	Div 2 Prom. match 30th Aug
National Young Athletes League	Sun 3rd May, York tbc	Sun 17th May, Rotherham tbc	Sun 31st May, Jarrow tbc	Sun 21st June, Sheffield Wood-bourn Rd	Sun 19th July, TBC
National Junior League	Sun 26th April TBC	Sun 24th May	Sun 14th June Wakefield	Sun 26th July Herringthorpe	30th Aug Promotion match
South Yorks League	Sat 25th April Rotherham 10:30am All ages	Sat 16th May Cudworth 10:30am U11s	Thurs 21st May Doncaster 6:30pm Seniors	<b>Rotherham Harriers &amp; AC Newsletter</b> Editor Peter Humphries Ser 5 No 4 Pubn. Date 4/2/09 News/comment: 01709 549125 peterh@thedoc.fsnet.co.uk We are always interested in the views and news of athletes, especially members (old, new, ex- or prospective). VISIT www.rotherhamharriers.org www.sycac.co.uk	
South Yorks League	Sun 7th June Rotherham 10:30am U11s	Tues 23rd June Sheffield 6:30pm Seniors	Sat 18th July Doncaster 10:30am All ages (U11 & U13 champs)		
Northern Club Cup					

Turkey Trot (Braithwell 5)Boxing Day

Name	Club	Time
1 Mark Ruddleston	Rotherham H	24.40
2 Ian Whitaker	Rotherham H	25.11
3 Howard Darwin	Rotherham H	25.35
4 Simon Hopkins	Kimberworth S	25.40
5 Kevin Doyle	Kimberworth S	25.55
6 Chris Cotton	Kimberworth S	26.05
7 Natalie Grant	Rotherham H	26.08
8 Lee Rawson	Unattached	26.10
9 Terry Eastwood	Rotherham H	26.11
10 Steve Phillips	Kimberworth S	26.20
11 Amanda Cornie	Rotherham H	26.31
12 Peter Neal	Rotherham H	26.39
13 Phil Martin	Kimberworth S	26.51
14 Andy Lakeland	5/7 Police	27.15
15 Ian Rawson	Unattached	27.24
16 Amanda Grundall	Tickhill RC	27.25
17 Ryan Cudworth	Tickhill RC	27.40
18 Mark Smith	Kimberworth S	27.45
19 Claire Spencer	Kimberworth S	28.02
20 John Spencer	Rotherham H	28.19
21 Pat Rooney	Kimberworth S	28.26
22 Ian Hetherington	Kimberworth S	28.41
23 Chris Taylor	Tickhill RC	28.53
24 Mark Gomerall	Kimberworth S	29.12
25 Paul Campbell	Rotherham H	29.19
26 Paula Fisher	Rotherham H	29.37
27 Brian Harney	Rotherham H	29.56
28 Peter Burton	Unattached	30.10
29 Simon Parkin	Unattached	30.24
30 Gary Benson	Unattached	30.38
31 Peter Wass	Tickhill RC	30.52
32 Alan Harvey	Unattached	31.02
33 Amargit Singh	Killamarsh Kest	31.04
34 John Burton	Unattached	31.06
35 Jack Cowlishaw	Unattached	31.29
36 Ian Brookes	Kimberworth S	31.45
37 Caroline Boyd	Maltby RC	31.46
38 Steve Grant	Rotherham H	31.48
39 Nigel Deakin	Maltby RC	31.57
40 Jasper Soul	Killamarsh Kest	32.05
41 Steve Stead	Unattached	32.10
42 Nina Hague	Kimberworth S	32.15
43 Geoff Sanderson	Unattached	32.39
44 David Wright	Rotherham H	32.39
45 Phil Smiles	Rotherham H	32.55
46 Sally Wheelhouse	Maltby RC	33.36
47 Pete Humphries	Rotherham H	33.37
48 Tim Wooton	Valley Hill	33.45
49 Steve Wraith	Killamarsh Kest	33.57
50 Mark Graham	Unattached	34.07
51 Mick Davis	Doncaster AC	34.27
52 Mark Hudson	Doncaster AC	34.27
53 Joe Birks	Mexborough P	34.33
54 Barry Hilling	Tickhill RC	34.47
55 Mathew Todd	Unattached	34.48
56 Steve Hinton	Tickhill RC	34.49
57 Mags Rawson	Unattached	34.58
58 Mark Shaw	Unattached	35.11
59 Dave Thorpe	Maltby RC	35.15
60 Victoria Henshaw	Unattached	35.18
61 Andy Eshelby	Clowne Road R	35.45
62 Steve Clarke	Unattached	35.50
63 Chris Flinton	Rotherham H	36.20
64 Steve Bagely	Unattached	36.34
65 Michelle Cunningham	Unat	36.42
66 Tony Burton	Unattached	36.43
67 Chris Sumner	Valley Hill	36.51
68 David Burke	Rotherham H	36.56
69 Louise Kelly	Tickhill RC	37.00
70 Susanne Cudworth	Unattached	37.05
71 Gina Bagley (+ dog)	Unattached	37.08
72 Wendy Whittaker	Rotherham H	37.38
73 Gillian Neal	Rotherham H	37.41
74 Karen Gordon	Tickhill RC	37.47
75 Hedley Knight	Tickhill RC	38.07
76 Phil Harris	Valley Hill	38.25
77 Tom Butterfield	Unattached	38.32
78 Dianne Spencer	Rotherham H	38.36
79 Julie Taylor	Tickhill RC	38.44

# Strong Seasonal Showing As Usual

80 Mark Willoughby	Kimberworth S	38.45
81 Christine Stimpson	Tickhill RC	38.46
82 Martin Simpson	Kimberworth S	38.51
83 Graham Benton	Maltby RC	38.56
84 Andrew Hurley	Unattached	39.29
85 Valerie Rivers	Kimberworth S	39.30
86 Judith Webb	Valley Hill	39.31
87 Martin Mudzingwa	Unattached	41.19
88 Yvette Wass	Tickhill RC	41.35
89 Alan Bryden	Rotherham H	41.37
90 Mary Kitchin	Tickhill RC	42.01
91 Nick Scarr	Unattached	42.39
92 Catherine Hall	Tickhill RC	43.30
93 Karen Gregory	Tickhill RC	43.57
94 Richard Dohertt	Tickhill RC	44.20
95 Sarah Higham	Maltby RC	46.33
96 Lesley Lesley	Rotherham H	46.33
97 Alan Hall	Tickhill RC	47.44
98 Ray Mathews	Maltby RC	48.04
99 Paul Adshead	Kimberworth S	55.00
100 Lyndsay Rust	Maltby RC	55.01
101 Lynne Schuller	Maltby RC	55.01

Short Race /Fun Run

Name	Club	Time
1 Jess Mangham	Rotherham H	15.07
2 Olivia Neal	Rotherham H	15.18
3 Zoe Brain	Rotherham H	15.20
4 Chloe Hetherington	Kimberworth S	19.01

## The Alsager 5

Sunday 1st February 2009

1 Phil Wicks	Belgra	23:25
15 Philip Hoole	RHAC	25:12
70 Jonathan Maxfield	RHAC	28:13
150 Nigel CookV45	RHAC	30:42
1000+ finishers		

1 Belgrave H	21
12 RHAC	201

Ladies Race

1 Claire Martin	Telfd	27:29
4 Jenny Blizzard	RHAC	28:04
13 Rosie Edwards	RHAC	29:59

## Clifton Park Run 3 17/01/09

conditions shower then sun temperature 8C  
wind fresh cold underfootgood

1	13 J.Comrie	0	20.36	20.36
2	34 Brian Harney	2	25.23	23.23
3	28 P.Fisher	2	25.37	23.37
4	32 J.Kirk	2	25.50	23.50
5	7 P.Haigh	2	26.02	24.02
6	1 M.Rhodes	0	26.41	26.41
7	6 N.Shaw	2	27.43	25.43
8	9 M.Asbridge	5	27.35	22.35
9	31 P.Hoole	10	27.51	17.51
10	35 Dave Nuttall	7	28.23	21.23
11	18 P.Neal	8	28.40	20.40
12	25 H.Marston	3	29.44	26.44
13	16 R.Wildman	0	32.05	32.05
14	23 J.Horan	0	32.05	32.05
15	36 Pat Wells	0	32.30	32.30
16	19 E.Smart	0	32.30	32.30
17	20 S.Troop	0	withdrew	dnf

## Santa' Special- December

No results to hand, and I couldn't attend the awards- but I had this email from Kevin Thomas shortly after the event:

From Pat's comments there were over 100 runners in total so must be a record entry. The prizes RHAC picked up were:

\*2 Laps\*

(1st Male	Shaun Dimelow (PFR))
3rd Male	Mark Ruddleston
1st Lady	Natalie Grant
1st MV40	Howard Darwin
1st MV50	Pete Neal

\*1 Lap\*

1st	Natasha Hatswell
2nd	Megan Bailey
3rd	Olivia Neal

Mark also got a trophy for the KMR series but not sure exactly what prize. [series overall winner: Ed]

In addition (and assuming I don't eat them first) there was a prize for Mary Jenkinson's 7 yr old brother for second boy back in the 1 lap race + a get well soon selection box for Georgina Spencer after her fall. Keith Binney will probably want one as well after his tumble.

## KMR 2009: the 'KMRT Series'

Subject to agreement, which is not expected to be a problem, Tickhill Running Club are joining us for the series this year.

The races already established are the same from Maltby, Kimberworth and Rotherham with the addition of two from Tickhill which are the gala 5k and a ten-mile trail run. As to how many will count for your best results, no decision as yet.

The first of series will be Bassingthorpe on the 8th March at Wingfield, with the awards being made this year after the last race which is the Braithwell 5 on Boxing Day.

## Clifton Park Events

The next time trial on February 14th is expected to be a small club affair but we will probably aim for more public involvement as from the following one, March 14th.

The course is known to be long and our best estimate is 5.24k. The equ.5k times below are equivalent times. We will either apply them each time, or work out the actual 5k start and use that. It's awkward, but it might be worthwhile. Give us your view.

all events-best times order

	time	evt	equ.5k	
27	27 P.Roberts	25.03	2	23.54
28	24 P.Smales	25.15	2	24.05
29	8 I.Hindley	25.23	1	24.13
30	10 J.Hindley	25.32	1	24.21
31	6 N.Shaw	25.43	3	24.32
32	6 N.Shaw	25.48	1	24.37
33	25 H.Marston	26.15	1	25.02
34	22 M.Hill	26.19	1	25.06
35	22 M.Hill	26.30	2	25.17
36	7 P.Haigh	26.32	1	25.19
37	1 M.Rhodes	26.41	3	25.27
38	25 H.Marston	26.44	3	25.30
39	1 M.Rhodes	27.24	1	26.08
40	4 G.Taylor	27.47	1	26.30
41	23 J.Horan	28.00	1	26.43
42	17 T.Allen	30.28	1	29.04
43	16 R.Wildman	32.05	3	30.36
44	23 J.Horan	32.05	3	30.36
45	19 E.Smart	32.30	3	31.00
46	36 Pat Wells	32.30	3	31.00
47	15 M.Metcalf	32.46	2	31.15
48	21 W.Whittaker	32.51	1	31.20
49	19 E.Smart	32.52	1	31.21
50	29 A.Bryden	33.06	2	31.35
51	15 M.Metcalf	33.27	1	31.55
52	12 D.Shaw	35.49	1	34.10
53	16 R.Wildman	37.03	1	35.21
54	20 S.Troop	37.04	1	35.22

**SY League Final League Positions after 4 events**

The League results are based on the two best positions from the first three races, plus the position in the final race. If there was a tie for any position in the final league results, then the tiebreaker was the position at the final race

**U20 Lady**

1 Charlotte Vaughan Rotherham HAC 5

**U20 Men**

1 Howard Wood City Sheffield AC 2

3 David Smith Rotherham HAC 4

**Ladies**

1 Fiona Davies Barnsley AC 5

4 Eleanor Thomas Rotherham HAC 11

**LV 35**

1 Deb Richards Sheffield RC 2

4 Philippa James Rotherham HAC 7

**LV 45**

1 Debbie Hogarth Kimberworth S 3

4 Sharon Burton Rotherham HAC 7

**Man**

1 Dave Archer Hallamshire HAC 2

9 Simon Mounsey Rotherham HAC 19

12 Paul Humphries Rotherham HAC 25

13 Gary Claxton Rotherham HAC 23

23 David Scholey Rotherham HAC 67

**V 40**

1 Simon Wright Doncaster AC 2

2 Mark Ruddleston Rotherham HAC 4

3 Mark Ward Rotherham HAC 8

11 Howard Darwin Rotherham HAC 25

16 John Spencer Rotherham HAC 38

**V 50**

1 Kev Newman Doncaster AC 2

15 Kevin Thomas Rotherham HAC 28

**V 60**

1 Bob Tinting Rotherham HAC 2

8 Malcolm Rhodes Rotherham HAC 18

**Under 15 Girls**

1 Fiona Bell Hallamshire HAC 3

2 Codie Marsh Rotherham HAC 2

3 Megan Bailey Rotherham HAC 5

10 Olivia Neal Rotherham HAC 22

12 Zoe Brain Rotherham HAC 20

15 Gemma Williamson Rotherham HAC 27

16 Emma Parkinson Rotherham HAC 35

18 Melissa Hellewell Rotherham HAC 34

**Under 13 Boys**

6 Ashton Harrison Doncaster AC 5

4 Robert Bentham Rotherham HAC 12

6 Caine Frost Rotherham HAC 15

7 Jordan Small Rotherham HAC 19

10 Thomas Evans Rotherham HAC 25

**Under 15 Boys**

1 Tom Bains Hallamshire HAC 2

5 Nicholas Myers Rotherham HAC 12

6 Paul Ward Rotherham HAC 12

7 Luke Hammill Rotherham HAC 17

8 Devon Wood Rotherham HAC 17

9 Scott Smith Rotherham HAC 20

**Under 17 Men**

1 Yassin Mohamed Sheffield R C 2

6 Sam Howis Rotherham HAC 15

**Men Vet 65**

3 Robin Aconley Doncaster AC 2

5 Peter Humphries Rotherham HAC 3

**Under 17 Ladies**

1 Steph Burns Rotherham HAC 2

2 Emily Fisher Rotherham HAC 3

4 Rachel Hall Rotherham HAC 8

**Under 11 Girls**

1 Chloe Bewley Doncaster AC 2

13 Emily Kay Rotherham HAC 21

17 Molly Wood Rotherham HAC 33

18 Sharni Howis Rotherham HAC 37

19 Chloe Stone Rotherham HAC 41

**Under 11 Boys**

1 Adam Clayton Doncaster AC 2

3 Kane Smith Rotherham HAC 4  
 8 Declan Walker-Smith Rotherham HAC 17  
 9 Joel Kirk Rotherham HAC 10  
 10 Jordan Hutchinson Rotherham HAC 17  
 12 Joseph Morton Rotherham HAC 25  
 13 Jonathan Bilton Rotherham HAC 23  
 15 Jordan Dixon Rotherham HAC 30  
 16 Oliver Court Rotherham HAC 33

**Under 13 Girls**

1 Natalia Hackett Hallamshire HAC 4  
 10 Jessica Mangham Rotherham HAC 28  
 14 Georgina Spencer Rotherham HAC 22  
 17 Bonnie Smith Rotherham HAC 38  
 22 Emma Dutton Rotherham HAC 56

**Keep on Running SY XC League Final League event and Championships Norfolk Park 14 12 08**

**Team results:**

**Snr/Vet/U20 Men**

- 1. Hallamshire HAC & AC
- 2. Rotherham HAC & AC
- 3. City of Sheffield AC

**Snr/Vet/U20 Ladies**

- 1. Kimberworth Striders
- 2. Barnsley AC

**U17 Men**

No team

**U13 Boys**

Rotherham HAC

**U17 Ladies**

Rotherham HAC

**U13 Girls**

City Sheffield AC

**U15 Boys**

Rotherham HAC

**U11 Boys**

Doncaster AC

**U15 Girls**

Rotherham HAC

**U11 Girls**

Doncaster AC



John Spencer pictured at Cannon Hall. John, Diane and Georgina have been top supporters of RH formal and informal teams.

Final Order		Cannon Hall	Winter Hill	Camp-sall	Norfolk Park	Total
1	<b>Rotherham Harriers</b>	65	77	65	69.5	<b>276.5</b>
2	<b>Doncaster AC</b>	65	76	62	56	<b>259</b>
3	<b>Hallamshire Harriers</b>	64	65	65	59	<b>253</b>
4	<b>Barnsley AC</b>	36	39	35	31	<b>141</b>
5	<b>City of Sheffield</b>	25	36	27	37	<b>125</b>
6	<b>Kimberworth Striders</b>	26	30	28	30	<b>114</b>
7	<b>Sheffield Running Club</b>	22	22	18	34.5	<b>96.5</b>
8	<b>University of Sheffield</b>	20	19	23	25	<b>87</b>
9	<b>Rother Valley Swallows</b>	17	19	13	17	<b>66</b>
10	<b>Penistone FPR</b>	23	20	12	9	<b>64</b>
11	<b>Steel City Striders</b>	3	12	12	16	<b>43</b>
12	<b>Barnsley Harriers</b>	6	9	6	9	<b>30</b>
12	<b>Askern RC</b>	12	7	6	5	<b>30</b>
14	<b>Sheffield Tri Club</b>	12	6	7	2	<b>27</b>
15	<b>Maltby RC</b>	1	3	1	13	<b>18</b>
15	<b>Wombwell</b>	9	5	2	2	<b>18</b>
17	<b>Handsworth Road Hogs</b>	7	0	5	0	<b>12</b>
18	<b>S Yorks Police</b>	0	0	0	7	<b>7</b>
18	<b>Sheffield Hallam Uni</b>	0	0	4	3	<b>7</b>
18	<b>Totley AC</b>	0	7	0	0	<b>7</b>
21	<b>Tickhill</b>	0	1	0	2	<b>3</b>
22	<b>Kingstone Runners</b>	0	2	0	0	<b>2</b>

**South Yorkshire Championship and series race 4**

Norfolk Park 14/12/08

**Men, Vet Men and U20 Men**

1 00:31:54 Dave Archer Hallam  
 14 00:34:01 Mark Ward RHAC  
 15 00:34:02 Mark Ruddleston RHAC  
 18 00:34:22 Simon Mounsey RHAC  
 21 00:34:38 Paul Humphries RHAC  
 25 00:35:05 Gary Claxton RHAC  
 30 00:35:59 David Smith RHAC  
 37 00:37:04 Howard Darwin RHAC  
 48 00:38:03 Bob Tinting RHAC  
 52 00:38:23 Mick Marsters RHAC  
 53 00:38:35 David Scholey RHAC  
 70 00:40:43 Steve Gorrill RHAC  
 80 00:42:10 John Spencer RHAC  
 83 00:42:36 Nathan Buckingham RHAC  
 90 00:43:14 Kevin Thomas RHAC  
 108 00:50:31 Malcolm Rhodes RHAC

**Under 15 Girls**

1 00:11:47 Fiona Bell Hallam  
 2 00:11:52 Codie Marsh RHAC  
 3 00:12:29 Natasha Hatswell RHAC  
 4 00:12:41 Megan Bailey RHAC  
 10 00:14:00 Olivia Neal RHAC  
 15 00:14:39 Zoe Brain RHAC  
 16 00:14:47 Emma Parkinson RHAC  
 17 00:14:59 Gemma Williamson RHAC  
 20 00:15:16 Georgina Arif RHAC  
 22 00:16:03 Melissa Hellewell RHAC

**Under 13 Boys**

1 00:14:31 Ashton Harrison DonAC  
 4 00:15:39 Robert Bentham RHAC  
 6 00:16:23 Caine Frost RHAC  
 8 00:17:11 Jordan Small RHAC  
 11 00:18:34 Bradley Nelson RHAC  
 12 00:19:15 Thomas Evans RHAC

**Under 15 Boys**

1 00:15:37 Tom Bains Hallam  
 5 00:16:16 Nicholas Myers RHAC  
 6 00:16:31 Paul Ward RHAC  
 7 00:17:52 Luke Hammill RHAC  
 8 00:18:22 Devon Wood RHAC  
 9 00:18:29 Alex Newbold RHAC  
 10 00:18:55 Scott Smith RHAC

**Under 17 Men**

1 00:21:17 Yassin Mohamed SheffRC  
 2 00:21:45 Kyle Craib RHAC  
 8 00:25:24 Sam Howis RHAC

**Men Vet 65**

1 00:29:11 Robin Aconley Donc AC  
 2 00:30:53 Peter Humphries RHAC

**Under 17 Ladies**

1 00:15:49 Steph Burns RHAC  
 3 00:16:49 Abbie Vernon RHAC  
 4 00:17:05 Emily Fisher RHAC  
 5 00:17:40 Robyn Lancelley RHAC  
 7 00:19:52 Rachel Hall RHAC

**Under 11 Girls**

1 00:06:22 Chloe Bewley DoncAC  
 11 00:07:17 Emily Kay RHAC  
 17 00:07:57 Sharni Howis RHAC  
 18 00:07:58 Molly Wood RHAC  
 20 00:08:19 Chloe Stone RHAC  
 23 00:08:38 Morgan Anglesea RHAC

**Ladies, Vet Ladies and U 20 Ladies**

1 00:24:19 Liz Such Hallam  
 3 00:25:46 Jessica Fawcett RHAC  
 17 00:30:09 Philippa James RHAC  
 19 00:30:29 Eleanor Thomas RHAC  
 20 00:30:43 Sharon Burton RHAC  
 23 00:31:01 Charlotte Vaughan RHAC

**Under 11 Boys**

1 00:05:50 Sam Bissett DoncAC  
 3 00:05:57 Kane Smith RHAC  
 8 00:06:53 Declan Walker-Smith RHAC  
 10 00:07:00 Joseph Morton RHAC  
 11 00:07:01 Jordan Hutchinson RHAC  
 12 00:07:09 Jonathan Bilton RHAC  
 15 00:07:50 Jordan Dixon RHAC  
 16 00:08:08 Oliver Court RHAC  
 17 00:08:41 Joel Kirk RHAC

**Under 13 Girls**

1 00:12:15 Eve Pound CitySheff  
 9 00:13:35 Emma Ellis RHAC  
 10 00:13:39 Jessica Mangham RHAC  
 18 00:14:34 Georgina Spencer RHAC  
 19 00:14:44 Bonnie Smith RHAC  
 22 00:15:10 Emma Dutton RHAC

WOMENS EVENTS

Under 13 Girls

1	11:22	ELLIS, Bethany	Spen
31	13:30	MANGHAM, Jessica	RHAC
34	13:39	FREEMAN, Jessica	RHAC
41	13:52	SMITH, Bonnie	RHAC
52	14:06	DUTTON, Emma	RHAC
60	14:29	JENKINSON, Mary	RHAC
61	14:31	HUTCHINSON, Emily	RHAC
65	14:49	SPENCER, Georgina	RHAC

1	Hallamshire H. "A"	4	5	13	22
2	Spensorough AC	1	7	22	30
3	Halifax "A"	2	11	18	31
4	City of York	9	12	16	37
5	City of York "B"	17	23	27	67
6	Leeds City	8	29	32	69
7	City of Sheffield	6	26	42	74
8	Wetherby Runners	20	28	37	85
9	Holmfirth	14	25	53	92
10	Loftus & Whitby AC	19	40	44	103
11	Wakefield H.	3	33	67	103
12	Rotherham HAC "A"	31	34	41	106
13	Scarborough	10	54	55	119
14	Ilkley Harriers	24	43	57	124
15	Keighley & Craven AC	36	48	49	133
16	Hallamshire H. "B"	39	50	62	151
17	Wetherby Runners "B"	38	51	63	152
18	Rotherham HAC "B"	52	60	61	173
19	Skipton AC	45	58	80	183
20	Keighley & Craven AC "B"	64	72	75	211

Under 15 Girls

1	15:26	WINZER, Maddy	Ric & Zet
5	16:02	HATSWELL, Natasha	RHAC
18	16:49	BAILEY, Megan	RHAC
33	17:56	BRAIN, Zoe	RHAC
39	18:28	WILLIAMS, Gemma	RHAC
51	19:51	PARKINSON, Emma	RHAC
53	20:28	STANLEY, Abbey	RHAC
57	21:00	HELLEWELL, Melissa	RHAC

1	Wakefield Harriers	2	7	10
2	Hallamshire H.	3	17	30
3	Skyrac	6	23	26
4	Leeds City "A"	14	20	22
5	Rotherham HAC	5	18	33
6	Wetherby Runners	8	15	34
7	Keighley & Craven AC	4	25	36
8	Richmond & Zetland H.	1	47	49
9	Leeds City "B"	24	32	50
10	Hallamshire H. "B"	37	43	45
11	Doncaster AC	35	38	52
12	Rotherham HAC "B"	39	51	53
13	Longwood Harriers AC	48	56	60

Under 17 Women

1	15:31	PROCTOR, Lauren	Wakefd
2	16:30	BURNS, Stephanie	RHAC
7	17:34	LANCELEY, Robyn	RHAC
24	19:57	HALL, Rachel	RHAC

1	Hallamshire H.	8	16	29
2	Rotherham HAC	7	24	33
3	Pudsey & Bramley AC	14	19	36
4	Wakefield H.	17	28	46
5	Skipton AC	18	33	57
6	Spensorough	121	31	65
7	Halifax H.	227	29	79

Senior Ladies

1	20:37	DEAN, Hatti	Hallam
5	21:43	BLIZARD, Jenny	RHAC
11	22:15	GRANT, Natalie	RHAC
22	23:28	EDWARDS, Rosie	RHAC
23	23:28	FAWCETT, Jessica	RHAC
53	25:50	GRADY, Annabel	RHAC S.L.
71	27:31	JAMES, Philippa	RHAC Vet.

1	Hallamshire H.	1	2	6	9
2	Leeds City	9	12	14	35
3	Rotherham HAC "A"	5	11	22	38
4	City of York	7	16	19	42

5	Hallamshire H. "B"	8	10	24	42
6	Holmfirth H.	18	20	25	63
7	Leeds City "B"	15	35	42	92
8	Loftus & Whitby AC	27	32	40	99
9	Hallamshire H. "C"	28	33	46	107
10	Skipton AC	29	41	52	122
11	Keighley & Cr. AC "A"	36	48	57	141
12	York Knavesmire	37	54	56	147
13	Rotherham HAC "B"	23	53	71	147
14	Holmfirth H. "B"	30	45	73	148
15	City of York	38	49	81	168
16	Hallamshire H. "D"	51	65	70	186
17	Barnsley AC	31	75	84	190
18	Richmond & Zetland	43	72	77	192
19	Steel City Striders	44	76	82	202
20	Leeds City "C"	61	74	78	213

MENS EVENTS

Senior Men's Race

1	Jorge Thomas	Cardiff	32.51
18	Phil Hoole	RHAC	34.45
76	Simon Mounsey	RHAC	39.00
85	Luke Field	RHAC	39.28
92	Gary Claxton	RHAC	39.53
93	Howard Darwin	RHAC	39.53
140	Glenn James	RHAC	42.58
173	John Spencer	RHAC	46.24

1	Leeds City	[6, 9, 16, 21, 25, 27]	104
2	Bingley	[3, 14, 24, 29, 33, 35]	138
3	Hallamshire	[8, 19, 30, 49, 52, 62]	220
4	Leeds City B	[31, 32, 37, 44, 47, 55]	246
5	Knavesmire	[10, 13, 26, 50, 80, 81]	260
6	Holmfirth	[4, 15, 22, 38, 114, 116]	309
7	Keighley & C	[17, 43, 56, 59, 60, 105]	340
8	Hallamshire B	[63, 64, 75, 78, 91, 98]	469
9	C of York	[20, 74, 89, 95, 102, 113]	493
10	Rotherham H	[18, 76, 85, 92, 93, 140]	504
11	Leeds City C	[58, 67, 73, 87, 107, 122]	514
12	Otley	[51, 57, 90, 100, 136, 145]	579
13	Wakefield	[71, 77, 83, 99, 121, 156]	607
14	Bingley B	[40, 45, 46, 157, 171, 178]	637
15	Sheffield RC	[69, 82, 112, 117, 134, 142]	656
16	Halifax	[61, 72, 86, 115, 139, 188]	661
17	Keighley & C B	[111, 118, 120, 124, 131, 148]	752
18	Wetherby	[110, 125, 126, 127, 141, 162]	791
19	Harrogate	[53, 101, 146, 151, 153, 194]	798
20	Steel City	[79, 103, 106, 174, 177, 179]	818
21	Pudsey Pacers	[108, 132, 144, 149, 167, 191]	891

Junior Men's Race

1	Andrew Heyes	Hallam	26.53
13	David Smith	RHAC	31.22

1	Hallamshire	[1, 11, 12]	24
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Under 17 Men's Race

1	Danny Schofield	Scarb	19.32
36	Sam Howis	RHAC	23.15
1	C of Sheffield	[4, 8, 15]	27
2	Wakefield	[3, 11, 20]	34
3	Skipton	[9, 13, 14]	36
4	Scarborough	[1, 2, 49]	52
5	Leeds City	[7, 10, 39]	56
6	Sheffield RC	[5, 17, 43]	65
7	Richmond & Z	[16, 23, 32]	71
8	Doncaster	[6, 25, 42]	73
9	Skipton B	[18, 19, 41]	78
10	Harrogate	[28, 30, 34]	92
11	Wakefield B	[21, 35, 38]	94
12	Halifax	[24, 31, 44]	99
13	Hallamshire	[27, 33, 45]	105

Under 15 Boys Race

1	Josh Schofield	Scarborough	14.32
25	Nicholas Myers	RHAC	16.55
38	Devon Wood	RHAC	18.25
42	Scott Smith	RHAC	19.06

1	Holmfirth	[2, 9, 10]	21
2	Leeds City	[3, 4, 20]	27
3	Halifax	[5, 12, 15]	32
4	Richmond & Z	[6, 8, 18]	32
5	Scarborough	[1, 16, 29]	46
6	Harrogate	[7, 23, 39]	69
7	Spensorough	[11, 32, 41]	84
8	Rotherham HAC	[25, 38, 42]	105

Under 13 Boys Race

1	Liam Stedman	Spentb	10.37
2	Luke Cotter	RHAC	10.57
10	Jordan Small	RHAC	11.30
23	Robert Bentham	RHAC	12.07
32	William Johnson	RHAC	12.23
46	Caine Frost	RHAC	13.08
56	Bradley Nelson	RHAC	13.50

1	Rotherham HAC	[2, 10, 23]	35
2	Richmond & Z	[3, 13, 21]	37
3	Bingley	[7, 14, 25]	46
4	Wharfedale	[5, 20, 24]	49
5	Wakefield	[4, 22, 26]	52
6	Skipton	[11, 19, 27]	57
7	Doncaster	[15, 17, 33]	65
8	Leeds Carnegie	[12, 35, 43]	90
9	Hallamshire	[30, 37, 38]	105
10	Longwood	[36, 39, 50]	125
11	Holmfirth	[40, 41, 53]	134
12	Rotherham HAC B	[32, 46, 56]	134
13	Keighley & C	[18, 58, 60]	136
14	Harrogate	[42, 44, 51]	137



Hectic start to the senior women's race at Winterhill- Rosie and Jenny in view with U20 winner Natalie Grant far right.

RHAC Newsletter

I am sorry that a number of factors have held up production since December. As a result, there is a great deal of news to print and little space to do it in.

Therefore a considerable amount has to be held over to the next edition, including detail of a host of annual awards, progress news on Herringthorpe and RHAC website, new schools & community newsletter, member contributions, and a considerable number of pictures.

Here's to next month.



Members of RHAC under-17 team (above) and U13 team on the left

Cross-country Roundup from Steve Gaines

Northern Cross Country Champs, 24th January

On what was one of the wettest muddiest course for some time, the club successes of this cross country season continued.

Whilst we were weakened in the senior teams, due to absence and injury (3 men no women) we fielded a total of 6 scoring teams.

Congratulations to the U20 women's team who retained their winning team trophy (Just as well as it was still in Jade's display cabinet) Klachen 4th, Natalie 6th, Jess 16th and Laura 29th, beating the Kingston-u-Hull team by 8 points.

The U17 women's team came 2nd, Stef 5th, Abbie (having a very good run) 10th, Robyn 23rd and Emily 25th, being beaten by 8 points by the strong Vale Royal winning team.

There were good individual performance as well, Luke Cotter finishing 12th in the U13 boys race, Codie Marsh 8th, leading the U15 girls team to 7th place, & Phil Hoole 39th, Paul Humphries 140th and Simon Mounsey 151st in the senior men's race.

Thanks to all who transported athletes to the event, and to the supporters for encouraging the club athletes.

I hope you have all got your shoes and socks clean. Any volunteers to help me with the groundsheets???

Derbyshire & Nottinghamshire county championships

Congratulations to the club athletes in the other, adjacent, county champs.

Codie Marsh won the Notts U15 girls event, Emily Fisher was 2nd in the Derbyshire U17 women's event. Paul Ward was 10th in the Derbyshire U15 boys and Kim Bateman 6th in the Junior women's event.

Unfortunately Abbie Vernon was ill with a stomach virus, and unable to run.

Yorkshire County Cross Country Champs

A very successful event for the club. We finished 11 scoring teams (6 last year) and (as the organising club) delivered an event which drew praise from clubs athletes and spectators. You cannot achieve this success without an awful lot of good work, by an awful lot of good people. I would like to thank all helpers, athletes, parents & spectators, and team managers for their support.

Congratulations to the medal winning teams: U13 boys 1st, U17 women 2nd, and Senior women 3rd. Congratulations to the individual medal winners, Luke Cotter 2nd U13 boys (A great debut run), Stef Burns 2nd U17 women, Natalie Grant 1st Junior Women.

Sheffield Open Cross Country 27th Dec

Some good results for our club: Kane Smith winning the U11 boys race, Luke Cotter U13 boys, Nicholas Myers 2nd U15 boys, Paul Ward 3rd U15 boys, Philippa James 3rd Sen Women.

The U11 boys team of Kane, Declan Walker Smith and Jordan Dixon won the team event. RH&AC numbers were limited, and this was the only age group where we had a scoring team.

Well done to all for turning out.

Members of RHAC under-17 team (above) and U13 team on the left

U13 Girls

1	A Hetherington	Carlisle	12:00
89	Emma Ellis	Roth	14:28
96	Jessica Mangham	Roth	14:35
104	Jessica Freeman	Roth	14:40
135	Emily Hutchinson	Roth	15:25
1	Lincoln Wellington A C		61
2	Liverpool Harriers & Ac		115
8	Hallamshire Harriers Sheffield		244
9	Kingston Upon Hull Ac		251
18	Rotherham Harriers & Ac		424

U15 Girls

1	K Reynolds	E Ches	13:29
8	Codie Marsh	Roth	14:05
20	Natasha Hatswell	Roth	14:32
38	Megan Bailey	Roth	14:48
122	Gemma Williamson	Roth	17:06
1	E Cheshire H & Tameside Ac		28
2	Vale Royal AC		119
3	Wakefield District H & Ac		134
4	Leigh H&ac		141
5	Liverpool Harriers & Ac		160
6	Blackburn Harriers		167
7	Rotherham Harriers & Ac		188
9	Lincoln Wellington A C		234
10	Hallamshire Harriers Sheffield		255
11	Kingston Upon Hull Ac		268

U17 Women

1	Laura Park	Ellenb	14:37
5	Steph Burns	Roth	16:10
10	Abbie Vernon	Roth	16:36
23	Robyn Lanceley	Roth	17:31
25	Emily Fisher	Roth	17:38
73	Rachel Hall	Roth	20:56
1	Vale Royal AC		55
2	Rotherham Harriers & Ac		63
3	Sale Harriers Manchester		157
4	Lincoln Wellington A C		167
5	Morpeth Harriers & Ac		217
6	Halifax Harriers & Ac		264

U20 Women

1	Lauren Howarth	Leigh H	20:07
4	Klachen Cheshire	Roth	21:50
6	Natalie Grant	Roth	22:17
16	Jessica Fawcett	Roth	23:05
30	Laura Spence	Roth	24:43
1	Rotherham Harriers & Ac		55
2	Kingston Upon Hull Ac		63
3	Blackburn Harriers		136

Senior Women

1	Gemma Miles	Kendal	25:47
1	Hallamshire Harriers Sheffield		57
2	Chester Le Street & Dist AC		69
3	Sale Harriers Manchester		80

U13 Boys

14	Luke Cotter	Roth	12:12
50	Robert Bentham	Roth	12:58
118	William Johnson	Roth	13:54
180	Jordan Small	Roth	16:30
1	Wirral A C		93
2	Lincoln Wellington A C		146
7	Wakefield District H & Ac		267
8	Vale Royal AC		268
9	Blackburn Harriers		294
10	Wharfedale Harriers		313
11	Kingston Upon Hull Ac		334
12	Rotherham Harriers & Ac		362
13	Bingley Harriers		375

U15 Boys

1	Josh Schofield	Scarb	11:50
79	Paul Ward	Roth	13:31
99	Nicholas Myers	Roth	13:45
115	Devon Wood	Roth	14:11
140	Luke Hammill	Roth	14:46
153	Scott Smith	Roth	15:26
1	Wirral A C		79
2	Lancaster & Morecambe Ac		80
3	Holmfirth Harriers Ac		95
4	Liverpool Harriers & Ac		134
5	Blackburn Harriers		158
6	Leeds City Ac		160
15	Rotherham Harriers & Ac		433
16	Preston Harriers & Ac		482

U17 Men

1	Danny Schofield	Scarb	17:21
59	Sam Fisher	Roth	19:33
113	Sam Howis	Roth	20:41
1	Lincoln Wellington A C		74
2	Sale Harriers Manchester		77
7	Wakefield District H & Ac		240

U20 Men

1	Ricky Stevenson	New M	24:51
50	David Smith	Roth	28:56
1	Liverpool Harriers & Ac		44
4	Leeds City Ac		62
5	Hallamshire Harriers		133

Senior Men

1	Steven Vernon	Stockp	34:18
39	Philip Hoole	Roth	37:52
140	Paul Humphries	Roth	42:02
151	Simon Mounsey	Roth	42:14
1	Leeds City AC		115
6	Hallamshire Harriers		370
10	Knavesmire Harriers		551
11	Bingley Harriers		555
15	City Of York Ac		1218
25	Beverly Ac		1743
31	Halifax Harriers & AC		1943
32	Wakefield Harriers		1965
35	North Derbyshire RC		2270
37	Barnsley Athletics Club		2416

# Xmas Day Handicap: Youth Has Its Day– another Silver for Luke

Posn	Name	lap1	lap2	lap3	lap 1	lap 2	lap 3	Race Time
1	Sam Howis	3	6	3	09:53	10:40	10:34	31:07
2	Luke Brady	1	0	-1	13:13	13:52	13:47	40:52
3	Malcolm Rhodes	1	0	-1	13:26	13:28	13:01	39:55
4	Mathew Asbridge	0	3	7	10:51	10:52	10:30	32:13
5	Kerry Booth	-1	7	0	11:27	11:29	11:27	34:23
6	John Comrie	0	1	8	10:36	10:48	10:24	31:48
7	Pete Shaw	2	1	8	09:52	10:07	10:08	30:07
8	Mark Ruddleston	0	2	9	09:32	09:30	09:17	28:19
9	Mick Hill	1	0	-6	13:08	13:34	13:38	40:20
10	Brian Harney	-1	4	-3	11:36	11:42	12:09	35:27
11	Phil Haigh	0	1	-3	11:52	12:05	12:23	36:20
12	Peter Neal	-1	2	4	10:25	10:34	10:36	31:35
13	Phil Smales	0	-1	-4	12:11	12:41	12:30	37:22
14	Sharon Burton	0	-3	-4	12:49	12:44	12:41	38:14
15	Jenny Horan	0	-1	-9	13:56	14:05	13:53	41:54
16	Jim Gallacher	0	-6	-4	13:38	14:27	14:44	42:49
17	Neil Shaw	-1	-5	1	11:52	13:43	13:23	38:58
18	Alan Bryden	-3	-9	-5	15:19	16:12	16:43	48:14
19	David Booth	-1	-2	0	10:49	12:54	14:09	37:52

Name	Actual Time	Fastest Times
1 Sam Howis	31:07	1 Mark Ruddleston 28:19
2 Luke Brady	40:52	2 Pete Shaw 30:07
3 Malcolm Rhodes	39:55	3 Sam Howis 31:07
4 Mathew Asbridge	32:13	
5 Kerry Booth	34:23	
6 John Comrie	31:48	<b>Ladies</b>
7 Pete Shaw	30:07	1 Sharon Burton 38:14
8 Mark Ruddleston	28:19	2 Jenny Horan 41:54
9 Mick Hill	40:20	
10 Brian Harney	35:27	
11 Phil Haigh	36:20	
12 Peter Neal	31:35	
13 Phil Smales	37:22	
14 Sharon Burton	38:14	
15 Jenny Horan	41:54	
16 Jim Gallacher	42:49	
17 Neil Shaw	38:58	
18 Alan Bryden	48:14	
19 David Booth	37:52	

**5 miles road-  
The oldest continu-  
ously-competed  
annual road race in  
Britain!**



It certainly makes a change to have someone so young winning the old pot. Looking down the list, I think we could say "the stalwarts" of the event, or perhaps "the usual suspects" were there on the day.

Always difficult to judge the handicap for a youngster, maybe the handicappers forecast that Sam would run out of steam before the 5 miles were up. However, wrong on the day, and he was not seriously challenged once it became clear that he wasn't going to fade. Luke Brady held his advantage until the last lap but had to give way for another silver, as in 2007. He took it philosophically, with good grace.

Jim Brogan's analysis (above) shows the places gained or lost on each of the reversing three laps. Jim is pictured presenting the trophy to Sam at the Park Hotel.

## Debut Successes:

From Rob Creasey: **below-** Don Valley sprinter Alex Kiwomya wins double gold at Northern Indoor Champs!

**Footpath "Claim": Extract (and map below)**  
The Council is responsible for keeping records of the network of public rights of way throughout the borough. The records (known as the definitive map and statement) show where the public may lawfully walk or ride. In order to keep the records up-to-date, the Council is required to keep the map and statement under review and add to them, delete from them or modify them in the light of evidence that a way should be recorded as a public right of way, or evidence that the current status of an established public right of way requires modification...*continues*  
*[Though not part of our remit as a club, we do use footpaths a lot and it's well worth our while getting involved. See Henry, clubroom or website (soon)...Ed]*

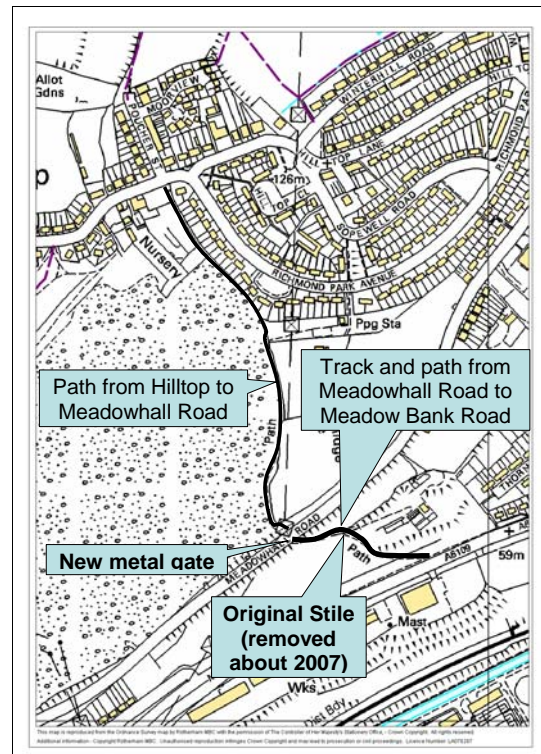
The Notre Dame High School pupil entered his first Northern Indoor Athletics Championships and came away as double gold medalist after firmly establishing himself as the fastest U-15 sprinter in the North of England. 12-year-old Alex from Grenoside posted a winning time of 23.56 in the 200m that places him at the top of the UK rankings. Then, two hours later he went on to take his second gold medal at the EIS Sheffield based competition when he won the 60m in 7.51 seconds, a time that places him 6th nationally.



Don Valley coach Rob Creasey said: "This was Alex's first Championship and to come away with two gold medals is a great achievement. Alex is a very talented young man who enjoys his sprinting along with his achievements in football. He takes everything in his relaxed but lightening stride!"

For gifted Alex also enjoys playing football at the Rotherham Centre of Excellence as well as winning gold medals for Rotherham Harriers Athletic Club. He will go on to compete in the National Indoor Championships in Birmingham and is then looking forward to his first English Schools Championships on his home track at Don Valley Stadium this July.

**Alex is newly-signed for track & field at Rotherham.**



**Left: Jonathan Bilton and Megan Nagy with their Gold medals from the Boys and Girls U11 60 metres event at Leeds Indoor Meet 02.02.09.**

Not exactly debut performances (they have competed in the indoor league) but nonetheless quite recent!

Both athletes recorded a personal best time of 9.3 secs. Well done! Megan later won the Girls U11 Long Jump event, again achieving a PB of 3.78m.

Editorial

As I sit writing this month's notes, the snow is streaming down on to my garden in Wickersley and the bird table already has a two-inch coat. There's running tonight, which I'm not looking forward to.

Inevitably it puts me in mind of the national cross-country about ten years back when our resurrected men's racing teams were marching up the national rankings after years of poor support. With a good outfit ready, spearheaded by Dave Tune and Rob Holladay, poised to enter the fray at Lincoln Showground, the weather showed impeccable timing when a snow deluge of biblical proportions hit the area.

I then had the job of standing down the troops- it was three feet deep on my drive and according to reports considerably deeper at Lincoln. Rob must have been well fired-up for the occasion, because he couldn't take the news. Coming to us from Penistone, where such conditions are regarded as a brief shower, he only reluctantly accepted that we had to stay at home. That, if a miracle should happen and we got anywhere near Lincoln, we would find no course, no marshals, and ten-foot snowdrifts.

Along with a good number of the outfit, Rob was the most utterly reliable athlete, very seriously fast and approaching unbeatable on his day. We worked hard, and successfully, to keep him at Rotherham, but perhaps it was inevitable that when he graduated and took a teaching post at Guisbrough he moved clubs to Morpeth, where after a while he did indeed achieve the ambition of a national 12-stage winner's medal.

I haven't seen him in the results lists for some time now. Best wishes from all of us if you get to read this Rob. Here at RH the ladies have stormed ahead of us in terms of results though the men work hard to keep us competitive. But as Steve Gaines has pointed out elsewhere there are very strong green shoots growing up fast in the male division- to a large extent because of our schools involvement and development, but of course crucially dependent on the efforts and skills of our members, coaches and organisers.

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If I can be permitted a brief departure from my usual self-imposed task of focussing unwaveringly on the progress and successes of Rotherham Harriers & AC, I will do so to express my respect, and pleasure really, at Kimberworth's successes in the Round Rotherham Relay event, reported on the right.

Kimberworth club and runners follow their own agenda, I wouldn't suggest otherwise, but they have been strong supporters of no end of our events, notably this one, and might have won it on a number of occasions.

I particularly remember a KS runner calling Pete Shaw back after he went off course on stage 8, subsequently losing to Pete. That remains for me one of the outstanding examples of sporting behaviour. Well done.

And the 'tailpiece'- from Ralph Rowbotham himself by email:-

**IN 1861.** Abraham Lincoln travelled by train from Philadelphia to Washington to be inaugurated as President.

**IN 2009.** Barak Obama today, repeated the journey, travelling via Wilmington, to pick up the Senator for Delaware Joe Biden (the new vice President), on his journey of inauguration.

**IN 1987** A Rotherham Harriers Party travelled to New York to contest the Marathon which was run in a record 84deg.F. From there half the party and their wives (no WAGS then) travelled by train via Philadelphia and Delaware to Wilmington where we were guests of the local club. We went local sightseeing and ran in several races. One of the trips was to Atlantic City, another was to Washington, by train, from Wilmington via Baltimore. In Washington we saw all the sights, Jefferson Monument, Smithsonian Museum and the Capitol etc.

Who should be our guide in the senate but Joe Biden, the new vice president, who was the friend of one of our hosts, Wayne Kursh? In the party were Peter Harper, Bill Burns, Ian Newsome, Kevin Rodgers, Ted Parkinson, Ralph Rowbotham and W's definitely-not G's !!

Rotherham Harriers WOZ THERE !!

later:  
[ Further to my item about Joe Biden etc. I made contact with Wayne Kursh, after 30 years !!! He still has a shop "marathon shoes" and organises dozens of events. His shop is really like a club house drop in for entry forms, coffee, maybe buy some shoes. He is now in Florida for 6 weeks so it must pay. However his website, races2run.com, is very interesting.]

# 50 mile Rowbotham's Round Rotherham 13<sup>th</sup> December 2008

Sharon Burton writes:

Once again, leading up to the day, numbers were looking good for the 50 mile individual event in the Round Rotherham and sure enough records were broken when 20 runners entered on the day (why?). A total of 311 entries were taken breaking the previous year's by 10. However, relay entries were down with only 21 setting off this year compared to 27 last year. Moving on, on the morning of the RR I woke up at 4am, it was pouring with rain (as forecast). I arrived at Dearne Valley Sports Centre at 5am, it was still raining. 6am arrived and the walkers set off; in rain. When 7am arrived for the runners to set off, guess what, it was still raining! With the relays still to go at 8am we thought, surely it can't still be raining. The noise from the roof told us otherwise, it was raining cats and dogs!! Get the picture?

It didn't get any better during the day, neither did it let up, it was one continuous downpour throughout the day, and the night for good measure! Strangely enough, it didn't put off 245 walkers and runners setting off for this, the 26<sup>th</sup> running of the Rowbotham's Round Rotherham. However, when runners started to drop out at the first checkpoint at Grange (10 miles down the road) this was a sign of what was to come throughout the day. Seeing competitors shivering, almost suffering from hypothermia and some not adequately dressed for the weather told us there could be problems if we weren't careful. Luckily, no-one did suffer any great distress but 75 drop outs demonstrated how bad the conditions truly were.

As you can imagine, no records were broken this year. It was just a major feat for people to get around the course in one piece. Last year's winner, Matt Giles, who almost broke Chris Parkes' record didn't show on the day (I wonder why?). So, it was left to Paul Ward from Dewsbury, competing for the second time in the event, to show the way home in 7 hours 23 mins, followed by Paul Hart of Dumfries Running Club in 7 hours 47 mins. 3<sup>rd</sup> place went to Steve Lang of Cheshire Hill harriers in 7 hours 53 mins. Winning team were Dumfries Running Club. RHAC runners to complete the course were Kerry Booth 20<sup>th</sup>, Lee Carratt 32<sup>nd</sup>, Henry Marston 99<sup>th</sup>, Roy Varo 151<sup>st</sup> and John Clarke 171<sup>st</sup>. Kerry, Lee and Henry finished 2<sup>nd</sup> team overall. Well done to you all!

The ladies race saw Alayne Malkin of the TRA arrive back in first place in a respectable 9 hours 24 mins followed by Clare Akin Smith (U/A) in 9 hours 51 mins. 3<sup>rd</sup> place went to Anne Wade of the TRA in 9 hours 59 mins.

Moving on to the relays. It was a big disappointment on the home front with no RHAC team winners this year. The 2007 event saw a clean sweep for the mens, ladies and mixed teams. It wasn't to be this year, although the men's team put up a tremendous battle to the finish through Pete Shaw on the anchor leg, only to lose out to Kimberworth's Kimmy Kamikazi by just 33 seconds. Considering that RHAC men were 15 minutes behind on leg 4 it was a remarkable achievement to be so close at the end. However, the 'Kimmy Kamikazi's' won in 6 hours and a very disappointed 'Men in Black' finished in runners up spot. Handsworth Roadhogs finished in 3<sup>rd</sup> place in 6 hours 37 mins.

Kimberworth Striders completed the double by winning the women's race too. Finishing 6<sup>th</sup> overall, 'Kimmy Kittens' stopped the clock on 7 hours 7 mins. In second place, another disappointed RHAC team; 'Women in Black' finished in 8 hours 6 mins. Totley AC's ladies team finished in 3<sup>rd</sup> place in 8 hours 32 mins. 1<sup>st</sup> mixed team and finishing an excellent 4<sup>th</sup> place overall were Dumfries 'Crocks and Chicks'. The team of four's time was 6 hours 42 mins. Second place went to 'Maltby Marauder's' in 7 hours 44 mins and in 3<sup>rd</sup> place following closely were RHAC's 'Rotherham Snails' in 7 hours 51 mins.

Last, but not least, a big word of thanks from myself and the organising team to all the helpers and volunteers at the checkpoints for standing out in the most appalling conditions which was the worst day ever in the history of the event. Without you the event would not be as successful as it is.

	1983	1984	1985	1986	1987	1988	1989
	Barrie Bedford	Alan Ireland	Alan Wright	Alan Gill	Alan Ibberson	Andrew Bush	Anthony Barnett
	Brian Harney	Alwyn Nixon	Alan Yates	Alan Smith	Bob Woodhouse	Bernie Gould	Barry Smithurst
	Dave Carratt	Arthur Davies	Andy Forsyth	Bob Hannington	Brian Ratcliffe	Dave Butler	Bob Norton
	Henry Marston	Dave Jones	Ben Hodges	Caroline Boyd	Chris Parkes	Geoff Oliver	Brian Fearnley
	Ian O'Mara	Ian Pashley	C. Finney	Chris Nixon	Colin Henson	Graham Ives	Chris Scaife
	John Abbott	Ian Roberts	George Kay	J. Kyle	Dave Ellis	Hilary Walker	Dave Evans
	Maurice Cooke	Klaus Armstrong-Braun	Jamie Ollivent	K. Gorden	Dave Scaife	Jack Humphries	David King
		Nigel Robinson	Jeff Harrison	Lee Carratt	David Burke	John Good	Eddie Taylor
		Paul West	John Edwards	Mick Concannon	David Devine	Martin Grayson	Eleanor Adams
		Peter Neal	Keith Cleary	P. Chambers	Derek Clarke	Paul Bream	Gordon Cox
		Roger Baumeister	Mick Cochrane	Paul Blagbrough	Jeff Hinde	Roy Tinker	Hugh O'Mara
		Roy Varo	Mick Hollowood	Peter Little	John Slinn	Stephen France	Ian Gunn
		Terry Allen	Mick Marsters	Ted Allen	Keith Baker	Ted Parkinson	Jim Rogers
			Mike Hayes	Terry Edmondson	Maurice Allsopp		Jim Williamson
					Norman Taylor		Jonathon Whitehead
					Paul Jepson		Kath Crilley
					Paul Staley		Kevin Hepworth
					Richard Puckrin		Kevin Marshall
					Richard Self		Kevin Uzzell
					Rob Broughton		Mark Green
							Martyon Gaynor
							Mick Peduzie
							Moiria Mackland
							Ray Hepworth
							Roz Young
							Warren Crook

The year columns in this table are a communication from Henry Marston- he is contacting many of them in support of a footpath claim which could seriously affect the Round Rotherham route. More detail is on page 7 but the forms and description are very lengthy- pick them up at the club or on web-sites.  
The years are those in which the runners first completed the RRR! I thought you might be interested for its own sake- some memories come back looking at many of them. Sadly, many are no longer running, sadder still, I think some are no longer with us.