



Rotherham Harriers & AC Newsletter January 2005

RH Young Ladies Brilliant at Skipton

Almost as we go to press on this new issue date of third Wednesday comes the report of a fabulous performance from RH ladies at the Yorkshire Cross-country. Especially the U17 and U15s, but good throughout.

With all contributing we have to give pride of place to Natalie Grant who won the U15 group with Jade Allen running third and Laura Spence completing the gold medal team. Results page 3, full report next month.



More Xmas Relay Cheer

After captain Mark Ruddleston had launched our effort, the ever-improving Phil Hoole took the slot Rob Watkinson had last year and did so to great effect as Rotherham's festive outing to Wollaton Park Nottingham came up with the same result as last year.

That is to say, number 1. We're not sure just how hard the midlanders try at this time of year but you can bet it's pretty hard. With most times close to what they were last year, Andy Aked would be well pleased to run second fastest on the day as it brought us home 30 seconds ahead of Notts AC. First fastest of course would have pleased him more. 'Most times close' as I said, but Jenny Blizzard's was quite a bit sharper as she gets faster and faster, winding up 3rd lady on the day.

Second lady, not far off first, was Debbie Robinson again guesting for RHAC as she did last year. To remind you, the format is 1:vet man 2:senior 3:lady 4:

senior and the terrain is variable road/grass. Peter Neal ran one, and Debbie's quick time ensured that with decent back-up this second team would do well— which it did with times good enough for the top 20 from Richard Harris (easing back after his accident) and Ian Whittaker, who tells me he is now in full training after finishing his work in Stirling.

'Second team' of course as Debbie's guest status made it a non-scorer officially, though the team finished on the ground in third place ahead of a Coventry party and Redhill AC..

As also was the complete vets team we fielded and ran 19th where Phil Roberts joined us to conclude the efforts of Stuart Lake, Phil Smales and Paula Fisher.

It is only fitting to recognise the efforts of this trio; Stuart Phil and Paula have individually and in teams represented RH in a variety of events over a considerable time.

Xmas Trophy Finds a Good Home

Malcolm Rhodes put in a brilliant third lap, running from (almost) the front, to hold off all challengers and head a very close procession of runners on to Boswell Street. A fitting reward, and a second win, for a runner who represents RHAC probably more than anyone else in local and not so local races.

A good result too for chief handicapper Jim Brogan, who got most, if not quite all, of them right for as close a finish as I can recall.

Full breakdown on page 2.

Notts Relay Results

1 Rotherham A 5	54.59	29 Holme Pierrepont RCL	73.49
2 Notts AC A	55.28	30 Bunny Rabbits	74.33
**Rotherham B	57.26	31 Sarah Leigh	74.45
**O&S & Cov Gods	57.49	32 Holme Pierrt RCV B	75.22
3 Redhill RR A	58.51	33 Formula 1 C	75.51
4 Corby	59.38	34 Holme Pierrt RC B	76.08
5 Charnwood AC	60.50	35 Notts AC F	76.23
6 Mansfield H	62.12	36 Newark C	76.30
7 Kirk Hallam	62.28	37 Holme Pierrt RCV C	76.39
8 Notts AC B	62.33	38 Wollaton Wanderers	81.53
9 Corby AC	64.17	39 Holme Pierrt RC E	82.10
10 Holme Pierrepont RC	64.24	40 Holme Pierrt RCL	83.56
11 Notts AC C	65.53	41 Holme Pierrt RC D	85.27
12 Notts AC	65.55	42 Notfast	86.14
13 Kirk Hallam B	66.17		
14 Redhill RR C	66.20		
15 Newark AC	67.09		
16 Notts AC E	67.43		
17 Redhill RR B (vets)	67.47		
18 Mansfield H & AC	69.48		
19 Rotherham Vets	70.09		
20 Holme Pierrt RCVL	70.17		
21 Redhill RC D	70.22		
22 Notts AC L	70.40		
23 Formula / Barrow	71.12		
24 Redhill RR F	72.13		
25 Formula 1	72.33		
26 Formula 1 Ladies	72.34		
27 Newark B	72.53		
28 Redhill RR E	72.55		

TEAMS

1 Rotherham A 54.59	
1 M Ruddleston	13.49
2 P Hoole	13.15
3 J Blizzard	15.08
4 A Aked	12.47
3 Rotherham B 57.26	
1 P Neal	14.48
2 R Harris	14.16
3 D Robinson	14.03(guest)
4 I Whittaker	14.19

19 Rotherham Vets 70.09	
1 S Lake	16.11
2 P Smales	17.58
3 P Fisher	19.43
4 P Roberts	16.17(guest)
Selected Fastest Times	
1 2 Nick Talbot	12.28
2 4 Andy Aked 12.47	
3 2 Ian Boneham	12.52
4 2 Phil Hoole 13.15	
5 4 Bill Speake	13.24
6 2 Tim Johnson	13.24
7 4 Steve Ablitt	13.24
8 2 Alan Smith	13.28
9 1 Andy Wetherill	13.38
10 2 Jamie Clark	13.48
11 1 Mark Ruddleston 13.49	
12 3 Tara Krzywicki	14.00
(1st lady)	
13 3 Debbie Robinson 14.03	
(2nd lady)	
14 1 Steve Jennings	14.08
15 2 Martin Slys	14.10
16 4 Glen North	14.11
17 2 Richard Harris 4.16	
18 2 Paul Newton	14.16
19 4 Ian Whittaker 14.19	
20 2 Martyn Gibbons	14.19
27 1 Peter Neal 4.48	
37 3 Jenny Blizzard 15.08	
(3rd lady)	

CHRISTMAS DAY HANDICAP RACE 2004 RESULTS

1. Malcolm Rhodes	37:09
2. Brian Harney	31:57
3. Peter Neal	28:39
4. Phil Smales	35:25
5. Jim Gallacher	39:16
6. Mathew Asbridge	34:48
7. Steve Gaines	30:04
8. Jon Thewlis	25:30
9. Sharon Burton	35:52
10. Mick Marsters	30:58
11. Kerry Booth	32:30
12. Adam Weaver	31:53
13. John Kirk	34:18
14. Mark Ruddleston	29:47
15. Neil Shaw	33:58
16. Gill Taylor	38:23
17. Andrew Gaines	36:28
18. John Comrie	34:30
19. Phil Widdowson	35:52

Fastest times: Men

1. Jon Thewlis	25:30*
2. Peter Neal	28:39
3. Mark Ruddleston	29:47

Fastest times: Ladies

1. Sharon Burton	35:52
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*new course record

Lap Breakdown

Left column: handicaps (ie start times). Other columns: position, lap time and positions gained/lost. Particularly notable for this onlooker were sharp runs from Steve Gaines and Brian Harney. And of course an absolute stormer from Jon Thewlis.

start			end of lap 1			end of lap 2			end of lap 3					
1	J. Gallacher	00:00	1	J. Gallacher	12:38	0	1	M. Rhodes	12:35	+1	1	M. Rhodes	12:06	0
2	M. Rhodes	55:00	2	M. Rhodes	12:28	0	2	J. Gallacher	13:27	-1	2	B. Harney	10:44	+2
3	P. Smales	03:10	3	P. Smales	11:24	0	3	P. Smales	12:14	0	3	P. Neal	09:31	+6
4	G. Taylor	03:20	4	S. Burton	11:55	+1	4	B. Harney	10:50	+3	4	P. Smales	11:47	-1
5	S. Burton	03:50	5	G. Taylor	12:34	-1	5	S. Burton	12:00	-1	5	J. Gallacher	13:11	-3
6	M. Asbridge	04:30	6	M. Asbridge	11:33	0	6	M. Asbridge	11:48	0	6	M. Asbridge	11:27	0
7	J. Kirk	06:15	7	B. Harney	10:23	+1	7	J. Kirk	11:41	+1	7	S. Gaines	10:03	+3
8	A. Gaines	06:20	8	J. Kirk	10:55	-1	8	G. Taylor	13:03	-3	8	J. Thewlis	08:28	+9
9	B. Harney	06:20	9	N. Shaw	10:29	+1	9	P. Neal	09:41	+5	9	S. Burton	11:57	-4
10	N. Shaw	07:40	10	A. Gaines	11:52	-2	10	S. Gaines	10:05	+3	10	M. Marsters	10:16	+3
11	K. Booth	07:55	11	K. Booth	10:40	0	11	K. Booth	10:58	0	11	K. Booth	10:52	0
12	P. Widdowson	08:20	12	A. Weaver	10:09	+1	12	A. Weaver	10:45	0	12	A. Weaver	10:59	0
13	A. Weaver	08:40	13	S. Gaines	09:56	+3	13	M. Marsters	10:23	+2	13	J. Kirk	11:42	-6
14	J. Comrie	08:55	14	P. Neal	09:27	+3	14	N. Shaw	11:59	-5	14	M. Ruddleston	09:52	+2
15	M. Marsters	09:05	15	M. Marsters	10:19	0	15	A. Gaines	12:12	-5	15	N. Shaw	11:30	-1
16	S. Gaines	09:15	16	P. Widdowson	11:35	-4	16	M. Ruddleston	10:02	+2	16	G. Taylor	12:46	-8
17	P. Neal	09:50	17	J. Comrie	11:00	-3	17	J. Thewlis	08:41	+2	17	A. Gaines	12:24	-2
18	M. Ruddleston	10:50	18	M. Ruddleston	09:53	0	18	J. Comrie	11:37	-1	18	J. Comrie	11:53	0
19	J. Thewlis	13:50	19	J. Thewlis	08:21	0	19	P. Widdowson	12:02	-3	19	P. Widdowson	12:15	0

Richard Harris

Richard is the Latest to Feel Run-down

After the alarming news of yet another runner injured on the road, it was a great relief to receive this e-mail (and attachment by way of explanation):

An account of my accident: I'm well on the way to recovery. Fortunately somebody must have been looking down at me.

Regards, Richard Harris

Richard continues:-

Firstly I would like to thank all of my friends, colleagues and members of Rotherham Harriers Athletic Club, who wished me well following my accident earlier this month. It was a real tonic to know how many people were thinking of me.

So to the incident / accident Wednesday 10th November. Following a disappointing below par performance in the Worksop Half Marathon, I had lifted my spirits with a reasonable display at the National XC relays the following weekend. Therefore training was back on song. In fact on the infamous day, I was feeling particularly comfortable on my afternoon training run and decided to add an extra couple of miles onto my run by going around Laughton. Bizarre for the fact I can't remember the last time I had even contemplated going around that village on a training run. Hence if I hadn't, the accident is highly unlikely to have happened.

But it did. The time was approximately 4.15pm, a dusky afternoon. I was, as all runners should be, particularly at this time of the year, well visible. I was wearing my ultra glow yellow jacket (now sadly deceased) and approached a road, which led into an estate. A car was approaching the T-junction whereby I knew he would have to slow and give way to the main road traffic. I had already dismounted the pavement and made a signal to the driver of the car that I intended to cross in front of him. However, at the last second I thought, "he's not going to stop". Therefore I stopped abruptly in my tracks losing my footing and slipped onto my back. I was desperately trying to scramble away or to avoid contact with the car. However, the next thing I knew

was that I had been wedged under the front nearside wing of the car and was being "shoved like a bulldozer" around the corner of the junction approximately 10-15yards. There is no wonder I have no skin on my right hip and knee.



Richard pictured at Ulley on the way to recovery. Lacking his speed, but well on the way.

The worst possible scenario was to follow as the car's momentum eventually took the front nearside wheel of the car up and over my chest. It was a "sickening" feeling. More was to follow and ultimate fear, as the car came to rest on my entire body, with just my head & neck free from the cars chassis, making it near impossible to breathe or move.

Fortunately another driver had seen me under the car and had summoned the driver of the above-mentioned car to lift enough of the vehicle's weight to free my chest. My foot was snagged on the under carriage of the vehicle, making it impossible for me to be totally freed. But at least I could breathe again. Momentarily I couldn't believe I was still

alive, my emotions were hard to take in and due to sheer relief and shock I shed a few tears at the scene.

One of the first people on the scene was an off duty nurse from Sycamore Ward at Rotherham Hospital, whose name I don't have at present. She was inspirational at keeping me calm and reassured me that help / assistance was on its way. I would like to especially thank her. The police arrived within a minute. I remember the officer (PC Moody) saying that he had called an ambulance. That however, seemed an eternity to arrive.

I soon became very cold lying on the floor. The fire service arrived first and managed to free my foot, they in turn covered me with a large space blanket. Moments later the ambulance arrived. The crew I knew instantly from my job as a Charge Nurse in Rotherham Hospital's A&E Department. None other than Chris Beighton, and Ian Smith from South Yorkshire Ambulance Service.

Chris and myself have enjoyed a few laughs or too over the last few years but I think his professionalism shone on this occasion. He and Ian managed their usual jovial banter but it never distracted from their line of work. I commend them for their proficiency and assistance in my hour of need.

And so to my injuries, unbelievably and remarkably minor in comparison to what they could have been.

I suffered severe contusions to the left side of my chest, and bruising to my right mid chest. Deep abrasions to right hip and right knee. Superficial lacerations & bruising to left shoulder blade and right knee, and finally bruising to left forearm.

I was initially admitted to B1 for pain relief and observation. However, the following morning, I was transferred to HDU to be administered an Epidural block to assist my breathing and alleviate my pain.

The following day my pain and breathing had settled enough for me to be transferred onto B4 under the care of the surgeons. There I spent a further night, before being discharged on Saturday 13th November.

RH Vet Men as Usual

These results, courtesy of Henry Marston and colleagues give a good breakdown of the turn of event on the day. Once again RHAC vets, now strengthened by addition of Pete Shaw showed how to run relay events— that is, fastest on last. Of course, it only works if you have fast ones on first as well.

On the day they inexorably pulled back Kimberworth, who had a lively start, and by stage 4 it was effectively all over, well before Peter Mirrlees' fastest time overall (3.50 min/km) brought them home by 16 minutes. Stages being different terrain etc needless to say makes comparison suspect, but it's a fair bet Peter was giving it some. Henry's right hand column gives the rank position on the stage incidentally.

RHAC second team on the day ('Snails') ran well, Gary Ridgeway posting fastest, but they suffered from double-staging, fielding only 6 runners. Claire Lambert underlined her promise with a sharp stage 5 among the ladies, with only Hilary Garrison in the RHAC ladies team running faster. They had team reorganisation and two-stage running to contend with, and perhaps for those reasons just lost out to Dumfries in the Ladies competition.

Fastest lady was Maltby's Barbara Rusling with a staggering 4.07 min/km if these results are right, though she ran 45th place in 38.16 at Kimberworth on the 19th Dec.

Again an excellently presented and organised event which is a huge positive advertisement for our club.

Competitor	time	mn/km	total	km	GMT	pos	rank
1 Old Men in Black OPEN (8 in team) 05:35							
1 Peter Neal	M 00:53	04:25	00:53	12.2	09:23	3	3
2 John Comrie	M 00:47	04:16	01:41	11.2	10:11	3	3
3 Steve Gaines	M 00:52	04:11	02:34	12.5	11:04	2	1
4 Tony Eastwood	M 00:38	04:13	03:12	9.1	11:42	2	2
5 Alan Chell	M 00:36	03:56	03:49	9.2	12:18	1	1
6 Pete Shaw	M 00:32	04:11	04:21	7.8	12:51	1	1
7 Nigel Brookes	M 00:38	03:57	05:00	9.8	13:30	1	1
8 Pete Mirrlees	M 00:35	03:50	05:35	9.2	14:05	1	1
2 Yellow Fever OPEN (8 in team) 05:51							
1 Martin Broadhead	M 00:51	04:13	00:51	12.2	09:21	1	1
2 Shaun Hogton	M 00:43	03:54	01:35	11.2	10:05	1	1
3 Roy Nixon	M 00:56	04:30	02:31	12.5	11:01	1	5
4 Ian Brookes	M 00:44	04:55	03:16	9.1	11:46	3	4
5 Peter Bunker	M 00:37	04:02	03:53	9.2	12:23	2	2
6 Steve France	M 00:35	04:36	04:29	7.8	12:59	2	2
7 Keith Ward	M 00:41	04:16	05:11	9.8	13:41	2	2
8 Pat Rooney	M 00:40	04:23	05:51	9.2	14:21	2	4
3 Doonhamers OPEN (8 in team) 06:10							
1 Sandy Shankland	M 00:55	04:32	00:55	12.2	09:25	4	4
2 Paul Hart	M 00:49	04:25	01:45	11.2	10:14	4	5
3 Ally McDowall	M 00:55	04:24	02:40	12.5	11:10	4	3
4 Peter Clingan	M 00:46	05:08	03:26	9.1	11:56	4	7
5 Richard McDougal	M 00:45	04:56	04:12	9.2	12:42	4	9
6 Steve Mohan	M 00:36	04:43	04:49	7.8	13:19	4	4
7 Peter Hill	M 00:42	04:20	05:31	9.8	14:01	4	3
8 Ian Brown	M 00:38	04:09	06:10	9.2	14:40	3	3
4 City of Sheffield AC OPEN (8 in team) 06:10							
1 Mike Levery	M 00:53	04:21	00:53	12.2	09:23	2	2
2 Kieran Dowling	M 00:47	04:16	01:41	11.2	10:10	2	2
3 Paul Blakeney	M 00:54	04:21	02:35	12.5	11:05	3	2
4 Nick Swift	M 00:37	04:04	03:12	9.1	11:42	1	1
5 James Lee	M 00:43	04:43	03:56	9.2	12:26	3	6
6 Allan Bamford	M 00:38	04:56	04:34	7.8	13:04	3	6
7 Malcolm Taylor	M 00:45	04:41	05:20	9.8	13:50	3	6
8 Jed Turner	M 00:50	05:27	06:10	9.2	14:40	4	9
5 Maltby Marauders MIXED (8 in team) 06:37							
1 Rachel Smith	F 01:23	06:52	01:23	12.2	09:53	13	13
2 Caroline Boyd	F 00:54	04:53	02:18	11.2	10:48	11	6
3 Mick Barber	M 00:56	04:32	03:15	12.5	11:45	11	6
4 Gary Durham	M 00:41	04:31	03:56	9.1	12:26	8	3
5 Barbara Rusling	F 00:37	04:07	04:34	9.2	13:04	5	3
6 Gavin Hamilton	M 00:41	05:16	05:15	7.8	13:45	5	8
7 Andy Thompson	M 00:43	04:28	05:59	9.8	14:29	5	4
8 Steve Durdy	M 00:38	04:09	06:37	9.2	15:07	5	2
6 Access Warriors MIXED (8 in team) 06:55							
1 Becky Parker	F 01:06	05:25	01:06	12.2	09:36	9	9

2 Will Mckane	M 00:56	05:04	02:03	11.2	10:32	7	8
3 Tim Richardson	M 01:00	04:50	03:03	12.5	11:33	6	7
4 Tony Cornah	M 00:45	04:56	03:48	9.1	12:18	5	6
5 Alison Douglas	F 00:49	05:25	04:38	9.2	13:08	7	11
6 Emer Mckay	F 00:41	05:22	05:20	7.8	13:50	7	9
7 Jane Spence	F 00:45	04:40	06:06	9.8	14:36	6	5
8 Martin Spence	M 00:49	05:21	06:55	9.2	15:25	6	8
7 Roy Rogers Nifty Fifty OPEN (8 in team) 06:59							
1 Lee Crow	M 00:57	04:44	00:57	12.2	09:27	5	5
2 Roger Cook	M 00:59	05:17	01:57	11.2	10:27	6	10
3 George Thomson	M 01:08	05:27	03:05	12.5	11:35	7	11
4 Roy Nixon	M 00:44	04:56	03:50	9.1	12:20	6	5
5 Richard Green	M 00:44	04:49	04:34	9.2	13:04	6	7
6 Martin Simpson	M 00:45	05:46	05:19	7.8	13:49	6	11
7 Mick Concannon	M 00:52	05:20	06:12	9.8	14:42	7	10
8 Ken Chapman	M 00:46	05:05	06:59	9.2	15:29	7	7
8 Rother Valley Swallows MIXED (8 in team) 07:01							
1 Andy Smith	M 01:05	05:22	01:05	12.2	09:35	7	7
2 Jez Lowery	M 00:49	04:24	01:55	11.2	10:24	5	4
3 Adrian Rafferty	M 01:04	05:07	02:59	12.5	11:29	5	10
4 Ch Kirk/Mel Watts	F 00:53	05:50	03:52	9.1	12:22	7	12
5 S. Briggs+L.Breen	F 00:54	05:57	04:47	9.2	13:16	9	13
6 Karen Bentley	F 00:42	05:29	05:29	7.8	13:59	9	10
7 Andy Jones	M 00:46	04:45	06:16	9.8	14:46	9	7
8 Samuel Lake	M 00:44	04:53	07:01	9.2	15:31	8	5
9 Snails (RHAC) MIXED (6 in team) 07:04							
1 Luke Brady	M 01:16	06:16	01:16	12.2	09:46	11	11
2 Gillian Taylor	F 00:58	05:12	02:15	11.2	10:44	10	9
3 Gary Ridgeway	M 00:55	04:27	03:10	12.5	11:40	9	4
4 Peter Humphries	M 00:50	05:30	04:00	9.1	12:30	9	9
5 Claire Lambert	F 00:43	04:43	04:44	9.2	13:14	8	5
6 Gary Ridgeway	M 00:37	04:47	05:21	7.8	13:51	8	5
7 Janice Streets	F 00:52	05:18	06:13	9.8	14:43	8	8
8 Peter Humphries	M 00:51	05:33	07:04	9.2	15:34	9	10
10 Freedom to run OPEN (8 in team) 07:17							
1 Matt Livingstone	M 01:05	05:21	01:05	12.2	09:35	6	6
2 Dick Pitt	M 00:59	05:19	02:05	11.2	10:34	8	11
3 Richard Cooper	M 01:03	05:02	03:08	12.5	11:38	8	8
4 Dave Gwyn-Jones	M 01:05	07:14	04:14	9.1	12:43	11	13
5 Tony Mays	M 00:45	04:55	04:59	9.2	13:29	11	8
6 Seb Schmaller	M 00:40	05:10	05:39	7.8	14:09	10	7
7 Ian Carey	M 00:52	05:18	06:31	9.8	15:01	10	9
8 Dick Williams	M 00:45	04:54	07:17	9.2	15:46	10	6
11 Dumfries Divas FEMALE (5 in team) 07:27							
1 Mhairi Douglas	F 01:05	05:23	01:05	12.2	09:35	8	8
2 Ros Campbell	F 01:04	05:45	02:10	11.2	10:40	9	13
3 Mhairi Douglas	F 01:03	05:04	03:13	12.5	11:43	10	9
4 Maureen Campbell	F 00:51	05:39	04:05	9.1	12:35	10	11
5 Marian Mcphail	F 00:50	05:28	04:55	9.2	13:25	10	12
6 Sheila Davies	F 00:47	06:04	05:42	7.8	14:12	12	12
7 Maureen Campbell	F 00:52	05:23	06:35	9.8	15:05	11	11
8 Marian Mcphail	F 00:52	05:39	07:27	9.2	15:57	11	12
12 Women in Black FEMALE (8 in team) 07:28							
1 Sharon Merrills	F 01:15	06:10	01:15	12.2	09:45	10	10
2 Pat Wells	F 01:04	05:45	02:19	11.2	10:49	13	12
3 Jenny Horan	F 01:09	05:35	03:29	12.5	11:59	12	12
4 Jacqueline Shannon	F 00:49	05:23	04:18	9.1	12:48	12	8
5 Gillian Taylor	F 00:46	05:03	05:05	9.2	13:35	12	10
6 Hilary Garrison	F 00:36	04:42	05:41	7.8	14:11	11	3
7 Anita Cavell	F 00:54	05:36	06:36	9.8	15:06	12	13
8 Adele Morris	F 00:51	05:37	07:28	9.2	15:58	12	11
13 Maltby Grandees OPEN (8 in team) 07:51							
1 Paddy Geogehan	M 01:23	06:52	01:23	12.2	09:53	12	12
2 Jim Rust	M 00:54	04:54	02:18	11.2	10:48	12	7
3 Don Buxton	M 01:16	06:06	03:35	12.5	12:04	13	13
4 Bob Houghton	M 00:50	05:33	04:25	9.1	12:55	13	10
5 Brian Lowndes	M 00:40	04:22	05:05	9.2	13:35	13	4
6 Sandra Lowndes	F 00:57	07:20	06:03	7.8	14:32	13	13
7 Dave Sears	M 00:53	05:25	06:56	9.8	15:26	13	12
8 Jan Sears	F 00:55	06:01	07:51	9.2	16:21	13	13

Rotherham Harriers & AC Newsletter

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Club Websites:

www.rotherhamharriers.org (official site)

www.hmarston.pwp.blueyonder.co.uk/rhac/index.htm

Newsletter and back issues on-line: www.thedoc.fsnet.co.uk/rindex.htm

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

Round Rotherham Results

Pos'n.	Name	Club	m/f	Overall Time	Overall Rate	Finishes
1	Les Hill	Dumfries RC	M	07:07:23	05:16	3
2	Mike Armstrong	RHAC	M	07:28:27	05:32	4
3	Mark Hartell	Macclesfield	M	07:36:33	05:38	4
4	Kerry Booth	RHAC	M	07:46:03	05:45	14
5	Mick Marsters	RHAC	M	07:46:04	05:45	12
12	Philip Haigh	RHAC	M	08:23:31	06:12	7
18	Mick Cochrane	RHAC	M	09:02:09	06:41	14
53	Roy Varo	RHAC	M	11:03:36	08:11	19
71	Henry Marston	RHAC	M	12:17:55	09:06	16
102	Dave Carratt	RHAC	M	14:54:19	11:02	15

Armstrong is Strong

Great run by Mike Armstrong to bring him home a good second. All the usual suspects were up there as well so that RHAC took the team award through Mike, Kerry Booth and Mick Marsters, with Phil Haigh, Mick Cochrane and Roy Varo making up a very creditable fourth. Henry Marston put his organising hat away and ran his sixteenth finish and it's good to see Dave Carratt still there. Thanks again to visiting clubs for their support, none more impressive all things considered than Dumfries.

TEAM RESULT

Pos	Cumulative	Club	Scorers
1	23h 1min	Rotherham H & AC	Mike Armstrong, Kerry Booth and Mick Marsters
2	23h 43min	Macclesfield Harriers	Mark Hartell, Stephen Watts and Julian Brown
3	26h 4min	Kimberworth Striders	Philip Martin, Martin Gaynor and David Booth
4	28h 29min	Rotherham H & AC	Philip Haigh, Mick Cochrane and Roy Varo
5	30h 51min	Kimberworth Striders	Muneer Saif, Bev Soakell and Ian Soakell
6	31h 49min	LDWA - Cleveland	Cath Worth, Shelli Kempson and David Roberts
7	32h 39min	Trail Runners Assoc.	Barry Harrison, Jane Matthews, Marla Howard-Cutts
8	33h 58min	Army	Scott Mayled, Jesse Leach and Alun Jones
9	39h 3min	LDWA - S. Wales	John Cunnane, David Williams and Mike Boulton
10	39h 59min	LDWA - Vermuyden	Dennis Allport, Tom Hughes and John Hughes
11	41h 24min	LDWA - Staffs	Alison Brind, George Kay and Dave Kearns
12	42h 8min	LDWA - Beds Bucks N	Brian Harwood, Paul Sorensen and David Yorston
13	44h 30min	Kimberworth Striders	Roderick Rivers, Jayne Sanderson and Theresa Elliott



Left: the RH walking party pictured at Crane Moor on Dec 27th, picture courtesy of organiser Ralph Rowbotham.

Above you see Malc Rhodes giving it some on the final corner into Boswell Street, 200 yards to go and no way he is going to miss out. The second runner however was approaching the van.

Below left; if Jim was advising Jon Thewlis it worked well, Jon had a screamer. There again, maybe Jon was advising Jim on aspects of timekeeping. Well-known faces of former years are evident: Ian Horsey and Frank O'Neill.

Below right: various suspect characters exchange views as Steve Gaines prepares for what was a fast effort. Jim Brogan and David Haywood are hard at work whilst John Comrie and Mick Marsters look on with a slight frown. In Mick's case, probably due to being there, unusually, before the start.

Xmas Photos



Harriers Christmas Walk 2004 Near Crane Moor, Wortley



Championship Road Racing

Date	Event	Venue
29.01.05	NoEAA X/C Champs	Consett (Closed)
06.02.05	YVAA X/C Champs	Thirsk (cl 24.01.05)
12.02.05	BMAF X/C Relays	Norwich
19.02.05	National X/C Champs	Birmingham Crofton Park
12.03.05	BVAF X/C Champs	Bangor
28.03.05	AAA Half Marathon	Ackworth
02.04.05	NoEAA 12/6 Stage	?
17.04.05	London Marathon	London (Closed)
23.04.05	National 12/6 Stage	Sutton Pk Birmingham
24.04.05	YVAA 10k Champs	Rothwell
01.05.05	BMAF Half Marathon	Plymouth
04.05.05	YVAA 5k Champs	Esholt
21.05.05	BMAF Relays	Sutton Pk Birmingham
09.06.05	YVAA 5M Champs	Haworth
12.06.05	NVAA 10k Champs	Clitheroe
26.06.05	BMAF 5k Champs	Horwich
26.06.05	YVAA Relays	Esholt
17.07.05	YVAA 10M Champs	Eccup
11.09.05	YVAA T&F Champs	Spenborough
18.09.05	Great North Run	Newcastle (cl.Soon)
01.10.05	NoEAA 6/4 Stage	
16.10.05	YVAA Half Marathon	Bridlington
22.10.05	National 6/4 Stage	Sutton Pk Birmingham
30.10.05	YVAA 15M Champs	Holmfirth
12.11.05	National X/C Relays	Mansfield Berry Hill Pk

Here is a list of Championship events and other targeted races for the forthcoming year. I have not been able to find much information regarding many of the senior road championships, if anyone has any of this info please let me know. These are the type of events that we as a club need to participate in, in order to raise the profile of the club nationally and to see where we stand on the national scale.

If any individual is keen on competing in an event that is not listed here and thinks that a good team presence would be beneficial then please let me know. It is intended that team get together following events such as the Ulley time trial and Pete Shaw's Thursday sessions will enable us to discuss and decide which events we want to focus on. All individuals interested in any of the events and team races can contact Peter Neal on 07889314656 or Pete Shaw on 07709319050

Good performances from the men who were present, but the highlight of our day undoubtedly the ladies performance at all levels. A totally top class showing from the Under-15s which rightly won the gold award, and silver at Under-17.

We look forward to a full report next month from Dennis Russell, who is unavailable ill at the moment.

Men

1	John Heneghan	Pud & B	Snr	39.31
2	Matthew Watson	Bingley	Snr	39.49
3	Ian Mitchel	Tipton	Snr	39.56
9	Jonathon Thewlis	RHAC	Snr	40.42
36	Phillip Hoole	RHAC	Snr	43.51
140	Robert Spencer	RHAC	V40	52.52

U17 Men

1	Alistair Brownlee	Brad GS	21.11
2	Alec Duffield	Loftus	21.41
3	Christopher Price	Wakefd	21.50
22	Martyn Boner	RHAC	23.19
27	Matthew Pollard	RHAC	23.45

U15 Boys

1	James Wilkinson	Leeds	16.27
2	Joe Townsend	Leeds	16.51
3	Jack Hallas	Spenb	16.58
51	Liam O'Mally	RHAC	20.24

Women

1	Aine Hoban	Wakefd	Snr	22.05
2	Julie O'Mara	Wakefd	Vet	22.57
3	Tracey Morris	Valley S	Vet	23.22
6	Jenny Blizzard	RHAC	Snr	23.44
44	Janet Hindley	RHAC	Vet	27.32
74	Paula Fisher	RHAC	Vet	31.56

Team Result

1	Wakefield	1, 2, 4=7
2	Holmfirth	10,16,19=45
10	RHAC	6,44,74=124

U17 Women

1	Amy Wilkes	Hallam	18.44
2	Lucy Mayho	Bingley	18.54
3	Rosie Edwards	Halifax	19.06
4	Victoria France	RHAC	19.43
12	Lyndsay Clarke	RHAC	20.59
14	Sarah Barnes	RHAC	21.22

Team Result

1	Hallamshire	1,5,16=22
2	RHAC	4,12,14=30
3	Halifax	3,10,30=43

U15 Girls

1	Natalie Grant	RHAC	17.04
2	Becky Rowlands	Spen	17.11
3	Jade Allen	RHAC	17.25
4	Victoria Needham	Nestle	17.31
5	Chloe Patchett	Spen	17.33
14	Laura Spence	RHAC	18.28
32	Rebecca White	RHAC	20.30

Team Result

1	RHAC	1, 3, 14=8
2	Spenborough	2, 5, 19=26
3	Leeds	7, 9, 17=33

U13 Girls

1	Amy McGiven	Holmf	13.02
2	Bethany Pettit	Holmf	13.03
3	Katherine Coupland	Hgate	13.08
4	Stefanie Burns	RHAC	13.24
20	Jemma Creaghan	RHAC	14.43
28	Amber Merrills	RHAC	15.02

Team Result

1	Holmfirth	1,2, 18=21
2	Hallamshire	5, 9, 24 =38
3	Skipton	12, 13, 17=42
5	RHAC	4, 20, 28=52

South Yorkshire Cross Country

South Yorks XC, Graves Park 9th Jan

U17 Men

1	Martyn Boner	RHAC	00:20:48
4	Matthew Pollard	RHAC	00:22:26
7	Ben Harvey	RHAC	00:24:21

Senior Men

1	Rob Watkinson	RHAC	Senior	00:30:00
6	Phillip Hoole	RHAC	Senior	00:30:29
12	Garry Davy	RHAC	Senior	00:31:55
38	Lee Johnson	RHAC	U20	00:34:51
44	Robert Spencer	RHAC	V 40	00:35:28
84	John Spencer	RHAC	V 40	00:39:29
107	Malcolm Rhodes	RHAC	V 50	00:44:22

U17 Ladies

1	Amy Wilkes	Hallam	00:13:04
2	Victoria France	RHAC	00:13:20
3	Lyndsey Clarke	RHAC	00:13:38
5	Sarah Barnes	RHAC	00:14:22
8	Leanne Gibson	RHAC	00:15:21

Senior Ladies

1	Jenny Blizzard	RHAC	Senior	00:19:17
16	Paula Fisher	RHAC	LV 45	00:24:52

U11 Girls

1	Cora Troop	Don & St	00:05:52
3	Sarah Wilding	RHAC	00:06:04
5	Sam Rollinson	RHAC1	00:06:15
6	Olivia Neal	RHAC	00:06:17

U13 Girls

1	Kate Russell	Hallam	00:11:18
7	Rebecca Middleton	RHAC	00:12:01
8	Jemma Creaghan	RHAC	00:12:06
12	Amber Merrills	RHAC1	00:12:17
25	Georgina Palmer	RHAC	00:14:20
28	Emma Morris	RHAC1	00:15:46
29	Naomi Gibson	RHAC	00:16:22

U15 Girls

1	Natalie Grant	RHAC	00:10:27
2	Jade Allen	RHAC	00:10:30
3	Laura Spence	RHAC	00:11:07

5	Alex Palmer	RHAC	00:12:06
6	Rebecca White	RHAC	00:12:22
8	Laura Barnes	RHAC	00:12:54
14	Rebecca Flint	RHAC	00:15:54

U15 Boys

1	Richard Spooner	Hallam	00:12:07
5	Liam O'Malley	RHAC	00:13:17
9	David Booth	RHAC	00:14:13

Final League Positions

U11 Girls

5	00:27:45	Sam Rollinson	RHAC
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U13 Girls

8	00:53:48	Amber Merrills	RHAC
15	01:09:23	Naomi Gibson	RHAC

U15 Girls

1	00:45:48	Natalie Grant	RHAC
2	00:47:14	Jade Allen	RHAC
3	00:48:43	Laura Spence	RHAC
4	00:53:41	Rebecca White	RHAC
6	00:58:25	Laura Barnes	RHAC

U15 Boys

5	01:19:11	David Booth	RHAC
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U17 Ladies

2	01:04:08	Victoria France	RHAC
3	01:04:48	Lyndsey Clarke	RHAC
5	01:08:10	Sarah Barnes	RHAC
6	01:10:08	Leanne Gibson	RHAC

Senior Ladies

4	01:27:28	Jenny Blizzard	RHAC
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Senior Men

1	02:00:29	Martn Broadhead	Hallam
2	02:00:45	Phillip Hoole	RHAC

V 40 Men

6	02:20:17	Robert Spencer	RHAC
10	02:27:53	Kerry Booth	RHAC

Dark and Drear but No Problem for Rob

The Sid Scoop Report Wednesday 15 December

On the start line there were two totally irrelevant questions to be answered. If you tied buttered toast to the back of a cat and dropped it from a height, what would happen? And finally, if today is the first day of the rest of your life, what was yesterday?

Chief Timekeeper Jim Brogan was using this event to gain his final timekeeping qualification, and so at approximately somewhere around 7.15ish precisely a sumptuous squad of 42 athletes set off in search of some festive redemption. The dangers of timekeeping though on the mean streets of Rotherham were illustrated when Jim was approached by a lady of the night. "I'm sorry dear" he said sympathetically, "but I only have 50p on me." "No problem" she replied, "I've got change."

Such costly cavortings were soon forgotten as Rob Watkinson emerged from the darkness at the speed of light in an already unassailable lead at the end of the first of 3 laps. Phil Hoole & Joe Gavelle were locked together in a battle for 2nd place, well Joe was locked on to the back of Phil letting him do all the work. Gary Davy breezed through in 4th place while Pete Neal & Mark Ruddleston were in mortal combat for the Vets Category. Jenny Blizard was in a class of her own in both the Ladies and Cyclists Category as she whizzed through the first lap in 9th place.

The race pattern remained the same for the final 2 laps as Rob strode away for a comfortable win in a new course record of 25mins 59secs. On this kind of form he must surely be a contender for the South Yorkshire Cross Country Champs next month. In the tussle for 2nd place, Joe eased away in the final stages to clock 27mins 21secs, just 5secs ahead of Phil. Mark opened the throttle in the second half to finish in 4th place with 28mins 40secs to give him an 8secs advantage over Gary and a 27secs advantage over Pete in the V40 Category. Steve Gaines showed who was the daddy in the 050 Category with a stunning 29mins 29secs,

2mins 28secs ahead of Mick Marsters who was limping severely as he crossed the line. This after completing the Round Rotherham 4 days previously! In the V60 Category, Pete Humphries proved he was the boss with a magnificent 37mins 0secs.

Jenny Blizard completed the course in an average speed of 10mph exactly as Jim Brogan's fake rolex stopwatch wouldn't budge below 30mins. This was good enough for 9th place overall and she generously awarded the cyclists trophy to Kevin Dawson who clocked a remarkable 31mins 48secs which is even more remarkable after a 3 hours training ride and a meagre diet of running. Kevin is the British record holder at 50 & 100 miles and has won the British Best All Rounder Time Trial Competition a record 9 times. Jenny Horan finished an impressive first Lady Vet in a superb 40mins 57secs while Pat Wells clocked a brilliant 42mins 54secs.

Sad to note that several athletes reported at the finish that some disgusting individual out on the course thought it was entertaining to direct oral discharge in their faces. And some idiots in a car threw some chips at Sharon Burton and Janet Hindley. Unperturbed, Sharon said, "this happens all the time in Monaco."



Joe Gavelle, fastest at Ulley last month and runner-up in the Trot.

Club Secretary's Notes

Bert Norburn

Membership reminder

Have you got your card for 2005?

Subs are due on 1st January 2005

but Secretary Bert Norburn has

now got the cards for the new year

and is taking subs. Just a reminder Juniors and people in Full time education £8, Seniors £16, Family Membership £25.



In addition anyone 11 years or over on 31st August 2005 and who wishes to take part in any competition has to pay the £2 levy to the North of England Athletic Association Membership Scheme. This will be collected when you pay your subs. A full/current list of club members registered with the NoEAA appeared in Dec newsletter. If you're not in it and should be contact Bert Norburn

New Members

Welcome, Welcommen, Ben Venute

The following new members were accepted by the executive in January 2005: Gary Clifford Baldwin 49 Yrs RR, Emma Bird 31 yrs RR, Rebecca Flint 14 yrs T&F XC, James Moor 14 yrs T&F, Liam O'Malley 13 yrs T&F XC.

We wish them all a successful athletic career wearing the black vest with the 7 pointed star.

Unclaimed Raffle prize

The first prize in the Christmas Raffle has not yet been

claimed. The winner is green ticket number 291 and the ticket was sold at the presentation evening on 15th December at the Cricket Pavilion. If you wish to claim this prize (Portable mini TV) contact Bert Norburn.



From the Editor: We extend a warm welcome back to Phil Widdowson, pictured at Xmas Day, who has had a spell away from RHAC.

Bert's list of new members

apparently does not mention old members who have renewed, hence you won't have seen his election mentioned.

He does look part asleep on the day, maybe had a good Christmas Eve. He has made big strides in recent years but Jim's handicap was too much for him on the day. My guess is we'll be reporting good race times shortly.

There was a decent Rotherham turn-out for this excellent off-road event – not cross-country exactly but pretty close.

Phil Hoole, Peter Neal, David Booth and Peter Humphries were among the awards though Kimberworth did well on their own patch. Highlight of the event however was the vast shock delivered in the ladies event by Natalie Grant, who dawdled though the first of two quite demanding laps before blasting through the field on lap two to overtake Caroline Boyd for first place near the finish. So too did Jade Allen except that she didn't quite leave herself time and wound up third.

In the bitter cold it was perhaps a nice little warm-up for them with the Skipton Cross-country not far away. Results page 7.

Club Championships 2005 First Two Races

Dewsbury 10K on 6th Feb at 9.30am from Dewsbury town centre. Entry fee £8.50 payable to Dewsbury Road Runners. Closing Date 22nd January. **NO ENTRIES ON THE DAY.** Send 9" x 6" SAE with entry.

Entries to Bernard Disken, Dewsbury 10K, 13 Mitchell Avenue, Dewsbury WF13 4JF.

Flat out and back course. Extensive prize list. More info at www.dewsburyroadrunners.co.uk.

Norton 9 on 6th March at 10:15am. Entry fee £5 with £1 extra for entry on the day. Closing Date 27 February.

ULLEY TIME TRIAL 18th DECEMBER 2004

1. Joe Gavelle	16:16
2. Mark Ruddleston	16:47
3. Roy Bailey	17:12
4. Richard Harris	17:22
5. Mark Ward	18:00
6. Pete Shaw	18:21
7. Terry Eastwood	18:33
8. Daniel Gavelle*	19:14
9. Rob Spencer	19:35
10. Neil Shaw	19:39
11. David Storey	19:40
12. Hilary Garrison	20:16
13. Mathew Asbridge	20:44
15. Phil Smales	21:51
16. Sharon Burton	22:11
17. Gill Taylor	23:03
18. Jenny Horan	24:25
19. Dave Weatherburn	25:18
20. Pat Wells	25:50

* denotes guest runner, not a member of RHAC

VENUE: Royal Oak, Ulley 11am

REMAINING TIME TRIALS 2004/2005

These will be held on the last Saturday of each month, as follows:

29th January 2005

26th February 2005

26th March 2005

£1:00 per event . First runner sets off at 11:30 am, and numbers can be claimed from 11:00 am onwards. Remember it is FIRST COME FIRST SERVED to book your start time.

Phil Challenged Only by the Marshalls

Good Share of the Prize Glassware for RH Men's Trio

Phil Hoole duly came away with the Xmas Tree-O major prize on Boxing Day at Braithwell, but not fully the way he would have wanted.

His strong position was set up by superb running in the first two events. At Herringthorpe, he was only just shaded by Joe Gavelle (though predictably both were well sorted by Rob Watkinson, see Sid Scoop p.6) and then at Kimberworth in the trail/country run very narrowly went second to Martin Broadhead (now running Hallam H).

Having set up the scenario, he was off like a bat out of hell and put a huge gap on the field. Unfortunately the course marshalls sent him on to the route for lap two and he was out of sight by the time the field came up. All knew it was wrong, and took the right route. By the time he had been rescued, and put back on course, it was all too late and though he worked back through the field he could not catch the very front runners. This sort of situation is desperately difficult for organisers and all concerned and it is to the great credit of Mark Ruddlestone, de facto winner on the day, other runners, and event organisers that they awarded Phil the race

A pleasing batch of RH entries dominated the results list; it's getting like old times again. Particularly good

ROTHERHAM HERRINGTHORPE DECEMBER TROT 15th DECEMBER 2004

1. R. Watkinson (RHAC)	25:59 (course record)
2. J. Gavelle (RHAC)	27:21
3. P. Hoole (RHAC)	27:26
4. M. Ruddlestone (RHAC)	28:40 VM40
5. G. Davy (RHAC)	28:48
6. P. Neal (RHAC)	29:07 VM40
7. G. Dean (Border Harriers)	29:22
8. S. Gaines (RHAC)	29:29 VM50
9. J. Blizard (RHAC)	30:00 L
10. G. Darnell (RHAC)	30:53
11. S. Durdy (Maltby R.C.)	31:02 VM40
12. G. Ridgeway (RHAC)	31:24
13. K. Dawson (Doncaster)	31:48
14. R. Spencer (RHAC)	32:03 VM40
15. N. Shaw (RHAC)	32:10
16. M. Marsters (RHAC)	32:57 VM50
17. R. Self (Hallamshire)	33:07 VM40
18. J. Rust (Maltby R.C.)	33:31 VM50
19. J. Spencer (RHAC)	33:36 VM40
20. K. Booth (RHAC)	33:38 VM40
21. B. Harney (RHAC)	33:42 VM50
22. R. Butterworth (RHAC)	34:08
23. M. Asbridge (RHAC)	34:37
24. R. Howarth (RHAC)	34:42 VM50
25. K. Thomas (RHAC)	35:04 VM50
26. S. Pugh (RHAC)	35:28 VM40
27. P. Smales (RHAC)	36:11 VM40
28. M. Maltby (Doncaster)	36:24
29. P. Humphries (RHAC)	37:00 VM60
30. R. Green (Kimberworth)	37:11 VM50
31. A. Belk (Doncaster)	38:27
32. G. Thompson (Kimberworth)	38:27 VM60
33. M. Rhodes (RHAC)	38:56 VM50
34. C. Pritchard (Unatt)	40:35 VM40
35. J. Gallacher (RHAC)	40:53 VM40
36. J. Horan (RHAC)	40:57 VL55
37. V. Rivers (Kimberworth)	42:04 VL45
38. D. Weatherburn (RHAC)	42:18 VM60
39. M. Simpson (Kimberworth)	42:46 VM50
40. P. Wells (RHAC)	42:54 VL55
41. R. Hope (Unatt)	46:03 VM50

support from relative newcomer Gary Davy who placed well in both the road events.

As far as the individual race, RH took all but three of the category awards through Phil Hoole, Mark Ruddlestone, Gary Davy, Peter Neal, Peter Humphries, David Booth, Leanne Gibson, Paula Fisher and Gillian Neal (Mrs. Road Sec, delighted to win her first gong).

In the overall awards for the three races combined, Phil Hoole and Peter Neal ran strongly and consistently to deny all opposition. Pete Humphries ran well enough with little opposition (I enjoyed writing that: Ed).

Mark's generosity was extended to a wider field at Graves Park on 9th Jan when he turned up at the cross country to the wrong time schedule— but we won't go into that.

SANTA'S SPECIAL (KIMBERWORTH) 19th DECEMBER

1. Martin Broadhead	HH	25.05
2. Phil Hoole	RHAC	25.08
3. Peter Neal	RHAC	27.16
4. Phil Martin	Kimb	27.33 1stV40
5. Lee Crow	Kimb	28.14 1stV50
6. Steve Durdy	MRC	28.47
7. Martin Gaynor	Kimb	28.55
8. Bob Tittinger	MP	29.47
9. Keith Ward	Kimb	30.08
10. Kerry Booth	RHAC	30.15
11. Phil Roberts	Kimb	30.21
12. Brian Lowndes	MRC3	0.23
13. Mick Nunn	Kimb	30.37
14. Natalie Grant	RHAC	30.37 1stF U15
15. Andy Thompson	D&SAC	30.55
16. Bob Drobeck	Kimb	31.25
17. Caroline Boyd	MRC	31.32 2ndF
18. Jim Rust	MRC	31.33
19. Paddy Geogheghan	MRC	31.33
20. Kevin Thomas	RHAC	31.37
21. Jade Allen	RHAC	31.58 3rdF
22. Ian Soakell	Kimb	32.10
23. Ray Howarth	RHAC	32.26
24. Dave Booth	Kimb	32.36
25. Phill Smales	RHAC	33.13
26. Pete Humphries	RHAC	33.23 1stV60
27. Gareth Hickling	Kimb	34.27
28. Richard Green	Kimb	34.31
29. Alvin Hickling	Kimb	34.40
30. Martin Wilson	MP	34.47
31. Karen Osbourne	MRC	34.54 1stF45
32. Roger Cook	Kimb	35.05
33. David Booth	RHAC	35.28 u15b
34. Tony Redfearn	Arbrth	35.41
35. Bev Soakell	Kimb	35.44 1stF40
36. Bob Houghton	MRC	36.14
37. Steve Elliot	Kimb	36.30
38. George Thompson	u/a	36.33
39. Jim Gallagher	RHAC	36.47
40. Martin Goodhand	Kimb	36.50
41. Andrew Allen	unatt	37.21
42. Beafy	Kimb	38.01
43. Cain Green	Kimb	38.01
44. Val Rivers	Kimb	38.04
45. Barbara Rusling	MRC	38.16
46. Jayne Sanderson	Kimb	38.51
47. Martin Simpson	Kimb	38.55
48. David Sears	MRC	39.33
49. Jan Sears	MRC	40.32

Xmas Tree-O Overall Result

MEN		LADIES
Phil Hoole	1st	Val Rivers (KS) 1st
Pete Neal	V40	Caroline Boyd (M) LV 45
Jim Rust (M)	V50	2 Races)
Pete Humphries	V60	

BRAITHWELL (MALTBY RC) BOXING DAY TURKEY TROT 2004

Phil Hoole 25M	RHAC	* 1st
Mark Ruddlestone 42M	RHAC	27,48 2nd
Garry Davy 38M	RHAC	28,16 3rd
Rob Hughes 27M	CEdinburgh	28,31
Peter Neal 48M	RHAC	29,40 V 40
Terry Eastwood 47M	RHAC	29,54
Martin Philip 47M	RHAC	30,01
M Hurley 35M	U/A	30,29
Lee Crow 51M	KimbS	30,32 V 50
Mick Marsters 56M	RHAC	30,45
Robert Spencer 42M	RHAC	31,17
David Swann 37M	U/A	31,57
Geoff Walkington 49M	Doncaster	32,08
Brian Harney 59M	RHAC	32,13
Don Gill 56M	Doncaster	32,23
Stephen Ford 17M	Kimb S	32,33
Ray Howarth 27M	RHAC	32,35
Roy Nixon 51M	KimbS	32,45
Stephen Atkin 48M	U/A	32,57
Karl Smiles 43M	KimbS	33,40
Caroline Boyd 52F	Maltby R C	33,54 1st L
Steve Durdy 45M	Maltby R C	34,25
Stacy Philips 43M	U/A	34,26
David Booth 50M	KimbS	34,27
Jim Rust 54M	Maltby R C	34,37
Phil Smales 41M	RHAC	35,12
Matt Todd 36M	U/A	35,45
Ian Soakell 46M	KimbS	35,47
David Booth 13M	RHAC	35,58 Junior
Kerry Booth 43M	RHAC	35,59
John Steele 40M	U/A	36,24
Leanne Gibson 16F	RHAC	36,25 2ndL
Pete Humphries 62M	RHAC	36,45 V 60
Paula Fisher 47F	RHAC	37,20 3rdL
Phil Roberts 46M	KimbS	37,23
Philip Robertshaw 46M	U/A	37,27
Patricia Hurley 34F	U/A	37,30
George Thompson 60M	KimbS	37,43
Richard Green 51M	KimbS	38,12
Bob Houghton 52M	Maltby R C	38,24
Stephen Phillips 46M	U/A	38,25
Roger Cook 55M	KimbS	38,49
Jim Gallacher 46M	RHAC	39,45
Bev Soakell 45F	KimbS	39,48 LV45
David Macbeath 55M	KimbS	39,49
Dave Thorpe 56M	Maltby R C	40,17
Val Rivers 54F	KimbS	40,47
Graham Benton 48M	Maltby R C	41,05
Lindsay Rust 26F	Maltby R C	41,32
Steve Rogan 56M	KimbS	41,38
Martin Simpson 52M	Kimb S	41,42
Jayne Sanderson 47F	KimbS	42,28
Gillian Neal 44F	U/A	42,29 LV35
Mags Rawson 32F	U/A	42,34
Roderic Rivers 56M	KimbS	43,27
Theresa Elliot 45F	KimbS	43,28
Gail Nixon 39F	KimbS	44,54
Jan Sears 54F	Maltby R C	46,31
Sue Andrews 45F	KimbS	47,07
David Sears 56M	Maltby R C	47,15

Picture Quiz:



This month's quiz pictures come courtesy of Mark Ruddleston (lower picture) and former RH member Keith Cleary (via Brian Harney).

We all get injuries and some of us endure them while some can run through them. Keith really enjoyed his running but is one of many unfortunates who really did have to give up through injury, though he continued walking.

The picture is obviously one of the famous week-end trips. When and where? And who do you know? Mark's photo shows a batch of RHAC runners at, I think, the Yorkshire Cross-country. Where and when? You may be able to identify most, even all though some are less hairy now than they were then. I make at least six still running.



Running Shorts (1)

London entries

The ballot for five club entries to the London Marathon was held immediately after the Xmas Day Race, resulting in success for the following who had been rejected this year: Neil Shaw, Tony Sargeant, Brian Harney and John Clarke. All good club members, and we wish them well.

If you ever wanted convincing of the importance of keeping your 'rank and file' or ordinary members happy, try this. One of the RH members featured in the quiz picture this month is Tom Smyth. Tommy was a decent runner and a promising runner but (no disrespect intended) more or less an average club member. He was with us for a number of years until injury forced him out. What I found last week is that he was the trigger for getting another gentleman to start running: one who then came down to RHAC and was, in fact, the first signing I was privileged to make when starting to run aspects of the club in 1993. I am talking about Kerry Booth, who has been a tremendous club performer since. Hence also Alison, Laura and David. You can never tell what influence people will have. Well done Tommy, and well done RH.

Tsunami Disaster

RMBC are organising a fun run to earn funds for an appeal following the asian tsunami disaster. The run will take place in Clifton Park. Your club has agreed to assist in the promotion of this event. It is hoped that as many members of the club will attend and support this worthy cause. The date has been set for Saturday 5th March 2005. Further information will be posted on the club notice board and in next months newsletter Bert Norburn

The road running committee are actively considering moving the December Trot from the Wednesday evening before Christmas to New Years Day. It will remain on the same course with perhaps an 11.00 or 11.30 start. This means it will become the final race in the trio series. Can you come up with a new title for it. It cannot be the December Trot if held on NYD. So remember its five mile and on NYD A snappy short race title is now needed. Give your suggestions to David Haywood

Christmas Quiz

You were invited to unravel some anagrams, count stars and provide a caption for the club president's photo (right).

The entry from Mrs. Sid Scoop (aka Janet Hindley) wins it hands-down: **ANAGRAMS:** 1. Ten K Steeplechase Triathlon Road Relay

WHO RAN WHERE? 2a. Steve Gaines ran at Norton, 2b. Jenny Blizzard ran at Armthorpe, 2c. Andrew Aked ran at Rother Valley, 2d. Kerry Booth ran at London, 2e. Arthur Jeavons ran at Clowne, 2f. Janet Hindley ran at Ferriby **STARS:** there were 6 **CAPTION:** see right

The contents of the RR piggy bank are winging their way to Wheatley Hills.



The only Scottish hat-trick Jim saw in 2004.

Club Championships 2004

The Final positions in the Club Championship for 2004 are

Champion	Phil Hoole
Second	Mark Ruddleston
Third	Neil Shaw
Champion	Jenny Blizzard
Second	Sue Bellamy
Third	Jenny Horan

The award for the athlete with most points.
Neil Shaw 608

Running Shorts (2)

It was nice to see faces reappearing lately at the club. Phil Eddison is back from a holiday spell in Australia and threatening to join the likes of Mick Cochrane in some of the fell racing- he mentioned Tigger Tor and Three Peaks. Steve Atkin came out of running retirement to test the water at Braithwell on Boxing Day, running a decent 32.57 (and not far short of 50 now). Steve was RH's fastest runner for a spell, and although injury plagued him he has continued to cycle at a good standard and may well restart his athletic career. Paul Venables contacted me last month to report that his injury history was now seemingly heading in the right direction. We hope to see him soon.

Though not at the club, Paul Ruddleston (Mark's brother) made a reappearance by winning a race at the Serpentine in London recently. He also appears to be signing up again, though his home base means we will rarely see him.

I was less than kind, or fair, to Ralph Rowbotham last month in my comments about his advertising. He clearly did go to some trouble to advertise the Hash event, even in the local newspaper. I owe Ralph an apology- but as I have pointed out on other occasions, if I get it at all wrong, you get to be in the newsletter twice!

The two events Ralph subsequently organised over Christmas he was fairly satisfied with. The walk attracted twenty-odd walkers all of whom Ralph reports enjoyed the event (picture page 5). The second Hash run, which is in effect a trail-following run rather like a paper chase drew somewhat fewer but enough, and successfully. Ralph does point out that the time of year does not help, a summer evening might be very effective. As he says, it is an ideal sort of scenario for families, and for attracting new members when as in this case it is advertised in the paper.

Next month in your RR: all the news and views you would expect plus Yorkshire Cross-country comment, list of club races, member profiles in "RR Talks to..." and more.