



SY Cross Country League

All Hands on Deck!

A reminder that the 4th league and Championship event will now take place on the 16th January at the same venue - Winterhill.

We need all available athletes to turn out and run! The inter club competition is very close with less than one point between ourselves and Hallamshire (there are some half points allocated).

To date our young athlete support at U13, U15 & U17 has been excellent, U11 has been good, but Senior men have been thin on the ground. So please turn out and run on the 16th - even if you have not run any of the earlier fixtures - as this will help our defence of the overall trophy and may mean we can win it for a third time in succession. Individual athletes in medal winning league positions after 3 events are:-

Grace Maxwell	2nd U11 girls
Joe Morton	2nd U11 boys
Kane Smith & Ryan Beale	1st = u13 boys
Maisie Elliott	2nd U13 girls
Robert Bentham	2nd U15 boys
Charlotte Dodds	2nd U15 girls
Emma Parkinson	3rd U17 women
Nicholas Myers	3rd U17 men
Jade Allen	2nd Senior women
Nina Hague	3rd O35 women



Happy and Fit New Year to all Readers!

If your own resolutions or Steve Gaines' wake-up call (above) have enthused you, I hope to see you at Winterhill on the 16th.

But there is also 22nd January (Saturday Time-trial) in Clifton Park, if the weather permits a safe 5k course- I think this will still be on the same club-based terms as so far, though the building work will be finished some day! We wait and hope!

Other dates planned are 26th February, 26th March, 30th April, May 28th, and June 25th

Whether young or old, race-fit or beginner, fast or slow- get your black vest on and get into the local and South Yorkshire competitions.

Pictures- top club supporters - far left: Nina Hague in cross-country mode. She also was outstanding in the local series reported inside, and below Joe Morton and Grace Maxwell with a very solid performance at the most junior end.

Successful in the London Marathon Draw were: Gary Benson, Neil Shaw, John Kirk and Ray Howarth. Run well.

Fixtures: January 2011—

January			
Sun 02 Jan 11	Sheffield Open Cross Country	open	Graves Park. All ages entries on day 1st race10:30
Sun 09 Jan 11	Yorkshire XC Champs	clubs	Northern Racing Coll. (Between Bawtry/Doncaster)
Sun 16 Jan 11	S Yorks 4th & Champs	clubs	Winterhill (new date)
Sat 22 Jan 11	Clifton Park 5k TT	RH,guests off at 11am	provisional date
Sat 29 Jan 11	Northern XC Champs	clubs	Herrington, Sunderland
Sun 30 Jan 11	Tigger Tor 9.5 miles (TFS)	open	Sheffield Tigers RUFC, Hathersage rd, Sheffield
February			
Sat 05 Feb 11	SY Schools XC Champs	open	Graves Park, Sheffield
Sun 06 Feb 11	Mickledon Straddle 13.8miles (TFS)	open	from Langsett barn.
Sat 19 Feb 11	National XC Champs	clubs	Alton Towers, Staffs
Sat 26 Feb 11	Clifton Park 5k TT	RH,guests off at 11am	provisional date
Sun 27 Feb 11	SY Indoors	open	EIS Sheffield; U11,13 & 15 start 12:30
March			
Tue 01 Mar 11	Newtons Fraction Half Marathon	open	Grantham AC; At S. Kesteven Sports Centre
Sat 05 Mar 11	Inter Counties XC Champs	clubs	Cofton Park, Birmingham
Sun 06 Mar 11	Norton 9	open	
Sat 12 Mar 11	Grindleford Gallop 21miles (TFS)	open	From Grindleford
Sat 26 Mar 11	Clifton Park 5k TT	RH,guests off at 11am	provisional date
Sun 27 Mar 11	SY Indoors	open	EIS Sheffield; U11,13 & 15 start 12:30

2010 Awards Evening

**14th January 2011
Start 7:30**

**Trades Club
Greasbrough Road**

Tickets Now on Sale!

£5 for Adults

£3 Juniors and full time education

Volunteers needed to help with catering!

AWARDS: SEE INSIDE

Secretary's Report

The following new member applications have been accepted:-

Nov 2010	Dec 2010
Sam Richardson 14	Holly Rodgers 13
Bronte Rennocks 8	Louisa Wood 9
Keiva Rennocks 8	Lewis Branagan 9
Alan Ball 31	Bryony Dawson 13
Mark Alkins 9	Jordan Carter 17
Jennifer Betts 14	
Rob Spencer 48	A warm welcome to you all!
Grace Wallbank 9	

Now that we have almost reached the end of 2010, 275 members have paid their subscriptions - an increase over 2009 when 266 paid. This is the first year for some time when membership has slightly grown.

My thanks go to the club coaches & group leaders who make the club training sessions fun (Although I personally can never recall Pete Shaw's sessions being "fun" myself!) and beneficial for the athletes, and in so doing make joining the club more attractive.

Santa's Special Trail Race

Kimberworth Strider's
Sunday 19th December 2010

Ninety two runners from eleven clubs braved temperatures around minus six degrees to complete this varied and challenging course. With a very respectable turn out, just under a quarter of the field were from RHAC. Before the off, race organiser Pat Rooney rightly gave detailed safety instructions, much to the frustration of those shivering runners who had elected to wear just vest and shorts. As hypothermia began to take effect, these individuals shouted "friendly encouragement" to get the race underway before the horn sounded and runners charged down the initial grass section - the usual tarmac start was solidly iced and would have needed a pair of skates (and some degree of skating ability) to safely negotiate it. Runners' attire reflected the conditions and the Christmas theme, with a variety of distinctively coloured tights, hats, gloves and antlers on show.

Talented all-rounder Shaun Dimelow, running for Barnsley Harriers, won the two-lap race in a fast time of 25-02. Claire Spencer from Kimberworth, a consistently good performer, was first female in 31-37.

RHAC runners picked up six awards overall with particularly impressive performances from our juniors. Nicholas Myers flew round in a speedy 27-56 to claim 1st junior and 8th overall and Natasha Hatswell recorded an equally notable 32-12 to pick up 2nd Female and 21st overall. Junior, Jess Mangham won the 1-lap race convincingly in 16-58. Other RHAC awards in the two lap race were Kevin Thomas (32-44, 1st MV50), Mary Jenkinson (33-31, 3rd female) and Nina Hague (35-04, 1st FV40).

Other RHAC competitors were:

2 laps	
12 Howard Darwin	28.56
14 Ryan Beal	29.21
26 Robert Bentham	33.24
33 Emily Hutchinson	34.07
35 Neil Shaw	34.16
37 John Kirk	34.29
39 John Spencer	34.05
41 Stephen Cotter	35.11
48 Emma Dutton	35.32
51 Brian Harney	35.52
53 Ray Howarth	36.04
55 Sharon Burton	36.32
58 Pete Humphries	37.04
80 Georgina Spencer	46.00
87 Diane Spencer	54.38

1 lap	
4 Susan Bentham	25-25

Special mention should go to the Spencer family (John, Diane and Georgina) who all completed the race; and especially to Diane who twisted an ankle on the slippery ground, but still finished determinedly.

Rotherham Harriers Christmas Day Race

Believed to be one of the oldest continuously staged races in the world, Rotherham Harriers held it's 123rd race for the Challenge Trophy on Christmas Day. The event is run on a handicap basis, whereby the runners set off at different times, therefore giving every participant a chance to win.

Thankfully, the conditions of the pavements around Herringthorpe Playing Fields were suitable for staging this years event, unlike last years where snow necessitated moving the event onto Herringthorpe Playing Fields itself. A somewhat reduced field of 12 reported for the start, with the first runner off at 11:00am around the 5 mile, 3 lap course.

The race was led off by stalwart Malcolm Rhodes, himself a former winner of the event, on two occasions, with last runner to set off being scratch runner Dave Smith, the 2009 winner. At the end of the first lap Malcolm Rhodes was still in front but ominously Phil Smales had cut his lead to 35 seconds. Paula Fisher had moved up to third place at the end of lap one. It was during lap two that Phil Smales passed Malcolm Rhodes, and he comfortably remained in first place until the finish, recording his first ever victory in an incredible 26 consecutive starts in the event.

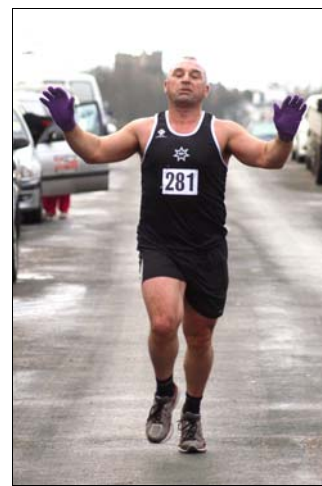
Behind Smales, the race for second place was really unfolding, with Mathew Asbridge striding clear of Neil Shaw to claim the runners up spot. Both recorded their highest ever finishes in the event. Behind them Paula Fisher claimed fourth place, and the fastest ladies time of the day. The overall fastest time of the day award was claimed by Dave Smith.

Fastest times:	Fastest Lady
1 Dave Smith 30:20	Paula Fisher 35:45
2 John Comrie 31:02	
3 Peter Neal 31:36	

1 Phil Smales	34:36
2 Mathew Asbridge	34:46
3 Neil Shaw	35:07
4 Paula Fisher	35:45
5 John Comrie	31:02
6 Peter Neal	31:46
7 Malcolm Rhodes	40:41
8 Kate Fisher	37:05
9 Brian Harney	38:09
10 Dave Smith	30:20
11 Kerry Booth	40:03

Christmas Day photos from Boswell Street show top club supporters Neil Shaw (left) at the catch-up point with Malcolm Rhodes

and far left 123rd race winner Phil Smales, cruising home down the final straight - at the 26th (consecutive) attempt!



KMRT Series Results 2010

The 2010 KMRT Series finished with Braithwell Boxing Day event, and the section winners were these:

Juniors:	M no award made	F no award made
Seniors:	Male Kevin Doyle (KS) 12	Female Claire Spencer (KS) 10
Vets:	no category	F35 Claire Chapman (KS) 10
	M40 Howard Darwin (RH) 7	F40 Nina Hague (RH) 12
	M45 Steve Phillips (KS) 8	F45 Debbie Hogarth (KS) 5
	M50 Terry Eastwood (RH) 9	F50 no award made
	M55 Bob Houghton (MRC) 6	F55 Caroline Boyd (MRC) 9
	M60 Malcolm Rhodes (RH) 11	F60 Mary Chapman (KS) 6
	M65 Ken Chapman (KS) 8	no category

Brief reminder-- Strictly in category. Up to 8 races done it's who runs most. If equal races it's head-to-head results. If 8 or more done by more than one runner, it's head-to-head in your best 8. This year the organisers* declined to make an award with fewer than 5 races done.

*Pat Rooney, Jim Rust, Ryan Cudworth, Pete Humphries

Notable series statistics from RH runners include the following:

Four races: Diane Spencer, Ian Brookes, John Kirk, Ray Howarth, Sharon Burton

Five races: Kerry Booth, Kevin Thomas

Seven races: Howard Darwin, John Comrie, John Spencer, Neil Shaw, Pete Humphries

Eight races or more: Stephen Cotter with 8, Terry Eastwood on 9, Malcolm Rhodes on 11, Nina Hague with a magnificent 12

As last year, these last four receive a club award at the Awards Evening.

To run so many races can of course depend upon lack of injury, holiday arrangements, job patterns and even club duties making it hard or impossible and so on. We recognise that. But to represent the club so often cannot be done accidentally-- it shows commitment.

The series will run in 2011 more or less in the same way, races have yet to be confirmed.

The fell running season never really has a lull. There's a slightly quieter period in December, but every other month has a large number and variety of races to test yourself in. Most are really cheap to enter, usually with on-the-day entry and a great atmosphere – competitive, but very friendly. They are also often based around nice country pubs, which is always a bonus on the rehydration side! Details of most of these races can be found on the FRA website at <http://www.fellrunner.org.uk/>.

I hadn't done any fell races in 2010 for various reasons but decided that this should be rectified in November and completed two quite different races. The first was recommended to me by John Spencer who had entered himself, but pulled out due to a chest infection – I think he'd seen the weather forecast!

Tour of Pendle – Saturday 13th November saw me following the Satnav up through rain soaked, cloud draped Lancashire valleys to the Village of Barley, near Pendle Hill. I got drenched just trying to locate my number from the race HQ, but fortunately had some extra dry gear. Around 260 competitors set off on this category A-Long race, with 17 miles and 5000 feet of ascent and descent to come. The night before, I had meticulously made a scanned map with all checkpoints and compass bearings written on – but I needn't have bothered! Because of the size of the field, there were always runners within sight in front and behind, even in the later stages of the race. The race premise seemed to be as follows: Locate the 5 biggest, steepest climbs on Pendle Hill; then devise a figure of eight type looping route which takes in all of them, with the biggest and steepest saved until last!

Encouragingly, half way up this climb, there were supporters handing out jelly babies, flapjack and other assorted energy boosters - they didn't have any cream scones though, but I wouldn't have been surprised if they had.

Fell running attracts some interesting characters and one such individual seemed to play cat and mouse with me all the way round. He was a tall, well built individual, and when everyone else had waterproofs, hats, gloves etc on, he resolutely ran squeezed into a rather small, tight looking vest and shorts. I passed him on pretty much every climb, but he would come flying recklessly past me on every descent. Near the end of the race, I passed him, reduced to a walk, legs and arms bright pink from the persistent rain and driving hail that we'd had all the way round. He was mumbling and seemed a bit incoherent and I asked him if he was ok as I passed. He said he was, just getting a bit chilled – not surprising in the north-westerly gale that was driving across the plateau. I thought that would be the last time I'd see him, but sure enough, on the run in back to the Village, he came past me again with renewed energy from somewhere!

The nice thing, typical of the sort of spirit you often get in a long fell race, is that he actually apologized profusely for passing me again! How many races would you see that in? I finished 66th out of 310 in the end in 3h 10m – I was pleased with this as I wasn't sure I'd done enough training to get comfortably round, though in the end, the energy gels kept me going nicely. Back next year to crack 3 hours?? Maybe!

Rivock Edge – A week later, on 21st November, I headed up to Silsden near Keighley with a mate from Milton Keynes AC. The race was Rivock Edge, around 7.3 miles with just under 1000 feet of ascent. Quite different from the previous weekend's race, this was flagged and well-marshalled all the way round as many shorter fell races are. It was freezing when we got out of the car and my warm up just didn't seem to do the trick. Nevertheless, I set off steady as usual, with 150+ runners.

The first section was pancake flat next to a canal, a bit like sections of Rotherham's own canal race – only the path was much closer to the canal and I had visions of taking an early bath trying to pass people, so sat in with the pack until we got clear. My mate, meanwhile, was paying more attention when the gun went off and had gone off like John Spencer usually does (bloody fast!). I was trailing him all the way up the climb, but gradually passing people. He was 16th at the top and I was around 40 seconds back in twenty-something.

However, I think the 5000 feet of descent from last Saturday had put some of the descending know-how back in my legs as I soon caught him up and passed him on a particularly unpleasant boggy section where you just have to charge through and pretend you can walk on water – he was trying to fairy step his way through, which doesn't work.

The rest of the descent saw me battling with a guy from Bingley and Helen Fines who runs for Calder Valley and came second in this year's female British Fell Running championship series. She is a demon descender and wiped me out on the last really steep bit through some woods, where earlier we'd ascended practically on all fours. Back on the canal, I regained a bit of ground, but was running out of steam and finished a few seconds back in the end – 21st in 56m 20s.

My mate came in about a minute behind in 24th, complaining about the descent – not many places to practise in Milton Keynes! But he was well pleased with his run overall and we met up with another mutual friend from York Acorn in the pub afterwards for (a small amount) of good beer and some great crack!

Trail & Fell Series 2011 (TFS)

- Jan** - Tigger Tor 9.5 miles Sun 30th Jan
From Sheffield Tigers Rugby Club 11am. Entries in kiosk
www.tolleyac.org.uk Can enter on day
- Feb** – Mickledon Straddle 13.8 (bl) Sun 6th Feb
From langsett Barn Car park 10:30 am . Entry forms in Kiosk
www.denbydaletravellers.org.uk
- Mar** – Grindleford Gallop 21miles Sat 12th March
www.grindlefordgallop.co.uk . Enter on line only
- Apr** – Trunce 4.2 miles (Oxspring – 3 river crossings !) Mon 18th April
From Wagon & Horses car park Oxspring. Enter on day
www.undeadmonkey.org.uk/trunce/
- May** – 100 mile race – nutters only !!(will get details from kerry)
- June** – Ulley 5 miles TBA. Enter on day
- Wharfedale ½ or full (Sat 4th June)
From Wharfedale Rugby club . 10:30 am start for mara, 11am for ½ mara
www.wharfedalemarathonevents.com .Enter on line from 1st Jan 2011.
Entry forms not available yet
- July** - Trunce 4.2 miles Mon 11th July
From Wagon & Horses car park Oxspring . Enter on day
- Aug** - Elsecar Skelter 27/20/15 miles (Barnsley) Sat 13th August
www.ldwa.org.uk . Entry forms not available yet
- Sept** -9 Edges 21.4 miles (bl) Sat 24th September
From Fairholmes, ladybower to Baslow 10am start.
[website \(nineedges.co.uk\)](http://www.nineedges.co.uk) . Enter on line, Entry forms not available yet
- Oct** - RRR relay or full - TBA
- Nov** - Silkstone Shuffle 4.5 miles (Barnsley) TBA
www.barnsleyharriers.org.uk
- Dec** - Have a rest -

(bl) Is a qualifier for 3 Peaks Race held in April every year (possibly one for 2012)
Every race more than 5 miles requires map reading skills, a recci of the course first & also FRA kit must be carried (see individual race websites for exact details) .
Entry details can also be found on (www.fellrunner.org.uk) . kiosk if available

Points system

0 – 11 miles 1pt (keeps RRR relays simple)
12 - 23 2pt
24 - 35 3pt
36 – 50 4pt
51 plus 5pt

51 plus 5pt

Any queries/suggestions to Adele please. Or me, and I will pass them on.

Newsletter Correspondents

Reports are published as received from club or section secretaries or their nominated agents. Consequently any topical information should go to them, and they will expand any information requirements you have.

The fixture list and online scroller are updated by section secretaries or their agents and I use these directly. **There is now an easy-to-use input screen on the website for YOUR own reports. Don't let us miss your performance.**

Correspondents for this issue are:

Howard Darwin, Steve Gaines, Adele Morris, Jim Brogan

RH&AC 2009/10 Cross Country Awards.

Tables show events done and overall position
Reminder- not current season 2010-11

U13,U15 & u17

U13 Boys		U13 Girls	
Robert Bentham	4 1=	Maisie Elliott	4 1
Devon Stead	4 1=	Ellie Freeman	4 2
Kane Smith	3 3	Emily Hutchinson	4 3
Joseph Weston	3 4	Beth Taylor	3 4
Ryan Beale	3 5	Grace Tomlinson	3 5
James Warnock	2 6	Charlotte Dodds	1 6
Caine Frost	1 7		

U15 Boys		U15 Girls	
Nicholas Myers	4 1	Jessica Mangham	4 1
William Johnson	4 2	Emma Dutton	4 2
Connor Ryan	4 3	Jessica Freeman	3 3
Luke Cotter	3 4	Mary Jenkinson	3 4
Michael Eccles	3 5	Zoe Brain	3 5
Aidan Hall	2 6	Bonnie Smith	3 6
Aidan Kidder	1 7	Georgina Spencer	3 7
Ben Trueman	1 8	Codie Marsh	2 8
Devon Wood	1 9	Emma Parkinson	2 9
		Abbey Stanley	1 10

U17 Men		U17 Women	
Chris Maris	8 1	Rachel Hall	7 1
Paul Ward	8 2	Natasha Hatswell	5 2
Sam Howis	1 3	Gemma Williamson	5 3
		Emily Fisher	2 4
		Olivia Neal	2 5
		Melissa Hellewell	1 6

Cross Country Awards. U20, Senior & Veteran

U20 Men		U20 Women	
David Smith	5 1		
Kyle Craib	3 2	Robyn Lanceley	6 1
David Booth	1 3	Natalie Grant	4 2
		Jessica Fawcett	4 3
		Stef Burns	4 4
		Abbie Vernon	3 5

Senior Men		Senior Women	
Simon Mounsey	6 1	Annabelle Grady	3 1
Gary Claxton	6 2		
Phil Hoole	4 3=		
Paul Humphries	4 3=		
Rhian Hastey	3 5		
Luke Field	2 6		
Jonathan Maxfield	1 7		
David Scholey	1 8		
David Storey	2 8		
Steve Rossall	1 9		

Vet Men		Vet Women	
Howard Darwin	9 1	Jayne Allen	4 1
John Spencer	6 2	Gillian Neal	4 2
Bob Tintinger	5 3	Sharon Burton	2 3
Martin Herrington	5 4	Janet Hindley	1 4
Pete Neal	3 5	Philippa James	1 5=
Nigel Brookes	2 6	Gill Taylor	1 5=
Mark Ward	1 7	Diane Spencer	1 6
Keith Williams	1 8=		
Nigel Cooke	1 8=		
Dave Nuttall	1 10		
John Comrie	1 11=		
Mick Cochrane	1 11=		
Brian Harney	1 13		
Terry Hawley	1 14		
Mick Marsters	1 15		
John Kirk	1 16		

Track & Field Awards 2010

National Junior League

Male		Female	
	points		points
1 Kane Humphries	114	1 Sarah Wilding	81
2 Alex Elston	73	2 Georgina Arif	70
3 Ben Shields	69	3 Olivia Neal	56
4 Jordan Carter	63	4 Robyn Lanceloy	42
5 Liam Thompson	56	5 Steph Burns	41

Northern Athletics League

Male		Female	
	points		points
1 Rhian Hastey	100	1 Liz Maher	88
2 Kane Humphrey	83	2 Sarah Wilding	76
3 David Coupe	66	3 Olivia Neal	65
4 Ben Shields	47	4 Helen White	65
5 David Scholey	45	5 Jenny Cuthbertson	47
6 Owen Thomas	42	6 Abbey Stanley	41
7 Liam Thompson	36	7 Jess Fawcett	40
8 Andrew Nagy	33	8 Helen Walker	38
9 David Smith	31	9 Abbie Vernon	30
10 Chris Ireland	30	10 Stephanie Burns	28

UK Young Athletes League

Male		Female	
	points		points
U13			
1 Jonathan Bilton	29	1 Ellie Freeman	45
2 Kane Smith	28	2 Megan Nagy	37
3 Bradley Carr	25	3 Maisie Elliott	30
U15			
1 William Johnson	46	1 Elizabeth Coupe	33
2 Jordan Small	29	2 Jessica Freeman	30
3 Robert Bentham	28	3= Amber O'Malley	26
		3= Beth Taylor	26
U17			
1 Paul Ward	45	1 Sarah Wilding	64
2= Nicholas Myers	43	2 Olivia Neal	29
2= Michael Eccles	43	3 Natasha Hatswell	28

South Yorkshire U11 Awards

Male		Female	
	points		points
U11			
1 Joe Morton	411	1	
2 Ashley Pogmore	396	2	
3 Bradley Langton	350	3	

Recent new members show promise at the SY Indoors

24 club athletes have bought numbers for the series of 4 indoor meetings at Sheffield's EIS indoor athletics stadium. Many of these are established athletes in the U13 and U15 age groups, but it has been very encouraging to see the support and performances of some of the recently joined new members. Of the recent new members, brothers Shay & Kaya Walker (August), Kayley Britten (August), Mia Harris (Sep) and Abby Newton (July) have made impressive indoor debuts. Club results from the first 2 fixtures are below. The next fixture is on the 27th Feb 2011.

In the first fixture (13th November), we had 22 entries and some great results!

Well done to all those athletes who took part - we need lots more to come along and swell the club numbers!
Club members, both new and established, had successes as follows:-
Under 11s
Olivia Boulton: 1st 600m, 2nd 150m, 3rd Long Jump.
Mia Harris: 2nd 60m, 1st 150m.
Kayley Britten: 3rd U11 600m, 5th U11 60m, 2nd U11 Long Jump
Grace Harris: 4th 600m.
Kaya Walker: 1st 60m, 1st 150m, 1st Long Jump
Matthew Stevens: 9th 60m, 6th 150m, 5th Long Jump
Under 13s
Danielle Lawrance: 8th 800m, 22nd 60m.
Molly Wood: 28th 60m, 19th Long Jump, 21st 200m.
Kane Smith: 3rd 800m, 1st shot, 7th 200m.
Joe Morton: 4th 800m, 10th Long Jump, 5th shot.
Declan Walker-Smith: 5th 800m, 17th long jump, 6th shot.
Jordan Dixon: 7th 800m, 16th long jump, 4th shot.
Jonathan Bilton: 1st 60m, 4th Long Jump, 3rd shot.
James Mangham: 7th 60m, 15th long jump, 8th shot
Bradley Langton: 14th 60m, 14th long jump, 7th shot.
Under 15s
Ellena Freeman: 5th 60m, 5th long jump, 5th 200m,
Beth Taylor: 7th long jump, 6th shot, 4th 800m.
Charlotte Dodds: 17th long jump, 13th 200m, 1st 800m.
Emily Walker: 9th 800m, 21st 200m.
Shay Walker: 8th 800m, 12th 60m, 11th 200m.

Fixture 2 18th December

Under 11 girls
Mia Harris 3rd 600m, 2nd 150m,
Olivia Boulton 5th 600m, 5th 150m,
Kayley Britten 6th 600m, 1st High Jump, 1st Foam Javelin.
Grace Harris 8th 600m. Grace (daughter of former member Richard Harris who joined in July) is aged 8, and therefore much younger than many of her fellow competitors, won the yr 3 & 4 Rotherham schools cross country event in October.
Under 11 boys
Kaya Walker 1st 600m, 1st 150m, 4th foam javelin.
Ashley Pogmore 6th 600m, 3rd 150m, 2nd foam javelin. Ashley joined in November 2009, and has been a great club supporter in all disciplines - outdoors and indoors.
U13 girls
Abby Newton 1st= 150m.
U13 boys
Kane Smith 3rd 600m, 2nd high Jump, 5th 200m.
Joe Morton 4th 600m, 7th 200m.
Jonathan Bilton 2nd 150m, 6th HJ, 3rd 200m.
James Mangham 7th 150m, 5th HJ, 9th 200m
Bradley Langton 8th 150m, 10th 200m.
U15 girls
Charlotte Dodds 2nd 600m, 10th 200m



The photos show Olivia Boulton (167) & Kayley Britten (160), and Kaya Walker 152

Beth Taylor 3rd 600m, 2nd HJ,
Danielle Lawrance 7th 600m,
Emily Walker 6th 400m, 19th 200m
Ellie Freeman 6th 200m,
U15 boys
Shay Walker 6th 600m, 3rd 400m, 10th 200m.